

February 2023

Kindness Matters

We are all familiar with the saying "it's better to give than receive".
What might surprise you is that this is actually backed up by research.....

By showing kindness and compassion, we experience clear benefits to our well-being and happiness. We may even live longer. Kindness also helps reduce stress and improve our emotional well-being. By taking the time to be kind to others, we can benefit from emotional upsides. It really does make a difference, especially for people who are vulnerable or struggling. Helping others can make a positive effect to your own mental health.

What Are The Health Benefits Of Kindness?

- helping others feel good
- it helps to keep things in perspective
- it helps to make the world a happier place - one act of kindness can often lead to more!
- the more you do for others, the more you do for yourself

Some Things To Remember

- do something you enjoy
- keep others in mind - see what you can do that others are not doing already
- don't overdo it - think about yourself too and leave enough time and space for you

Get Involved With Volunteering

- it benefits people of all ages by increasing feelings of self-esteem, social connection, and well-being
- Check on your friends and neighbors, especially if they may be finding things difficult at the moment
- Consider volunteering for a local community organization and involve your friends
- Call a friend you haven't spoken to in a while or visit a family member

Do Something For A Good Cause

- getting involved with a cause that is close to your heart can be hugely beneficial for both the cause and your own sense of well-being
- follow your chosen charity on social media and join in the conversation and sign up to receive their newsletter to keep up-to-date with the work they are doing
- raise money by taking part in a fun active challenge, such as a 5k run or walk

Remember To Be Kind To Yourself

- tune out the voice of judgement and comparison and tune in to the voice that says you are enough
- prioritize some 'me' time
- tune out your social media channels for a day, or even a week
- treat yourself to something; does not have to be a big thing
- do something you enjoy
- spending time with nature is great for your mental health

Mental Health Foundation. Kindness and Mental Health, Kindness Matters guide.
<https://www.mentalhealth.org.uk/explore-mental-health/kindness/kindness-matters-guide#:~:text=Acts%20of%20kindness%20can%20make,in%20control%2C%20happiness%20and%20optimism.&text=They%20may%20also%20encourage%20others,to%20a%20more%20positive%20community.>

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Jacqueline Fox, CEO

Interested in making a direct impact on the lives of individuals and families in our local communities?

Come join our WOCAP team for a new, exciting and rewarding career

Work in a fast-paced, growing organization, while receiving a comprehensive benefits package that includes:

- Competitive Wages
- Medical, Dental, Vision
- 13 Paid Holidays
- 5 Personal Days
- Sick Leave
- Vacation Leave
- Weekends Off
- EAP Program
- Paid Tuition
- Public Service Loan Forgiveness

**Apply
Today!**

HOW TO APPLY ONLINE

If you are interested in any of our job opportunities, please complete the online application on our website & send a resume to:

WOCAP
(WEST OHIO COMMUNITY ACTION PARTNERSHIP)
540 S Central Ave
Lima, Ohio 45804
Attn: Human Resource Coordinator

(419) 227-2586

www.wocap.org
Click on Employment Opportunities & then select Job Openings from the drop-down

LOW INCOME HOUSEHOLD WATER ASSISTANCE PROGRAM

Visit our website at www.wocap.org for more information on the program

To schedule an appointment:
Call 419-516-0063
or visit our website

*Income requirements can be found on the program page on our website

Low Income Household Water Assistance Program (LIHWAP) provides funds to assist low-income households with water and wastewater bills

Water and Wastewater Benefits:

Up to \$750 for water bill
Up to \$750 for wastewater bill
Up to \$1,500 for a combination water/wastewater bill

Eligibility Requirements:

At or below 175% Federal Poverty Guidelines
Water/Wastewater bill must be in the name of a household member OR the client is responsible for the bill (documentation of lease must be provided)
The water/wastewater bill must be either in disconnect status, have been terminated, or need to establish new/transferring service

Winter Crisis Program

Running now through March 31, 2023

Schedule an appointment  419-516-0063

Vist our website at www.wocap.org for more information & to schedule online

february 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

IMPORTANT DATES

10th - Home Based Family Day

16th - Policy Council Meeting

20th - Agency Closed

22nd- Board Meeting

24th - Policy Council Meeting

BIRTHDAYS

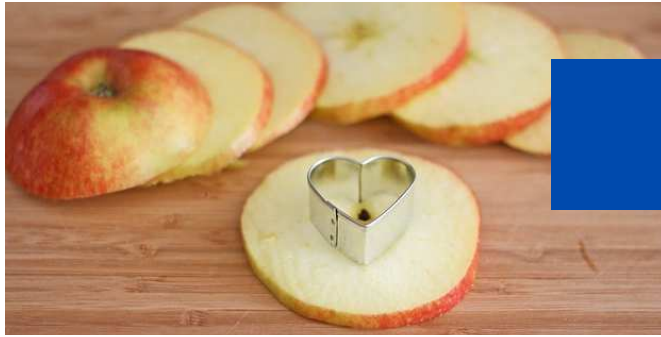
Happy Birthday to all of our
staff celebrating in February

- 3 Lauren Link
- 8 Nikita Arrick
- 10 Michael Van'Brocklin
- 11 Mary Hurley
- 17 Coral Mabry
- 21 Crystal Boroff
- 24 Kendra Roxo
- 26 Angie Osagie

Fair Housing	Financial Management
Providing information, training & educational materials to community	Education on aspects that affect financial security
Please call Housing Specialist for more information Allen & Mercer Counties	Please call 419-227-2586 Ext. 112 or Ext. 156 if interested

HOUSING DEPARTMENT

Call WOCAP at 419-227-2586
or visit our website at
www.wocap.org to sign up



APPLE HEART SANDWICH

Healthy & Fun Way to Involve Your Little Ones In Making Their Own Snack

Ingredients:

- Apple, thinly sliced
- Peanut or Almond Butter
- Granola
- Raisins
- Chocolate Chips or any other toppings you prefer

Directions:

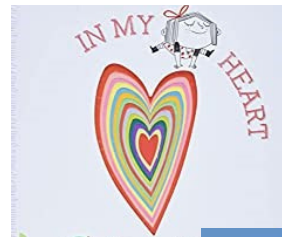
- Thinly slice apple and use heart shape cookie cutter to cut out the middle
- Layer desired toppings onto a slice of the apple
- Top with a second apple slice to create your sandwich
- Enjoy!



BOOKS

In My Heart- by Jo Witek
Lesson: A book of feelings; Preschoolers will appreciate and understand powerful emotions

Kindness Starts With You - by Jacquelyn Stagg
Lesson: A great read to help children see the value in how they would want to be treated and how that translates into treating others



Enroll Your Child Today!

Application forms can be sent to your home if you prefer



Scan Here To Apply

HEAD START ENROLLMENT

Reach us Monday-Friday, 8:00 am -5:00 pm at any of the following:

ONLINE:
www.wocap.org

PHONE:
Angie Montgomery at 419-227-2586 Ext. 120

EMAIL:
Angie Montgomery,
amontgomery@wocap.org



EXCELLENT ATTENDANCE

Our goal is to prepare your child for their next stepping stone of education whether it is Head Start or Kindergarten. Regular Attendance is an important part of your child's educational, social, and emotional development. When children are absent from school they are missing out on a lot of educational and social opportunities. We would like to thank those parents who assure their child is attending school every day. In the month of December, we had 78 children with Perfect Attendance. Way to Go Parents!

Central A Karliah B. Charlie G. Za'Raeah S.	Shawnee Transitional Toddlers Natalina M.	Howard A Kassidy P.
Central B Sawyer S. Serena S.	Trinity Drayvonte G. A'Milian G. Toby M.	Howard B Beige C. Kamora C. Zi'Dian J. Jermyah N. Kamryn S. Zayvion S. Carter W. Charlotte W.
EHS Home Based (GG) Kolton K. Malaya P. Meena S.	Allen East I Aviana D. True D. Amurajhe G. Amor H. Kendrick H. Giavana L. Kelani S. Azden W.	Market St. II Ayva B. Javionte G.
EHS Home Based (JJ) Ja'Mylah L.		O'Neal A Cadence W.
EHS Home Based (WW) Madalyn B. Axis J. Emberly K.	Central D Angelia C.	O'Neal B Olivia C. David H.
Lima Sr. I A'Layah G.	Central G Dazaun C. Rhyan M. Karsyn R-R. Kaydence S. Kyion S. Kali T. E'Kai W.	Philippian II Grant J. Konnor J. Zanoah M. Miheir W.
Little Rascals C Se'Kyleon H. Mahkhi W.		St. Matthews Rylee A. Noah M. Nasir R.
Shawnee Infants Braylan B.	Central H Alexia B. Jaiden H.	
Shawnee Terrific 2's Leo H. King L.	HS Home Based (KC) Waylon B. Aimee L. Mario M.	Shawnee Tiny Toddlers Isiah C. Ava J.

Your child's well-visits are important and WOCAP can help. There are many reasons to get your babies well-visits, and as life would have it, I know it isn't always easy to make it. Between work hours, vehicle issues, and other unfortunate circumstances, it may be difficult to attend the visits. However, you are not alone in the journey.

Let's start with the importance of getting to your visits. Unvaccinated children are at a higher risk of catching Measles or Whooping Cough. They're also important to keep track of growth and developmental milestones, such as finding out if your baby is growing on their curve in a healthy manner, or if interventions should be utilized.

The Health Team at WOCAP sends out reminders, makes phone calls/text messages, and will do home visits if the family finds that easier. However, it's important to note that is not where the Health Team stops. They also offer rides as long as the parent asks in advance to the appointment day. Rides have been provided to Springfield and Dayton. In an email exchange with Nikita Arrick she had this to say, "I have two wonderful Health Team Coordinators that go above and beyond to assist the families." The Health Team is eager to assist families as much as possible, but please be reminded it is ultimately the parent's responsibility to get the appointments made.

Parents can always reference your Welcome Packets, received at the beginning of every new school year, for an updated provider list of Doctors, Pediatricians, Dentists, Optometrists, and other helpful resources. For help finding Free Vaccines visit:
<https://www.cdc.gov/vaccines/programs/vfc/parents/qa-detailed.html>

[https://www.cdc.gov/vaccines/parents/visit/vaccination-during-COVID-19.html#:~:text=Well%2Dchild%20visits%20are%20essential,pertussis\)%20and%20other%20serious%20diseases](https://www.cdc.gov/vaccines/parents/visit/vaccination-during-COVID-19.html#:~:text=Well%2Dchild%20visits%20are%20essential,pertussis)%20and%20other%20serious%20diseases)

PARENT TO PARENT

IMPORTANCE OF WELL-VISITS FOR YOUR CHILD

SUBMITTED BY MICHELLE
PEAKE-WARREN

Board of Trustees - 2023

Representatives must be One Third Private Business, One Third Public Entity, and One Third Low-Income

Josh Unterbrink (Private) (Vice President)
Activate Allen County

Elizabeth Muether (Private)
Mercer Co. District Library

Mayor Sharetta Smith (Public)
City of Lima

Jerome O'Neal (Public)
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Natalie Bice (Private) (Treasurer)
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Shannon Tyler (Private)
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Tiffany Wright (Low-Income) (President)
Allen Metropolitan Housing Authority

Jennifer Korte (Low-Income)
Auglaize Co. Educational Service Center

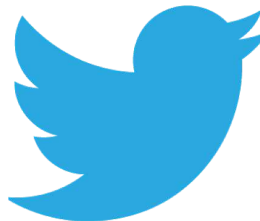
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