



# February 2024

## West Ohio Community Action Partnership

### IT IS BETTER TO GIVE THAN RECEIVE

**Kindness is choosing to do something that helps others or yourself, motivated by genuine warm feelings.**



In this month of February, we want to send a friendly reminder to celebrate the positives of love and kindness to yourself, your family and friends and your community. Kindness, or doing good, often means being generous and putting other people's needs before our own. Being considerate and showing compassion to others can go a long way. Evidence shows that kindness can also benefit our own mental health. For example, it can reduce stress as well as improve your state of mind, self-esteem and happiness. The following are tips from the Mental Health Foundation on how to bring kindness into your life, and helping you understand that small changes can make a big difference.

#### Helping others feels good

Helping others can also improve our support networks and encourage us to be more active.

#### It helps to keep things in perspective

Many people don't realize the impact a different perspective can have on their outlook on life.

#### It helps to make the world a happier place – one act of kindness can often lead to more!

Acts of kindness can make the world a happier place for everyone. They can boost feelings of confidence, being in control, happiness and optimism.

#### Tips to remember before you start

##### Do something you enjoy

At times like this we are learning to adapt to the requirements needed to prevent the spread of coronavirus. As a result we have had to rethink the way we do our hobbies, and pursue our interests.

##### Keep others in mind

Part of being kind is considering the feelings of others, so it is very important that your kindness is something which others will find helpful. Kindness is something that needs to benefit both parties.

##### Don't overdo it

If we find we are giving too much of ourselves or have gone beyond our means, it's probably time to take a step back.

#### Get involved with volunteering

Volunteering is a great way to help others and research shows that it benefits people of all ages, by increasing feelings of self-esteem, social connection, and well-being.

- Volunteer for a local community organization
- Offer your expertise and support as a mentor for those who are struggling
- Check-in safely with a neighbor
- See if there's anything you can do to support your children's school or nursery – offer to read stories for example
- Involve your friends and neighbors in community projects
- Offer to skill-share with a friend - you could teach guitar, dance or a new recipe
- Call a friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them
- Offer a listening ear to someone who simply wants to talk

#### At West Ohio CAP, Volunteers are essential!

To find out more about our volunteer opportunities at our agency, please visit our website at [www.wocap.org](http://www.wocap.org)

<https://www.mentalhealth.org.uk/explore-mental-health/kindness/kindness-matters-guide>

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## 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 Insurance
- 13 Paid Holidays
- 5 Personal Days
- Sick Leave
- Vacation Leave
- Weekends Off
- EAP Program
- Paid Tuition
- Public Service Loan Forgiveness

## 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](http://www.wocap.org)

Click on Employment Opportunities & then select Job Openings from the drop-down

Please Note: We are no longer requiring the COVID-19 Vaccine

## GETTING AHEAD In A Just Gettin' By World

*Classes are forming now!*

**Getting Ahead in a Just-Gettin'-By-World is a book and a 16-session curriculum that helps individuals living in situational or generational poverty build stability and build their resources for a more prosperous life for themselves and their families. Participants in the program are called investigators and are viewed as the experts on poverty in their communities. Their first task is to investigate and define what poverty is like where they live. In the modules they investigate the research on the causes of poverty, class structures and hidden rules of class, language issues, and the eleven resources that define poverty.**

WOCAP plans to offer this curriculum to people in the communities that we serve. The curriculum involves rigorous work done in a safe learning environment with the support of a certified Getting Ahead facilitator. Kris Keller is a trained facilitator of the Getting Ahead program for WOCAP

**WOCAP is looking for other agencies in the community who would be willing to partner with us to help offset the costs of incentives for the investigators who choose to participate.**

**If any agencies are interested in more information on partnering with WOCAP, please reach out to Kris Keller**

**419-227-2586**

**Ext. 141**

**[kkeller@wocap.org](mailto:kkeller@wocap.org)**

## HEAP WINTER CRISIS PROGRAM

**Now - March 31, 2024**

**To Schedule An Appointment, Call 419-516-0063**

Helps Income-Eligible Ohioans that are threatened with a disconnection, have been disconnected, need to establish new service, need to pay to transfer service, have PIPP default, need to pay first PIPP, or have 25% (or less) supply of bulk fuel in their tank maintain their utility service

### Who Is Eligible?

- Households at or below 175% of the Federal Poverty Guidelines
- Facing disconnection
- Have been disconnected
- Have less than a 25% supply of bulk fuel in their tank

### Required Documents?

- Income for primary applicant and all the household members 18 years of age or older
- Social Security numbers for primary applicant & all household members
- Most recent utility bills
- Proof of citizenship for all household members



# WINTER FAMILY ENGAGEMENT EVENT

January 2024



**Games!**



**Activities!**



Thank you to everyone who joined us  
at our Family Engagement Event in  
January! We had a total of 27 families  
in attendance!

## HOUSING DEPARTMENT

### Fair Housing

Providing information, training & educational materials to community

Please call Housing Specialist for more information  
Allen & Mercer Counties

### Financial Management

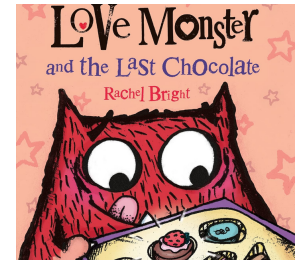
Education on aspects that affect financial security

Please call  
419-227-2586 Ext. 105 if interested

## BOOKS

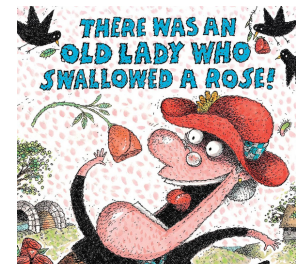
### Love Monster and the Last Chocolate

When Love Monster comes home from vacation, he discovers a box of chocolates on his doorstep. He knows he should share it with his friends, but what if there's none left for him after everyone has a piece? In the end, Love Monster learns that sharing with friends is the sweetest treat of all.



### There Was An Old Lady Who Swallowed A Rose

The Old Lady is swallowing a rose, some lace, some glitter, and more...to make a special gift for her Valentine! With rhyming text and hilarious illustrations, this wacky version of the classic song will appeal to young readers as they follow the Old Lady on a wild Valentine's Day adventure.



## BIRTHDAYS

Happy Birthday to all of our staff  
celebrating in February

- 3 - Lauren Link
- 8 - Nikita Arrick
- 10 - Michael VanBrocklin
- 11 - Mary Hurley
- 21 - Crystal Boroff
- 24 - Kendra Roxo
- 26 - Angie Osagie
- 27 - Amanda Hershey

## CALENDAR

- 9th - Home Based Family Day
- 15th - Policy Council Meeting
- 16th - No EHS Classes (Staff Work Day)
- 19th - Agency CLOSED (President's Day)
- 23rd - Home Based Family Day
- 28th - Board Meeting

## LOW INCOME HOUSEHOLD WATER ASSISTANCE PROGRAM (LIHWAP)

Provides funds to assist low-income households with water and wastewater bills

### WATER & 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





# Jackie Fox Memorial Fund



Jackie Fox, former Executive Director, provided West Ohio Community Action Partnership with not only 28 years of faithful service, but also offered leadership, mentorship, tenacity, friendship, passion, and advocacy. Through her career, she has made a positive impact on the lives of thousands of residents in the counties of Allen, Auglaize and Mercer. She always exuded the mission through her heart and efforts to the community, and her commitment to serving was unmatched. Jackie's impact on the community and its members will always be remembered.

In honor of Jackie, West Ohio CAP's Board of Trustees initiated the Jackie Fox Memorial Fund. Her personal experience with community agencies along the way instilled a passion to assist others just like her, overcome adversity. She was vocal in advocating for the community members and strived to provide opportunities and support for all ages. These funds will allow her passion to continue to assist community members of all ages experiencing crisis situations, who otherwise may not be eligible for our services.

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**CHECK OR MONEY ORDER ONLY**  
**PLEASE MAKE CHECKS PAYABLE TO:**  
**WEST OHIO COMMUNITY ACTION**  
**PARTNERSHIP**

**PLEASE DESIGNATE TO THE JACKIE FOX MEMORIAL FUND**

All contributions are tax deductible and  
a contribution letter is available upon  
request

## 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 101 children with Perfect Attendance.

Way to Go Parents!

**Central A**  
Braylyn C.  
Kirmion N.

**EHS Home Based (GG)**  
Kyasia H.  
Willow T.  
Robert W.

**EHS Home Based (JJ)**  
Star'Ajaha A.  
Daniel B.  
Stephanie B.  
Dionna G.  
James K.  
Sa'Dya T.

**EHS Home Based (WW)**  
Aurora B.  
Phoenix B.  
Sapphire B.  
Geovanni G.  
Brandon H. Jr.  
Axis J.

**Lima Sr. I**  
Treyvontay G.  
Ariel T.

**Unity**  
ZaHava W.

**Kingdom Daycare**  
Aaryan N.

**Little Rascals B**  
Cruz C.  
Jaylen W.

**Little Rascals C**  
Elena W.  
James W.

**Shawnee Infants**  
Kane H.

**Shawnee Terrific 2's**  
Avia J.

**Shawnee Transitional Todd**  
Malachi C.  
Drue F.

**Shawnee Wobblers**  
Kayden G.

**The Children's Place**  
J'Nya P.  
Harper R.

**Trinity**  
Ka'Mir S.

**Allen East**  
True D.  
Grayson R.  
Ruby R.  
Maverick S.

**Central D**  
Lia B.  
Amira G.  
Zander M.  
Serena S.  
La'Miyah T.

**Central G**  
Anthony B.  
Daniel C. Jr.  
Rhyann M.

**ELC Howard B**  
Sebastian A-R.  
Zanyla G.  
Deveon S. Jr.  
Carter W.

**ELC O'Neal A**  
Treasure G.  
Lejla T-K.  
Cadence W.

**ELC O'Neal B**  
Za'Kiya E.  
Miyelle L.  
Armani S-M.  
Sylvia T.  
Charlotte W.

**HS Home Based (KC)**  
Christopher B.  
Adelynn B.  
Justice G.  
Makaila G.  
Olivia K.  
Meena S.  
Illana W.

**Market St. I**  
Evelyn B.  
Kyson H.  
Delilah I.  
Jeremiah J.  
Londyn O.

**Market St. II**  
Ayva B.  
Genesis E.  
Braxton F.  
Destani J.  
K'Zeyon P.  
DaNiylah S.  
Heiness T.  
Palace T.

**Philippian**  
Rozier A.  
America B.  
Londynn B.  
Lamyra C.  
Mizell T-K.

**St. Matthews**  
Jaiyah J.  
Asher S.  
Khi'Avion T.

Since it's February and the snow has finally began to fall, how about a few ideas to keep you warm, while also keeping the kids entertained?

I have a love/dislike relationship with the snow. It's so nostalgic of my childhood, but I get so cold now. I remember as a kid just getting to go outside with my brother and building a sorry state Igloo, and some leafy snowmen. Let's not forget having the best snowball fights. As an adult, I rather sit inside and watch my kids do that, from the window. Then I remind myself: "Self, let's put on layers and show these kids how it's done." There truly is a bountiful amount of reasons for us adults to get out there and join the children. The cold benefits our health by increasing blood flow. The activity we get from running away from the snowball or pushing the largest layer of the snowman is great for building endurance. The creativity it takes to build a fort, leaves you feeling so accomplished. Plus, the look on your kiddos face to see their grownup brave the cold with a million layers is all your heart could ever need.

So get outside for you and the youngins; you'll all appreciate it. A warm tea, hot chocolate or bowl of soup when you come in will help you forget the rosey color on your cheeks.

## PARENT TO PARENT

### SNOW FUN

SUBMITTED BY  
MICHELLE PEAKE-WARREN,  
HEAD START PARENT

## Board of Trustees - 2023

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

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West Ohio CAP would like to thank Pam Fitzgerald for her time and dedication to our agency's Board of Trustees. Pam served on our board since January 2014 as the low-income representative from Allen County Council on Aging. Pam was a valuable member in our agency's decision making for the last 10 years. We greatly appreciate her being such an important piece of our story.

We would also like to welcome two new board members. Joining our board is Connie Dershem from Allen County Council on Aging, as well as Janae Lane, our Policy Council Representative.



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