

April 2024

West Ohio Community Action Partnership

Stress Awareness Month

Stress Awareness Month is held every April since 1992. It offers a chance to spread awareness on the impact of stress on our well-being, as well as increase your knowledge on effectively managing and preventing stress



I'M SO STRESSED OUT!

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

Stress vs. Anxiety

Stress

- Generally is a response to an external cause, such as taking a big test or arguing with a friend..
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

IN
THIS
ISSUE:

2 Stress Awareness Continued

3 Energy Conservation Program

4 Mother Son Spring Fling Dance

6 Parent to Parent Article



PH: 419-227-2586

WWW.WOCAP.ORG



It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.



Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at www.nimh.nih.gov/findhelp.

If you are in immediate distress or are thinking about hurting yourself, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.

More Resources

- NIMH: Anxiety Disorders (www.nimh.nih.gov/anxietydisorders)
- NIMH: Caring for Your Mental Health (www.nimh.nih.gov/mymentalhealth)
- NIMH: Child and Adolescent Mental Health (www.nimh.nih.gov/children)
- NIMH: Tips for Talking With a Health Care Provider About Your Mental Health (www.nimh.nih.gov/talkingtips)
- Centers for Disease Control and Prevention: Anxiety and Depression in Children (www.cdc.gov/childrensmentalhealth/depression.html)



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

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

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

ENERGY CONSERVATION PROGRAM

Are you spending way too much on your utilities? Have you ever wondered what you can do to conserve your energy usage and save money on your utility bills?

You may qualify for WOCAP's Energy Conservation Program! This program is designed to assist customers in reducing their home energy bills by finding ways to reduce wasteful energy usage in your home.

WOCAP's Energy Conservation Program includes an in-home assessment to examine what steps can be taken to reduce energy usage in your home. Once the home assessment is completed, customers will work with our staff to develop efficiency kits that are specifically tailored to items that will assist in reducing energy usage and costs.

Since January 2024, WOCAP has served 21 customers in the Energy Conservation Program. Some of the items that customers have received in efficiency kits as follows:

- Toaster ovens - reduce energy usage by 50% compared to using the oven
- Blackout curtains - 24% reduction in energy consumption with proper utilization (open during the day to let in sunlight and closed after sunset)
- Door sweeps - 10-30% reduction in energy usage by preventing air flow and debris from entering the home
- LED light bulbs - 90% reduction in energy usage compared to fluorescent light bulbs
- Cold water laundry detergent pods - use 57% less energy than washing in warm water



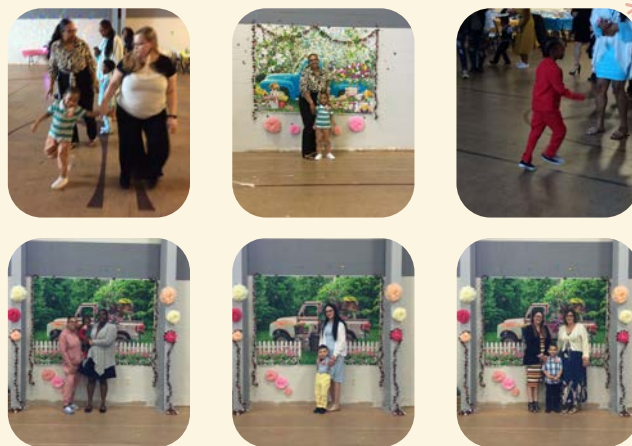
If you are interested in more information on WOCAP's Energy Conservation Program or want to apply, please call 419-227-2586 and ask for the Energy Conservation Coordinator today!



MOTHER-SON SPRING FLING DANCE



In March, families enjoyed our Mother-Son Spring Fling Dance! We were thrilled to have many join us for an evening of dancing and fun. A big thank you to all our staff who helped make this such a special night for the families



HOUSING DEPARTMENT

Fair Housing

Providing information, training & educational materials to community

Please call Housing Specialist for more information
Allen & Mercer Counties

Financial Management

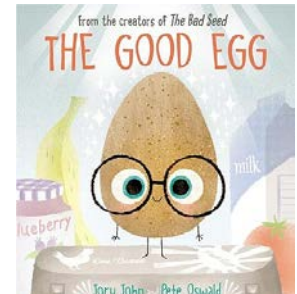
Education on aspects that affect financial security

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

BOOKS

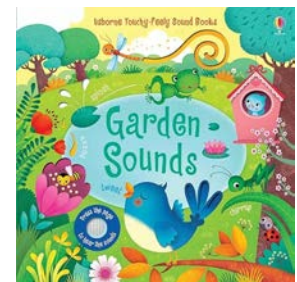
The Good Egg

Dynamic duo Jory John and Pete Oswald hatch a funny and charming story that reminds us of the importance of balance, self-care, and accepting those we love (even if they are sometimes a bit rotten).



Garden Sounds

Little children can listen to a baby bird tweeting, frogs croaking in the pond and owls hooting when they press the pages of this delightful book. Colourful pages show the garden and pond in the sun and rain and at night. With simple text, holes to peep through and fingertrails to explore, this is a lovely first book about nature and the outdoors.



BIRTHDAYS

Happy Birthday to all of our staff
celebrating in April

- 1 - Nadean Runneals
- 8 - Phyllis Montrose
- 9 - Jackie Fox - In Memory
- 11 - Jenny Slife
- 11 - Grace Raines
- 14 - Mag Gwinn
- 24 - Sheila Green
- 26 - Jennifer Jones
- 26 - Sequoya Walker
- 29 - Wendy Wertz
- 29 - Ashley Wagnild
- 30 - Mary Raines

CALENDAR

- 1st -5th - HS/ODE Spring Break
(EHS in Session)
- 8th - Agency Closed
- 12th - Home Based Family Day
- 18th - Policy Council Meeting
- 19th - No EHS/HS/ODE Classes
- 24th - Board Meeting
- 26th - Home Based Family Day

**ENROLL IN EARLY
HEAD START &
HEAD START
TODAY!**

Early Head Start and Head Start are free programs for children birth – 5 years old that qualify.

We Also Offer A Home-Based Option
A home-based teacher, child, and family work together to provide activities and experiences designed to meet the child's needs in the home

More information can be found at our website
www.wocap.org

**Call 419-227-2586 &
ask for our Enrollment
Specialist**



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 February, we had 66 children with Perfect Attendance.

Way to Go Parents!

Central B Jalani C.

EHS Home Based (GG)
Willow T.
Robert W.

EHS Home Based (JJ)
Harper H.
Harley P.
Sa'Dya T.
Na'rayah W.

EHS Home Based (WW)
Emberly K.
Levi V-D.

Lima Sr. I
AuBrania S.

Lima Sr. II
Khari J.
Sariah M.

Smart Start
Maasai S.

Unity
Ezekiell R.
Emery R.

Little Rascals A
E'meer S.

Little Rascals B
Laydrian S.
Jaylen W.

Little Rascals C
Kane H.

Shawnee Terrific 2's
Ava J.

Shawnee Wobblers
Madaline S.
The Children's PL
Boston M.
Zenesto M.
J'Nya P.

Trinity
Ka'Mir S.

Allen East
Bearrett R.
Cassandra S.
Maverick S.
Jasper T.

Central D
Amiya C.
Keilles C.
Nai'Sha I.
Jordan J.

Home Based (KC)
Olivia K.
Xzavier M.
Illana W.

Howard B
Kamryn C.
Zanyla G.
Amelia G.
Carter W.
O'Neal A.
Kayven C.

O'Neal B
Keillan C.

Market St. I
Elias C.
Jazara C.

Market St. II
Destani J.
Douglas S.

Philippian
Londynn B.
Luca M.

St. Matthew's
Raionna K.
Cayde S.
Jasper W.
Alayna W.

Have you heard about the Solar Eclipse coming on April 8th? Did you also hear that it will be amazing to see from Lima? Which of course means a high population of people visiting Lima at that time. I thought, what a great opportunity to talk about what a solar eclipse is, how to stay safe during the eclipse and sharing a fun activity to try with your family.

Firstly, let's learn about what a Solar Eclipse is. A Solar Eclipse is when the Moon passes between the Sun and the Earth. The Moon blocks the light of the Sun causing a shadow that then creates a path called a "Trail of Totality".

The Eclipse is expected to last from 3:08-3:19pm on April 8th. As previously stated, Lima will have a mass amount of neighbors visiting to see the clarity of the Eclipse. It is recommended to avoid leaving your house that weekend. If you do have to leave, try to leave earlier in the day and use backroads. Most importantly, if you or your family also wish to view the Eclipse, make sure you have Certified Eclipse Glasses. You can purchase some from the Lima Astronomical Society.

https://nightsky.jpl.nasa.gov/event-view.cfm?Event_ID=139260

Find more fun information about the Eclipse at:
<https://spaceplace.nasa.gov/eclipse-snap/en/>

A fun activity can be found at:
<https://www.jpl.nasa.gov/edu/teach/activity/model-a-solar-eclipse/>

PARENT TO PARENT

SOLAR ECLIPSE

SUBMITTED BY
MICHELLE PEAKE-WARREN,
HEAD START PARENT

Board of Trustees - 2024

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

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Activate Allen County

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