

MAY 2025

WEST OHIO COMMUNITY ACTION PARTNERSHIP



Kimberly Bruns, CEO

COMMUNITY ACTION MONTH

Celebrating Community Action Month: Honoring Agencies That Empower and Uplift

Each May, we proudly celebrate Community Action Month, a time dedicated to recognizing the vital work of Community Action Agencies (CAAs) across the country and the lasting impact they have on the individuals and families they serve. It's more than just a month on the calendar—it's a powerful reminder of the difference compassion, advocacy, and local engagement can make in building stronger, healthier, and more resilient communities. Today, they continue that mission with innovation, compassion, and an unwavering commitment to community.

WHAT IS COMMUNITY ACTION?

Community Action Agencies were born out of the Economic Opportunity Act of 1964, part of President Lyndon B. Johnson's War on Poverty. Since then, CAAs have worked tirelessly to reduce poverty, promote economic stability, and empower people to achieve self-sufficiency. Whether through housing assistance, early childhood education, food programs, employment support, or utility aid, CAAs are on the front lines, helping neighbors in need navigate life's challenges. Their impact goes beyond services—they are embedded in the communities they serve, responding directly to local needs and driving real, sustainable change.

WHY COMMUNITY ACTION MONTH MATTERS

This month is an opportunity to spotlight the impact of these services and the dedicated staff and volunteers who deliver them every day. It's also a time to reaffirm our commitment to equity, access, and dignity for all. From creating educational opportunities to ensuring families have access to basic needs, Community Action Agencies build bridges to a better future—one program, one person, one success story at a time.

WHY CELEBRATE COMMUNITY ACTION MONTH?

Community Action Month is more than just recognition—it's a time to raise awareness, reflect on our progress, and inspire future action. It's an opportunity to:

- Highlight success stories that show the power of support, resources, and advocacy.
- Thank the staff, volunteers, and partners who make the work of CAAs possible every day.
- Educate the public about the vital role CAAs play in building stronger, healthier communities.

HOW YOU CAN GET INVOLVED

Throughout May, you can join the celebration in many ways:

- Attend events and fundraisers supporting Community Action initiatives
- Volunteer your time or expertise to local programs
- Share your own story or testimonial of how Community Action has impacted you or someone you know
- Help spread the word on social media using hashtags like #CommunityActionWorks and #CommunityActionMonth

As we mark this special month, we invite our community members, partners, and friends to learn more about how community action is making a difference—and to join us in celebrating the everyday heroes who work to uplift others, one life at a time.

Let's continue to support, share, and stand with community action—because when we lift up our neighbors, we lift up our entire community. ♥

HAPPY 60TH BIRTHDAY HEAD START

This milestone is considered a Diamond Jubilee, marking 60 years since President Lyndon Johnson signed the law creating the program



**Celebrate
Head Start's
Birthday with us
on May 18, 2025**

This anniversary is an opportunity to acknowledge the program's lasting impact and its continued importance in supporting children and families.

HEAD START JUST WORKS

Since 1965, Head Start has impacted the life circumstances of more than 40 million children and families: better health, better preparation for kindergarten, greater likelihood of graduating high school, increased college attendance, and better social-emotional development.

- Head Start programs serve children from birth to age 5 and pregnant women in urban and rural areas in all 50 states
- Head Start is a comprehensive program that focuses on the whole child, addressing learning, health, and family well-being.
- The program is designed to be individualized to meet the needs of children and families in each community.
- Head Start programs ensure children receive regular health screenings, vaccinations, and access to medical, dental, and mental health services.
- They actively engage families in their children's education, empowering them to become active participants in their child's learning and development.
- Head Start programs also help families develop stronger parenting skills and create a supportive home environment for children.



Dine & **DONATE**

Special Fundraiser For:
**WEST OHIO COMMUNITY ACTION
PARTNERSHIP (WOCAP)**

TUESDAY, MAY 6 | 5-8 PM

Participating Locations: Dixie Hwy, Market St, Harding Hwy, St. Marys

Dine with us or place a carryout order, mention this post, and 15% of your total bill will be donated back to the organization!

WOCAP & BIGGBY COFFEE

COFFEE

For A Cause



**JOIN US
MAY 10TH**

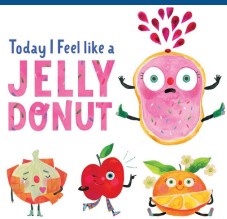
**\$1 from every drink goes directly to
WOCAP to support local families and
strengthen our community**

At Participating Locations

BIGGBY CELINA
615 Grand Lake Rd

BIGGBY ST. MARY'S
488 Fortman Drive

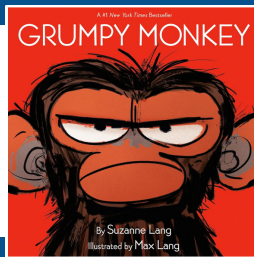
BOOKS



A Book About **EMOTIONS**

Today I Feel Like A Jelly Donut

This colorful board book helps little ones identify their feelings by comparing their many moods to different foods.



Grumpy Monkey

The hilarious bestselling classic picture book about a chimpanzee in a very bad mood--perfect for young children learning how to deal with confusing feelings.

Mental Health & Physical Health: How They're Connected

Mind-Body Connection

When you care for your body, you're also caring for your mind. Healthy habits like movement, nutrition, and rest can boost your mood, sharpen focus, and help you manage everyday stress.

Move For Your Mind

Exercise isn't just good for your heart—it also benefits your mind. Even short walks, stretching, or low-impact workouts can reduce stress hormones and release endorphins that naturally lift your mood.

Sleep Fuels Wellness

Good sleep is essential for both physical recovery and emotional resilience. Aim for consistent, restful sleep each night to improve energy, memory, and mood—and reduce your risk of anxiety and depression.

Healthy Habits For Less Stress

Chronic stress can strain both your mind and body. Regular self-care—like breathing exercises, physical activity, and healthy sleep routines—can lower stress levels and protect your long-term health.

Eat For Energy & Mood

The food you eat affects how you feel. A balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins supports brain function, stabilizes your mood, and helps you stay energized.

Tune In To Your Body

Your body often tells you when something's off—fatigue, headaches, and changes in appetite can be early signs of mental strain. Pay attention to these signals and take action early to protect your well-being.



May is Mental Health
Awareness Month

WOCAP Wears Blue for Child Abuse Prevention



BIRTHDAYS

1 - Greg Jones
3 - Angel Swinehart 17 - Emma Webb
6 - Vance Cuthrell 18 - Kristen Jordan
8 - Monica Glenn 21 - Lue Bradley
12 - Shannon Sien 31 - Ginger Gossard
14 - Sami Pettigrew 31- Jen Smith

ANNIVERSARIES

- Trisha Crabb - 3 years

CALENDAR OF EVENTS

2nd - Home Based Family Day
15th - Policy Council Meeting
15th - Spring Family Engagement Event
16th - Home Based Family Day
23rd - Agency CLOSED (Staff In-Service)
26th - Agency CLOSED (Memorial Day)
28th - WOCAP Board Meeting

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 March, we had 78 children with Perfect Attendance.

Central B
Ava JD.

ELC Fox B
Delahni B.
Nicholas N.

EHS Home Based (GG)
Za'kious B.
Marc C.
Ari'el G.
Willow T.
Robert W.

EHS Home Based (JJ)
James K.
Harley P.

Lima Sr. I
Kiara JB.

Lima Sr. II
Aveonn D.
Marthina G.

Smart Start
Maasai S.
Mamie S.

Kingdom Daycare
Aaryan N.

Little Rascals A
Pae'tience G.
Jayce S.

Little Rascals B
Jenesis G.

Little Rascals C
Martel H. Jr.

Shawnee Terrific 2's
Braylan B.
Malachi C.
Drue F.
Charlotte L.

Shawnee Tiny Toddlers
Peyton H.

Shawnee Transitional Toddlers
Kh'Air C.

Shawnee Wobblers
Asher L.

The Children's Place
Myles S.
Knolan W.

Trinity Creative Childcare
Khinyis C.
Allen East
Za'Raeah S.
Sophia S.

Central D
Zariah S.

Central G
Kassidy A.
Jordyn B.
Karliah B.
Saskia D.
Teagan E.
Charlie G.
Sa'Dya T.

ELC-Howard A
Kai'Onni D.

ELC-Howard B
Jae'mari F.
Zanyla G.
Kahmora H.
Bryson T.
Sonnye W.

ELC-O'Neal A
Zarian G. Jr.
Amelia L.
Kaiden M.
Ka'Marion R-M.

ELC-O'Neal B
Kallas F.
Dezire G.
G'Zier K.
Lelen W.

HS Home Based (KC)
Abel M.

Market St. I
Jasper B.
Eleicia M.
Essence M.
Elena W.

Market St. II
Jihad A.
Darionte L.
Ava R-B.
DaNiyah S.

Philippian
Chanze B.
Desiree B.
Kae'Lon F.

St. Matthew's
Canaan F.
Hendrix F.
Theodore H.
Messiah R.
Everlynn W.

Color the Huggy Heart



**HELPING PEOPLE.
CHANGING LIVES.**



Mental Health Awareness Month



Mental health is wealth—especially during Mental Health Awareness Month in May. Despite progress, stigma still stops many from seeking help or opening up. Just like physical health, mental well-being deserves care. In addition to the U.S. observance, World Mental Health Day is recognized globally on October 10.

How to Observe Mental Health Awareness Month

- **Take care of yourself:** Life has numerous ups and downs. Some are solvable but others not so much. When your mental health acts up, seek the right treatment and make yourself better because, after all, life has much more to offer than just pain and suffering.
- **Take care of your loved ones:** Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them if they are being treated for any mental problems.
- **Listen Actively:** One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment AND research.

5 Facts About Anxiety Disorder

- **Anxiety most common:** In the U.S., anxiety disorder is the most common form of mental illness.
- **Very few people seek treatment:** Anxiety disorder is treatable in many cases but only about 36% of people opt to get help.
- **Multiple factors cause anxiety:** From brain activities to genetics to life events, a host of factors can lead to a person developing an anxiety disorder.
- **Anxiety from a young age:** The National Institute of Mental Health states that 8% of American teenagers already have an anxiety disorder.
- **Exercise to fight anxiety:** Many studies have proven that a little boost of energy from exercise can help lessen the effects of anxiety disorder.



EARLY HEAD START/ HEAD START

ENROLL NOW

AGES BIRTH - 5 YEARS



419-227-2586

www.wocap.org

West Ohio CAP
540 S. Central Avenue
Lima, OH 45804



Parents are involved in decision making and in carrying out the program's activities. Parents serve on Parent Policy Council, parenting groups, and work as volunteers in the classroom. They also help to develop educational and social activities for their children.

FREE program that offers social, emotional and intellectual growth to prepare children for success in life

Head Start is a comprehensive program for children and their families. We offer Home-Based and Center-Based options to best meet your needs. The Home-Based option consist of a home based teacher, child, and family work together to provide activities and experiences designed to meet the child's needs in the home environment for 1.5 hours.

What Services Are Provided?

Developmental screenings, hearing, vision, dental exam and treatment, lead testing, hemoglobin testing, parenting classes, and various training opportunities. Transportation to the center may be provided for eligible children and each child receives a free snack, breakfast and/or hot lunch daily. Field trips and family days are scheduled throughout the year.

What Are The Requirements?

- Families income must be at or below 100% of the Federal Poverty Guidelines.
- Families/children experiencing homelessness or who are in foster care are also eligible.
- Children with a disability may also qualify.
- Services available for children age birth - five years of age
- Service are available to families/children that live or work in Allen County

Board of Trustees - 2025

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

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C.A.L.L. Pantry

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Connie Dershem
Allen Co. Council on Aging

Hellen Douglas
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