January 2020 Calendar

**Thurston County Drop In**
Every Tuesday 9:30 am-11:00 am
@ Rosie’s Place
520 Pear St SE, Olympia WA, 98501

Every Wednesday 3:00 pm-5:00 pm
@ ILS Office on the 2nd Floor
711 State Ave NE, Olympia, WA. 98506

**Mason County Drop In**
1/8/20 & 1/22/20 from 1:00pm-3:00pm
@ Mason Transit 601 W. Franklin St. Shelton WA

**Mockingbird Chapter Meeting**
New Hours: 3rd Tuesday Monthly from 3:30-5:30 PM
@ 711 State Ave NE, Olympia WA 98506 3rd Floor Marina View Room
Next Meeting: 1/21/20
Leadership Team Meetings: 1st Tuesday Monthly from 12:30-2:30 pm
Contact Ileana Areiza for Leadership Team opportunities: 253-348-2625
Buses in Thurston County are zero-fare beginning January 1st, 2020.

What does this mean?

This means that you won’t have to come into CYS to pick up a bus pass! You will be able to ride fare-free beginning on January 1st!!

Find more information about Zero Fare at:
https://www.intercitytransit.com/zerofare
The Young Adult Housing Program is a comprehensive program for young adults and families in Thurston County, Washington State, ages 18-24, who are homeless, living in unsafe situations, exiting an institution or have been in the state foster care system. Our role is to provide safe and stable housing for young adults and families who are facing challenges, along with support, advocacy and guidance in helping them achieve their goals.

**How does a youth get started?**

1.) Fill out an eligibility form, which can be printed off below following link to webpage, or picked up at the 3rd floor reception desk at CYS: 711 State Ave NE, Olympia, WA, 98506
2.) Return completed eligibility form to CYS, as soon as possible, so eligibility can be determined
3.) Check your mail or email for your eligibility letter within two weeks. If you are eligible, you will receive an invitation to the next housing orientation, which begins your admissions process.

Link to YAH webpage: [https://communityyouthservices.org/programs/young-adult-housing/](https://communityyouthservices.org/programs/young-adult-housing/)

Questions?: The Admissions Case Manager Rachael Childs can be reached at (360) 918-7845

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**Lewis County**

Housing offered in Lewis County through the Young Adult Housing program at CYS, if you qualify for IYHP housing and were in Foster Care during the 4 month period before turning 18.

Questions?: The Admissions Case Manager Rachael Childs can be reached at (360)
Scholarship Opportunities for High School, GED, and / or College Students

- **The Pride Foundation Scholarships**: only one application is needed to fill out for over 50 scholarships. The application is available and the deadline is **Friday, Jan. 10, 2020**. To find out more information and to access the online scholarship check out this link: [https://www.pridefoundation.org/what-we-do/scholarships/](https://www.pridefoundation.org/what-we-do/scholarships/).

- **Washington State Governors’ Scholarship for Foster Youth** is a scholarship program for eligible students who are interested in earning a college degree. Scholarship award amounts range from $2,000 to $4,000 depending on the college the student is attending. The online scholarship application is available January 1st. The eligibility criteria and application can be found at the following website: [http://collegesuccessfoundation.org/wa/scholarships/governors/eligibility](http://collegesuccessfoundation.org/wa/scholarships/governors/eligibility). The application deadline is **Friday, January 31, 2020**. Required documents due February 7, 2020.

- **Washington State Opportunity Scholarship (WSOS)** supports low and middle income students pursuing eligible high-demand majors in science, technology, engineering, math, (STEM) or health care. Scholarship award amounts will range based on the credits students have completed. The online scholarship application will be available January 13th. The eligibility criteria and application can be found at the following website: [https://www.waopportunityscholarship.org/](https://www.waopportunityscholarship.org/). The application deadline is **Thursday, February 6, 2020**.

- **Leadership 1000 Scholarship** provides college scholarships to students who will be attending an eligible four-year college or university located in Washington State. The annual award amounts range from $1,500 to $5,000. The online scholarship application is available January 1, 2020. The eligibility criteria and application can be found at the following website: [http://collegesuccessfoundation.org/wa/scholarships/leadership-1000](http://collegesuccessfoundation.org/wa/scholarships/leadership-1000). The application deadline is **Friday, February 7, 2020**.

- **The Foster Care to Success Scholarship** application is available January 1. The awards range from $2,500 to $5,000 per academic year and are renewable for up to five years if a student remains eligible. The eligibility criteria and application can be found at the following website: [http://www.fc2success.org/our-programs/information-for-students/](http://www.fc2success.org/our-programs/information-for-students/). The application deadline is **Tuesday, March 31, 2020**.

- **The Nsoro Foundation Scholarships** are an opportunity available for those who have experienced or currently experiencing foster care while living in the United States. The scholarship application is currently available and the deadline is **Sunday, April 12, 2020**. Check out their website for more information: [https://nsoro.submittable.com/submit](https://nsoro.submittable.com/submit).

Education and Training Voucher (ETV) Program

The Education & Training Voucher (ETV) online application is available. ETV is another way to help you pay for your expenses associated with your education. **ETV awards are different for each student and are based on the cost of attendance formula established by the college and any unmet need from the financial aid award letter.** ETV is also processed on a “first come first served” basis similar to the FAFSA. The application can be found by going to: [http://independence.wa.gov/programs/etv-program](http://independence.wa.gov/programs/etv-program). There are links for the online application, renewal application, or application for running start students if those options apply to your situation. The priority application deadline is **Thursday, April 30, 2020**.

If you have any questions or need support with your education and career goals contact Tia Stoner, SETuP Case Manager, at 360-918-7812 (desk), or 360-480-9266 (cell), or tstoner@communityyouthservices.org
JOIN THE OLYMPIA CHAPTER

WHO: Young adults (13-25) impacted by Foster Care or Homelessness

WHAT: - Help improve the foster care and youth homelessness systems for yourself and others
     - Hang out & eat good food
     - Become a successful advocate, writer, and public speaker
     - Earn money or community service hours for getting involved

WHY: To be connected and empowered with other youth in your area. To make sure your voice is heard when new laws and policies are created that will affect your life!

WHEN: January 21st, 2020 (3:30pm-5:30pm)

WHERE: CYS Main Building 711 State Ave NE, Olympia WA 98506
       3rd Floor Marina View Room

Contact: Ileana Areiza: 253-348-2625
Polar Bear Plunge
Long Lake Park
2790 Carpenter Road SE
1/1/20 @ 12:00 pm; Plunge at 1:00 pm
Contact Info: 360-491-0857
Join fellow enthusiast in this chilling ritual to bring in the new year

Silly Scientists
WET Science Center
1/11/20 @ 10 am to 4 pm
Learn about science projects and how to create mini experiments at home
Stress relief activities

- Read a good book
- Watch a your favourite film
- Engage your visual senses in painting or photography
- Allow yourself to day dream for 10 mins
- Use visualisation techniques
- Evoke good memories from look at memory or story board

Engage one or more of your senses to relieve stress

- Sit outside and enjoy the sounds
- Listen a a favourite piece of music
- Listen to some sounds, lapping water
- Listen to a motivational recording
- Play a relaxation cd
- Listen to a radio programme with your eyes closed

- Burn some aromatherapy oils
- Enjoy the aroma of scented candles
- Do some baking - the mixture of aromas and soothing movements
- Enjoy outdoor smells from walks in the country or near the sea...
- Freshly brewed tea or coffee

- Sing
- Laugh
- Have a chat with someone who listens
- Chew a piece of sugarless gum
- Use deep breathing exercises
- Eat a piece of dark chocolate
- Use deep breathing exercises
- Repeat affirmations out loud

- Exercise
  - Squeeze a stress ball
  - Stroke a pet - particularly cats, dogs, rabbits
  - Wear soft warm clothing.
  - Bake - enjoy the soothing, repetitive movements
  - Play a musical instrument
  - Have a massage
  - Yoga or pilates

Designed by B Ireland-Symonds
Sloppy Joe Spaghetti

Ingredients:
- 1 Pound of Spaghetti
- 1 Pound Lean Ground Beef
- 15 oz Can of Sloppy Joe Sauce
- 1/2 Green Bell Pepper, Diced
- 1/2 an Onion, Chopped
- 1/2 Cup Dried Bread Crumbs
- 1/4 Cup Shredded Cheddar Cheese

Instructions:
- Add pasta to a pot of salted boiling water and cook for 8-10 minutes
- Cook the ground beef in a skillet. When fully cooked add in the sauce
- Add in the onion and bell pepper and mix well
- Remove from the heat and add in the cheese and bread crumbs. Then mix with the pasta and serve.

Prep Time:
- 5 Minutes of Prep Time
ResCare Youth Services

Looking for youth (16-24 Years of age) who need help with employment and education services.

Employment services:
- Work training and certifications
- Paid work experience
- One-on-one Job Search Assistance

Contact: Ivy Bower @ (360) 200-0660
ivy.bower@rescare.com

Supported Employment now accepting referrals!

Do you know a youth who is interested in help with employment? If they are ages 16-24 on Medicaid and have had a mental health diagnosis or SUD diagnosis, a referral for services can be emailed to:

Contact info: icd@communityyouthservices.org or call 360-918-7860.

Supported Employment: is a program designed to enhance youth engagement and support their transition into the work-force. Employment Specialists work with the youth at their pace! Whether they are on the fence about working and need information to make an informed choice about their employment opportunities, or are ready to begin looking for work now, the Employment Specialist will adapt the services provided to meet the youth’s current needs.

By spending time getting to know the youth, SE Specialist will learn about their personal and work history; their strengths, needs, abilities, preferences and short and long-term work goals. With that information, the youth and the specialist will develop an initial treatment plan that will them help guide and measure the steps and progressions toward achieving employment goals.
Let’s talk STDs

Do you know your risk for contracting an STD? Get protected. Get tested. Get in the know with TopLine MD.

Undiagnosed STIs cause 24,000 women to become infertile each year

1 in 4 teens will contract an STI/STD

Chlamydia
- Most commonly reported STD
- Symptoms include discharge and burning while urinating
- Can be treated with antibiotics

HPV
- Most common STD with 40 types
- Most strains have no symptoms while others cause warts or cancer
- Vaccines like Gardasil prevent certain types from developing into cancer

Herpes
- Symptoms include painful blisters
- Caused by skin-to-skin interactions and may even develop with condom usage
- The virus can be managed with medicine but not cured

HIV
- Passed through body fluids excluding saliva
- HIV takes years to destroy your immune system
- HIV causes AIDS and there is no cure for AIDS

Prevent getting infected

1. Use condoms
2. Practice abstinence or mutual monogamy
3. Get vaccinated
4. Get tested regularly
5. Have less partners
6. Communicate with your partner

Still have questions about your sexual health?
Find a TopLine MD doc today at: TopLineMD.com or (844) 867-6348

WA. Resource
Need help
finding a
dentist?
Check out
DentistLink.org

Coordinated Care Questions?
Need Help Finding a Provider?
Visit:
www.coordinatedcarehealth.com/

DentistLink.org
is a free service for anyone in WA.
Open to Apple Health (Medicaid),
uninsured, self-pay
and insured.

Connecting people
to dental care in
their community.

DentistLink.org, a free service brought to you by
ARCORA Foundation

Your oral health
matters. Let us find
a dentist near you.
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