In this Issue:
CYS COVID 19 Closure
July Calendar
Help Prevent the Spread of Germs
Housing Options
SETuP Corner
Mockingbird News
Local Events
Self Care Corner
Recipe Corner
Employment
Sex Talk
WA Resources
Contact Information
CYS COVID 19 Closure

As of March 17th 2020 all non-essential CYS buildings (Thurston, Lewis & Mason Counties) are closed to the public until further notice due to the COVID 19 Virus.

Currently all ILS/SETuP staff are working from home.

If you need to contact the ILS/SETuP Program Coordinator or ILS/SETuP Case Managers they will be available by cell phone or email.

Our staff’s contact information can be located on the last page of the newsletter.

We will continue to support you to the best of our abilities during this time.

We appreciate your understanding and patients.

Continue to stay safe and reach out if you need any assistance.
July 2020 Calendar

CYS Non-Essential Offices have been closed until further notice due to the COVID 19 Virus

Due to this all drop-in hours have been postponed

Mockingbird Chapter Meeting

3rd Tuesday Monthly from 3:30-5:30 PM

Next Meeting: 7/21/2020

Due to the COVID 19 Virus the meeting will be held via Zoom

Contact Rinn Cronin Kleinman for details on joining the meeting

516-387-2635

Rinn@mockingbirdssociety.org

Leadership Team Meetings: 1st Tuesday Monthly from 12:30-2:30 pm
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19
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/

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

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) 918-7845
SETuP Corner—July 2020

Future and Current College Students

Education and Training Voucher (ETV) Waiting List
If you haven’t had a chance to turn in completed ETV application by the priority deadline (April 30, 2020) don’t worry you can still apply for ETV (no later than July 31, 2020). Once you have completed the ETV application, it will be placed on a waiting list and will be awarded on a first come, first serve, and funds available basis. The application can be found by going to: http://independence.wa.gov/programs/etv-program/. There are links for the online application (first time applicant) or the renewal application if those options apply to your situation.

SETuP Program Changes:
There is a new face in the SETuP program! I accepted a position as the newest ILS Case Manager for CYS (covering Thurston and Lewis Counties). Josh Hite will begin as the new SETuP Case Manager starting Wednesday, June 24th, 2020!!!! The program will operate same as usual. The intake process is still up in the air as to when in-person intakes can take place. Feel free to continue sending referrals so when those do start up again, Josh will have a list of who to reach out to! His contact information is;

Josh Hite SETuP Case Manager
Work Cell: (360) 480-9266
Desk Phone: (360) 918-7812
jhite@communityyouthservices.org

If you have any questions or need support with your education and career goals contact Josh Hite, SETuP Case Manager, at 360-480-9266 (cell), or jhite@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: July 21st 2020 (3:30pm-5:30pm via Zoom)

Contact Rinn Cronin Klienman for details

516-387-2635
Rinn@mockingbirdssociety.org

WHERE: Currently meetings will be held on Zoom due to the COVID 19 pandemic.
Thursday Family Entertainment

Concerts and Family Friendly events are being held in July at several Lacey Parks. All events are free, but tickets must be reserved to attend the event. You can reserve tickets at this link:

http://www.ci.lacey.wa.us/living-in-lacey/the-community/arts-and-events/summer-events

Events in July

Stanley Alleyne – Steel Drums
7/9/2020 from 2-3 pm at Meridian Park

Border Collie International
7/16/2020 from 2-3 pm at Rainier Vista Park

Bubble Man
7/23/2020 from 2-3 pm at Thornbury Park
Self Care

Solo Stress Relievers

- Hike, walk, or bike
- Have a solo dance party!
- Stream a yoga class
- Unleash your inner artist!
- Try a new recipe
- Cuddle your fur babies
- Watch a virtual concert
- Start a gratitude journal
- Take an online course
- FaceTime a friend!
- Test your green thumb
- BREATHE, meditate

AmyGorinNutrition.com
Quick Ziti with Ham and Swiss Cheese

Ingredients:
• 16 oz package of Ziti Pasta
• 8 Slices of Swiss Cheese
• 8 Slices of Ham
• 2 Tablespoons Vegetable Oil

Instructions:
• Bring large pot of lightly salted water to boil. Boil ziti pasta for 8 minutes or until tender
• Add vegetable oil to pan and heat on medium.
• Dice and chop the swiss cheese and ham
• Add the ham to the pan and stir until golden brown
• Drain pasta then add the ham and swiss cheese and mix until the cheese has melted

Prep Time:
• Prepped in 5 Minutes. Finished and Served in 15 Minutes
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

WorkSource

What's WorkSource?

WorkSource is a statewide partnership of state, local and nonprofit agencies that provides an array of employment and training services to job seekers and employers in Washington.

Customers access services electronically through WorkSourceWA.com or through a network of more than 60 WorkSource centers, affiliates and connection sites.

Last year, WorkSource professionals helped some 170,000 workers and nearly 5,600 Washington employers. Studies show that people who use WorkSource services tend to find work faster and earn more money than those who don't.

To get personalized help with your job hunt or with your business, contact WorkSource today.

Located below is a link with the locations and contact information for the WorkSource offices in Thurston, Mason and Lewis Counties.

Ask Yourself

Some Questions

**CONSENT**

Consent is not just a lack of no. You need a *real* YES!

Ask for it! Consent is Respect.
Say what you want to do, ask what they want to do. Respect the answer no matter what.
Consent means each person actively wants to participate in whatever physical or sexual act is happening.
People who are drunk, high, or asleep cannot give consent.
Always ask before you touch someone. It’s easy and respectful.

**POWER**

Just because your relationship is legal, *doesn’t* mean it’s equal.

Do you & your partner trust each other equally?
Do you each have autonomy - separate friends and activities?
Does your partner pressure you to do things you don’t want to?
Does your partner ever scare you with the things they do or say?
Need help finding a dentist? Check out DentistLink.org


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.
Contact Information

Veneza Tena
ILS and SETuP Program Coordinator

Office: 360-918-7829
Cell: 360-515-6559
Vtena@communityyouthservices.org

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ILS Case Manager Thurston & Mason Co.

Office: 360-918-7852
Cell: 360-701-4429
Acox@communityyouthservices.org

Tia Stoner
ILS Case Manager Thurston & Lewis Co.

Office: 360-918-7841
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Tstoner@communityyouthservices.org

Rinn Cronin Kleinman
Mockingbird Engagement Coordinator

Cell: 516-387-2635
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Josh Hite
SETuP Case Manager

Office: 360-918-7812
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