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
May 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: 5/19/2020
Due to the COVID 19 Virus the meeting will be held via GoToMeeting or phone
Contact Ileana Areiza for details on joining the meeting
206-407-2137
Ileana@mockingbirdssociety.org

Leadership Team Meetings: 1st Tuesday Monthly from 12:30-2:30 pm
Finances and COVID-19

A Guide for Young Adults

You may have heard about payments coming from the government starting in April. Read more to find out if you qualify for a payment, what to do if you don’t get one automatically, and where to get answers.

Economic Impact Payments for COVID-19: The Basics

**WHAT**
Most adults who make up to $75,000 a year will get a full **economic impact payment** of $1,200. (Married couples, people who have children, and people who make more than $75,000 may get different amounts.)

**WHO**
You cannot be claimed as a “dependent” on anybody else’s (like a parent or guardian) taxes.

The Internal Revenue Service (IRS) has created a special webpage about financial help available because of the coronavirus (COVID-19) pandemic: [https://www.irs.gov/coronavirus](https://www.irs.gov/coronavirus). The page will be updated when new information is available.

**HOW**

Eligible people who filed taxes for 2018 or 2019 should **get a payment automatically**, either by direct deposit or check mailed to the address on file with the IRS. Most people will not have to do anything to get a payment.

- People who are supposed to file taxes, but have not yet filed for 2018 or 2019, should file taxes as soon as possible to get a payment. The deadline for filing 2019 taxes is now July 15, 2020.
- Some people who get Social Security benefits but do not usually have to file taxes will NOT need to file taxes in order to get a payment. This includes young adults receiving Social Security disability (SSDI) or survivor benefits. SSI recipients will get their payments automatically.

This money is federal aid, not a loan or a tax refund. **You will not need to repay it.**
WHEN

Many payments will go out from mid- to late-April. Payments will be available through the end of 2020 if you need to wait until the extended tax deadline (July 15) to file your 2019 taxes. If you didn’t get a payment and think you’re eligible, don’t panic — more information will be coming from the IRS soon. Check back on https://engage.youth.gov/coronavirus for updated resources.

WHERE

The payment will be deposited directly into the same bank account you used on your taxes. If you haven’t shared your direct deposit information with the IRS before, or you need to update your mailing address, you can use the IRS Get My Payment tool at https://www.irs.gov/coronavirus/get-my-payment to share your bank information with the IRS or provide a new mailing address. This will help you get a payment quickly. If you do not share your bank information, you’ll need to wait to get a check in the mail.

Filing taxes is the fastest way to get a refund and/or payment. If you need to file taxes, there are three things to know to get a payment more quickly:

1. **e-File** — File your taxes electronically.
2. **Free File** — Use IRS Free File if your income is $69,000 or less.
3. **Direct Deposit** — Select to get a refund with direct deposit into your bank account (rather than waiting for a check in the mail).

Learn how to file taxes: https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free

COVID-19 Scams

If you get a call, text, email, or other communications from someone claiming to be from the Treasury Department or IRS, be careful. If they offer you COVID-19 grants or stimulus payments, but ask for your personal financial information or a fee (including gift cards), do not respond or click on any links. These are scams! Please contact the FBI at https://www.ic3.gov/default.aspx so the scammers can be stopped.

More COVID-19 Resources

- Resources from the U.S. Department of Treasury https://home.treasury.gov/coronavirus
- Resources from Youth Engaged 4 Change https://engage.youth.gov/coronavirus

Please note: Some websites listed here may be easier to read on a computer or tablet than on a phone.
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/](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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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
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: Help with Navigating Career / College Pathways

Though the Supplemental Education Transition Planning or SETuP Program is still accepting referrals, intakes are put on hold for the time being. SETuP supports young people in foster care with their career and educational goals (includes those who have interest in vocational training, etc.). To be eligible for the SETuP program, young people must meet each of the following: currently in foster care, Extended Foster Care or Unaccompanied homeless youth, and between ages of 13-21. Please send a referral to SETuP Case Manager listed below. If you are in need of a referral form, please reach out to Case Manager and one will be sent as soon as possible!

COVID-19 Information

Some people may be eligible for the Economic Impact Payment check who do not need to file taxes. If you are one of those people, check out the following link to fill out the form. https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here

Disaster Cash Assistance Program

DSHS is activating the Disaster Cash Assistance Program, or DCAP, beginning April 17, 2020. This program is intended to help some Washingtonians meet their basic needs during the state of emergency caused by COVID-19 state of emergency.

This program requires an interview via telephone. Households can apply by: Applying online at Washington-Connection.org and then calling the Customer Service Contact Center at 877-501-2233 to complete the required interview. Calling 877-501-2233 to complete the whole application process. Please be aware that the Customer Service Contact Center is experiencing very high call volumes and you may have a long wait time. The best time to call is before 11 a.m. The busiest time to call is 11 a.m. to 2 p.m.

Career Connect

Starting May 4, 2020 Students, educators and more can connect online to learn about real jobs and careers from employers across Washington. https://www.careerconnectathome.org/

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: May 19th 2020 (3:30pm-5:30pm via GoToMeeting or Phone)

Contact Ileana Areiza for details
206-407-2137; Ileana@mockingbirdbirdsociety.org

WHERE: Currently meetings will be held on GoToMeeting or phone due to the COVID 19 pandemic.
Lacey Spring Fun Fair

Lacey Spring Fun Fair provides FREE activities and entertainment such as rides, games, live performances, vendors and food concessions

May 16th from 10 am to 6 pm
May 17th From 11 am to 5 pm
Saint Martin’s University Campus
5000 Abbey Way SE, Lacey, WA. 98503
8 WAYS TO PRACTISE Self Care

Learn the art of saying “NO”
- without the need to explain yourself.

List 5 things you are grateful for.
It can be big or small. Your health, your kids or your cat!

Try something new.
A new hobby, a new friendship, or a new book.

Move your body.
Dance, cycle, do yoga, walk, swim or dance.

Drink more water.
Your body needs it!

Ask and listen to what your body wants.
Does it need sleep, excercise, or cake? :)

Meditate 10 minutes per day.
It’s calming and will give you more clarity.

Spend some time in nature.
Kiss the earth with your feet, or simply watch the clouds float by.
One Pan Taco Dinner

Ingredients:
- 1 Pound of Ground Beef
- 1 Packet of Taco Seasoning
- 2 Cups of Water
- 2 Cups of Minute White Rice
- 1 Cup of Shredded Cheddar Cheese
- 2 Cups Shredded Lettuce
- 1 Large Chopped Tomato
- Non Stick Cooking Spray

Instructions:
- Spray non stick pan with the cooking spray, add ground beef and brown over medium heat and drain excess fat
- Add seasoning and water and bring to a boil
- Stir in rice and sprinkle in cheese. Cover and reduce heat to low and simmer for 5 minutes
- Top with lettuce and tomato before serving

Prep Time:
- 5 Minute Prep Time
- Finished 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.

Sex Talk

How to practice safe sex
Sexually transmitted diseases prevention

- Limit the number of partners
- Avoid alcohol and drug abuse
- Practice abstinence
- Talk openly with your partner
- Get tested to know if you have STD
- Get medical treatment to prevent or cure STD
- Wash before and after sexual intercourse
- Use a latex or polyurethane condom
- Use a protection for all forms of sex
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.

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

Veneza Tena
ILS and SETuP Program Coordinator

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Vtena@communityyouthservices.org

Andrew Cox
ILS Case Manager Thurston & Mason Co.

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