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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.
August 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: 9/15/2020
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
COVID-19 Updates:

All phases have been put on hold until further notice. Please remember to wear a mask (CYS can provide a reusable one if needed) and social distance at least 6 feet apart!
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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**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) 918-7845
COVID-19 Resources
As many counties are moving into Phase 3, more places are opening up, but the concern to contract COVID-19 is still out there. To stay up to date with how to stay safe with COVID-19, here are some resources to check regularly:

- https://www.hud.gov/coronavirus

Free Application for Federal Student Aid (FAFSA):

What is the FAFSA? A federal application that is used to determine if you are eligible for financial aid. The FAFSA is the first step to accessing federal aid for college, career school, or graduate school. Many states and colleges use the data from the FAFSA to find out if you are eligible for state and school aid.

When is the FAFSA available? As soon as possible after Oct. 1, 2019. Awards are made until funds are depleted. Students ineligible for federal aid but who meet state financial aid program and residency requirements should complete the Washington Application for State Financial Aid at readysetgrad.wa.gov/wasfa instead of the FAFSA form. Contact the Washington Student Achievement Council (wsac.wa.gov) or your financial aid administrator for more information.
Form's must be submitted by 11:59 p.m. Central time (CT) on June 30, 2021. Any corrections or updates must be submitted by 11:59 p.m. CT on Sept. 1.

Federal Student Aid ID (FSA ID): It is a username and password created by the student to access US Department of Education websites including the FAFSA. The FSA ID is used to confirm student's identity securely when accessing financial aid information and being able to electronically sign federal student aid documents (ex: FAFSA). The FSA ID replaces the FAFSA Pin in a more secure fashion. Check out this link to get more information on FSA ID: https://studentaid.ed.gov/sa/fafsa/filling-out/fsaid.

If you have any questions or need support with your education and career goals contact Josh Hite, SETuP Case Manager, at (360) 918-7812 (desk), or (360) 480-9266 (cell-SETuP program), 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: September 15th 2020 (3:30pm-5:30pm via Zoom)

Contact Rinn Cronin Klienman for details

516-387-2635
Rinn@mockingbirdsociety.org

WHERE: Currently meetings will be held on Zoom due to the COVID 19 pandemic.
Kaleidoscope Play & Learn @ Family Support Center
Sep 7 @ 1:00 pm – 2:30 pm

Every Monday except major holidays. For family caregivers and children birth to five. Enjoy fun snacks, art, story time, outdoor play, and more. Come learn and play with your child. Free books.
Self Care

16 Day Self Care Challenge

- Drink more water
- Go to bed early
- Make a wholesome breakfast
- Make time for me time
- Practice self love
- Listen to a new podcast
- Color
- "No complaints day"
- Take a walk
- Exercise
- Write self love letter
- Clean up work space
- Write gratitude list
- Unplug from social media
- Wellness journal
- Relax!

MORNINGCOFFEewithDEE.COM
Pineapple  Sweet & Sour Smoked Sausage

Ingredients:

- 14 oz of Smoked Sausage
- 1 Red Bell Pepper
- 1/4 Cup Sweet Chilli Garlic Sauce
- 1 Cup of Pineapple
- 3 Cups of Cooked Rice

Instructions:

- Cut sausages into 1/2 inch pieces
- Slice bell pepper into small chunks
- Cut pineapple into 1/2 inch pieces
- Cooks sausage and peppers for 5 minutes on medium heat
- Add chilli sauce and pineapple and cook for another 5 minutes
- Serve over cooked rice

Prep Time:

- Prepared and cooked 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.

How do you know if you have consent before engaging in a sexual act?

Why are you engaging in a sexual act with another person?

I asked if it was okay and the other person said yes enthusiastically (without being coerced by physical force, unfair power dynamic, or otherwise manipulated in any other way)

We are married

We just made out

We've had sex before

The other person came home with me

- Congrats! You have consent to initiate sex
- Sorry. You do not have consent to initiate sex
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
ILS Updates

ILS Case Manager, Tia Stoner (covering Thurston and Lewis County) will be out on medical leave for roughly three months beginning August 26 through mid/late November.

ILS Program Coordinator, Veneza Tena will have Tia’s work phone so any ILS needs can go through her during that time. (360-688-6345) Feel free to reach out with questions you may have!
Contact Information

Veneza Tena
ILS and SETuP Program Coordinator
Office: 360-918-7829
Cell: 360-515-6559
Vtena@communityyouthservices.org

Andrew Cox
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.
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Rinn Cronin Kleinman
Mockingbird Engagement Coordinator
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