

COMMUNITY ACTION ALLEGAN

MONTHLY NEWSLETTER



UPCOMING EVENTS

CSFP- 323 Water Street

June 13th 9:00-2:00

TEFAP - Quarterly

June 17th

Living Waters Church 9:30-10:30

People Helping People 11:00-12:00

Baraga Manor Apts 1:30-2:30

June 18th

ProjectHOPE 11:00-12:00

June 25th

Community Action Allegan 10:00-1:00

CAAC Board

June 17th 11:00

Policy Council

June 17th 9:00

Playgroups

Wednesday, June 12th

Plainwell Sherwood Park 5:00-6:00

Tuesday, June 18th

Allegan Riverfront Splash Pad 5:00-6:00

Thursday, June 20th

Otsego Northside Park 11:00-12:00

NEW HOUSING SERVICES, TRAINING, AND CERTIFICATION

Community Action of Allegan County now offers a number of new training, testing, and certification programs and services for contractors, builders, property managers, homeowners, career and workforce development, utility companies, and inspectors. In addition to HousingWorkx! HBI PACT Training in Construction Basics, we also offer BPI Building Analysis Training and Field & Online Exams, an EPA RRP Course, and the InterNACHI Online College.

New services include InterNACHI Certified Home Inspections, Healthy Home Evaluations, Housing Quality Services (HQS), and Construction Blower Door Testing.

For more information on these programs, please call 269-673-5472 ext. 238 or learn more about these programs and complete an interest form at communityactionallegan.org.



Expanded Diaper Bank!

Pick up Mondays and Thursdays only
9am - 3pm

323 Water Street, Allegan
Self-reported income eligibility
information will be required.

Now Includes:
diapers, pull-ups,
adult briefs! No age
restrictions!



For diaper bank questions, call:
269-673-5472 ext. 223, 254, or 307

USDA Food Distribution Update



Due to construction, TEFAP
USDA Foods are available:
323 Water Street Lobby
Monday-Friday 9am-3pm



Quarterly Drive-thru
Distributions will be held:
June 25 10am-1pm
September 24 10am-1pm




269-673-5472 ext. 242



START YOUR ENGINES!

ENROLLMENT IS NOW OPEN FOR
HEAD START AND EARLY HEAD START!

HEAD OVER TO  Help Me Grow
TO FILL OUT AN INTEREST FORM!

Hi, I'm Cruz, and I'm here to
help you CRUISE through
the enrollment process!
Here's what to expect:

After completing an interest form, a
Family Engagement Specialist or
Family Coach from your qualifying
program will reach out to you with
the next steps for enrollment!

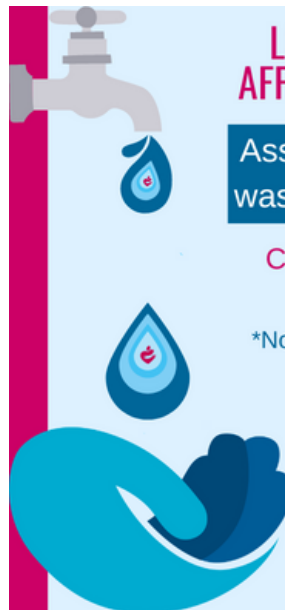


LOCAL WATER UTILITY AFFORDABILITY PROGRAM

Assists with metered* water,
wastewater bills, and repairs!

Call us to see if you qualify!
269-673-5472 ext. 228

*No septic or well homes at this time



FREE AT-HOME COVID TESTS

Free Covid-19 test kits are available
for pickup from our lobby!

323 Water Street, Allegan
Monday - Friday
9:00-3:00

No documentation required



Questions:
269-673-5472 ext. 264
communityactionallegan.org



Weatherization

Weatherization Assistance can reduce the energy burden for
families, and provide health and safety benefits:

- Save an average of \$432 per year in energy costs
- Extra savings for food, medicine, and safe housing
- Improved indoor ventilation and air quality
- Adequately heat and cool your home at lower costs
- Lowers heating bills by 30% in a cold weather state like Michigan
- Weatherization Workforce is skilled to work on many types of homes



269-673-5472 ext. 238

CommunityActionAllegan.org/services/weatherization





Financial Education with MSU Extension

MSU-E is offering several financial webinars each month! Go to www.mimoneyhealth.org

Choose from Expert Advice or Online Classes. Notable FREE topics this month include:

June 11th @ 12pm:
Wealth Building

June 18th @ 12pm:
Avoiding Predatory Lending

June 25th @ 12pm:
Making a Spending Plan

Pre-Registration is required. Visit the website to see the full list and register!

Follow Along on Socials



/CommunityActionAllegan



@CommunityActionAllegan



@CommActionAlleg



Community Action of Allegan County



Enrollment Interest Form



Facebook Head Start Parent Group



Plainwell Early Head Start Students Having a Blast!

Help Your Child Be a Good Friend

Preschoolers are learning how to be good friends to others as they grow. We start seeing glimpses of this in children who are even younger. Sometimes, it's easy to just jump in and solve problems between kids. But instead, guide your child to work through and solve the problem. It may be helpful for you to come with positive intent as you address the situation. Both kids might be trying to communicate, and as the adult, you can help them say what they mean.

For example, you can offer helpful phrases like, "It looks like Susie wanted a turn, but it looks like you aren't finished quite yet," "Let's keep our hands to ourselves," "Ask Susie nicely to please wait, or "Susie, try asking for a turn nicely." Then stand by and monitor as they try it out. Communication helps children build understanding.

As always, if you have more questions, reach out to your child's teacher for more information or resources.

Early Education



School Readiness: Stages of Self-Control

Early childhood is one of the ideal times to teach concepts of self –control. Self-control is important to young children because it means they are able to manage their own emotions and empathize with others around them. Self-control is one predictor of academic success later in life so it is critical to develop this skill in young children. Use the Four Developmental Stages of Self-Control by Family Communications and Fred Rogers Company to help young children develop self-control skills.

1. Establishing a Sense of Self and Body Boundaries: Learning to recognize where their bodies begin and end. How you can help: Nursery rhymes and finger plays can help even very young children learn about their bodies, and singing songs like “Head and Shoulders, Knees and Toes.”
2. Managing Impulses and Being Able to Stop: Recognizing that they can stop and go and have some control. How you can help: Young children are just beginning to learn that there is a connection between their behavior and the results of their behavior. You can help by modeling cause and effect through your own words, activities and stories like “No David” by David Shannon.
3. Finding Alternative Physical Outlets: Learning ways to channel anger and other strong emotions. How you can help: A gentle hug or kind words can help calm a young child, so they can re-group and manage their emotions better. Show them appropriate ways to deal with strong emotions. Say, “I see you might be getting frustrated, how about we take a walk around the room for a minute to calm down, then we can talk about what you are feeling, and try to find some solutions.
4. Channeling angry feelings in symbolic, constructive and organized ways: Developing a vocabulary for their feelings. How you can help: Teach children about feelings and emotions by giving them a wide vocabulary of feelings words. Children also learn by example, they copy those who care for them, so be a model for appropriate expressions of emotions.

POLICY COUNCIL SEEKING ACTIVE PARENTS

Policy council is looking for parents with children in the program to help us make Head Start the best it can be! Help us navigate the Head Start road map by attending monthly 60-90 minute conversational meetings regarding program updates, personnel, and spending/budgeting. Zoom and in-person (breakfast and childcare provided) meeting options are available. This is your chance to get involved, even if just through voting on action items. If you are interested, call or text Carly at 269-512-2011.

Helping People.
Changing Lives.

Senior Services

Older American Programs



Program funded by Allegan County Senior Millage and Donations

Home Delivered Meals

Our Home Delivered Meals Program provides well-balanced meals for homebound seniors who are unable to prepare meals. Meal options include hot, cold, frozen, or liquid. Deliveries can be as frequent as daily with the exception of weekends and holidays. Service is available to eligible seniors at no charge, although donations are encouraged. Please contact us at 269.673.5472 extension 247 for additional information.

Commodity Supplemental Food Program (CSFP) for Seniors

This month, CSFP will be June 13th from 9am-2pm. Come to our office at 323 Water Street in Allegan to receive a provision of groceries for seniors (60+). Participants must be an Allegan County resident, age 60 or older, and fall within income guidelines. Questions? Please call 269.673.5472 extension 242.

Senior Transportation is Available

Transportation is available to qualified seniors for essential services. Requests for transportation include medical and legal appointments, nutritional purposes, and other essential services. Transportation outside of Allegan County may be available. Services are provided by community volunteer drivers. Requests can be made 72 business hours in advance by calling 269.673.5472 extension 261. Transportation is based on availability

and cannot be guaranteed until appointment is confirmed.



Weatherization Services

Community Action of Allegan County is here to help you and your family stay comfortable with our Weatherization Assistance Program (WAP). Weatherization provides many benefits like saving money on bills, providing physical and mental health for the recipients, and reducing greenhouse gas emissions. If you would like more information on this program and to see if you qualify, call us at 269.673.5472 extension 238.



Summer Fun

Z U K G T P G E C R P Y V L L H Y D S I O V U E
 F J I Z O N C U D B Z T D Z K E P S U Y P J G L
 U J W G J U D E P X G W Z A K Z Z Y N M R W A C
 S P S P F C I N C I P M A W Q D N Z S L I C I I
 T D T U Q S Y F B I F S H Z H X O G C T N S P S
 V S D M J K G U Y M X Y P B E A C H R D E U S P
 I O F B B V E E N I H S N U S S H H E H G K D O
 P S I E H O S W I M S U I T N D E Z E V B E C P
 C S A N D C A S T L E N F B X N A S N A I G N Q
 A C B I H O Y Y A X K Z Z U H E S G B C K N Q R
 L O O P W U P E I P G R D O V I R F E A E I Q R
 S J Q S N T Q N R H S G O U N R E P I T K P B A
 I G D Z G S W B T G W K B V T F G M M I E M C C
 C M Q B U I S H B Z I D R X S T R S Q O B A O V
 E A J A H D N U P X M L Q L E O U W V N Z C O O
 C L M C Z E D X T M M A Y I S L B E R I E L K U
 R O M T W X S N P L I V Q Z S Y M A E A K T O H
 E H W L J L W M S T N T M Y A H A T M E S L U V
 A S A E P V K S O J G G Q Y L X H P M W S X T H
 M J J C I N X T Z O I P D D G B M S U U W I K X
 W C D O T Y I C D I L K L F N G M W S N K I L L
 R N I J A H O T D O G S A U U H V M T H M P V T
 K F D L G X Q R T E X X Y Y S S P R I N K L E R
 W R P G H E N O L E M R E T A W U W V Z N X P L

SANDCASTLE
 SUNSCREEN
 POPSICLE
 COOKOUT
 FRIENDS
 SWEAT

SUNGLASSES
 SPRINKLER
 SUNSHINE
 CAMPING
 PICNIC
 BIKE

HAMBURGERS
 VACATION
 ICECREAM
 OUTSIDE
 SUMMER
 POOL

WATERMELON
 SWIMSUIT
 SWIMMING
 HOTDOGS
 BEACH
 HOT



Donations

Community Action of Allegran County is a 501(c)3 non-profit organization with a mission to serve, advocate, and engage individuals, families, and communities to overcome the effects of poverty and encourage self-reliance.

Please consider donating to CAAC's anti-poverty work in assisting low to moderate income families in Allegran County. Visit www.CommunityActionAllegran.org/donate.

NUTRITION

Meal Planning Made Simple

- **Plan ahead** by including the family in creating meal ideas for the upcoming week.
- **Balance your plate** and aim for at least 3 of the 5 food groups at a meal.
- **Make a grocery list** of items that are needed for each recipe you plan to make, while crossing off any items you already have at home.
- **Include fruits and vegetables** (fresh, frozen, or canned), filling half of your plate with a variety of colors at meal times.
- **Enjoy leftovers** and save on cost and time throughout the week by cooking a meal in bulk.

Sample menus through the USDA MyPlate website are free and offer healthy eating plans for any family.

