



Ogden-Weber CAP Corner News

Where Neighborhoods Come Together

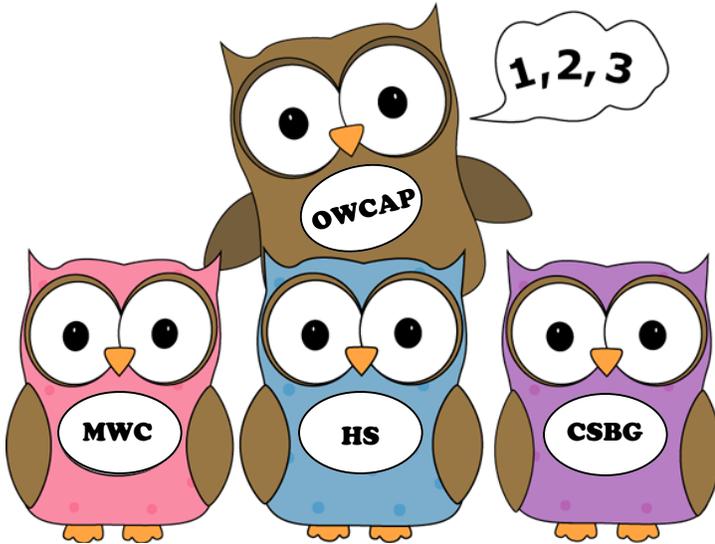


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3159 Grant Ave
Ogden, UT 84401
801.399.9281

Just "Whoo" Exactly is Ogden-Weber CAP?

Submitted by Dorothy Lee, Volunteer Correspondent



Hello Everyone!

My name is Dorothy Lee and I have lived in Ogden for 60 years. I first became involved with the Ogden-Weber Community Action Partnership (OWCAP) when I enrolled my youngest son, Patrick, into the Head Start preschool program in 1978.

At that time, transportation was provided and he would be so excited and could hardly wait for the

next day to ride the bus to school. He attended for two years and learned so much from his teachers, Mrs. Brown and Ms. Lupe. When it was time for him to go off to kindergarten, he was better prepared for it.

My next experience was to serve on the Board of Trustees and I, along with the other board members, was instrumental in approving the building of both the H.C. Massey Senior Villa and Graham Court apartment complexes which provide subsidized housing for seniors and individuals with disabilities.

During this time I leaned on the agency when times were difficult to get food for my family from the CSBG Emergency Food Pantry. I was always treated with dignity and respect and that's what is important to people.

They have a great Volunteer Income Tax Assistance (VITA) program which helped me prepare my income taxes without charge. This program is still available to low-income families whose income is below \$52,000. Best of all, OWCAP has installed an elevator for people with disabilities or tired leg syndrome who want to avoid the stairs.

There are so many programs OWCAP has been involved in, such as the Senior Citizens Lunch Program where seniors can get together and enjoy Meals on Wheels. This program is still active and meets at the Marshall White Center.

Other programs supported by OWCAP that have made a difference in people's lives are the Weatherization and HEAT programs. Both of these programs are still active and low-income families can call 211 for further information.

Now I have returned to OWCAP as a trainee through the Easter Seals Senior Employment Program which provides an opportunity for me to gain new skills while I search for employment. Community Action has done a lot of things that have benefited the community. It's all about people reaching out to people for a better tomorrow.

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Special points of interest:

- OWCAP's ongoing commitment to the community is entering its 50th year in March 2015.
- CSBG provides support to Weber County low-income residents to become self-sufficient.
- HS promotes a preschool learning experience for underprivileged children ages 3-4 to prepare them to enter Kindergarten.
- MWC offers a variety of activities and programs for all ages to enjoy.
- Volunteering provides opportunities to help others, give back to the community, and gain or update skills for employment.
- Introducing Ms. Lee whose passion for community outreach is contagious! She would love to have feedback on her first newsletter for the agency:

vcnewsletter
@owcap.org



Community Service Block Grant (CSBG)

Submitted by Becky Mercier, Volunteer Coordinator

Have you ever been at a point in your life that you just don't know which direction to go in to get things in your life back on track?



Most people have and the Community Services Block Grant (CSBG) here at Ogden-Weber CAP can help with direct services, case management, and community referrals for low-income individuals and families in Weber County.

Coordinators are here to assist individuals in addressing and overcoming challenges towards self-sufficiency. Some of the services provided include:

- Employment Assistance
- Emergency Food Assistance
- Financial Literacy & Money Management
- Tax Preparation through VITA

- Adult GED Scholarships
- On Site WSD Adult Education Classes
- On Site WSD ESL Classes
- Cooking Classes
- And a whole lot more!

Check us out either by looking on our webpage or calling 801-399-9281 for more information.

Please bring the required documents at the time of service:

- Photo ID
- Social Security Cards (for all members of the household and birth certificates for anyone under the age of 18.)
- Proof of Weber County address within the last 30 days
- Proof of income for the last 30 days

***All documents are required at the time of service**

VOLUNTEERS NEEDED

Our CSBG Emergency Food Pantry is in need of community minded individuals to assist in load-unloading donations, rotating stock, and work with short-term volunteers to put together food boxes, and maintain the pantry.

Must be reliable, able to lift 50 lbs., climb in and out of a box truck, and only have bad-hair days on the weekends!



Mon-Fri 8a to 12n
Mon-Thur 11a to 3p

Call 801-399-9281 to schedule an orientation



Head Start Preschool Registration

Head Start Happenings

Submitted by Becky Mercier, Volunteer Coordinator

1. Do you have a child who will be three or four years old by September 1?

2. Do you live in Ogden City or Weber County?

If you responded yes to both questions, your child may be eligible. Simply stop by and pick up a registration package and come to the next registration event!

*Income restrictions apply!

Call 801-399-9281 ext 323 or 305 for more information.

Benjamin Franklin said, "The only things certain in life are death and taxes." In that case, everyone needs to live life to their fullest potential and remember the good things that taxes help.

Now how does that apply to Head Start? Well...my taxes are helping 703 local children attend preschool this upcoming year who might not otherwise have an opportunity to learn their fundamentals before starting kindergarten.

I was raised for the most part in a home where my father supported my mother in raising six children. Another luxury was having a grandmother live with us when I was little and every day there was something to learn from these two women.

I knew my alphabet forwards and backwards, could count to 100, knew how to play solitaire, write my name, recite my address and telephone number, and loved storybooks. My preschool was in my home.

Changes in the economy now find both parents working outside the home to support their families. When they get home, there isn't a lot of energy left to play and teach their children. It's even more difficult if there is only one parent or if their education is such that they can only find minimum wage work and want more for their children.

Recognizing that education is the key to raising individuals up out of poverty, President Lyndon B. Johnson established Head Start in 1965 to promote school readiness for children in low-income families by offering educational, nutritional, health, social, and other services.

The Head Start program at Ogden-Weber CAP recently ached its federal review and qualified for a five-year extension grant which is great news for low-income families and their children who live in our community.

Marshall White Center

Submitted by Dorothy Lee, Volunteer Correspondent

Marshall White has served the community for forty –three years. If you haven’t come in lately, you should stop by and look around—you’ll definitely find something you will enjoy!

ADMITTANCE FEES

Daily Adult Admission—All Facilities: \$2.00

Daily Pool Admission: \$2.00 (5 years old and up)

Daily Youth Basketball Gym: Free (17 years old and younger)

Daily Boxing Room Admission: \$2.00 (5 years old and up)

Monthly Passes are available for individuals, couple, families (up to 6), and for those 55 years and up, there is a punch pass.



Come check us out!

222 28th St,

Ogden, UT 84401

801.629.8346

Marshall White Center Senior Activities

ACTIVITY	DAY(S)	TIME	COST
Water Aerobics	Monday, Wednesday, Friday	8:00am, 9:00am, 10:00am	\$2.00
Foot Clinic	Last Wednesday of Month	12-noon	\$5.00
Blood Pressure	Wednesdays	11:00am	Free
Ceramics	Tuesday & Thursday	11:00am	\$5.00
Senior Lunch	Monday, Wednesday, Friday	11:00am and 12:15pm	\$3.00
Senior Wii	Wednesday	1:30pm and 2:30 pm	Free
Senior Game Day	Wednesday	12-noon	Free
Aqua Zumba	Wednesday	6:45pm and 7:30pm	1.50

Summer Sewing Project

Would you enjoy destroying a perfectly good dress for a great project?

The Volunteer Center is setting a goal of creating at least 24 “princess” dresses for classroom dramatic playtime out of donated prom dresses.



We are looking for individuals who would enjoy helping us take the dresses apart and put them back together again only smaller!

Call 801-399-9281 ext 346 if interested or you have a dress to donate!

Volunteer Venue

Submitted by Becky Mercier, Volunteer Coordinator

What a great year we have had so far. This year the Community Service Block Grant, Head Start Grant, and Marshall White Center were supported by over 800+ volunteers. Every single individual who gave of their time benefited these programs to either meet their in-kind requirements set by the federal government or to support applications for R.A.M.P. grants for MWC improvements.

It’s impossible to express how much the volunteers are appreciated but we do try by hosting a quarterly volunteer luncheon. Our most recent one was held April 29th where we thanked our volunteers for their “Co-MINT-ment” with a choice of Taco or Chinese Chicken Salad.

June will kick off our new volunteer year and I look forward to working with volunteers during the summer to develop

and complete a variety of new classroom support ideas for math, phonics, and science. We also hope to get a few more dramatic play clothes stitched up for the children to enjoy during their imaginative play time.

If you would like to share a few hours of your time; we would love to have you join us. For more information on volunteering, please visit owcap.org to see the many opportunities available and then call 801-399-9281 ext 301 and ask the Receptionist when our next orientation is and get signed up. Come and be one of our Outstanding Willing Charitable Awesome Priceless VOLUNTEERS!



Community Partners

Submitted by Tami Graham,

R.I.T.E.S. Inc. (Reaching Independence through Educating Self and Society) provides services for people with special needs and disabilities. They began volunteering at OWCAP this past April.

Our clients and staffs love all the different opportunities that are offered to us and the ability we are given to choose what we would like to do. Our clients volunteer in the food pantry, coloring and labeling project for the Head Start program, janitorial projects and some clients volunteer with the teachers and students in Head Start.

All our clients and staff look forward to coming to volunteer at OWCAP. The staff at OWCAP is so friendly and accepting. This opportunity has been very successful and rewarding for R.I.T.E.S. Inc.

We look forward continuing to volunteer at OWCAP. Our clients build community skills, life skills and job skills while feeling accomplished in making a difference in others' lives.

If you would like to learn more about this program, like on Facebook @ R.I.T.E.S. Inc.



Two great R.I.T.E.S. volunteers, John and Shane, who assist in the CSBG Emergency Food Pantry

THE RIDE – 801-625-3776

Available 8:00a to 3:30p, Monday – Friday
No holiday service. Limited space for wheelchairs.

Always call at least 3-4 days ahead
Cancellation within 24hrs of intended service.



EMERGENCY PHONE NUMBERS

DCFS CHILD ABUSE /NEGLECT	801-395-5911
OGDEN CITY POLICE DEPT	801-629-8221
SHERIFF DEPT	801-629-8221
POISON CONTROL CENTER	1-800-222-1212
UTAH POWER.....	1-888-221-7070



Peggy & Christina Lovett

Peggy Lovett was born and raised in Salt Lake City, Utah, where she raised four children. She has seven grandchildren and three great-grandchildren. Her love for children made her a natural candidate to volunteer off and on with the Head Start program for nine years as a Classroom and Bus Assistant while her children, grandchild, and several nieces and nephews attended. Peggy was hired as a Bus Assistant for Head Start which she did for two years. After her experience with Head Start, Peggy found

employment with the Utah Schools for the Deaf and Blind where she worked for the next 26+ years in the classroom and in transportation.

Peggy returned to Head Start in March 2011 through the Easter Seals Senior Community Service Employment Program (SCSEP) and naturally found her way back to the classrooms until being assigned in the Volunteer Center as a Classroom Material Lead Assistant. Today, Peggy is the Lead which involves directing other volunteers to projects currently being worked on and maintaining inventory of completed projects.

Recently, Peggy's daughter, Christina, moved back to Utah to stay with Peggy to undergo treatment for Stage 4 cancer which had taken hold in her cervix, uterus, and brain. Rather than staying at home, Christina found her way to OWCAP where she quickly gained notoriety as the center of attention in the Volunteer Center!

Christina's sense of humor and positive outlook on life was infectious and kept everyone on their toes and holding their sides from laughing! Despite the ups and downs with chemotherapy, Christina donated 414 hours towards the Head Start grant.

On April 18, 2014, Christina was declared cancer free and everyone celebrated! Christina has returned to Louisiana and everyone here misses her vibrant attitude. Her words to all of us are words to share with all of you. "I'm a fighter, I am still working and doing well. Whatever the situation is we must never give up hope."

For more information on the Easter Seals SCSEP, contact Leesa Winn, Employment Counselor, at 801-626-0351

Whatever the situation is, we must never give up hope

www.OWCAP.org



How Can You Help!

If you have four hours a week or month, you can help!

If you have an extra can of food, you can help!

If you enjoy gardening, you can help!

If you play an instrument, enjoy singing, enjoy physical fitness, etc..., you can help!

If you have old sheets, curtains, or fabric that you are not using, you can help!

If you enjoy sewing or telling a story, you can help!

If you enjoy helping others, you can help!

There are all kinds of ways You Can Help!