

# THIS JUST INDIRECT

Volume 28 / August Issue



## WELCOME BACK

We are so excited to welcome back our Head Start staff as the summer winds down. We hope it was super enjoyable and you got to spend some much-needed time recouping.

We believe this is going to be our best year YET and we are so thankful you're here to help make it that.

## JANELLE'S JOTS AND THOUGHTS

We hope that you've had an enjoyable summer and are returning refreshed and reenergized. We're excited for this upcoming year, and the future of the agency – which brings me to our exciting news: WayneCAP will have a new name: Finger Lakes Community Action!

Because we do so much work in surrounding counties, as well, we feel that "Finger Lakes" more accurately represents all the hard work our employees have put into expanding their programs. We are so grateful for their dedication and hard work that got us to this point.

Here's to the start of a wonderful new chapter in our agency's story.

Until next month, stay healthy and safe.

Janelle



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*"There shall be eternal summer in the grateful heart."*

*-Celia Thaxter*

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## HANDBOOK UPDATE

Each year, we are required to have a lawyer review and approve our handbook. This year was no exception, with the final approval coming in July. There have been some updates, so please review at your leisure for your own information. The updated copy is also online at [www.waynecap.org](http://www.waynecap.org), on the WayneCAP app and each site should keep a hardcopy. The HR Department will also be able to get you a copy upon request and would be happy to do so – just ask!

## **FIRE DRILLS**

It's no one's favorite mandate – except, maybe Dwight Schrute – but we gotta do 'em. Please be aware that a fire drill is coming to a building near you! Make sure you know where your meeting point is and who to see for attendance. Please take these drills seriously, and keep in mind they need to be completed under a certain time.

## **SENIOR FOLLIES**

The Foster Grandparent Program will once again sponsor a Senior Follies Talent Show on Saturday October 8 at the Smith Opera House in Geneva. We are looking for talented seniors over age 55 who are musicians, singers, band members, poetry readers, comics, dancers or have any performing skills to share. The event is not a competition, but a participatory experience. Please contact Gregory Peck at 315-333-4155 ext. 3316 for more information.

## **FOR UKRAINE**

The Foster Grandparent Program is co-sponsoring with Hobart and William Smith College a benefit for the people of Ukraine. On Friday August 26 at 7:00 pm at the Smith Opera in Geneva the Ukrainian movie "The Earth is as Blue as an Orange" will be showcased. The movie is free of charge with donations accepted. This 2020 documentary is about a single mother with four children raising her family in the front-line war zone of Donbas. The movie will be introduced by a member of the Ukrainian Society of Rochester. For more information contact Gregory Peck, Foster Grandparent Director: 315-333-4155 ext. 3316.

## **WELLNESS WOWs**

Here are some great apps you can use to "recenter" yourself and your mood:

- CALM offers meditation sessions, and other classes.
- MOODFIT helps track your moods, understand your feelings, and modify negative thoughts.
- SHINE aims to help calm anxiety and stress (geared toward millennials).
- SLEEP CYCLE tracks and analyzes your sleep patterns by listening to your sounds.
- YOGA STUDIO offers classes and sessions, including a Desk Series for your workday.
- FLORA helps you stay focused by blocking other distracting apps.
- HAPPIFY offers science-backed games developed by therapists and includes individual and group options.

## **SPOTLIGHT EMPLOYEE:**



### **LAUREN LAPP**

Program Coordinator  
Weatherization Program

#### **ABOUT LAUREN:**

"Hello, everyone, I am Lauren Lapp, and I am the Program Coordinator for the Weatherization Program. We assist low-income families with energy reduction services in their homes. I am fast approaching my 1-year mark with Wayne Cap in September. Becoming part of the team here has been the best step I have taken so far. I have already had some many opportunities and experiences that have taught me so much.

Working with the community and seeing the difference we can make for these families is amazing! I can't wait to see what the future holds for me here.

Outside of work I enjoy spending time with my family and friends. I also have two nieces that I love to spend time with, and watch grow."

## **SPOTLIGHT PROGRAM:**

### **Weatherization Program**

The Weatherization Assistance Program is grant funded by The US Department of Energy (DOE) and The New York State Department of Homes and Community Renewal (NYSHCR) to deliver energy reduction services to program eligible homeowners and renters in Wayne, Ontario, and Cayuga Counties. Our mission is to assist Wayne, Ontario and Cayuga County residents, families with young children, seniors, and those with disabilities to make their homes safer & more energy efficient. All of the work performed on an eligible dwelling is FREE to the homeowner or renter as long as they meet all of the eligibility and ownership/rental requirements of the program as set forth by USDOE & NYSHCR.

**NEW FACES:**

**JUNE and JULY:**



Briana Chauncey – FLLH / AmeriCorps



Brianna Goode - Head Start Program



Cameron Bowser – Housing Efficiency



Brett Nielsen - Housing Efficiency



Dustyn Shultz – Weatherization



David Follett – Weatherization

Cody Lapp – Community Schools

Chelsea Lee – Community Schools