



Helping People. Changing Lives.

CAPK Early Head Start (Great) News!

Shafter Early Head Start received a four star rating from Kern Early Stars, a Quality Rating and Improvement System (QRIS) program model developed by a statewide consortium of early childhood education representatives. What does this rating mean? The California Department of Education considers a program that receives three stars to be of highest quality standards. Shafter Early Head Start has exceeded this standard in providing quality services to young children and their families. Congratulations team!

July 2017 marked CAPK's Early Head Start program in San Joaquin County as "Fully Operational, Staffed and Enrolled!" with 313 Children, 80 staff, 7 Child Development Centers and a Home Based program option. The process was challenging, but well worth achieving status as a program of excellence in meeting the needs of infants and toddlers, and their families in the county. CAPK's Early Head Start programs continue to set the bar of quality services and delivery!

**Head Start enrollment hotline:
1-800-701-7060**



From CEO Jeremy Tobias: CAPK's Many Welcoming Doors

As summer ends and the 2017/18 school year begins, CAPK's Head Start, Early Head Start and Home-based programs located across the San Joaquin Valley continue to offer welcoming learning environments for children and helpful resources for families' continued success. Our Shafter Youth and Friendship House Community Centers are busy wrapping up their summer fun and educational activities for youth-with plans to explore more offerings in the coming year ahead. The Food Bank continues its efforts and partnerships to fight poverty and alleviate hunger with support of their teams, community volunteers, partners and vendors, and soon will flip-the-switch on solar, saving energy resources and improving the environmental footprint. PREP program partner, Starbucks, will announce in the Central Valley this month their ongoing support to help youth build on important life skills and gain supportive employment; and, CAPK WIC, supporting pregnant and breastfeeding mothers and thriving families were recently presented by the Kern County Board of Supervisors a Proclamation August 1 - 7, 2017 as World Breastfeeding Week, and the month of August as National Breastfeeding Awareness Month in Kern. It is inspiring to be surrounded by so many wonderful programs and staff doing great work with the assistance of countless community volunteers and partners, including our funders, that ensure everyone who seeks help through CAPK's many doors receive it during their time of need. *Thank you!*



CAPK serves over **74,213** low-income residents in Kern County annually with close to a dozen programs offering **help & hope** to positively change lives and improve the communities we serve.

Click [here](#) to download a one-sheet flier with brief descriptions of all our programs!



CAPK PREP Works Supporting Local Youth

PREP Works can really make a difference in lives and the war on poverty by showing students the value and rewards of hard work while instilling hope for a better future. Starbucks and Wells Fargo were true partners in helping our kids succeed, not only providing funding for this program, they also provided dedicated volunteers who shared their experience and expertise in areas such as preparing for interviews, communication, and financial education. Our many thanks to this year's program worksites including Factory-2-U, Super Cut's, Tastries, Fiesta Market, Maria's Collection, and the CAPK Food Bank. Employers were so impressed with the program students that some were offered jobs! Watch the video above to hear what Ethan Kaiser has to say about the difference PREP Works has made in his life 2017 PREP Works program highlights:

- **53** Youths completed **employment preparation workshops**
- **41** Youths completed **community service projects**
- **40** Youths placed at **job sites** for paid work experience
- **7** Local businesses provided **work opportunities**
- **98%** Youths successfully completed their **work assignments**
- **96%** Youths are interested in attending **college and/or trade school**



CAPK WIC (Women, Infants and Children) program offers breastfeeding support services to low-income California families in Southern Central Valley, the High Desert and in the San Bernardino Mountains. Please call (866)-327-3074 for more information on WIC services or visit www.capk.org/wic.

The first few days, weeks and months are crucial for a baby's development and is why breastfeeding is so important. Mother's milk is easier for infants to digest; they have less constipation, diarrhea and colic; may protect against infections and disease; promotes better oral and eye development, and more. Breastfeeding is also good for moms-saving time and money, night time feedings easier, increases bonds and may protect against cancer of the breast, uterus and ovaries.



CAPK Youth Center's Summer Program Special Guests



Individuals and businesses help strengthen our summer youth programs. **THANK YOU** to the following guest speakers for sharing their knowledge, careers and passion for creating opportunities for our amazing area youth.

- Lynn Joiner, Leave No Trace (Keep natural areas clean when camping);
- California Assembly member Rudy Salas (How a bill becomes law);

- CAPK Board member Ana Vigil (Volunteerism and community engagement);
- Bakersfield Police Department (Bicycle safety and the importance of always wearing a helmet-helmets were provided each youth!);
- The American Red Cross (Emergency preparedness and first aid information);
- The Kern County Crusaders (A women's semi-professional football team, shared their love of the sport.)

To volunteer at our Youth Centers, click [here](#).

CAPK Food Bank Farmers Market Serves High Needs Communities

Continuing into the second year, the CAPK Food Bank Farmers Market food distribution in local communities with high poverty rates and food insecurity - that is, lacking reliable access to a sufficient quantity of affordable nutritious food. On July 1st and August 5th, the



CAPK Food Bank conducted free Farmers Market distributions offering fresh produce and fruits from Ag against Hunger and local farmers at the Kern County Fairgrounds.

For more information on the next Farmers Market Food Distribution, click here for [English](#) or [Spanish](#) fliers.



- [Feed the Need Canned Food Drive at the Kern County Fair \(Sept. 26\)](#)
- [October is Energy Awareness Month](#)
- [Kern County Veterans Stand Down \(Oct.12\)](#)
- [Third Thursday at Mill Creek Park \(Oct.19\)](#)

Volunteer

Donate



Franklin Head Start children organized a holiday parade by making Statue of Liberty and Lincoln top hats and handmade American flags to commemorate the 4th. They enjoyed racing down the track and waving their little flags of freedom!



www.capk.org info@capk.org (661) 336-5236

Community Action Partnership of Kern, 5005 Business Park North, Bakersfield, CA 93309