The CAPK Times

Winter/Spring **2017**

From Executive Director Jeremy Tobias

In Uncertain Budget Times, Don't Panic—Instead, Consider Giving to Community Action

Every time there is a change in government, Community Action Agencies across the country are watchful about budget changes that may impact the federal funding that supports our programs.

As you may have heard, the federal budget proposal President Donald Trump released recently for Fiscal Year 2018, includes deep cuts or elimination of numerous federal programs, some of which are programs operated by CAPK.

While this can be stressful and concerning news, I have urged CAPK Staff to not put too much energy into worrying about this initial budget proposal, reminding everyone that former President Barack Obama called for a 50% cut to our Community Service Block Grant funding levels in each of his early budget proposals, and those cuts where never approved as part of the final federal budget.

Presidents usually submit an early budget proposal, but it is just that, a proposal. The U.S. House of Representatives is tasked with developing the federal budget and voting on it. Once ratified, the House budget is sent to the Senate for vote, and if ratified by the Senate, it is sent to the President for final signature. There will be many people involved and many negotiations yet to be had before a budget is finalized.

The House is in the early stages of working on a FY 2018 budget, and we will work with our local elected officials to ensure they are educated on our programs and how they operate. Recently, I have had conversations with our Congressional representatives, and they are fully aware of our programs, their importance and the positive impact they have in the community.

The bottom line is that there will be many different proposals discussed and debated, and we are a long way from a final budget. So for now, the best we could all do is to continue helping low-income families in the spirit of Community Action.

How You Can Help

One way for our friends and partners to help is by giving to Community Action. There are various ways to give, including through two big fundraising events coming up in May.

Give BIG Kern

The first is Give BIG Kern, an online giving marathon orchestrated by the Kern Community Foundation. The big "Giving Day," when anyone can give to the local nonprofit of their choice through the online portal www.GiveBIGKern.org will be Tuesday, May 2, but the giving can actually begin as early as April 1. As we did in 2016, CAPK is participating in Give BIG Kern again this year because it is a great way help us raise unrestricted funds that we can use wherever they are most needed. There is more information about Give BIG Kern in the pages that follow, and we hope you will "Give BIG for Community Action" by going to the portal and searching for "Community Action Partnership" to get started.

CAPK's Humanitarian Awards Banquet & Fundraiser

The second is our Humanitarian Awards Banquet & Fundraiser, coming up Thursday evening, May 18, at the DoubleTree by Hilton in Bakersfield. Our Banquet is a great way to honor local Champions in Community Action while raising funds for CAPK programs such as the Food Bank, Friendship House Community Center, Shafter Youth Center, Volunteer Income Tax Assistance, and others. We have several pages in this issue of our newsletter that highlight this year's deserving honorees--Bakersfield Mayor Karen Go, the Kern County Fair, and Members of the Friendship House Advisory Board--and information on how to purchase tickets ($90 each) and sponsorships (ranging from $300 to $20,000). You may also send any inquiries to banquet@capk.org, or purchase tickets online on our website, www.capk.org.

Donate Online

Finally, our website has a "Donate" button on the home page, to help you give to Community Action any time of the year.

By giving to CAPK, you can help ensure uninterrupted funding for our many poverty-fighting programs, and possibly even allay some federal budget cutback fears.

Thank you.

Community Action Partnership *of* Kern

2017 Humanitarian Awards Banquet & Fundraiser

Humanitarian of the Year:
The Hon. Karen K. Goh
Mayor, City of Bakersfield

Community Partner of the Year:
The Kern County Fair

Volunteers of the Year:
Friendship House Advisory Board Members
Fuchsia Ward & Jewelle Scales

Keynote Speaker:
Tony Miranda
Executive Director, Habitat for Humanity Golden Empire

Master of Ceremonies:
Alissa Carlson
Chief Meteorologist, KGET-TV 17

Thursday, May 18, 2017 | 6 pm

DoubleTree by Hilton
3100 Camino Del Rio Court, Bakersfield, CA 93308

Sponsorship Opportunities

Platinum $20,000	Gold $10,000	Silver $5,000	Bronze $2,500
• Public Recognition; display of corporate banner at banquet • 2 page color ad in program and exclusive logo placement on cover, and other event materials • Reserved seating for 16 • Recognition on CAPK's website and Social Media	• Public Recognition • 1 page color ad in program; prominent logo placement on event materials • Reserved seating for 16 • Recognition on CAPK's website and Social Media	• 1/2 page color ad in program; placement of logo on event materials • Reserved seating for 8 • Recognition on CAPK's website and Social Media	• 1/4 page color ad in program; placement of logo on event materials • Reserved seating for 8 • Recognition on CAPK's website and Social Media

Banquet Program Advertising

Full Page	$1,600	7.5" x 10"
1/2 Page	$ 900	7.5" x 4.75"
1/4 Page	$ 500	3.5" x 4.7"
1/8 Page	$ 300	3.5" x 2.125"

Table Sponsor $1,000 per table
• Reserved seating for 8 • Table sponsor signage
• 1/8 page ad in program

Single Event Tickets $90 per person

Please complete back of this form and mail with a check made payable to:
Community Action Partnership of Kern
Attention: Finance Department
5005 Business Park North
Bakersfield, CA 93309

For more information, please contact:
Louis Medina
(661) 379-8203
banquet@capk.org

CAPK is a 501(c)(3) private nonprofit - Tax ID # 95-2402760

Community Action Partnership of Kern

Humanitarian Awards Banquet & Fundraiser

Thursday, May 18, 2017 | 6 pm at the DoubleTree by Hilton
3100 Camino Del Rio Court in Bakersfield
(Please refer to previous page for ticket and sponsorship order information)

CAPK's Annual Banquet celebrates the efforts of individuals and organizations that are outstanding partners in Community Action. It also helps us raise funds to assist the low-income residents of Kern County through CAPK's poverty-fighting programs.

Here are this year's Honorees and other VIPs:

Humanitarian of the Year
The Hon. Karen K. Goh, Mayor, City of Bakersfield for her tireless efforts to effect positive change in the lives of Bakersfield and Kern County residents as both the President of local comprehensive mentoring nonprofit Garden Pathways, and as a public servant.

Community Partner of the Year
The Kern County Fair for helping CAPK to put a dent in hunger locally by engaging the entire community in the "Feed the Need Food Drive," allowing the public free admission one day of the Fair in exchange for a donation of canned food to the CAPK Food Bank.

Volunteers of the Year
Fuchsia Ward & Jewelle Scales, Friendship House Advisory Board Members for their many decades of devotion and service to CAPK's Friendship House Community Center. Their leadership, volunteerism and fundraising have helped sustain and grow Friendship House and its many programs.

Keynote Speaker
Tony Miranda, Executive Director
Habitat for Humanity Golden Empire

Emcee
Alissa Carlson, KGET-17 Chief Meteorologist

You might remember Give BIG Kern from last year: A one-day giving marathon spearheaded by the Kern Community Foundation, during which Kern County locals are encouraged to donate online to the nonprofit of their choice.

CAPK participated then, armed with our very own slogan, "Give BIG for Community Action!" and we received about $2,000 in generous donations to help our poverty-fighting work. What's most impressive is that these donations came mostly from CAPK employees, board members, and friends and family members of our staff.

Well, Give BIG Kern is back again in 2017, and will take place on Tuesday, May 2, as "one day to celebrate the giving spirit of Kern County." Dollars for Community Action? We'll take them! Volunteer commitments? They are very welcome and needed as well!

If you're asking yourself, "How can I be a part of 'Giving BIG for Community Action'?" all you have to do is make sure to donate using this link to CAPK's Give BIG Kern online portal. We've set it all up for you, and even made it easy to help you visualize what your donation can be used for.

But…Are you feeling impatient? Would you like to give before May 2? Not to worry: CAPK's Give BIG Kern online portal will be available to receive donations starting April 1, all the way till May 3.

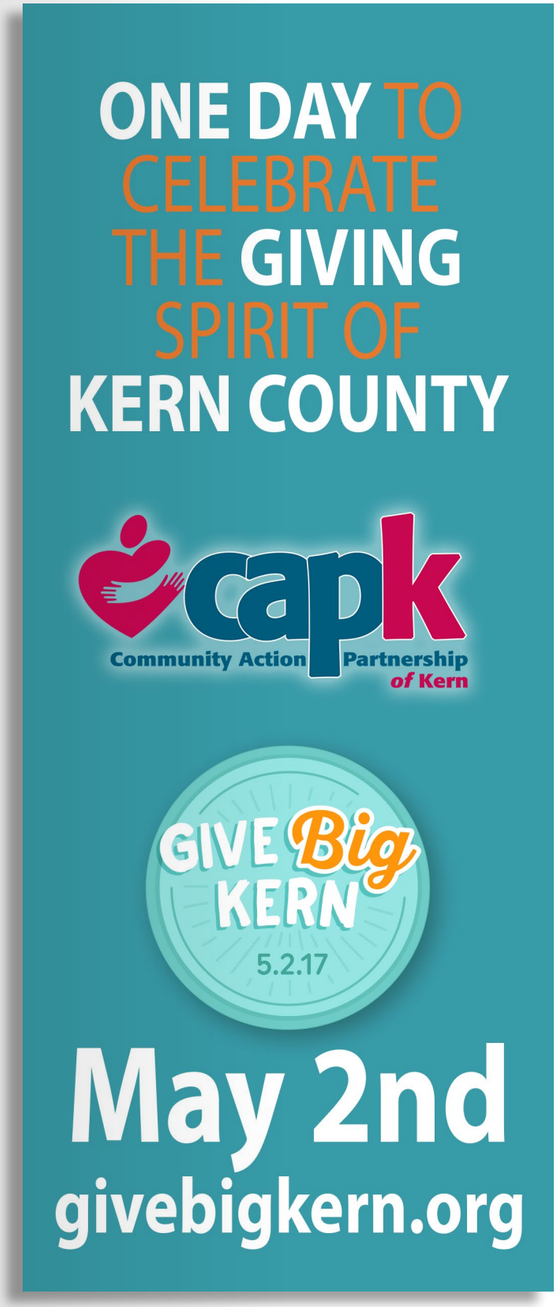
If you don't feel comfortable with giving online using your credit card, no problem: We'll take a check, even cash, and get you a receipt—just let us know it's for Give BIG Kern!

For our Board Members, there is a great opportunity called the "100% Board Giving Challenge." If all of our board members make a pledge by April 25 to donate through Give BIG Kern, our Agency will be entered in a drawing to win up to $1,000.

If you want to become a Fundraising Champion and encourage friends, family members and co-workers to participate in Give BIG Kern, you can set up a dollar amount goal that you would like to reach in donations and challenge your group to donate toward that goal.

Contact Louis Medina at LMedina@capk.org (661) 336-5236 (x1113) or Cristina Hernandez at C.hernandez@capk.org (661) 336-5236 (x2584) to find out more about how to become a Fundraising Champion, or how to donate to Give BIG Kern. Remember, we need you to "Give BIG for Community Action."

GIVE Big KERN



SUPPORT LOCAL CAUSES

GO TO... givebigkern.org

CLICK... Give Back.

SEARCH... For a nonprofit organization or a cause you care about.

CLICK... The nonprofit to view their profile.

DONATE DOLLARS
PLEDGE VOLUNTEER HOURS

SHARE AND TELL YOUR FRIENDS

Your donation is tax deductible.

Questions? Email info@givebigkern.org

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KERN COMMUNITY FOUNDATION | Growing community. Growing philanthropy.

Developing Leadership

By Raul Gallardo, Resource & Outreach Coordinator

When I first started Kern County Network for Children's (KCNC) Leadership Development program in late January, I was amazed at everyone who was there.

There were participants from the Kern County Sheriff's Office, Department of Human Services, Superintendent of Schools Office, Aging & Adult Services, Department of Child Support Services, Bakersfield Police Department, Housing Authority of the County of Kern, Garden Pathways, Owens Valley Career Development Center, California Veterans Assistance Foundation and more.

Everyone in KCNC's Leadership Program is already a leader in their own home, community and workplace to some extent, but the program aims to nurture and foster its participants' leadership skills to help them better serve the children and families in their neighborhoods and communities. I'm attending this program to better advocate for the low-income sector in my community.

The KCNC Leadership Development Program started out in 1998 and since then has graduated more than 700 individuals. Participants receive more than 56 hours of instruction that include: public speaking, time management, facilitating effective community and organizational meetings, strategic planning for communities and organizations, conflict resolution practices, community mobilization techniques, resource development, media and marketing relations and legislative advocacy.

One of the first guest speakers was Fabiola Butcher, Communication Instructor at CSUB and Bakersfield College. Public speaking is one of the skills I was hoping to improve upon during my time with KCNC's Leadership Program. Over the course of a couple of hours, my classmates and I were given several opportunities to speak in front of the class. We learned the best ways to organize and outline our speech. I learned that the more I was prepared, the less nervous I became.

KCNC
Kern County Network for Children
Our Children. Our Community.

As a team exercise to help participants learn to work together toward a common goal, we are split into groups for a community project that addresses the needs of children and families in Kern County.

My group, the Alley KATS (A Kern Action Team), has picked three low-income areas from which we are going to remove bulk waste items and trash near schools –specifically, the paths and alleyways that kids use to walk to school.

I will be graduating from KCNC's leadership program in July. I'm extremely thankful to Tom Corson, Executive Director of Kern County Network for Children, and his team, for the opportunity to attend this program. I know that a number of Community Action Partnership of Kern employees have attended this leadership training over the years, so I am also grateful to our agency for allowing me to represent CAPK in this capacity. For more information, please visit kern.org/kcnc/.

capk
Community Action Partnership of Kern

CAPK Food Bank Senior Food Program

COMMUNITY ACTION PARTNERSHIP OF KERN
FOOD BANK
"Because no one should go hungry"

What is the Senior Food Program?
The CAPK Food Bank Senior Food Program is a USDA-funded program designed to provide low-income seniors with a 30-lb box of healthy food items such as milk, cereal, protein, fruits and vegetables each month.

How do I apply?
You must be at least 60 years of age, a Kern County resident and meet these Federal income guidelines:

Household Size	Gross Monthly Income	Gross Annual Income
1	$1,307	$15,678
2	$1,760	$21,112
3	$2,213	$26,546
4	$2,665	$31,980
Each Additional Member	Add $453	Add $5,434

* Effective March 2017 until further notice.

You must also apply in person at the closest distribution site to your residence.

Dial 2-1-1 to find the closest distribution site in your area.

What do you need to apply?
- Valid Photo I.D. (Driver's License, Passport, etc.)
- Proof of Address (Utility Bill, Rental Agreement, etc.). *P.O. Box is not valid.*

www.capk.org/food

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.
• To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Fresh News from CAPK WIC

By Mitchall Patel, Outreach & Public Relations Coordinator

New hours of operation to help WIC Participants: In order to better serve our participants, CAPK WIC will be adjusting clinic hours to help fit the needs of working families.

The changes include extended hours on Fridays and Saturdays. New hours of operation started on February 6, 2017 and will impact 10 of CAPK's 27 WIC clinics. Each clinic with new hours will have updated signage to reflect schedule changes. Times and dates will also be updated on the WIC section of CAPK.org and on the CAPK WIC Facebook page. Schedules have been realigned based on feedback from participants and staff to accommodate for more participants. For more information call the CAPK WIC main line at 866-327-3074.

California WIC program now has a new mobile website to help us better serve our participants. This new mobile site will help our participants find all their important WIC information like: nearby WIC locations, WIC authorized grocers, participant's next appointment, what checks are issued, digital WIC food list and shopping guide, WIC income guidelines and much more.

Beth Tolley, CAPK WIC's Retiring Program Manager, said, "We're looking forward to using this tool to help our participants fully utilize WIC by bringing all the important information to their fingertips and it's available 24/7." The new WIC mobile site can be found at:

https://m.wic.ca.gov on any mobile device.

CAPK WIC Says Farewell to Long-Time Program Manager, Welcomes New One Who's Actually Returning

Beth Tolley

This March we say goodbye to Beth Tolley, Community Action Partnership of Kern's Women, Infants & Children (CAPK WIC) Program Manager, who has faithfully served our agency and the local community for close to a quarter century. On January 26, her staff gave her a surprise party that included two cakes, group photos, balloons, special words and certificates of recognition, and a chair decorated to look like a throne, so she could be Queen for a Day. Best of luck in your retirement, Beth, and thank you again for your 24 years of service in the spirit of Community Action.

Kathlyn Lujan

Taking the helm of CAPK's WIC Program is Kathlyn Lujan, our new Program Manager.

Kathlyn is a Registered Dietitian who comes to us with previous experience at CAPK WIC, where she worked from 2009 to 2013. She earned her degree in Foods and Nutrition from California State Polytechnic University, Pomona and completed a dietetic traineeship at the Los Angeles County/USC Medical Center. Her previous work experience includes clinical dietetics, School Food Service Management as well as the WIC program.

Kathlyn, who likes to be called Kathy, is very excited to return to CAPK WIC. Welcome back, Kathy!

To view the Head Start 2015-2016 Annual Report, Click HERE.

To view the San Joaquin County Head Start 2015-2016 Annual Report, Click HERE.

Read Across America 2017 Photo Wall

CAPK Resource Fair With Congressman David Valadao

Congressman David G. Valadao hosted a "Coffee with the Congressman" and Resource Fair event together with CAPK at our Downtown Bakersfield location on Saturday, March 18. In the true spirit of democracy, he met with many of his constituents in attendance and listened to their thoughts and concerns. Following Congressman Valadao's meet and greet, CAPK hosted a Resource Fair that featured information about our various programs.

Kiwanis ONE DAY

Kiwanis One Day Community Garden Project

Kiwanis One Day Project - Sponsored by various Kern County Kiwanis clubs at **Friendship House Community Center**
2424 Cottonwood Road • Bakersfield, CA 93307

Saturday, April 1st
9 - 11:30 am

- Arts and Crafts
- Replanting the FHCC Garden

FREE ADMISSION

capk Community Action Partnership of Kern
www.capk.org

FRIENDSHIP HOUSE
/Friendship.House.bakersfield

For more info
(661) 809-9308

East Kern Family Resource Center

Since it came under the Community Action Partnership of Kern umbrella in 2013, the East Kern Family Resource Center has become a valuable asset to the residents of Mojave, where it is based, and the nearby communities of Boron, California City, North Edwards, Rosamond and Tehachapi.

Approximately, 97% of families who receive services from East Kern FRC are low-income and on Medi-Cal. Individuals and families look to East Kern FRC in moments of crisis.

"Many of the families that come to us fear losing their children because they're unable to provide the basic needs," said Program Supervisor Whitney Hughes. "These are high-stress situations and by simply providing an item such as diapers we could end the immediate crisis allowing families to move towards stability."

Enter the Center's Emergency Supply Closet – and Kern Family Health Care

Hundreds of individuals and families each year benefit from the Center's Emergency Supplies Closet, which contains such items as cribs, bedding, diapers, infant formula, household cleaning supplies, hygiene kits, home childproofing kits and more.

Kern Family Health Care awarded East Kern FRC a grant of $2,000 last April to help local families with issues related to their health and safety. The Center used the money to purchase such items as air mattresses, blankets, personal hygiene products, baby blankets, diapers, formula, baby clothes, portable playpens, gas cards and gift cards to have on hand, and was even able to pay one family's water bill before service was shut off.

Kern Family Health Care
The Friendly Face
Kern Health Systems

Thank you, Kern Family Health Care, for your generous donation and for being a Community Action Partner in the War on Poverty!

About East Kern Family Resource Center

Like most of our CAPK sites, East Kern FRC is located in a region of high poverty and limited resources. In 2016, the Center provided school readiness services to 109 families; prepared 49 children for kindergarten; responded to 472 Child Protective Services referrals; and provided 585 people with emergency items from the emergency supply closet. In addition, the center is one of the few places—if not the only place—in Mojave where individuals and families can go to photocopy and fax legal documents, employment applications and/or public assistance forms at no charge. A total of 3,144 copies were made in 2016, which shows the importance of this service to the community.

The East Kern Community Collaborative

East Kern Family Resource Center is the proud host of the meetings of the East Kern Community Collaborative.

"The East Kern Collaborative is a collective group of social service agencies who are networking and thinking outside the box about how we can make the funding dollars stretch to meet all the needs of East Kern community members. The issues of slum lords, decreased law enforcement personnel, lack of transportation and high levels of poverty are very real. We desperately need the consistent attention of local elected officials to focus and acknowledge the efforts needed to improve the quality of life for the East Kern Community," Whitney said.

East Kern Family Resource Center

These meetings have been taking place for the last eleven years and are held on the second Thursday of each month, from 2:30 to 4 p.m. Agencies that are usually in attendance at these meetings include Kern Family Health Care, Health Net, Kern County Children's Dental Health Network, Mojave Unified School District, The Salvation Army, the Victim Services Unit of the Kern County District Attorney's Office, Women's Center-High Desert, First 5 Kern, the County's Probation, Human Services and Child Protective Services Departments, Greater Bakersfield Legal Assistance, and others. Many of these agencies have presented in the last few months on issues ranging from child safety to child sexual exploitation and human trafficking. There are openings available in May and June for guest presenters, and those interested should contact Whitney Hughes at (661) 824-4118.

Please follow the East Kern Family Resource Center on its Facebook page, just search @EASTKernFRC to stay up to date on events and the services they offer.

CAPK Social Media 101

By Bilingual Resource & Outreach Coordinator Cristina Hernandez

Social Media is a great resource for any organization, especially a non-profit with limited advertising dollars like CAPK, to reach a large audience for FREE. In the social media crowd, we could find a mother in need of food, utility assistance or quality early childhood education for her children. We could be an aid to a Good Samaritan who is trying to help someone they know, or to a volunteer who is looking to give back to the community. We could find a donor with a generous heart who is looking to fund programs and services within their community.

We have the potential to reach any one of these folks.

Consider these fun social media statistics from our friends at Providence Strategic Consulting Inc., who designed and launched the Facebook page for CAPK's East Kern Family Resource Center:

76% of online adults are on Social Media. Of those:

- 79% are on Facebook;
- 32% are on Instagram;
- 31% are on Pinterest;
- 29% are on LinkedIn;
- 24% are on Twitter.

The benefits of Social Media and how CAPK is tapping into them

We're in control: Unlike traditional media, which uses reporters to tell our message, with social media we control exactly what we want to say in words or illustrate through pictures, graphics or video.

We can generate community goodwill: With our "Thank You! Thursday," "Community Action is…" and holiday posts, we can show our partners, donors, volunteers, clients, employees and the entire community that we truly care about them.

Social Media is great for professional & business networking: As a non-profit, it is important for CAPK to network and stay connected with our elected officials, other nonprofits and business partners. LinkedIn offers the perfect platform to do just that. Building relationships and developing potential partnership opportunities are some of the great benefits LinkedIn has to offer.

Social media is F-U-N: With social media, we are not limited to just words and photos, but can use video creatively with applications such as Facebook Live and Boomerang to make videos fun, dynamic, even humorous, to grab the public's attention.

We can have twice the reach with bilingual posts: We can post dual posts in Spanish and English to engage our primarily-Spanish-speaking audience as well as English speakers. Did you know that some of our Spanish-language posts have gotten more likes than their English counterparts?

It's FREE: Yes! Social media doesn't cost a dime. And for only a few dollars, we are able to "boost" popular posts to reach more people in strategically targeted geographic areas or spheres of influence (e.g., education, youth, seniors, etc.).

It has a mushrooming effect: When people or partnering agencies "share" our posts on their social media pages, our message gets disseminated to even more people. We have even been re-Tweeted at the national level by the Community Action Partnership Network.

"Social Media is here to stay, we might as well embrace it," said Julie Bell from Providence. And that's exactly what CAPK has been doing, especially in recent years.

CAPK and a number of its programs (Food Bank, WIC, Head Start, Friendship House Community Center, Shafter Youth Center and East Kern Family Resource Center) are active on social media, including Facebook, Instagram, Twitter, YouTube and LinkedIn.

Be a part of our growth and presence online

- You can follow us on all of our Social Media sites listed at the bottom of this article.
- Share and like CAPK posts and engage in the conversation.
- Leave a nice comment and tag a friend or two.
- Use our #Hashtags when posting about an event (e.g., #CAPK, #ReadAcrossAmerica, #HumanitarianAwardsBanquet). Hashtags are a great tool to use because they help gather our posts into a BIG folder of information that helps in online searches. For example, we used the #ReadAcrossAmerica hashtag, on all of our Read Across America posts earlier this month. When you search for #ReadAcrossAmerica on Facebook, Instagram or Twitter, you will find a number of posts from all over the country, maybe even the world, that used that same hashtag. And right there among them are our posts, too! Pretty cool, huh?

So, share, like, snap, tweet and invite people to like us or follow us!

To learn more or to post something about your CAPK Program on Social Media? Contact me at c.hernandez@capk.org.

CAPK agency sites:

Facebook: Search @capkern to find our page
Twitter: Search @CAP_Kern
Instagram: Search @CAP_Kern
LinkedIn: Search Community Action Partnership of Kern or Click the link below
https://www.linkedin.com/company-beta/1850909/

YouTube: Click the link below and subscribe to our channel https://www.youtube.com/channel/UCzy5XV5w3Na6j__u8FHgfGg

CAPK Head Start
Facebook: Search @CAPKHeadStart
Twitter: Search @CAPK_HeadStart

CAPK Food Bank
Facebook: Search @capkfoodbank
Twitter: Search @CAPKFoodBank

CAPK WIC
Facebook: Search @CAPKWic

CAPK East Kern Family Resource Center
Facebook: Search @EastKernFRC

Friendship House
Facebook: @Friendship.House.Bakersfield

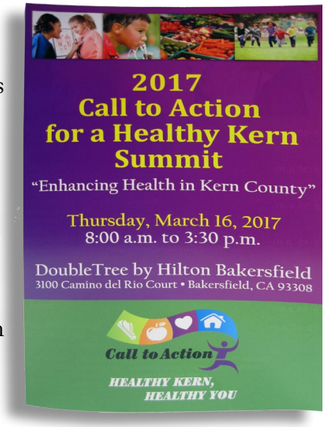
Shafter Youth Center
Facebook: Search @shafter.youthcenter

From the Editor

Louis Medina, Outreach & Advocacy Manager

‘Health’ Has Been Kern County’s Buzz Word this March

Health has been something to think about during March. Not only is it Nutrition Awareness Month, which is observed by our WIC Program, but it also is the month of the Food Bank’s “Stuff the Bus Food Drive” in partnership with GET Bus, which this year will be held on March 31 at Bakersfield’s Valley Plaza Mall parking lot—please see the flyer in this newsletter.



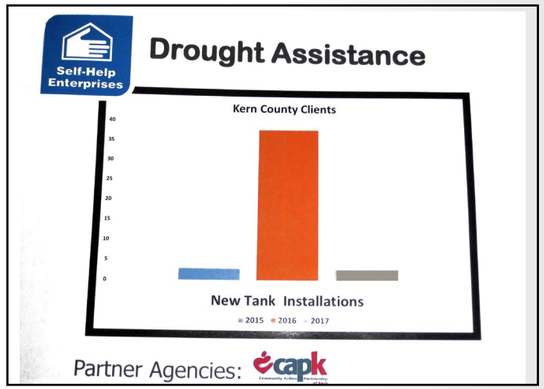
In the middle of the month, CAPK participated in two other worthwhile health awareness events.

The 2017 Call to Action for a Healthy Kern Summit, organized by the Kern County Public Health Services Department, took place March 16, : at the DoubleTree by Hilton; but the day before, it also included an opportunity to take city tours of Arvin and McFarland. Participants traveled from Bakersfield in comfy Kern Regional Transit buses, and got out and walked in certain areas of whichever city they signed up to tour, with a view toward understanding local health and safety needs and how municipal governments, schools and parks districts are addressing them.

I chose to go to McFarland and had a great time learning about how a “tri-agency partnership” formed by the City, the Unified School District and the Recreation & Park District is paying off in the way of a holistic approach to community and economic development that has gotten funders paying attention and giving in a big way to projects that promote health.

Sponsors for this event were Kaiser Permanente, Kern County Public Health, Kern Health Systems, OMNI Family Health, and The California Endowment.

The Public Health Renegades Hackathon took place March 17 – 19 at Bakersfield College. This was the second hackathon organized by the Kern Innovation & Technology Community (KIT Community), in which CAPK has participated. CAPK WIC and 2-1-1 Kern Information & Referral Programs



each had booths at an Information Fair on the 17th, and helped to educate tech-savvy competitors in the hackathon about the types of apps, websites, and data gathering and parsing capabilities that could best help them meet community needs. Then, the lovable techies (most of them BC and Cal State University Bakersfield students) were off to work on developing their apps all weekend long.

Esperanza Contreras, 2-1-1 Program Manager, presented to a room full of participants on the 17th, and I led a mental health panel discussion on the 18th, enlisting the help of four experts that deal with problems as diverse as suicide prevention, military trauma—including post-traumatic stress disorder and military sexual trauma—stigma against seeking mental health services in rural areas or in communities of color, and mental health issues that affect the LGBT community.

The top three teams developed websites or applications that had to do with depression and a response thereto, the need for having a database of service providers who are culturally sensitive to LGBT issues, and the stimulation of the brains of Alzheimer’s sufferers.

To learn more about the wonderful work the KIT Community is doing, please visit www.followthefox.org.

FREE SOLAR
FOR YOUR HOME

Provides up to a 6k Watts system for the home. The solar system and installation is 100% free. Homeowner will own the system free and clear. A limited amount of systems are available.

Eligibility Requirements

- Home must be owner-occupied.
- Home must qualify for weatherization or have been weatherized within the last two years.
- Home must be located in Kern County
- Household must have an income of 60% or less of the California Median Income.
- Home must be located within the California's disadvantaged area map.
- Home must have a good roof (at least 10-15 years of life left).
- Roof must be unshaded and facing in the right direction (typically south or southwest or west).
- Electrical panel needs to be able to handle the Solar PV.
- All attachments, improvements, and additions to the home must be legally permitted.

SUNPOWER®
Authorized Dealer

Fresno Economic Opportunities Commission
Weatherization Services

For More Information Please Dial: 2-1-1

Milestone Anniversaries

We would like to give special recognition to those employees who are celebrating a milestone anniversary.
Your hard work and dedication touches the lives of our community and inspires us all.

3 years:
Tiffany Andrews
Fredy Jimenez
Paulino Cruz
Sandra Barajas
Ana Hernandez
Berta Mosqueda
Noelia Bueno
Lakeisha Griffin
Jeannette Hernandez
Anabel Jimenez
Marlen Ocampo
Aurora Constanza
Christina Mendez

5 years:
Alice Duran
Sarah Villagran
Adriana Gonzalez
Cynthia Randolph
Robin Jennings
Luisa Saldana De Flores
Amanda Norman
Teresa Lara

10 years:
Nadine Berry
Elizabeth Cisneros
Juana Ortega Reyes
Dorothy Belk
Maria Hernandez De Quintero
Juana Pantoja
Rico Patricio
Elia Arreola

15 years:
Liliana Martinez
Rita Gomez
Theresa Lopez
Angela Adams

20 years:
Verlinda Denwitty
Lydia Sandoval

25 years:
Toni Santillan

COMMUNITY ACTION PARTNERSHIP OF KERN
FOOD BANK
"Because no one should go hungry"

STUFF the BUS FOOD DRIVE

GET bus
GOLDEN EMPIRE TRANSIT DISTRICT

Stuff the Bus Food Drive

Bring your non-perishable food items Friday, March 31 from 4:30am to 6:00pm to the Sears Parking Lot (At the corner of Ming & Wible in Bakersfield)

Sponsorship Opportunities

Gold - $2,500
- Featured in promotional TV commercials, plus digital mobile and Web page ads
- Logo on event t-shirts
- Event t-shirts
- Logo on social media & the web
- Promotional materials at event
- Radio mentions during event
- Booth opportunities available at the event

Silver - $1,000
- Logo on social media & the web
- Logo on event t-shirts
- Promotional materials at event
- Radio mentions during event

Bronze - $500
- Logo on social media & the web
- Radio mentions during event

Your organization can also help by hosting a food drive. It's easy and the CAPK Food Bank can help.

For sponsorship opportunities please contact:

Albert Garza
GET Bus
agarza@getbus.org
(661) 869-6341

Yazid Alawgarey
CAPK Food Bank
Yalawgarey@capk.org
(661) 398-4520

capk
Community Action Partnership of Kern

UPCOMING EVENTS

March 31	**Stuff the Bus Food Drive. 4:30 A.M. – 6 P.M. Sears Parking Lot (at the corner of Ming & Wible in Bakersfield.)**
April 1	**Kiwanis One Day Community Garden Project. 9 A.M.–11:30 2424 Cottonwood Road, Bakersfield, CA 93307**
April 14	**GET's Food Distribution and Resource Faire. 9 A.M. – 12 P.M. 22nd & Eye St, Bakersfield, CA**
April 18	**Tax Day! Don't procrastinate: Schedule your NO-COST CAPK Volunteer Income Tax Assistance appointment today by calling 2-1-1.**
May	**National Community Action Month**
May 2	**Give Big KERN. 24-hour online giving day. www.givebigkern.org.**
May 18	**CAPK Humanitarian Awards Banquet & Fundraiser. 6-9 P.M.** DoubleTree by Hilton. 3100 Camino Del Rio Ct, Bakersfield, CA 93308

Visit our website at: **www.capk.org**

Find us on Facebook **www.facebook.com/capkern**

Follow us twitter:@CAP_Kern

Contact Us

The CAPK Times Newsletter is produced by the Outreach & Advocacy Team of the Community Development Division.

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Contributed articles and photos by Staff, Clients, Volunteers and Board Members are always welcome. Please send all copy and photos/graphics submissions, as well as requests to be added to our e-mail distribution list, to:

Lmedina@capk.org , **Rgallardo@capk.org** or **C.hernandez@capk.org For information, please call (661) 336-5236 x1113, x1160 or x2584.**

Stories will be vetted and may be edited prior to publication.