

Feb. 10, 2021 NEWSLETTER



Welcome to the February 10, 2021 edition of CAPK in Action. This week, we're proud to share the story of success at the M Street Navigation Center and talk about a new tool to help participants in our CAPK WIC program build a healthy lifestyle for themselves and their families. Also, we celebrate National 2-1-1 Call Center Day this Thursday, honoring the team of dedicated staff who work 24/7 every day of the year to connect people in need with assistance that will make a difference in their lives.



Finding a Way Home

The M Street Navigation Center opened in May 2020 with the mission of helping homeless men and women find their path to self-sufficiency and an independent life in their own home.

In the months that have followed the partnership between Kern County and Community Action Partnership of Kern has helped 43 people find permanent housing. Twelve people were housed in January 2021 alone.

CAPK is proud to work with Kern County departments, Housing Authority of Kern County, Flood Ministries, CityServe, Kern Medical, the Bakersfield-Kern



Regional Homeless Collaborative and a host of other supporters to make these victories possible.

2-1-1 Day Honors Key Link to Services



Thursday, February 11 is 2-1-1 Day - a day set aside to recognize the impact of the 2-1-1 resource and referral line and to honor 2-1-1 workers and their dedication to helping people and changing lives.

Community Action Partnership of Kern provides 2-1-1 services to Kern, Kings, Tulare and Stanislaus counties. Our call center professionals are on the job every hour of every day, 365 days a year. They connect people in crisis with vital social safety net services from more than 1,500 agencies and programs.

CAPK 2-1-1 handled 185,374 calls for service in 2020 and saw a 49.5 percent increase in the volume of calls over 2019 numbers as our communities faced health care and economic impacts from the pandemic. The top needs callers expressed were for COVID-19 testing, food assistance and rental assistance.

But even in the face of a huge increase in volume and long hours our 2-1-1 staff showed their passion for their jobs.

***"To be a part of the change that you want to see in the community is beyond rewarding."
- Cristal J.***

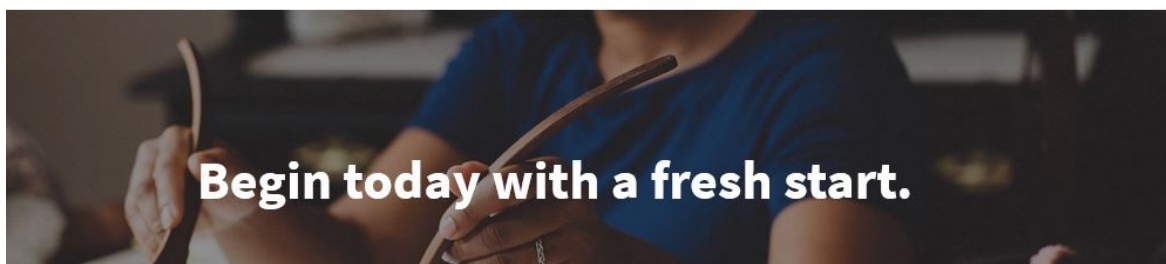
"Every day I am thankful for having the opportunity to be a part of a great community and help those that are in need." - Alma S.

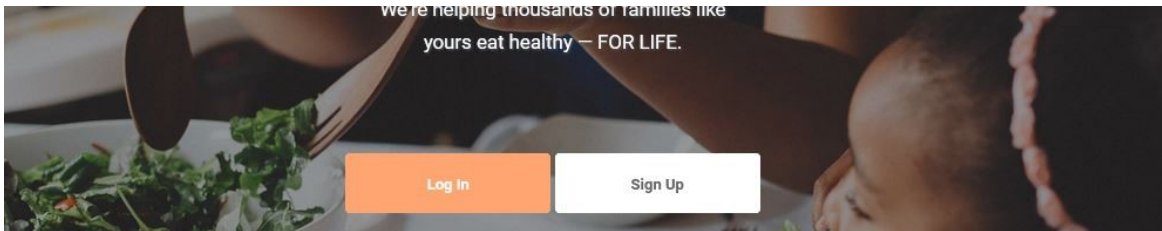
Visit the 211 Kern County resource page



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[Getting Healthy with CAPK WIC](#)

CAPK WIC participants can now complete their nutrition education classes online

Nutrition education is an essential part of the California WIC program and Community Action Partnership of Kern's WIC team is excited to connect clients with wichealth.org, an online tool that lets participants complete their health education requirements at no cost.

"The nutrition education program at CAPK WIC adds vitality and meaning to the services WIC provides," said Ruth Bliss, R.D., Nutrition Education Coordinator for CAPK WIC. "The knowledge gained here extends over a lifetime. WIC emphasizes the important balance of good nutrition and physical activity from pregnancy, through infancy, and up to age five. In addition, WIC supports the nutritional health of the pregnant and postpartum woman by teaching healthy habits for life."

CAPK WIC provides nutrition education, breastfeeding support, supplemental food benefits, and referrals to community services to pregnant and postpartum women, infants, and children under five years of age who live in California.

[Click here to visit WIC Health](#)



Together
we can end
the pandemic.

[Visit the CAPK COVID-19 Page](#)

[Visit the Kern County Public Health Vaccine Website](#)



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