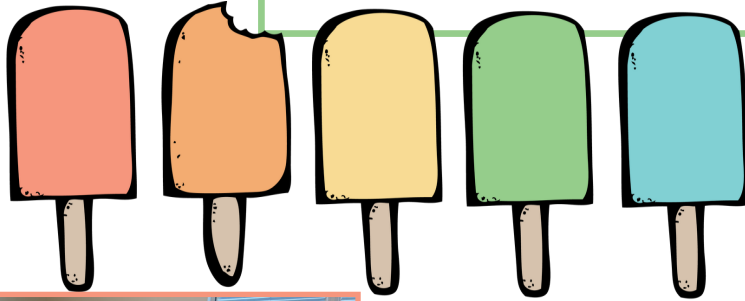


Especially For You

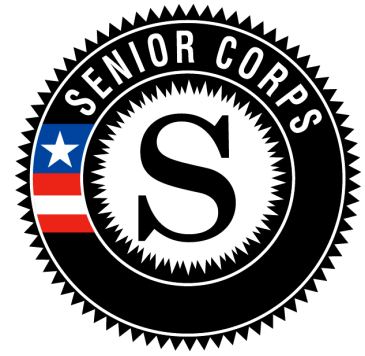
June / July 2020



Grandma Dau is retiring from Highland Park Elementary, where she has spent the past two years working with the 4th graders! She has participated in Foster

Grandparents for six-years! We know she will miss school, her school will miss her, and all of us at Foster Grandparents of the Wyoming Rockies will miss her too!

You can earn your stipend this summer by attending presentations or workshops in your area! Just fill out the 'Outside Training Form' included in your June packet, **being sure to have the presenter sign it too**. Remember to include any mileage! Contact Maryalice at 307-761-1810 if you need more forms.



Summer Birthdays:

Billie Jo Handel

June 24

Wanda Donges

July 3

Jody Lowe

July 15

Carol Dau

July 18

Laura Logan

July 18



## Announcements:

- Terri, the Sheridan Project Coordinator, is out of the office June and July, returning in August.
- Jaime, the Laramie and Western Project Coordinator, is out of the office in July, returning in August.
- We are nearing the time we do our annual paperwork. If you have a healthcare provider appointment this summer, you can kill two birds with one stone by asking them to fill out the physical form you received in your May packet and send it back to the office.
- Fall paperwork will be sent in July for you to complete.

## *June is National Alzheimer's and Brain Awareness Month*

### Ideas on how to celebrate:

- **Challenge your mind!** Play strategy games, such as bridge.
- **Engage in physical activity!** Go for a walk each morning or evening, or ride your bike!
- **Fuel up!** Add more purple foods to your diet, such as berries or purple sweet potatoes!
- **Wear Purple!** Show your support by wearing more purple in June!

## *July is National Make a Difference to Children Month*

### Ideas on how to celebrate:

- Think of all the ways you have supported children in your life!
- Ponder what it means to you to be a Foster Grandparent!
- Volunteer at an organization that serves children in the summer! The YMCA, Boys and Girls Club... Can you think of any? We know COVID-19 is putting a damper on some summer fun, but you never know—there might be opportunities in your area!

IN 100 YEARS FROM NOW  
IT WILL NOT MATTER  
WHAT MY BANK ACCOUNT  
WAS, OR THE SORT OF  
HOUSE I LIVED IN,  
OR THE KIND OF CAR  
I DROVE, BUT THE WORLD  
MAY BE DIFFERENT  
BECAUSE I WAS  
IMPORTANT IN THE LIFE  
OF A CHILD.