

ESPECIALLY FOR YOU



Welcome to Linda Hockett, our newest Foster Grandparent!

Linda will be serving in Sheridan.

August Birthdays

Jackie Pack

August 11

Mary Milstead

August 22

FGWR Mask Policy

Foster Grandparents of the Wyoming Rockies, along with our sponsor ARI, are committed to preventing the spread of COVID-19. All volunteers and staff must wear a face mask, worksite-approved cloth face covering, or a z-shield (to be provided by FGWR) while in service or working.

Remember: your mask must cover both your mouth and nose.

Please practice social distancing and washing hands frequently.



Next Training:

Sheridan:

Next in person training
TBD

Laramie:

September 19 9am-
1pm @FLV Building

Timesheets Due:

**August: 8.31.20 or by noon
on 9.1.20**

**September: 9.30.20 or by
noon on 10.1.20**



Announcements

- For those returning to service: Volunteer Assignment Descriptions (VAD's) are due October 2
- For those doing alternative service: we are still waiting for CNCS to get us forms
- Remember we need your most updated car insurance—thank you!
- We are happy to announce the temporary stipend and meal allowance have been extended until September 30, 2020. While we hope that your schools will be able to offer new and different ways for you to serve (we think that will take some time), we will require 'alternative service' during this time and are working diligently to find child-involved organizations that need your help in your community.
- Please return your income verification and medical release ASAP.

Minted Fruit Salad

A fruit salad recipe to savor the joys of summer!

- 1 cup unsweetened apple juice
 - 2 tablespoons honey
 - 4 teaspoons finely chopped crystallized ginger (optional)
 - 4 teaspoons lemon juice
 - 4 cups cantaloupe balls
 - 1 cup sliced fresh strawberries
 - 1 cup fresh blueberries
 - 2 teaspoons chopped fresh mint leaves
- In a small saucepan, combine the apple juice, honey, ginger and lemon juice. Bring to a boil over medium-high heat. Cook and stir for 2 minutes or until mixture is reduced to 3/4 cup. Remove from the heat. Cool.
- In a serving bowl, combine the cantaloupe, strawberries, blueberries and mint. Drizzle with cooled apple juice mixture; gently toss to coat.



Nutrition Facts

1 cup: 113 calories, 1g fat (0 saturated fat), 0 cholesterol, 14mg sodium, 28g carbohydrate (23g sugars, 2g fiber), 1g protein. **Diabetic Exchanges:** 1 fruit, 1/2 starch.