



CAPtions



A publication of FiveCAP, Inc.

May-July 2020

LAKE COUNTY HOLDS RALLY FOR SOCIAL JUSTICE

The Lake County community wanted to share solidarity with the Black Lives Matter movement.

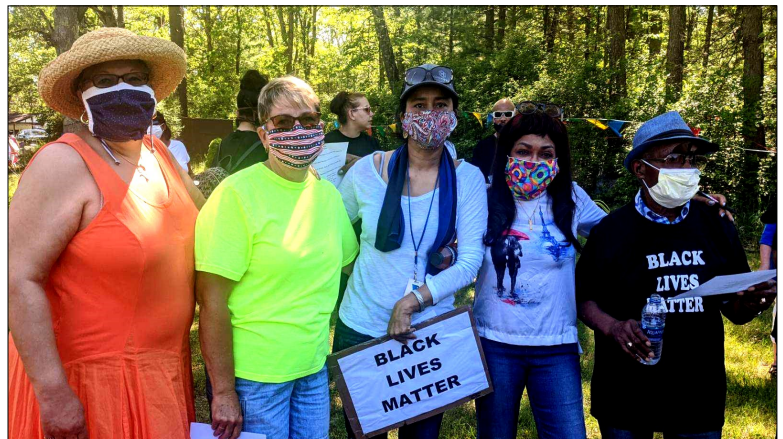
On Monday, June 8th, a gathering of approximately eighty (80) black, brown and white people came to the entrance to Idlewild at the corner of US-10 and Broadway Avenue at 4:00 p.m. to show support for the need for social justice.

“Idlewild, Lake County, MI is the right place for this rally because it has been a place of refuge from racism for decades”, stated Mary L. Trucks, Executive Director of the local Community Action Agency, FiveCAP, Inc.

“First, I want to thank Mrs. Mildred Kyles, the organizer. She knew we needed this space to gather, stand and speak up for change. This is a peaceful demonstration for people of all races, black and white, to speak out against institutional racism.”

Recognition was given to those who have been killed because of the color of their skin. The names of George Floyd and many others were listed off, followed by an emotional 8 minutes of silence in remembrance of Mr. Floyd. Quotes were recited from Dr. Martin Luther King, “The time is always right to do what is right.” and Dr. Angela Davis, “In a racist society, it is not enough to be non-racist, we must be anti-racist”.

The peaceful gathering continued into the early evening to show solidarity with fellow Americans all over this nation and righteous people all over the world, calling for an end to racism and justice for ALL!



Above: Left to right-FiveCAP Board members Romayne Hollis-Raines, Betty Dermyer, Vedra Gant, Executive Director Mary Trucks, and Board member Martin Brown representing Community Action and joining the stance for social justice and solidarity.



FiveCAP, Inc. County Office Locations

Mason County (Main Office), Scottville—(231) 757-3785 Lake County, Baldwin—(231) 745-4617
Manistee County, Manistee—(231) 723-8327 Newaygo County, White Cloud—(231) 689-6688



VISIT OUR WEBSITE: www.fivecap.org

Visit the Idlewild Historic & Cultural Center website: www.historicidlewild.org

Back-to-back June food distributions with **1,851** food boxes to low-income seniors and families

FiveCAP staff and volunteers banded together, wearing masks, gloves and social distancing, packing and distributing 1,851 food boxes via curbside pick-up in Mason, Manistee, Lake and Newaygo counties.

FiveCAP held its quarterly food distribution of The Emergency Food Assistance Program (TEFAP) on June 4th. This program provides food every three months to income-eligible households. TEFAP is open to residents of all ages to help them extend their already stretched budget by providing nutritious foods.

On June 10th, Commodity Supplemental Food Program (CSFP) food boxes were distributed. This distribution program is every two months. It is designed to supplement the diets of low-income seniors, 60 and older, a demographic that is most often living on a limited and fixed income. Good nutrition sometimes takes a backseat to other expenses like utilities and medications. These boxes provide some of the staples from each food group.

In support of providing healthy eating habits and cost savings by growing foods, FiveCAP offers gardening and food preservation workshops annually. To start their garden, each participant receives a variety of vegetable plants. This year, due to COVID-19 and the Stay-at-Home Order, the gardening workshops in May were cancelled, however plants and handouts from MSU Master Gardeners were given out during the CSFP food distribution.



Above: Bryan Tomaszewski, 2nd grade teacher at Jefferson Elementary, Manistee—volunteering at food distribution.

For more information on FiveCAP programs and services, visit website www.fivecap.org, contact the local FiveCAP office in your county or call (231) 757-3785.



Thank you to our volunteers!! YOU helped make this happen! FiveCAP and the community are grateful for your time and caring to helping us help others in our service area.



*Right: Getting gardening plants ready for distribution.
Below: Deliveries to senior apartments set out to allow for assisted social distancing pick up.*



Coronavirus Aid, Relief, and Economic Security (CARES) Act funding to help area residents

\$334,826 in additional funding for FiveCAP Head Start Program

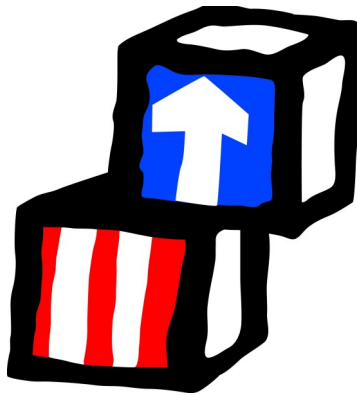
These funds will support FiveCAP Head Start services in Mason, Manistee, Lake and Newaygo counties, Michigan.

Nationally, \$750 million has been designated for Head Start programs to support preventative, preparedness, and response activities related to the coronavirus through the CARES Act. Funds have been released directly to all 1,600 local Head Start and Early Head Start programs, including tribal programs, in every state and territory.

"We know that investing in programs that use a whole family approach to learning and development can be pivotal to the success of children and families," said Lynn Johnson, assistant secretary for the Administration for Children and Families.

"During this pandemic, it is important to support programs that enrich and enlighten children, families, and communities as they work towards their goals and make concentrated efforts to improve their future post the pandemic."

The FiveCAP, Inc. Head Start program will use the CARES Act funding to provide critical support to enrolled children and families. "During this crisis, we have been able to provide crisis response to our Head Start families, including meals, mental wellness support, and connection to community resources," said Mary L. Trucks, Executive/Head Start Director. "We have also trained all of our staff in infectious disease management as we prepare to reopen our classrooms in the fall.



FiveCAP receives \$411,345 in Community Services Block Grant CARES funding!

CSBG CARES—The impact of increased unemployment will cause a future increase in demand for basic needs assistance, such as food, shelter, transportation and general well-being needs. There is also the threat of the continuing pandemic and recurrence.

In response, prevention and intervention efforts are being taken to address needs for critical resources.

FiveCAP has enhanced food pantries and quarantine packages (Q-Packages) available including food and sanitization supplies. We are working with the local District #10 Health Departments to distribute packages to those quarantined or affected by COVID-19.

In preparation, our County FiveCAP Offices are increasing refrigeration/freezer space to include more items, and will stock personal hygiene items and cleaning supplies.

CARES funds will be used to expand services for housing assistance, vehicle repair assistance (one-time, with a \$500 cap), insurance, appliance repair or replacement, and more.

For more information or to apply for assistance, contact your FiveCAP county office or (231) 757-3785.

FiveCAP receives \$22,665 from the



“double the donation” program

DTE Foundation generously offered to double the donation of any gift made to the Michigan Community Action Emergency Needs Fund between March 30 and midnight Thursday, April 16th.

FiveCAP, Inc. is part of Michigan's network of twenty-eight Community Action Agencies providing quality services to meet the needs of their communities, covering all 83 counties of the state. Contributors specifically selected the recipient Community Action Agency of their choice.

“To say we were appreciative to have received word that **Lake Osceola State Bank** and the **Lake County Community Foundation** were both donating \$5,000 each is an understatement!”, said Mary L. Trucks, FiveCAP Executive Director. “Thanks to their generous donations, with the DTE matching funds, we received a total of \$22,665 to help low-income people”.



Lake-Osceola State Bank



An affiliate of Fremont Area Community Foundation

Community Action Agencies are key to ensuring that vulnerable and under-resourced people receive the assistance they need during difficult times. The COVID-19 pandemic took an unprecedented blow to our nation and our state's economic stability is still recovering and the aftermath uncertain.

The funds will specifically be used to assist low-income families and senior citizens in our community with utility payment assistance to avoid shut-offs.

We thank the DTE Energy Foundation, Lake Osceola State Bank, and the Lake County Community Foundation for your support!!

Consumers Energy Foundation grants donation of \$10,000 to FiveCAP

FiveCAP received a \$10,000 Consumers Energy Foundation grant to help low- and moderate-income residents with emergency needs in Mason, Manistee, Lake and Newaygo counties.

“We are honored to help those on the frontlines delivering food to Michiganders struggling due to COVID-19,” said Brandon Hofmeister, president of the Consumers Energy Foundation. “More residents need help feeding their families, and it’s important we support the local agencies that are both meeting their immediate hunger needs and developing new ways to deliver vital services safely. Consumers Energy is committed to investing in our communities to help power through these challenging times together.”

The Consumers Energy Foundation gave \$450,000 in grants to eight community action agencies covering 43 Michigan counties. The grants will support agencies trying to keep up with a huge increase in requests for assistance during the pandemic.

Thank you to our partners at Consumers Energy Foundation for helping us help the families and senior citizens in our community that are struggling during these difficult times.



GOLF FOR WARMTH



at Manistee National Golf & Resort!

FiveCAP, Inc. is teeing up for its 16th annual Golf for Warmth event, being held Friday, August 7th. Registration will begin at 8:00 a.m., kicking off with a shotgun start at 9:00 a.m.

The 18-hole scramble will be followed by team awards, with raffles and a live auction

starting at approximately 1:00 p.m. under the “Big White Tent”. There will be lots of great items to raise funds for the cause....you don’t have to golf, COMMUNITY welcome!!! Masks will be required for this portion of the event and tables spaced for social distancing. Someone will once again go home with a new gas grill as the grand raffle prize, compliments of **DTE Energy** (do not need to be present to win).

All funds raised are used to support senior citizens and families facing heat shut-off during the cold winter months in Manistee, Mason, Lake and Newaygo counties.

The winning team will each get an overnight stay package from the **Little River Casino Resort**. Participants will also have the chance to win a 2020 Jeep Compass, sponsored by **Watson Country of Ludington/Manistee/Benzie/Rockford**.

Manistee National Golf & Resort is located at 4797 US-31 South, Manistee.

Contact the golf shop at (231) 398-0123 to register your team in advance. Payment the day of event. Men’s, women’s and mixed teams are welcome. Registration (includes lunch and cart) is \$75 per person or \$60 for course members, with a portion being donated to FiveCAP’s Walk for Warmth funds.



Above: DTE Energy team with their gas grill donation which was given to the lucky winner of the grand raffle prize.



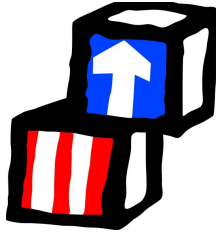
LIVE AUCTION & RAFFLES! COMMUNITY welcome!!! Masks will be required for this portion of the event and tables spaced for social distancing.



You could win a new 2020 Jeep Compass if you get a HOLE-IN-ONE on hole #9, provided by Watson Country.

FiveCAP Head Start enrolling and preparing for 2020/2021 program year

FiveCAP Head Start Center Directors and Teachers are attending trainings and preparing the Centers for special temporary protocols being implemented due to COVID-19, and reaching out to enroll children for the upcoming program year anticipated to begin after the Labor Day weekend. Lobbies are closed, except by appointment only.



FiveCAP, Inc. is committed to protecting the health of our children, families, and community. Policies were designed in response to guidance from the Michigan Department of Licensing and Regulatory Affairs (LARA) and Health and Human Services, in accordance with best practices from the Centers for Disease Control and Prevention. To limit the potential spread of COVID-19, temporary changes to our programming include robust cleaning and disinfecting procedures and minimizing opportunities for person-to-person exposure.

The plan outlines the recommended practices and strategies we will use to protect the health of our children, staff, and families while at the same time ensuring that children are experiencing developmentally appropriate and responsive interactions and environments.

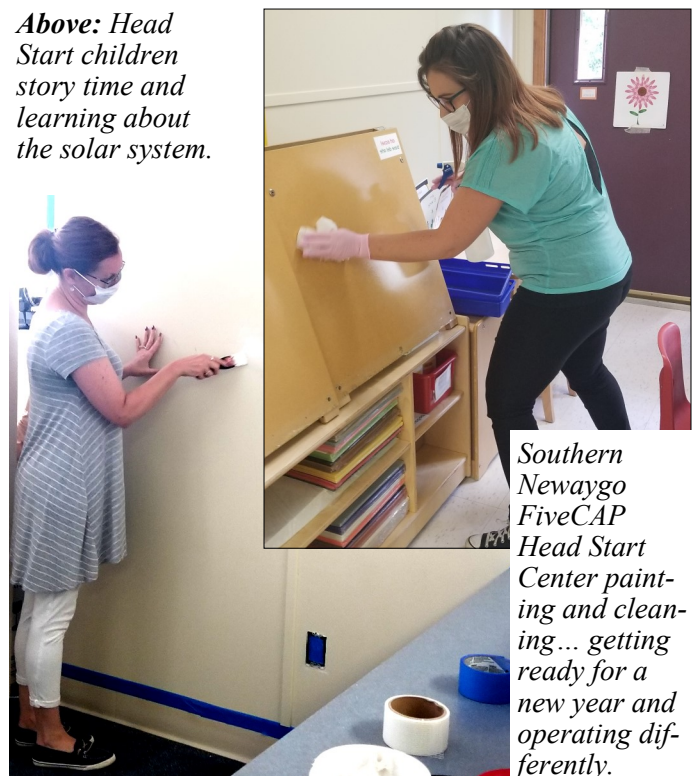
“Working remotely was a learning experience for us”, stated Mary L. Trucks, Executive/Head Start Director. “With little notice, we had to adapt quickly. Our Center Directors and teaching staff stepped up to keep in contact with families and provide services at a distance.”

Based on our experience, staff feedback, and guidance, a formal Remote Education Plan has been outlined in the event of another shut-down so that staff and parents maintain continuous interaction and that there is no lapse in services and resources to families. The Remote Education Plan includes a Continuous Learning Plan for Access, Methodologies, and Technology Needs, Communication Plan, and Resources, with detailed instruction for staff to follow if remote services are necessary.

For enrollment or more information, contact your local FiveCAP Head Start Center or (231) 757-3785.



Above: Head Start children story time and learning about the solar system.



Southern Newwaygo FiveCAP Head Start Center painting and cleaning... getting ready for a new year and operating differently.

**Due to COVID-19:
FiveCAP offices are open
by appointment only.**

Lobbies are closed.
Call for appointment. Visit our
website at www.fivecap.org for updates.

We are striving to be the safest possible workplace and service facility for our staff, clients and guests. To ensure a clean and safe experience for all!

Here are a few steps we have taken to make this happen:

- | | |
|---|---|
| <i>Daily health check-ins</i> | <i>Single occupancy restrooms</i> |
| <i>Temperatures on entry</i> | <i>Staff and visitors wear face coverings and gloves</i> |
| <i>Hand Sanitizer available at entry and throughout building</i> | <i>Social distance measures: floor markings, spacing and barriers installed</i> |
| <i>Sanitation to clean, disinfect and sanitize high touch areas</i> | <i>Sanitized chairs</i> |

Over a half MILLION \$ in tax return refunds to low-income residents

COVID-19 may change the way we are operating, but it has not stopped services. Face-to-face appointments were suspended for most of the tax season, but free tax preparation and e-filing assistance was provided by phone with documents mailed, faxed, emailed or dropped off.

As of July 10th, FiveCAP assisted 634 low-income residents reign in \$530,000 in tax refund dollars.

This is money infused right back into our local economy. Many people depend on this money to catch up on their bills, help pay some of the high cost of heating their homes through the winter and purchase essential items for their households.

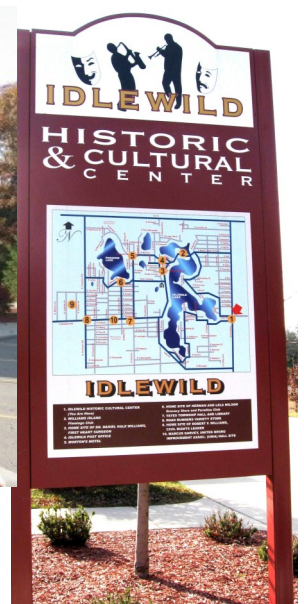
The IRS and State filing deadline was extended to July 15th, however residents still have time to claim tax credits if they haven't filed a tax return yet. Residents are reminded that the deadline for the home heating credit isn't until September 30. FiveCAP encourages anyone who hasn't filed yet, to make an appointment to have your taxes prepared. Even though tax day will pass, there are other credits that residents may qualify to receive.

To make an appointment, contact your county FiveCAP office.

Idlewild Historic & Cultural Center closed for summer 2020 due to COVID-19

Established in 2003, the Idlewild Historic & Cultural Center provides a location where the many people who are fascinated by the historic community can learn more about what makes Idlewild an important piece of American history.

Before the Civil Rights Act of 1964, this resort community in the woods of northern Michigan was one of the few places in the U.S. where African Americans could simultaneously escape city life and segregation. They could freely enjoy the sparkle of starlight, the shimmer of the lakes and the right to own property.



For more information about the Center, visit our website at www.historicidlewild.org. We hope you will visit us in the summer of 2021!



602 N. Main Street, P.O. Box 67, Scottville, MI 49784

Return Service Request

NON-PROFIT
US POSTAGE
PAID
Scottville, MI 49454
Permit No. 46

CAPtions

Anita Brown
Chairperson,
Board of Directors

Mary L. Trucks
Executive Director

CAPtions is published by FiveCAP, Inc., a non-profit corporation providing services to the people of Lake, Mason, Manistee and Newaygo Counties. Production is supported by Agency discretionary funds.

Phone: (231) 757-3785
Fax: (231) 757-9669
Email: fivecap@fivecap.org

Mark Your Calendar

Note: Due to COVID-19:

- **Open by appointment only.** Lobbies closed. Call for an appointment.
- Board of Directors and Policy Council Meetings will be held via teleconference until further notice.

JULY

July 3 *Independence Day Holiday Observed—FiveCAP Offices Closed*
 July 14 HS/EHS Policy Council Meeting, 10am
 July 30 FiveCAP Board of Directors Meeting, 4pm

AUGUST

Aug 7 GOLF FOR WARMTH EVENT—See article inside
 Aug 11 HS/EHS Policy Council Meeting, 10am
 Aug 12 CSFP Bi-Monthly Food Distribution
 Aug 27 FiveCAP Board of Directors Meeting, 4pm
 TBD Food Preservation Workshop—information and canning jars distribution to be advised

SEPTEMBER

Sept 3 TEFAP Quarterly Food Distribution
 Sept 7 *Labor Day Holiday—FiveCAP Offices Closed*
 Sept 8 HS/EHS Policy Council Meeting, 10am
 Sept 8 Planned first day of school for Head Start children—contact Center for more information.
 Sept 24 FiveCAP Board of Directors Meeting, 4pm

OCTOBER

Oct 13 HS/EHS Policy Council Meeting, 10am
 Oct 14 CSFP Bi-Monthly Food Distribution
 Oct 29 FiveCAP Board of Directors Meeting, 4pm

FiveCAP Programs & Services

Head Start
Early Head Start
Weatherization
Home Ownership Counseling
Foreclosure Prevention
Single Family Housing
Multi Family Housing
TEFAP
CSFP
Garden/Food Preservation
Educational Workshops
Food Pantry
Tax Preparation Assistance
Energy/Utility Assistance
Walk for Warmth
Toys for Tots/Gifts for Teens
Information & Referral
And more.....