



**CARE PROGRAM**  
**COLORADO STATE UNIVERSITY**

# Newsletter

January 2021

## List of Resources for CSU Employees and their Families

Hello CARE Program Newsletter Readers,

The January edition of the CARE Program Newsletter has plenty of interesting information, please take a few minutes of your time to go over these resources and utilize them as you see them to fit your needs. I will be working remotely but I am available to answer questions by email or phone. You can email me at [emma.chavez@colostate.edu](mailto:emma.chavez@colostate.edu) or call 970-658-6158.

Be well,  
Emma Chavez

### Food Assistance Resources at CSU



**CSU Mobile Food Pantry**, housed at the Lory Student Center Theater. **Fall schedule** hours of operation will be as follows:

- Monday: CLOSED
- Tuesday: CLOSED
- Wednesdays: 4 – 7 pm
- Thursdays: 4 – 7 pm
- Fridays: 9 am – 12 pm

All members of our community (students, staff, and faculty) may access the RAH Food Pantry through the lobby of the Lory Student Center Theatre. Please bring your CSU ID card.

We ask that all visitors work with us to maintain social distancing guidelines and health protocols to help prevent the spread of COVID-19.

#### **RamRide Food Ops**

RamRide Food Ops delivers boxes of free food from the CSU Mobile Food Pantry to on-and-off-campus students, faculty, and staff.

Deliveries will take place on Fridays. Students, faculty, and staff can choose up to 2 Fridays each month for

delivery. Deliveries will arrive in the afternoon, between 2 and 4 pm.

RamRide Food Ops is designed for students, faculty, and staff who cannot come to, or transport food home from, the Mobile Food Pantry.

To request food delivery through RamRide Food Ops, please complete the short application [here](#).

#### **RAH Pocket Pantries**

Rams Against Hunger offers a limited selection of food items to all members of the Ram community at the following Pocket Pantry locations:

- *Lory Student Center*- level 200 - ASCSU Plaza-side entrance
  - *University Housing* – Aggie Village Family Apartments Aggie Village Family Center – 501 West Prospect St, Building 24
  - *University Housing* - University Village Center Apartments – 1600 West Plum, Building 24.
- Please “swipe” your CSU ID to enter the Pocket Pantry doors

#### **SNAP Benefits**

Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, is a federal entitlement program that helps individuals access food benefits. Colorado State University can help you apply for SNAP remotely! For more information or to complete an eligibility screening and application, contact [Help4Rams@colostate.edu](mailto:Help4Rams@colostate.edu) or call 970-491-8051.

## Food Assistance Resources in the Community

The **Food Bank for Larimer County** has added days at local food pantries and launched a pop-up pantry.

- Fort Collins Pantry, 1301 Blue Spruce Dr: Mondays, Wednesdays & Fridays, 10 am – 3 pm
- Loveland Pantry, 2600 N. Lincoln Ave: Tuesdays & Thursdays, 10 am – 3 pm

**Poudre School District Schools** will offer **free** breakfast and lunch to all students (18 and younger) in the Fall.

**The Supplemental Nutrition Program for Women, Infants, and Children (WIC)** - Colorado WIC is open and serving clients, though many clinics are providing services remotely. Contact your local clinic to ask what options you have.

**Hunger Free Colorado** - Food Resources Hotline: 855-855-4626.

For a complete list of Resources in Larimer County including Food, Medical Assistance and more visit the **United Way of Larimer County website**.

**SERVE 6.8** provides food and supplies through its church partners to reach cities and neighborhoods.

## Volunteer Opportunities



University Advancement has created a campaign called **The Power of Collective Support**, where any individual willing to donate money to the University can do so. Visit their website to learn more about the different programs and where you can contribute.

If you would like to volunteer or donate money during COVID-19, visit **Help Colorado Now**.

**United Way of Larimer County**, has a list of volunteer opportunities in Larimer County.

The City of Fort Collins is seeking healthy volunteers to assist with services to our vulnerable populations.

They have launched an expansion of the **Adopt A Neighbor program** to pair volunteers with neighbors in need during the current pandemic.

**Housing Catalyst (HC)** is opening its second Permanent Supportive Housing Program, Mason Place, very soon. Mason Place will provide affordable housing and supportive services to individuals experiencing homelessness in Fort Collins. Most residents will lack basic household items, so Housing Catalyst is collecting new or gently used items, like dishes, cookware, linens, and cleaning supplies, to help residents get their new households set up. Click [here](#) for the item wish list. Please drop off donations to Housing Catalyst's main office, located at 1715 W. Mountain Ave. during normal business hours.

## Mental Health Resources



**ComPsych** - call 24/7 at 1-800-497-9133: Employees can call this number for crisis services and to get referrals for counseling. Each employee gets 6 free sessions of counseling per person in their family, per issue, per year. ComPsych will give employees a list of licensed professionals to contact in the community to set up services.

**Summitstone Health Partners**, will be moving outpatient clinical services to virtual and telehealth platforms, check the website to learn how to contact them, or review their new program called **Colorado Spirit**.

**Health District of Northern Colorado** will be offering some virtual services to its clients. Certain essential services will continue to be offered with some modifications, check the website for more details.

**Connections** help is available free of charge at 970-221-5551, 9 am to 4 pm, Monday through Friday. Behavioral health specialists from the Connections program at Health District of Northern Larimer County will be available to answer questions, give referrals, and provide support services via telehealth.

## Miscellaneous Events



City of Fort Collins' **Healthy Homes program** is sharing resources and gifts on how to create a healthier and safer home. Complete an online assessment of your home and receive a personalized set of recommendations on how you can reduce exposure to indoor air contaminants and safety hazards.

The **Colorado Employee Assistance Program CSEAP** is offering several trainings and classes, review the list of trainings on their website.

**CSU Engagement and Extension team**, CSU Libraries, and Web Services team have recently launched a CSU Virtual Events site. This page is where you can learn more about virtual happenings on-campus.

**Downtown Holiday Lights**, Every evening from the first week in November through Valentine's Day on February 14th, 22 block-faces of Downtown will be illuminated with thousands of strands of brilliant white lights stretching through the alleyways, sidewalks and tree-tops of historic Old Town Fort Collins.

**Mental Health: Mind Matters exhibit opens at FC Museum of Discovery**, this provides hands-on experiences which bring you closer to the facts, feelings and issues surrounding a topic that touches so many of our lives. The museum and the exhibit experiences are free. But you must have a ticket, reserve yours today!

**City of Fort Collins – City News** has posted their latest newsletter, with information about virtual events as well as important city news.

**Larimer County Extension programs and classes**, CSU extension and Larimer County have partnered to offer classes around different topics, please review the website to learn more about their offerings.

**The Be Ready Program**, has the Ready Set Kindergarten guide available in both English and Spanish. The guide is designed to help four-year-old children and their families as they prepare for their child to enter Kindergarten

**Larimer Child Care Connect** is a new, free tool that makes it easier for families to find available childcare, preschool, and school-age programs faster than before. Parents can get a list of local childcare programs and personalized search results that cater to their family's needs.

**Open Enrollment for 2021 Health Insurance coverage through Larimer Health Connect** starting on Nov. 1<sup>st</sup>. connect for health Colorado Marketplace, will help individuals find the best healthcare plan for their health needs, please visit their website to learn more and to schedule an appointment.

**Larimer Recovery Collaborative** is a cross-sector group from the municipalities, county government, nonprofit, economic development, and business community across the geographic region of Larimer County. They have created a list of resources by topic, please visit their site to learn more.

### **Winter Farmers Markets**

#### **Fort Collins Winter Farmers Market**

Foothills Mall, 215 E. Foothills Pkwy., FC  
2nd & 4th Saturdays, 9 am – 1 pm, Nov. 7 – May 8  
(plus, additional December dates)

#### **Greeley Winter Farmers Market**

Zoe's, 715 10th St., GR

1st and 3rd Saturdays, 9 am – Noon, Nov. – April

#### **Virtual Farmers Market**

Order online Sundays, 8 am – Wednesdays, 6 pm  
Delivery Saturdays, Noon – 4p m or pick up Saturdays,  
Noon – 2pm.

**Circle of Security Parenting (COSP)** groups will be starting in January. COSP is a trauma-informed curriculum aimed at fostering secure attachments between caregivers and children under age 6. Tuesdays 9:30 – 11 am or Thursdays, 5 – 6:30 pm, Jan. 4, through March 11.

**Supporting young children and families during the pandemic**, this monthly early learning training series, will discuss how to identify red flags, build resilience and seek support despite the limitations this pandemic has created.

### **Parent/youth seminars to learn and discuss effects and impact of substances on young brains**

This is a 1-hour session to learn and discuss the ten Wise Ways (skills to help us make good decisions) and

dive into the effects and impact of substances on young brains. This session is for youth ages 7-17 in partnership with their parents/caregivers. Zoom link will be emailed upon registration.

**2021 Educating Children of Color Summit**, The Summit provides a unique opportunity for educators, juvenile justice, and child welfare professionals. It is also an opportunity for high school students to learn about themselves while they explore higher education. Finally, the Summit is an opportunity for parents to learn to communicate with schools and with their children to maximize their child's success. Saturday, Jan. 16, 8:30am-4pm, Zoom.

**Local libraries offer homework help via Brainfuse**

Are your kids struggling with their schoolwork? Live online tutors, an interactive writing lab, test preparation and more are available through the Loveland Library and the Poudre River Public Library District's Brainfuse HelpNow sites:

- [Poudre River Public Library District \(FC\)](#)
- [Loveland Public Library](#)

**Additional Resources**



**Employee Assistance Program** please do not hesitate to reach out to the on-site coordinator, Jan Pierce, during this time at [jan.pierce@colostate.edu](mailto:jan.pierce@colostate.edu) The best way to reach out is via email or leave a voicemail to set up an appointment.

**The Office of the Ombuds at CSU** - serves as a *confidential* resource to assist all CSU employees navigating concerns or conflict in the workplace.

To request an appointment with the University Ombuds, Melissa Emerson:

Email [Melissa.Emerson@colostate.edu](mailto:Melissa.Emerson@colostate.edu) or call 970-491-1527

**Housing Resources**, check out the new and existing housing related resources, information, and community responses during this time.

**ComPsych** has compiled a list of resources from Back to School resources to coronavirus webinars to navigating life at home and more.

**Kendall Reagan Nutrition Center** - learn more about the programs and services available to our campus community and try their recipe of the month.

**CSU Young Professional Mentorship Program**

CSU Young Professionals (CSUYP) aims to provide support, resources, and opportunities to cultivate connections, engage in professional development programs, and participate in community activities to become influential leaders in the community.