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The staff at MYCAP attended a virtual training session conducted by Dr. Jameta Nicole Barlow, PHD, MPH entitled “Black Lives Matter”. The session offered a wealth of pertinent information that included interesting and very comprehensive history on Black Women’s health.

### Recommended reading:

**Medical Apartheid** by Harriet Washington

**Red Summer** by Cameron McWhirter

**Slave Patrol** by Sally E. Hadden

**The Red Record of Lynchings** by Ida B. Wells-Barnett

Contact Dr. Barlow at [www.jametabarlow.com](http://www.jametabarlow.com) for more information on her powerful workshops.



As we continue to grapple with the harsh realities of this COVID-19 crisis and the virulent way it has changed our lives; it is also important to remember that after the storm there will be light. We as a country and a Community Action network have weathered storms before and come out on the other side stronger and more determined than ever to do the work needed to address the growing needs in our community. MYCAP has developed new processes and put systems in place so that we can continue to meet the needs of our customers. We are using funding provided by the CARES ACT to provide rental and mortgage assistance and pay water arrearages. We are working with our community partners to make sure that we combine resources to increase access for our customers to receive all the help they need. In the weeks and months ahead MYCAP will continue to assess the needs, create the necessary partnerships and provide the services that will create, stabilize and provide sustainability for the low to moderate income individuals and families in Mahoning County; especially those impacted by COVID-19. If you want to know more about the services we provide, please visit our website at [www.mycaphelps.com](http://www.mycaphelps.com), or call MYCAP at 330.747-7921.

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### We’re Grateful for Community Support and Recognition

Premier Bank of Youngstown Ohio, formerly Home Savings and Loan has awarded a \$10,000 General Program Support grant to MYCAP in recognition of the good work being done on behalf of disadvantaged citizens during this very difficult time of COVID-19. Mr. Lee Fields Jr., Community Development Officer and Mr. Josh Toot, Senior Vice President of Commercial Banking presented the check to CEO Shelia Triplett in early November, 2020. We here at MYCAP are grateful that our efforts to help people here in the Mahoning Valley are being recognized.

Our Senior Program was presented with a generous donation of \$5,000 from Edward Barr Foundation thanks to J. David Sabine, Senior Vice President of Huntington Trust Department. Huntington’s Trust Department has always been a great source for organizations seeking a little help when it’s needed to support people and projects in the community. This donation will aid with our Senior Gift Card project to bless and uplift some area seniors who may be isolated from their families during the Thanksgiving and Christmas holidays due to the COVID-19 crisis.



*Happy Thanksgiving, Merry Christmas, and Happy New Year to Everyone.*

*Be Blessed and Please Stay Safe, See you Next Year!*

## ***This is why we do what we do!***

The following is a note received from one of our clients after receiving some much-needed help.

It begins with "It's the simple things you do that really matter"

It then goes on to say, "I wish I could personally come thank you all with some donuts; however, COVID-19 is preventing that. But I know that everything you all do; including special hugs for Mrs. Williams, will never be forgotten.

May God bless you all and the service you do. I was so down and have had nobody to turn to!

I will pay this forward to others; I promise.

In Gratitude – R.



## **MYCAP and Flying High Professional Development Center**

Flying HIGH Inc., and MYCAP have partnered to develop a Professional Development Center (PDC) that is preparing qualified candidates for good paying jobs with benefits at local businesses and organizations.

MYCAP staff, Roger Beltz and Amber Rios have relocated to the PDC and are working to secure employment agreements with local businesses in need of qualified candidates. The center's counselors assist applicants who are entering or re-entering the job market in this COVID-19 environment. They provide vital supportive services that are important to job retention such as job readiness counseling, mental health counseling and transportation support.

The PDC is located at 6 Federal Plaza Central in the Chase Bank Bldg. 7<sup>th</sup> Floor. Orientation dates are available – November 25<sup>th</sup>, and December 9<sup>th</sup>.

For more information please call the PDC at (330) 797-3995 ext. 426 or 420  
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The Summer Crisis program has ended but not before servicing over 1,100 Mahoning County residents with electric assistance payments as well as air conditioners and fans. MYCAP looks forward to continuing to service customers with the Winter Crisis Program which began on Monday, November 2, 2020. Scheduling of phone appointments for this program began on October 28, 2020. There are currently no in person appointments due to COVID-19; however, all applicants must have a phone interview. If you know anyone who could benefit from the program, please have them call the appointment line at (330) 778-2992 tell them to make sure to remain on the phone until they receive an appointment confirmation.



## **NATIONAL WEATHERIZATION DAY OCTOBER 30, 2020**

**The Weatherization Assistance Program created the residential home performance industry.** The program was created in 1976 under Title IV of the Energy Conservation and Production Act to assist low-income families when the 1973 oil crisis was affecting millions of Americans. In this early phase, volunteers and job trainees installed low-cost conservation measures, such as covering windows with plastic sheeting, caulking, and weatherstripping to reduce home heating bills. By the 1980s, weatherization services focused on more permanent and cost-effective measures, such as insulation and improving efficiency in heating systems.

### How MYCAP's HWAP Program Works:

- Complete application to determine eligibility;
- Energy audit of dwelling;
- Installation of Energy Conservation Measures;
- Final Inspection of Work

Proof of income, proof of home ownership or landlord information, utility bills required;

Call (330) 778-2992 for an appointment and more information.



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**MYCAP was happy to make a donation to the Rescue Mission of Mahoning Valley that will cover 100 meals. This donation was in response to their annual Thanksgiving Table Sponsor Drive.**

