



Community Action of Orleans & Genesee Employee Newsletter

May 1, 2026

A few words from Renee

Dear Team,

Last month I talked a good deal about advocacy efforts. One issue of particular concern was that even though Congress had appropriated CSBG funds for the current fiscal year, the Office of Management and Budget (OMB) was not releasing these funds. This put many Community Action Agencies under some serious strain.

This morning I received the good news from the Department of State, that funds are being released. I am truly grateful to the elected officials who had our back and fought for this release. This is true testament of the bi-partisan support we receive for the good work that we do.

In other news, as I have communicated earlier in the month, effective May 1, we will be transitioning to a new IT vendor, Netrio.

As part of this change, you may see some new faces or begin receiving emails from individuals with an email address ending in @netrio.com. These individuals are part of the Netrio team and will be supporting us moving forward. Information on new processes, such as submitting a help desk ticket, will be coming soon.

I would like to sincerely thank CHPC for their past service and support, and we wish them all the best. Joe and team have been very helpful in making this a smooth transition. As with any change, there may be a few bumps along the way. I appreciate your patience, flexibility, and support as we work through this process.

Please join me in welcoming our new partners at Netrio.

Thank you for being....
Part of the Solution
Renée

MAY 2026

CCAP CELEBRATION WEEK

(May 17 - 23)

Celebrate your agency's Certified Community Action Professionals on social media.

1



The Promise

Recite the Promise of Community Action on social media. Sample graphic provided.

BABY DAY

2

Share our graphic and messaging or spotlight your Early Head Start or Whole Family Approach initiatives.

3

sunday success

Celebrate your customer success stories on social media. Sample messaging provided. #SundaySuccess

Mission Monday

Use the customizable social media template to promote your agency's mission. #MissionMonday

4

Star Wars Day

Sample graphic provided. #MayThe4thBeWithYou

5

NATIONAL TEACHER'S DAY



Honor your Head Start teachers. Sample graphic and post provided.

Impact Wednesday

Promote Community Action's national impact with our collection of social media graphics and messages or use our customizable template to promote your agency's local impact. #ImpactWednesday

6

National Nurses Day

Honor nurses on social media. Sample graphic and posts provided.

7

Throwback Thursday

Share our sample graphic honoring Sargent Shriver and/or post your own #TBT photo.

State Association Day

Honor and promote your Community Action State Association with group board and/or staff photos and highlights from Association services.

PROVIDER APPRECIATION DAY

Give recognition to childcare providers on social media. Sample graphic and messaging provided.



FUN FRIDAY

Post a photo of yourself to social media with our "I <3 Community Action" selfie sign. #FunFriday

saturday spotlight

Spotlight a program or service provided by your CAA or State Association. #SaturdaySpotlight

10



Celebrate the mothers of Community Action. Sample graphics and messaging provided.

Monday Motivation

Start your week off with an inspirational quote from lifelong Community Action champion, Lois Carson. Sample graphic and messaging provided. #MondayMotivation

11

12

TRAINING TUESDAY

Promote Community Action training programs that help equip families for success. Sample graphics and posts provided. #TrainingTuesday

13



Promote the importance of Community Action weatherization services. Sample graphic and posts provided.

14



HUGGY HEART DAY

Color the Huggy Heart and post to social media.

International Day of Families

Promote the importance of family well-being in our communities. Sample graphic and posts provided.

15

National Pizza Party Day



16 Armed Forces Day

Honor our members of the Armed Forces. Sample graphic and post provided.

17

sunday success

Celebrate your customer success stories on social media. Sample messaging provided. #SundaySuccess



18 Head Start's Birthday

Celebrate the legacy and impact of the Head Start and Early Head Start programs. Sample graphic and posts provided.

CCAP CELEBRATION WEEK

Celebrate your agency's CCAPs on social media.

20

A Home for Every Child

Share ways that your CAA supports families and prevents their engagement with the child welfare system. Sample post provided.

21

THROWBACK THURSDAY

Post a throwback photo from your agency or staff. #TBT

22

FACT FRIDAY

Sample graphic and messaging provided. #FactFriday

23

saturday shoutout

Shoutout local partners on social media.

24

Older Americans Month

25

MEMORIAL DAY

A day to honor and mourn military personnel who have died while serving our country.

TUESDAY TESTIMONIAL

Have a great customer testimonial to share? Post it to social media! Sample messaging provided. #TuesdayTestimonial

TRAINING TUESDAY

Promote Community Action training programs that help equip families for success. Sample graphics and posts provided. #TrainingTuesday

Weatherization Wednesday

Promote the importance of Community Action weatherization services. Sample graphic and posts provided.

28

Thankful Thursday

Give thanks to those who make a difference and inspire us - board members, staff, customers, and the Community Action Network at large. Sample messaging provided. #ThankfulThursday

29

FUN FRIDAY

Post a photo of yourself to social media with our



selfie sign. #FunFriday

30



HAPPY EASTER

From the Eastern Orleans Community Center

Our Easter event in Holley on April 11, 2026, was a wonderful success, bringing together 38 attendees for a morning full of fun and community spirit. The event was made possible with the help of six dedicated volunteers and our valued partnership with the Holley Lions Club.

Guests enjoyed a delicious breakfast featuring pancakes, eggs, sausage, applesauce, and juice. A special highlight for the children was a visit from the Easter Bunny, adding excitement and plenty of photo opportunities.

The Holley Lions Club organized an impressive Easter egg hunt, hiding over 300 eggs—including three special golden eggs—for children to discover. In addition to the hunt, four bicycles were raffled off, creating even more excitement among participants. Families also enjoyed hands-on craft activities and a fun “guess how many jelly beans are in the jar” game, which kept everyone engaged throughout the event.

Overall, the event was filled with laughter, connection, and memorable moments for all who attended.



May Is Mental Health Awareness Month



1 in 5 adults experience mental illness each year.



Stigma prevents many from seeking help.



Promote self-care: exercise, sleep, healthy diet.



Talk about feelings; it's okay not to be okay.



Support others; listen without judgment.



Together, we can break the stigma!



Help, when you need it most

With your Employee Assistance Program and Work/Life Balance services, confidential assistance is as close as your phone or computer.



EMPLOYEE ASSISTANCE PROGRAM (EAP)

Your EAP is designed to help you lead a happier and more productive life at home and at work. Call for confidential access to a Licensed Professional Counselor* who can help you.

A Licensed Professional Counselor can help you with:

- Stress, depression, anxiety
- Relationship issues, divorce
- Anger, grief and loss
- Job stress, work conflicts
- Family and parenting problems
- And more

WORK/LIFE BALANCE

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our Work/Life Specialists can answer your questions and help you find resources in your community.

Ask our Work/Life Specialists about:

- Child care
- Elder care
- Financial services, debt management, credit report issues
- Identity theft
- Legal questions
- Even reducing your medical/dental bills!
- And more

Who is covered?

Unum's EAP services are available to all eligible partners and employees, their spouses or domestic partners, dependent children, parents and parents-in-law.

Always by your side

- Expert support 24/7
- Convenient website
- Short-term help
- Referrals for additional care
- Monthly webinars
- Medical Bill Saver™ — helps you save on medical bills

Help is easy to access:

Phone support: 1-800-854-1446

Online support: unum.com/lifebalance

In-person: You can get up to three visits, available at no additional cost to you with a Licensed Professional Counselor. Your counselor may refer you to resources in your community for ongoing support.

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benefits
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* The counselors must abide by federal regulations regarding duty to warn of harm to self or others. In these instances, the consultant may be mandated to report a situation to the appropriate authority. Unum's Employee Assistance Program and Work/Life Balance services, provided by HealthAdvocate, are available with select Unum insurance offerings. Terms and availability of service are subject to change. Service provider does not provide legal advice; please consult your attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details. Insurance products are underwritten by the subsidiaries of Unum Group.

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MENTAL HEALTH

“Caring for Your Mind and Well Being”

PRACTICE SELF CARE

Take time each day to do activities that you enjoy and calm your mind, such as reading, taking a walk, or meditating. Self care helps reduce stress and improves mental well being.



STAY CONNECTED

Maintain relationships with family and friends. Talking to people you trust about your feelings and experiences can provide emotional support and reduce feelings of loneliness.

PRACTICE MINDFULNESS AND MEDITATION

Mindfulness and meditation techniques can help you stay focused on the present moment and reduce negative thoughts. Take a few minutes every day to meditate and pay attention to your breathing.





2026

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

				Hot dogs French Fries Baked Beans Peaches	1	2	3		
Chicken Shepard's Pie with Potatoes Peas and Carrots	4	5	Pancakes Sausage and Ham Hashbrowns Fresh Fruit	6	7	Pork Roast Baked Potatoes Green Beans Jello	8	9	10
Lasagna Roasted Broccoli Garlic Bread Cake/ Cookies	11	12	Italian Pasta Salad with Ham Peaches	13	14	BBQ Chicken Legs Mac Salad Fruit Cocktail	15	16	17
Spanish Rice Jello Cups	18	19	Chicken Pot Pie Biscuits Fruit Cocktail	20	21	French Toast Eggs Hashbrowns Fresh Fruit	22	23	24
Chili Salad Bread Peaches	25	26	Pastrami Augratin Potatoes Peas Cake/ Cookies	27	28	Grilled Cheese Veggie Soup Fruit	29	30	31