

We believe everyone can give something to those in need. And we believe when that happens, everyone benefits. That's why we created "Everyone gives, Everyone gains," a continually updated, year-round list of ways you can help people here.

The following is a list of some of the many efforts happening in Laramie County this year to make the holidays brighter for those in need.



WyomingTribuneEagle

Everyone gives, Everyone gains

Helping you change your corner of the world by connecting you with those who need help.

To give your money

Empty Stocking Fund

When: Through Christmas

How it's used: Funds the Laramie County Community Christmas Program, which provides holiday meals to low-income families.

To donate: Mail checks payable to Empty Stocking Fund to P.O. Box 3202, Cheyenne, WY 82003. Donors also can use the Venmo app and search for "Empty Stocking Fund Donation."

American Legion Bar Bucks

When: Through Christmas

How it's used: Funds the Laramie County Community Christmas Program, which provides holiday meals to low-income families.

To donate: Visit a local bar that is participating and donate to the Bar Bucks program.

Sponsor: American Legion

The Little Red Stocking by Wyoming Children's Society

When: During the holiday season and throughout the year

How it's used: Since 1911, Wyoming Children's Society has served women faced with a crisis pregnancy and children in need of permanent, adoptive families. Donations will provide housing, food, transportation and counseling for pregnant women in crisis; as well as funding programs that recruit and prepare families to provide permanent homes for children in need.

To donate: Visit www.wyomingcs.org or send to Wyoming Children's Society, 314 E. 21st St., Cheyenne, WY 82001 or call 307-632-7619.

Sponsor: Wyoming Children's Society

The Salvation Army's red kettle campaign

When: Through 4 p.m. Dec. 24

How it's used: Funds The Salvation Army's programs all year. Money donated stays in Cheyenne.

To donate: Drop money into red kettles next to accompanying bell ringers at many local grocery stores and large department stores around town or visit 601 E. 20th St. to donate. Donations also can be made online at cheyenne.salvationarmy.org.

Sponsor: The Salvation Army

Nachos Navidad at Taco John's

When: Now through Dec. 31

How it's used: This year's proceeds go to the Friday Food Bag Foundation. Each year, this effort raises about \$10,000 for the local program chosen.

To donate: Taco John's is donating a portion of the cost of every Nachos Navidad bought during this period. In addition, customers are encouraged to round up their purchase total or make an additional donation to help make sure local schoolchildren have

enough to eat on the weekend.

Sponsor: Cheyenne Taco John's restaurants

Toys for Tots

When: Year-round

How it's used: To provide new toys to children who otherwise wouldn't get them.

To donate: Mail a check to Toys for Tots, 1964 County Road 124, Cheyenne, WY 82009; call Wendi Henderson at 678-215-7584; visit www.cheyenne-wy.toysfortots.org; or email cheyennetoys4tots@aol.com. Be sure to label checks for the local campaign so the money stays in Cheyenne.

Sponsors: U.S. Marine Corps Reserve and Fleet Reserve Association, Wyoming Branch/Unit 59

CASA Supporting Kids

When: Donations accepted primarily through Dec. 20. However, donations can be made any time throughout the year.

How it's used: This year, CASA will be using donations for Christmas gifts and/or gift cards for children's clothing items (newborn to 18 years old). No donation is too small to make a difference.

To donate: Visit CASA at 1616 E. 19th St.; call 307-222-1902; or visit casalc.org or <https://casalc.harnessapp.com/vw2/campaign/3057>.

Sponsor: Court-Appointed Special Advocates of Laramie County

East Cares Foundation at Cheyenne's East High

When: Year-round, but a priority leading up to Christmas

How it's used: Staff members have been raising money and collecting items for about the last 18 years for students at the school who, without outside sources, would not have a Christmas. This year, due to the COVID-19 pandemic, the program will give students \$25 gift cards or cash.

In addition, the program operates a pantry at the school, which collects non-perishable food, personal hygiene items, socks, etc. year-round for students in need.

To donate: Monetary donations or \$25 gift cards can be dropped off during school hours, 7 a.m. to 4 p.m., at 2800 E. Pershing Blvd., or mailed to the school (zip code is 82001). Please make checks payable to East Cares or East High School, with East Cares in the memo line.

Who to contact: Morgan Sanders at 307-631-5314 or Mary Jo Lucas, Linda Shields-Givhan or Michelle Lambert at 307-771-2663 or maryjo.lucas@laramie1.org.

Needs Inc.

When: Donations to Cheyenne's Needs Inc. are appreciated year-round.

How it's used: Funds are used to provide food boxes for low-income residents of Laramie County.

To donate: Mail financial gifts to Needs Inc., 900 Central Ave., Cheyenne, WY 82007. Checks should be made payable to Needs Inc.

Who to contact: Call Taylor Albert at 307-632-4132 for more

information.

St. Joseph's Food Pantry

When: Now and throughout the year.

What: St. Joseph's Food Pantry is seeking financial donations to help stock its shelves.

Where: Send donations to St. Joseph's Food Pantry, P.O. Box 1141, Cheyenne, WY 82003. Make checks payable to Woodworth Memorial Fund for the Poor.

More information: St. Joseph's Food Pantry provides weekly grocery boxes/bags for those in need in Laramie County. Financial donations are used to purchase food from Wyoming Food Bank of the Rockies, Walmart, Albertsons and other grocery stores.

Who to contact: Call Renee Gamino at 307-275-0567.

Meals on Wheels of Cheyenne

When: Year-round.

What: Donations to Meals on Wheels of Cheyenne. Funds will be used to buy food for homebound people in Cheyenne and Laramie County. More than 85,000 meals are served annually.

To donate: Mail a check or credit card information to Meals on Wheels of Cheyenne, 2015 S. Greeley Highway, Cheyenne, WY 82007 or call 307-635-5542, extension 0. An online donation can be made by going to mealsonwheelsofcheyenne.com.

Who to contact: Call 307-635-5542, extension 0, or go online to mealsonwheelsofcheyenne.com.

Family Promise of Cheyenne

When: Now and throughout the year

What: Family Promise provides shelter and resources to help families facing homelessness. Monetary donations, diapers and wipes, and gift cards (food, uber/taxi, gas, Walmart, grocery) are needed to house and help motel and shelter families.

To donate: Donations can be made online through PayPal at paypal.com/us/fundraiser/charity/1906853, or send donations to Family Promise, 2950 Spruce Drive, Cheyenne, WY 82001

Who to contact: Call 307-772-8770.

To give your time

Bell ringer for The Salvation Army

When: Through Christmas Eve

What: The Salvation Army needs volunteers to serve as red kettle bell ringers, though the organization will pay \$11 per hour to those looking to make some extra money during the holiday season.

More information: Call 307-634-2769 or go online to cheyenne.salvationarmy.org and click on "Be A Bell Ringer" for available shifts.

Who to contact: Jon-Marc Lamb, 307-634-2769, extension 201.

Delivering food to the homebound

What: Delivery drivers are needed for Meals on Wheels of Cheyenne. The driving commitment is up to two hours per day, Monday through Friday only. Businesses are encouraged to adopt a driving route, as well.

When: Year-round.

More information: Call 307-635-5542, extension 0, if you are interested in volunteering.

Who to contact: Call the above number or go online to mealsonwheelsofcheyenne.com.

To give your items

Gifts for the homeless

When: Until Christmas

What: The Wyoming Coalition for the Homeless provides gifts for homeless residents on Christmas Eve and Christmas Day. Current clothing items needed: new gloves, knit hats, sweaters, scarves, flannel shirts (M-2XL), men's jeans (sizes 32-42), men's underwear, white socks, men's coats (M-2XL) and inexpensive backpacks to give as Christmas gifts to homeless residents.

Prepared food items are always welcome for Christmas Eve or Christmas Day meals, which are served at 11 a.m. each day.

Also, monetary donations are needed to cover utilities and daily operating costs.

Where: Donations should be dropped off at 907 Campbell Ave.

Who to contact: Call Darlyn at 307-634-8499 or wyoalitionforthehomeless@gmail.com.

Food, other items for local homeless shelter

When: Until Christmas

What: COMEA House provides housing and transitional living instruction to homeless individuals and families in the Cheyenne area. Food and other items needed include: Perishable food items (bread, butter/margarine, milk, eggs, cheese, fresh/frozen vegetables, salad mix); cold cereal, noodles and canned food items (dated 2020 or later); coffee, creamer, sugar/sugar substitute packets; paper goods (paper towels, toilet paper, napkins and paper plates/cups); cleaning products, laundry detergent, bleach, fabric softener, trash bags and rubber gloves; office supplies (envelopes, tape, staples, copy paper, file folders and White Out); postage stamps; bus tokens (passes); gas cards and retail gift cards; winter and work boots; new socks, underwear and long underwear; winter (insulated) gloves/hats, stocking caps and winter face masks; insulated coveralls; diapers (all sizes); new coloring books, crayons and school supplies; monetary support for special projects and operation costs.

Where: Donations should be dropped off at 1504 Stinson Ave. Please call before taking large donations to the shelter.

Who to contact: Robin Zimmer, executive director, 307-632-3174.

Clothing and food items for low-income residents

When: Now and year-round

What: Needs Inc. provides temporary food and clothing assistance to low-income Laramie County residents. Clothing items and nonperishable food.

Where: Donations should be dropped off at Needs Inc., 900 Central Ave., Cheyenne.

Who to contact: Taylor Albert, executive director, 307-632-4132.

Gifts for children served by Safe Harbor

When: Through Christmas

Where: Safe Harbor, 2712 Thomes Ave., Cheyenne, WY 82001

What: Donations for the children served by Safe Harbor, a children's justice center helping children in Laramie County through its services of promoting the multidisciplinary approach to child-abuse investigations, child forensic interviews, supervised visitation and safe exchange programs, and outreach and education on child abuse. Needed donations include Christmas bags, toys, games, new books and DVDs. Cash donations will be accepted, as well, to support the program.

Who to contact: Contact Lynn or Krystal at 307-632-1708 with questions.