

# REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center

[www.fairshake.net](http://www.fairshake.net)

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## Resources on Fair Shake's LGBTQ+ page



### Black & Pink

Black & Pink is an open family of LGBTQ+ prisoners and “free world” allies who support each other. We are outraged by the specific violence of the prison industrial complex against LGBTQ people, and respond through advocacy, education, direct service, and organizing.

Black and Pink  
6223 Maple St # 4428  
Omaha, NE 68104 531-466-3346



Black & Pink has chapters in many cities including:  
Boise, Buffalo, Chicago, Denver, New Orleans, New York City. San Diego  
and San Francisco: Flying Over Walls

### LGBT Books to Prisoners

Volunteer-run organization that sends books and other educational materials, free of charge, to LGBT-identified people in prison across the US (except those in TX). Will send books in Spanish (enviar libros en Español). **Serves all states except Texas.**

LGBT Books to Prisoners  
c/o Social Justice Center Incubator  
1202 Williamson St #1  
Madison, WI 53703 [lgbtbookstoprisoners.org](http://lgbtbookstoprisoners.org)

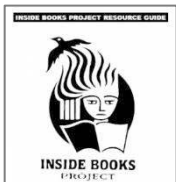


### Prison Activist Resource Center

LGBTQ+ Resources:

[www.prisonactivist.org/resources/lgbtqi-focused-organizations-and-resources](http://www.prisonactivist.org/resources/lgbtqi-focused-organizations-and-resources)

Contact PARC  
PO Box 70447  
Oakland CA 94612



### Inside Books Project

Inside Books Project is an Austin-based community service volunteer organization that sends free books and educational materials to prisoners in Texas. Inside Books is the only books-to-prisoners program in Texas, where over 140,000 people are incarcerated. Inside Books Project works to promote reading, literacy, and education among incarcerated individuals and to educate the general public on issues of incarceration. Write to them to find out about their Resource Guide.

Inside Books Project  
3106 E. 14 1/2 Street  
Austin, Texas 78702 [insidebooksproject.org](http://insidebooksproject.org)

# ELDER SUPPORT

This page is just a sample of resources on our constantly updated webpage: [www.fairshake.com/elders](http://www.fairshake.com/elders)

Elders (65 years old and older) make up the fastest growing age segment of the US population. This population will be targeted for support programs, transportation, activities and various types of living accommodations, and they will all change and expand along with the elders. And just like Fair Shake's web-page for Elder Support. We hope you will help us learn about other free resources. We can add them to our webpage so that everyone can benefit from them!

But before we list resources, here are some benefits of a 'gift exchange' with the elders in your life:

Gifts that elders can give to us: SLOWING DOWN. LIVE IN THE NOW. LISTENING SKILLS. HEALTH BENEFITS! REFLECTION SKILLS (How will we want to be treated when we need help?)

Gifts that we can give to elders: CARE. ATTENTION. NOTICING. LISTENING. DEFENDING THEIR DIGNITY, SELF-HOOD & AGENCY

Senior Employment These are federal programs; states have elder employment programs, too.



**U.S. DEPARTMENT OF LABOR**

## **Senior Community Service Employment Program**

Provides training for low-income, unemployed seniors.  
<https://www.dol.gov/agencies/eta/seniors>



**careeronestop**

your source for career exploration

## **Older Worker Program Finder**

Find employment services for low-income, unemployed seniors.  
<https://www.careeronestop.org/LocalHelp/EmploymentAndTraining/find-older-worker-programs.aspx>

## Senior Volunteer Opportunities

Millions of elders (65 and older) volunteer every year.



**AmeriCorps**

## **AmeriCorps Seniors**

[americorps.gov/serve/americorps-seniors](http://americorps.gov/serve/americorps-seniors)  
They offer many ways you can help others.  
Discover the program that's right for you!

## **Social Security Administration**

[ssa.gov](http://ssa.gov)

Office of Public Inquiries and Communications Support  
1100 West High Rise  
6401 Security Blvd.  
Baltimore, MD 21235



## **Eldercare Locator**

[eldercare.acl.gov](http://eldercare.acl.gov) 1-800-677-1116

The U.S. Administration on Aging connects you to services for older adults and their families.

## **Family Caregiver Alliance**

[caregiver.org](http://caregiver.org) 800.445.8106

We're here to help you. All resources are free, and assistance through CareNav is free, secure, and private.



**Family  
Caregiver  
Alliance®**

# CARING FOR ELDERS WHO NEED EXTRA CARE

Elders are a crucial segment of our community. They have much to teach us and many gifts to share. The elders of today were our caregivers when we were not able to take care of ourselves. They did not charge us for their efforts, and asked for nothing. Wouldn't it be nice to return the favor?

I realize this is not possible in many scenarios. I lived through one myself. But I know that with creativity and willingness, opportunities sometimes arise and we can simply share time with the elders in our life, even when they are getting support in a facility. Care-givers in facilities can do a lot, but they are often quite busy, and cannot slow down to share time to through a magazine, or sing, or go for a stroll.

According to the National Institute on Aging, 1/3 of all adults age 85 and older may have some form of dementia. There are several forms of dementia; Alzheimer's is just one type. Dementia is diagnosed when we reach a specific point in the forgetfulness spectrum. As of this writing, I'm 58 years old. I forget things all the time...like why I walked into a room, or what day it is, and many simple regularly-used words. We ALL, on occasion, forget, get confused, and even need help knowing what day it is. What we want, when we forget, is generosity and kindness from those around us. People with a dementia diagnosis want the same thing. Some nice gifts that we can offer them include:

**ACCEPTANCE \* AGENCY \* IDENTITY \* LISTENING \* NOTICING \* EYE CONTACT \* MUSIC  
CARE \* CHOICE between two things \* OUTDOORS \* NICELY SCENTED SOAP \* SOFT TOWELS**



**Validation Training Institute, Inc.** <https://vfvalidation.org/>  
P.O. Box 871 Pleasant Hill, OR 97455

Validation can help you improve and integrate new communication skills, gain competence and confidence in dealing with difficult situations. You will have less stress and frustration, and more joy.

## Fair Shake Book Recommendation:

### Dignity for Deeply Forgetful People by Stephen G. Post How Caregivers Can Meet the Challenges of Alzheimer's Disease

Learn to notice and appreciate expressions of continuing self-identity and include deeply forgetful people in your vision of a shared humanity! Drawing from years of experience, author Stephen Post challenges us to set aside 'hypercognitive biases' to learn from 'differently abled' people. He inspires us to deliberate about inalienable dignity, autonomy, identity, worth and authenticity. Post stresses the continuity of selfhood in persons (not patients, not victims, not disposable objects) experiencing the increasing challenges of cognitive decline. He argues for a deeper dignity grounded in consciousness, emotional presence, creativity, interdependence, music, and a self that is not "gone" but "differently abled."



## Music can support mind and heart:

Music is deeply rooted in conscious and unconscious areas of our brain. Music can awaken the rich trove of memories that are associated with familiar songs or beloved pieces. Help the elders in your life connect to joy through music! You can sing, play favorite songs, play the soundtrack to musicals, leave the classical or jazz music station on all day.

## Other ways to engage:

Art, Crafts, Gardening, Cooking / Eating, Looking Through Picture Books. These are all great activities for living in the present moment, and also for triggering good memories.

## Educate Yourself!

The Internet can be used as a powerful tool for growth; you can teach and learn many things by yourself! Education serves many purposes, among them: to help us understand things and also to understand ourselves, to help us make connections and decisions, to show others we are capable; to name but a few.

Basic academic education is not the key to knowledge. Knowledge involves many facets to learning: academic, experience, learning about yourself and your values, listening, learning to live in society, and more. The key to knowledge works when we integrate all of the aspects to make decisions and set goals.

Fair Shake brings together many free, online self-directed education resources for you to engage in education!

*Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family.* ~ Kofi Annan

### Traditional Education

#### Education Basics

Free support for learners through High School or GED

#### Higher Education

Free university level or professional development resources.

### Non-Traditional

#### Life Skills

Tools for daily living, including finances, cooking, and creativity!

#### Employment Skills

Support from resume' building to professional development

**Khan Academy:** offers a library of over 3,500 videos which covers K-12 math, biology, chemistry, physics, the humanities, finance and history. Each video is approximately 10 minutes long. All materials and resources are free.



**GCF Learn Free:** Provides quality, innovative online learning opportunities to anyone who wants to be successful in both work and life. They believe there's freedom in the ability to learn what you want, when you want, regardless of your circumstances



**Massachusetts Institute of Technology's** free courses include materials from more than 2,000 courses, presenting virtually the entire curriculum of the Institute.



**Coursera** is an education platform that partners with top universities and organizations worldwide, to offer courses online for anyone to take, for free.



**Academic Earth** provides access to a world-class education and includes curated links to over 750 online courses and 8,500 individual online lectures, giving students of all ages unparalleled access to college courses they may otherwise never experience.



**Codecademy** is a great place to get started with programming! The lessons are very rewarding as your progress can encourage you with medals or allow you to post your progress on social media websites. The lessons are free; tests that offer certificates are available for purchase.



**Acámica** es el futuro de la educación superior en línea. A través de lo que llamamos microaprendizaje ramificado, ofrecemos cursos de calidad, accesibles, dinámicos e interactivos, que pueden ser tomados en cualquier lugar, en cualquier momento.



**CLEP** offers 33 Internet-Based Testing exams in five subject areas at over 1,800 college test centers, covering material taught in courses that you may generally take in your first two years of college. By passing a CLEP exam, you can earn 3 to 12 college credits. Exams cost \$80. There are text exams for you to use to prepare.



## **List of CLEP Exams: Match with OpenCourseWare Classes!**

American Literature	Western Civilization I: Ancient Near East to 1648
Analyzing and Interpreting Literature	
College Composition and Modular English Literature	Western Civilization II: 1648 to the Present
Humanities Foreign Languages	Science and Mathematics
French Language (Levels 1 and 2)	Biology
German Language (Levels 1 and 2)	Calculus
Spanish Language (Levels 1 and 2)	Chemistry
History and Social Sciences	College Algebra
American Government	College Mathematics
Human Growth and Development	Natural Sciences
Intro to Educational Psychology	Pre-calculus
Introduction to Psychology	Business
Introduction to Sociology	Financial Accounting
Principles of Macroeconomics	Introductory Business Law
Principles of Microeconomics	Information Systems and Computer Applications
Social Sciences and History	Principles of Management
History of the United States I: Early Colonization to 1877	Principles of Marketing
History of the United States II: 1865 to the Present	

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**Family - Child Care**

Located in the heart of Metcalfe Park in Milwaukee, Wisconsin, Next Door works with thousands of children and families throughout Milwaukee. Next Door gives Milwaukee central city children and families the skills they need, not just to get by, but to achieve sustainable success.

2545 N. 29th Street  
Milwaukee, WI 53210  
(414) 562-2929

<http://www.nextdoormil.org/NextDoor.htm>

**Health - Counseling Services**

2821 N. 4th Street, 4th Floor  
Milwaukee, WI 53212  
414.265.0100

Our hope is: To end men's use of violence and abuse. To improve the safety and well being of victims and children. To prevent continuation of the cycle of violence to the next generation. To help men heal from the trauma experienced in their own lives. To promote thriving relationships and families.

<http://almacenter.org>

COMPANY OR  
EMPLOYER NAME: \_\_\_\_\_

POSITION APPLIED FOR: \_\_\_\_\_

APPLICANT TELEPHONE: \_\_\_\_\_

SOCIAL SECURITY NUMBER: \_\_\_\_\_

# Employment Application

YOUR NAME: \_\_\_\_\_  
Last First Middle

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ARE YOU LEGALLY ELIGIBLE FOR EMPLOYMENT IN THE U.S.A.?

☐ Yes ☐ No (If yes, verification will be required.)

I AM SEEKING A PERMANENT POSITION: ☐ Yes ☐ No

IF NECESSARY FOR THE JOB I AM ABLE TO:

Are you able to perform the essential functions  
of the position with or without accommodations?

☐ Yes ☐ No

Work (which shifts)? \_\_\_\_\_

Work overtime? \_\_\_\_\_

Provide a valid Alaska Drivers License? \_\_\_\_\_

IF NECESSARY FOR THE JOB, ARE YOU OVER (Please mark one) 14\_\_ 15\_\_ 16\_\_ 18\_\_ 19\_\_ 21\_\_

I WILL BE ABLE TO REPORT TO WORK \_\_\_\_ DAYS AFTER BEING NOTIFIED THAT I AM HIRED.

EDUCATION:	Yrs. Completed	Field of Study	Graduate or Degree
High School _____			
College/University _____			
Business/Technical _____			
Other (May include grammar school) _____			

MILITARY SERVICE: ☐ Yes ☐ No

Duty/Specialized Training: \_\_\_\_\_

REFERENCES: List two personal references who are not relatives or former supervisors.

Name	Address	Telephone	Occupation	Years known
_____	_____	_____	_____	_____
Name	Address	Telephone	Occupation	Years known
_____	_____	_____	_____	_____

EMPLOYMENT: List last employment first. Include summer or temporary jobs. Be sure all your experience or employers related to this job are listed here, in the summary (following this section), or use an extra sheet of paper if necessary.

Employer Name and Address	Position Title/Duties Skills	Dates Employed from to
_____		
_____		
_____		
_____	Supervisor's Name: Telephone:	Reason for leaving

Employer Name and Address	Position Title/Duties Skills	Dates Employed from to
_____		
_____		
_____		
_____	Supervisor's Name: Telephone:	Reason for leaving

## EMPLOYMENT CONTINUED...

Employer Name and Address	Position Title/Duties Skills	Dates Employed from                      to
		Reason for leaving
	Supervisor's Name:                      Telephone:	

Employer Name and Address	Position Title/Duties Skills	Dates Employed from                      to
		Reason for leaving
	Supervisor's Name:                      Telephone:	

Summarize other employment related to this job: \_\_\_\_\_

Types of computers, other electronic or mechanical equipment that you are qualified to operate or repair: \_\_\_\_\_

Typing speed: \_\_\_\_\_ per minute.

Professional Licenses, Certifications or Registrations: \_\_\_\_\_

Additional skills including supervision skills, other languages, or information regarding the career/occupation you wish to bring to the employer's attention: \_\_\_\_\_

In case of accident or illness please contact: Name: \_\_\_\_\_ Daytime phone: \_\_\_\_\_

Address: \_\_\_\_\_ Relationship: \_\_\_\_\_

**Information to the applicant:** As part of our procedure for processing your employment application, your personal and employment references may be checked. If you have misrepresented or omitted any facts on this application, and are subsequently hired, you may be discharged from your job. You may make a written request for information derived from the checking of your references.

If necessary for employment, you may be required to: supply your birth certificate or other proof of authorization to work in the US, have a physical examination and/or a drug test, or to sign a conflict of interest agreement and abide by its terms.

I understand and agree to the information shown above:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Equal Employment Opportunity:** While many employers are required by federal law to have an Affirmative Action Program, all employers are required to provide equal employment opportunity and may ask your national origin, race and sex for planning and reporting purposes only. This information is optional and failure to provide it will have no affect on your application for employment.

Employer Section: \_\_\_\_\_