



BI-WEEKLY NEWSLETTER

September 23rd, 2020



BBBS NEWS & UPDATES



RADER
IT Security Service Solutions

PRESENTS



PO-BOY FESTIVAL

THE PANDEMIC EDITION

SEPT 1-SEPT 30

ACADIANAPOBOYFESTIVAL.COM SOCIALENTERTAINMENT.NET @ACADIANAPOBOYPLATELUNCHFESTIVAL

PO-BOY TASTING

+

FUNDRAISING ART RAFFLE

To support local restaurants and
Big Brothers Big Sisters of Acadiana





RADER presents [Acadiana Po-Boy Festival - The Pandemic Edition](https://www.acadianapoboyfestival.com) from September 1st - 30th.

PO-BOY TASTING: Taste all 10 signature po-boys at their restaurants this month and \$1 per po-boy sold will be donated to Big Brothers Big Sisters of Acadiana

FUNDRAISING ART RAFFLE: Every donation to Big Brothers Big Sisters of Acadiana equals a chance to win the official 2020 Festival Artwork, made by local artist Trent Oubre. [ENTER HERE!](#)



wine women&shoes[®]
BENEFITING
BIG BROTHERS BIG SISTERS OF ACADIANA

Be Giving. Be Golden

Online Event Starting
THURSDAY, OCTOBER 1

Virtual Shopping Spree • Key to the Closet Raffle • Incredible Auction Lots • Best in Shoe Contest and more!

Virtual Broadcast
THURSDAY, OCTOBER 8 | 7 PM CST

Join us online for the program, including mission moment, live auction, and fashion show.



Register to watch our Live Virtual Broadcast for FREE! Invite your family & friends to join us virtually on October 8th at 7 PM for our biggest fundraiser of the year!

Register at [acadianabigs.com/WWS](https://www.acadianabigs.com/WWS)



ACTIVITY IDEAS



STAY CONNECTED!

The Caribu APP is a great way for Bigs & Littles to communicate & play games or read books at the same time! The best family video-calling app integrating children's books and activities - a truly engaging experience for kids and their families!

[CLICK HERE](#) for more information!



LEARN SOMETHING NEW!

The Lafayette Public Library presents Tinker Tuesdays! Weekly instructional videos that will get you and your Little tinkering around the house! Check weekly for updated links to videos.

[CLICK HERE](#) for more information!



GO TO A VIRTUAL SHOW!

DTA! will take place on Friday nights, with streaming beginning at 6 pm. Viewers can watch the virtual live performances by tuning in to the Downtown Alive! Facebook page!

[CLICK HERE](#) for more information!



SEND US YOUR STORIES

Send us your stories! We love hearing how Bigs, Littles & Families are staying connected virtually. Stories & pictures can be emailed to Christie at choward@acadianabigs.com



COMMUNITY RESOURCES



IS YOUR CHILD IN THE RIGHT CAR SEAT?

It's Child Passenger Safety week and is the perfect time to make sure your child is in the right seat and that it's installed correctly. Visit [NHTSA.gov/TheRightSeat](https://www.nhtsa.gov/TheRightSeat) for tips to keep your child as safe as possible in the car. #TheRightSeat

DO YOU HAVE **concerns** **about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS



Lafayette
PARKS AND RECREATION

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone 60 and older concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Cajun Area Agency on Aging

www.cajunaaa.org

60 and older

Girard Park Recreation Center

500 Girard Park Drive

Limited space available

Call Denise Ferguson

337-291-8127

Or

Lynda Southard

337-572-8940

Social Distancing Will Be Practiced

Classes will begin on Sept. 28

Mon-Wed-Fri at 2 pm

Ending 10/16



COMMUNITY RESOURCES

LAFAYETTE PARISH
SHERIFF



SEPTEMBER 2020

SECURITY BULLETIN

SCHOOL RESOURCE OFFICER PROGRAM



NEWS

September is National Suicide Prevention Awareness Month.

In ages 10 - 14, we have seen an alarming increase in suicides. The number of suicides for this group has more than doubled since 2006. More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, **combined**. Over-all, suicide is the 2nd leading cause of death for our youth ages 10-24. Each day in our nation, there are an average of over 3,703 attempts by young people grades 9-12.

Four out of Five teens who attempt suicide have given clear warning signs.

Recognizing these signs can help prevent suicide:

- Suicide Threats
- Depression
- Anger, Increased Irritability
- Lack of Interest
- Sudden increase/decrease in appetite
- Sudden changes in appearance
- Dwindling academic performance
- Preoccupation with death and suicide
- Previous suicide attempts
- Final arrangements
- Signs of self harm

RESOURCES

For more resources on suicide awareness, recognition and prevention, visit these sites:

- <https://jasonfoundation.com>
- <https://suicidology.org>
- <http://www.afsp.org>
- <http://www.jedfoundation.org>
- <http://kidcentraltn.com>
- <http://www.nami.org>
- <https://www.thencsp.org>
- <http://www.samaritansusa.org>
- <http://www.thetrevorproject.org>
- <http://www.yellowribbon.org>
- <http://www.save.org>



Lafayette Parish
Sheriff's Office



@LPSOnNews



@lafayettesheriff

www.lafayettesheriff.com



FAMILY RESOURCES

We know many parents are feeling the stress of supporting & providing for their children over the weeks & months to come. It can be difficult to find a balance during this stay-at-home order. We will try our best to provide any resources we come across!

- If your workplace has temporarily closed or you have been told to take unpaid time off, you may be eligible for unemployment benefits through the [Louisiana Workforce Commission](#).
- A crisis text line has been activated to provide FREE, confidential support for people 24/7. If you need to talk to someone, you can get connected by texting REACHOUT to 741741 to reach a trained crisis counselor who will help de-escalate, identify coping strategies and use active listening techniques to support you.
- The Current has put together a user-friendly [dashboard of information & resources](#) for families in the Acadiana Area.
- Find the latest Lafayette Parish [COVID-19 UPDATES](#) in English, French & Espanol.



Do not hesitate to contact us if you have any questions, concerns or requests!



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