

# Climb

NEWSLETTER 2020

## THE DIFFERENCE YOU MAKE:

When You Believe in a Single Mom's Potential, She Will Break the Generational Chains of Poverty

Ashley loves the human heart. Everything about it amazes her, even after almost a decade working on the cardiac unit at Cheyenne Regional Medical Center.

There were times in Ashley's life when she wouldn't have pictured herself here. "I didn't have the best life growing up and struggled through abuse and poverty," Ashley says. "I spent time in foster care; my dad went to prison. I remember only owning two pairs of jeans."

Ashley found herself a single mother in 2010. "I left my alcoholic husband, carrying our lives in four suitcases," she says. With two boys ages one and three, she moved back to Cheyenne and was trying to get by as a waitress when she attended a Climb Wyoming information meeting for an upcoming Certified Nursing Assistant (CNA) training.

"Climb helped me with parenting and financial education, individual and group therapy, along with encouragement and support. I grew as a person and a mother," Ashley recalls.



Climb staff worked closely with Ashley to learn about her passions and talents and guided her into telemetry, a field that uses advanced technology to monitor the heart's electrical patterns. She's been doing this work as a CNA ever since and last year sent Climb an invitation to attend her graduation from nursing school. She's now a registered nurse.

"My son was crying with me up on stage," Ashley says, recalling



Ashley specializes in cardiac telemetry (left) and recently graduated from nursing school with her family there to celebrate (above).

how proud her kids were at the ceremony. They were young when she finished Climb and have seen her working her way up in the medical field for most of their lives. "I thank Climb with my whole being for giving me this push in the right direction and holding me up when I was down."

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"My whole life and outlook changed because of this program. I am proof that anything is possible and to never give up on your dreams. I may not have had the best life growing up, but with the right love, support, and perseverance you can accomplish anything and break generational chains."

# UPDATES FOR YOU:

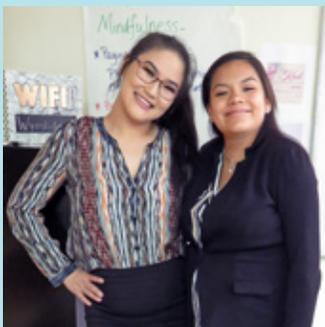
YOUR SUPPORT HAS MADE ALL THIS (AND MORE) POSSIBLE IN RECENT MONTHS!



Learning how to **stay safe on the job** is part of every Climb program and gives participants an edge with employers. Recent examples include First Aid/CPR and OSHA certifications in Cheyenne's Pipefitting program, back care for Casper Certified Nursing Assistant (CNA) participants learning to lift patients, and even ergonomics classes with Laramie physical therapists to help moms working in office careers.



The Sweetwater Area has added a special two-week safety program through Western Wyoming Community College to its spring Commercial Driving (CDL) training. Components will include prevention of on-the-job injury and illness, forklift operation, **crane safety and hand signals**, and First Aid/CPR. For the training, participants will be equipped with steel-toed boots, customized gloves, hard hats, and safety glasses.



When you haven't experienced a professional work environment before, it can be hard to know some of the "hidden rules." The Teton Area's latest Office Careers training led a special **"Professionalism 101"** workshop with tips like "dress like your boss's boss if you're not sure what to wear," advice on appropriate cell phone and social media use at work, and "dos and don'ts" at social gatherings with coworkers.



CNAs are in short supply in Casper—one of Wyoming's major medical hubs—and the **demand is growing, along with the population of aging adults** in Wyoming and nationwide. Climb graduates in Casper are stepping in to fill these critical positions with care, skill, and compassion to help sick and elderly people with the tasks of daily living.

# SHINING TOGETHER

When Melissa, an office manager for CPA Group of Laramie, had an opening for an administrative assistant, she knew better than most supervisors the skills that a Climb graduate would bring to the job. That's because she herself completed Climb back in 2011.

"It was exciting to think about helping somebody in a place in life where I once was," says Melissa, who brought on recent graduate Kyndal for the position and now serves as her supervisor.

"I know how intimidating it is being a single mom and going into a professional work environment for the first time," Melissa says. "It's easy to put myself in her shoes. I know because I've been there."

Nearby, at Laramie's Spring Wind Assisted Living, a 2012 Climb graduate is in a similar supervisory role. Kaitlyn manages scheduling and training for 40 CNAs at the facility, including Jessica, who has worked there since her Climb job placement two years ago. "There's a lot of common ground," says Kaitlyn of their instant bond. "There's also no tension; we learned to communicate effectively at Climb."

As mentors and supervisors, Kaitlyn and Melissa know the enormous pride and sense of achievement that comes with overcoming obstacles to reach success. "It's rewarding to be a part of this adventure with another Climb grad," Melissa says. "It's like, put your seatbelt on, we're excelling together."



Across the state, grads are supervising fellow Climb moms who are new to the workforce, like Kyndal (left) and Melissa (right) at CPA Group of Laramie.



Kaitlyn (left) manages Jessica (right) at Spring Wind Assisted Living.



## LEAVE A LEGACY FOR WYOMING FAMILIES

Are you interested in leaving a lasting legacy that helps Wyoming's most vulnerable families for many years to come? You can make a significant impact by adding a charitable gift to Climb Wyoming in your will.

Already have Climb in your will? We would love to be able to thank you for your generosity—even if your gift will be anonymous.

For more information, contact Sue Mason at [sue@climbwyoming.org](mailto:sue@climbwyoming.org) or 307-730-7832.

**THANK YOU!**

*Climb Wyoming is a 501(c)(3) charitable organization. EIN #20-1523033*



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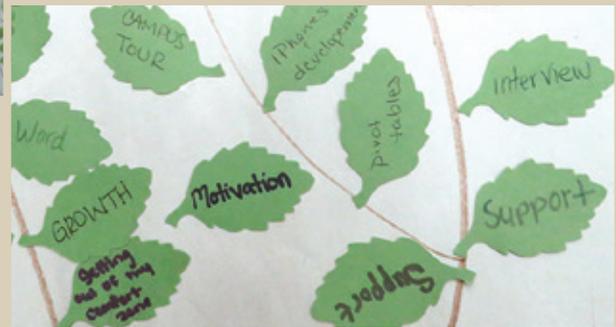
# FRIENDS LIKE YOU

ARE GIVING MOMS THE TOOLS TO RISE UP  
 OUT OF POVERTY!



## WHAT ARE YOU "LEAFING" WITH TODAY?

After each Climb day, participants write on a paper leaf something they've taken in, from emotional growth and self-awareness to a technical job skill. By the end of the program, the group's reflections represent all the growth they've experienced at Climb.



**"For me, Climb wasn't only a training program, it was a group of amazing women helping each other to grow, to believe in themselves, and to rise up into a better future for us and our children."**

—Sabrina, 2019 Climb Graduate



Sabrina, speaking here at commencement, graduated from Climb's Professional Workflow Specialist training in Gillette.