



# the Shining Star

## PRIDE WELCOMES NEW EXECUTIVE DIRECTOR

PRIDE Community Services is excited to announce our new **Executive Director, Lisha Whitt.**

Ms. Whitt possesses a Bachelor of Business Administration in Accounting from Marshall University. She has served in positions such as Staff Accountant and Controller for profit and non-profit organizations over the past 32 years and has served as PRIDE's Director of Finance for the past 7 years. In addition to her duties as Director of Finance, Ms. Whitt also began serving as PRIDE's Deputy Director in January 2016.



Ms. Whitt is experienced and demonstrates a proven track record in the administration and management of for profit and non-profit agencies such as ours. PRIDE's Board of Directors is confident that Ms. Whitt's experience, competence, and knowledge will make her a great Executive Director for our agency. Ms. Whitt began her new position with PRIDE on January 1, 2017.

Ms. Whitt lives in Ransom, Kentucky with her husband Harvey. She is the mother of four daughters: Heather, Ashley, Courtney and Kayla, and the grandmother to two beautiful girls: Ava and Nora.

Please help us in welcoming Ms. Whitt to her new position. Congratulations Lisha!



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# Aging Program



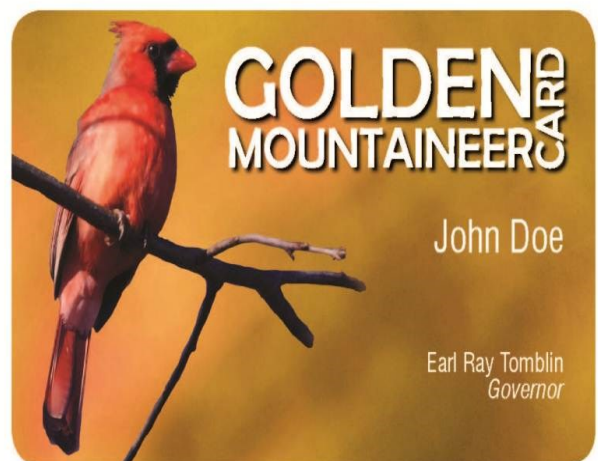
Christmas in the Park was a huge success here at PRIDE Community Services. We had a total of 17 seniors join us for a trip to see the Christmas lights. We served hot chocolate and cupcakes before leaving the center, then headed out right at the brink of dark. The seniors loved the lights and a few chose to get off the bus and visit with Santa Claus. We listened to Christmas carols on the radio and everyone had a great time.

## Do you have a Golden Mountaineer Card?

If you are a West Virginian and 60 years of age, you qualify for the free Golden Mountaineer Card.

This card provides discounts and services at participating businesses throughout West Virginia. You can find a list of participating businesses and answers to any questions you may have at [www.goldenmountaineer.wv.gov](http://www.goldenmountaineer.wv.gov).

If you didn't receive an application in the mail during the month of your 60th birthday, you may contact the WV Bureau of Senior Services at 1-888-968-4462 to request a card.





# Child and Adult Care Food Program

*Are you watching children or your grandchildren (that are age 12 and under) in your home? Would you like to receive help feeding them?*

If so, then you may qualify to receive help through the CHILD AND ADULT FOOD CARE PROGRAM (CACFP), located at PRIDE Community Services.

This program is reimbursement money only, which means it does not count against any government assistance you may receive, nor do you have to pay taxes.

As long as you are providing child care in your home and feeding these children, then you are eligible for the program. It doesn't matter whether children are private pay or state funded.

*For more information call PRIDE Community Services at 304-752-6868 and ask for Lori Hartman ext. 307 or Missy Avis ext. 326.*

*Call soon so you can start receiving money to help pay for the cost of food.*



## Tortilla Pizzas

What you need:

Small corn tortillas

Salsa

Shredded cheddar cheese

Mound a little salsa and cheese on each tortilla. Cook on foil-lined tray in toaster oven until cheese has melted and is brown at the edges.

Kids can help: Assemble the "pizza" and cover the tray with foil

Extras: A layer of refried beans under the salsa, cilantro for garnish, or a sprinkle of finely chopped green pepper.

# Head Start Program

PRIDE Community Services, Inc. Head Start classrooms have been busy with day-to-day activities, as well as many special events. As we get closer to our 100<sup>th</sup> Day of School celebrations, here are a few activities the children have been participating in:

Children's activities for the month of November included: Veteran's Day activities, such as trips to local nursing homes. Children also participated in fall festival events.



For the month of December, the highlight activity for children, which was also a parent involvement activity, was the Pre-K Showcase held at Chief Logan Conference Center. The Carnegie Science Center, based in Pittsburgh, traveled to Logan County to present sessions on bubbles and ramps. Children attended sessions with their parents and wrapped up the event with a musical performance by each preschool classroom. Other activities in December included: visits from Santa, and our Chapmanville East Head Start Center had an entire Christmas party organized by Mr. Tommy Kirk and the Chapmanville Middle School cheerleaders and boys and girls basketball teams.



For parent involvement, PRIDE partnered with Mountain State Healthy Families during the month of December for parent meetings. During these meetings, Shannon Marcum, certified car seat technician with Mountain State Health Families, shared vital information with those in attendance, including car seat installation procedures and state requirements regarding the appropriate time to transition from a car seat to a booster seat.



# Supportive Services for Veteran Families

The SSVF Program received a call from a gentleman named George Gallagher that had packed up and moved to West Virginia to help a family member that lived here. They had a promise that if they would come back and help with this family member, they would have a place to live. However, when they arrived, plans had changed and they were not able to stay with family. George and his family (wife & 2 kids) were broke and had no place to go. Mr. Gallagher reached out to the Veterans center, and they were able to secure lodging for a couple nights in a local hotel. While staying there, Mr. Gallagher found a brochure about the SSVF program. Mr. Gallagher and his family met with Eddie Thompson, SSVF Coordinator. Mr. Gallagher completed his intake and Mr. Thompson was able to secure a place for the Gallagher family to move in. It was close to the downtown area and schools were within walking distance.

Mr. Gallagher was pleased the SSVF program was able to get his deposit, first month's rent and utility hook ups covered, so they could move in immediately. The program was also able to buy some bedding for the Gallagher family.

The SSVF Program was able to continue helping the Gallagher family with their rental and utility payments for the following few months. Soon after moving in, Mrs. Gallagher was able to start working at a local restaurant. With Mr. Gallagher's income from the VA, plus the added income Mrs. Gallagher was making, they were able to get back on their feet financially and begin the road to self-sufficiency.

It has now been 6 months and the Gallagher family was recently exited from the SSVF Program. Mr. Gallagher is grateful for the SSVF program and the assistance his family was able to receive at such a critical time in their lives.

***If you know a Veteran who is homeless, please contact the SSVF Program at PRIDE Community Services 304-752-6868.***

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For parent involvement in January, parent-teacher conferences were held in Head Start stand-alone locations. These conferences serve as opportunities for teachers to share information and formal assessment data on children's current developmental progress, as well as make recommendations for specific strategies that families can work on at home to strengthen the home to school connection. We also started our Parents as Teachers (PAT) meeting in the month of January in the Man, Chapmanville, and Logan areas with the topic being "Storytelling".

During the month of January, PRIDE Community Services, Inc. Head Start established a partnership with Mountain State Health Families. Through this partnership, we will be providing a parenting curriculum, to parents in Logan County. These meetings will continue to occur once each month in three different areas of the county. February's topic will be "Art". Flyers will be coming home with children and notifications will be created on PRIDE's Facebook page.

# In-Home Services Program



With the New Year, PRIDE's personal care providers have begun their annual training that is required by the WV Bureau of Senior Services. Annual training for current employees and initial training for new personal care providers is conducted throughout the year. The office staff of the In-Home Services Program find it a privilege to work with such great people and enjoy getting to interact with them during trainings. Our personal care providers go above and beyond for their clients. When they enter clients' homes, they go in not only as workers but become family and friends to the people they help daily.

Zorita White, 78, of Logan, became a member of the In-Home Services Lighthouse Program in 2016. Ms. White has lived in Logan all of her life and worked for the Logan County Commission for 30 years. Before she became ill, she played piano at several churches but was mostly a stay at home person. Since her illness her hobbies have become reading, adult coloring books, puzzles and a love for drawing that she and her homemaker Brittany Hatfield share. Ms. White stated "I thank God for the services and don't know what I would do without them." Ms. White only has one child, a son who is also sick and limited in his ability to help his mother. When Ms. White first called the office in 2016, an intake for the services was completed. During the call Ms. White stated that she needed help, she was unable to get out of her chair and had not been up in several days. Immediately after hanging up the phone with Ms. White, the RN Supervisor and Director of In-Home Services went to the home and assisted Ms. White with her personal care needs and the assessment for services was completed. Her services started the next day with homemaker Brittany Hatfield.





# Human Resources Department



As 2016 came to a close, and 2017 is officially here, many changes have taken place at PRIDE. Lisha Whitt was named the new Executive Director. She has been with PRIDE for 8 years serving as the Director of Finance. Amy Walsh assumed the position of Director of Finance. Amy has been with us for 7 years serving as Staff Accountant. Cindy Codispoti has moved from the Finance office to the position of Payroll/Human Resources Administrator. She has been with PRIDE for 9 years. Steve Gilman was named Interim Deputy Director. Steve has been with PRIDE for 6 years.

We are very excited to see what the future holds for us, as we are transitioning into our new roles. We will strive to continue to serve our community and our agency with the same integrity and excellence that PRIDE Community Services is known for.

# Emergency Services Program

## 10 TRICKS TO HELP SAVE MONEY ON YOUR POWER BILL

**SOAK UP THE SUN.** Open your shades during the day to help heat your home. Sunshine is a great source of free energy.

**THICK CURTAINS FOR MORE INSULATION.** When purchasing curtains for any room in the house, invest in thicker curtains to add as much insulation to your windows as possible. This will help keep the heat inside the room.

**TRY WEATHER-STRIPPING.** Add weather-stripping to your doors and windows by installing a bit of the rubber insulation on the edges. The rubber insulation will help keep drafts at bay.

**CUT OFF UNUSED ROOMS.** If you have a guest room or dining room that isn't being used on a daily basis, seal the vent and close the door. This will allow the warm air to be maintained in the rooms that you are using.

**REARRANGE THE FURNITURE.** If you have furniture that is setting near a drafty window, rearrange the furniture so that you do not feel the cool air from outside. If you have furniture that be covering up a vent, rearrange the room so the furniture isn't absorbing all of the heat.

**ADJUST THE HEAT THROUGH THE DAY.** Turning up the heat only when you need it takes less energy than maintaining a constant temperature for the whole day. Turn the heat down 10 to 15 degrees while you are at work could save 5 to 15 percent on your yearly heating bill.

**STAY WARM AT BEDTIME.** Don't go running to the thermostat each night at bedtime because you're uncomfortably cold, change your cotton sheets to cozy flannel, add a few extra blankets, or a down comforter. You can also use a hair dryer to heat your sheets before crawling into bed at night.

**TURN ON THE CEILING FAN.** Yes, that's right, a ceiling fan can actually keep your home warmer if you set it right. Counter-clockwise pushes hot air up, giving you a cool breeze in the summer, but if you reverse the direction, you'll actually be able to push that warm air back down. Use your ceiling fan on a low setting to get its effects.

**AVOID EXHAUST FANS.** Cut down on how often you use fans to clear steam from your bathroom or kitchen. Like any fan, they pull out hot air from your home, forcing your heater to worker harder. Only use it when cooking if the steam is in the way, and shut it off right after your shower, opening the door to let the vapor out instead.

**WORRY ABOUT YOU, NOT THE ROOM.** Getting yourself warm is even more important than heating your home itself, after all, that's the goal of adjusting the temperature in the first place. Put on a cozy bathrobe and socks, or get your hands on a hot water bottle to stay warm without touching your thermostat.



# Weatherization

## Spring is Coming

*Use the tips below to help you prepare for Spring:*

\*Open doors and windows for a cross breeze rather than using central air conditioning.

\*Use ceiling fans on warm days. Ceiling fans can lower the temperature feeling by about 4 degrees in a room.

\*Use a garden hose to spray your outdoor central air unit and clean the fins.

\*Make sure gutters and downspouts are clean to avoid additional groundwater reaching the basement.

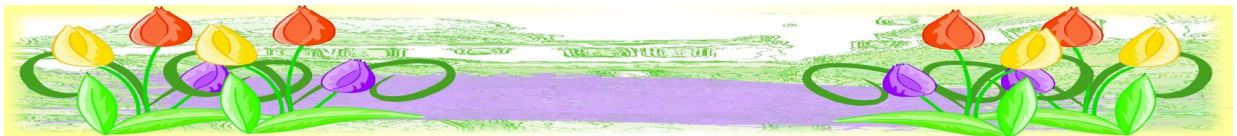
\*Control your heat system by raising or lowering the thermostat during the day when not needed, and setting back 1-4 degrees at night.

\*Take advantage of the longer daylight hours, and open blinds and curtains for light. Turn off lights in rooms not being used. Dust light bulbs, you may be surprised at the increased light they give off.

\*Hang clothes outdoors to dry on a nice spring day.

\*Check your outside hose hookups/ faucets for leaks.

\*Check your furnace filter monthly, and check your registers to make sure they are not blocked by furniture and the vent covers are clean during spring cleaning.



### **Important Dates to Remember**

February 14	Valentine's Day Party (Senior Center)
February 16	Seniors Field Trip to SWVCTC Hair Salon
February 20	President's Day (All PRIDE Locations Closed)
February 24	Head Start Centers Closed
February 27	PRIDE Board of Director's Meeting-Noon
February 27	Pre-K Enrollment Packets Available
March 6-10	Head Start Federal Monitoring Review
March 15	Pre-K Enrollment at Buffalo, Man, South Man, Omar
March 16	Pre-K Enrollment at Justice, Logan, Verdunville, Holden
March 17	Pre-K Enrollment at C'ville East, C'Ville West, Hugh Dingess
March 27	PRIDE Board of Director's Meeting-Noon
April 10-14	Logan County Spring Break
April 19	Pre-K Enrollment Makeup
April 24	PRIDE Board of Director's Meeting-Noon
April 28	Head Start Parent and Volunteer Banquet @ Special Occasions
May 12	Family Fun Day at Shelter #7-Chief Logan State Park
May 26	No Pre-K Children
May 29	Memorial Day (All PRIDE Locations Closed)

**Activities & Lunch Served Daily  
Earl Jarvis Senior Enrichment Center  
699 East Stratton Street, Logan**

Did you know...

Amazon donates to Pride Community Services Inc. when you shop @AmazonSmile. <http://smile.amazon.com/ch/55-6025609> #YouShopAmazonGives

Choose PRIDE Community Services for your **Kroger Community Rewards**



## Board of Directors

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Valet & Associates

### **Steven Hall / Vice President**

LEAD Organization

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Low-Income Sector Representative

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### **Dwight Williamson**

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Head Start Policy Council

### **Ted Ellis**

Logan County Commission

### **Kathleen Mounts**

Early Education Advisor

### **Lois Moses**

Head Start Policy Council

### **Serafino Nolletti**

Mayor Town of Logan

## Funding Sources

- United States Dept. of Agriculture (USDA)
- Administration for Children & Families (ACF), Dept. of Health & Human Services (DHHS)
- Dept. Of Health and Human Resources (DHHR)
- Dept. of Energy (DOE)
- WV Bureau of Senior Services (BOSS)
- West Virginia Metro Area Agency on Aging (Metro AAA)
- WV Dept. of Health & Human Resources (WVDHHR)
- WV Office of Economic Opportunity (WVOEO).
- WV Bureau of Medical Services
- WV Dept. of Education
- WV Housing Development Fund
- United Way of Central West Virginia

# Services Offered:

**Aging Program:** Offers services to persons with disabilities and the aging population of Logan County.

- Beth Thompson / Director

**Case Management:** The goal of this program is to assist the aged and disabled 18 years and up through the process of application for the Title XIX Waiver program.

- Carrie Mullins, RN / Case Manager

**Child & Adult Food Care Program (CACFP):** Offers food reimbursement and training to in-home family daycare providers.

- Lori Hartman / Coordinator

**CSBG (Community Service Block Grant):** To stimulate a better focusing of all available local, state, private and federal resources upon the goal of enabling low-income families and low-income individuals of all ages, in rural and urban areas, to attain the skills, knowledge and motivations and secure the opportunities needed for them to become self-sufficient.

- Brandi Browning / Coordinator

**Family Stabilization Program:** Assists individuals and families who are experiencing crisis situations that inhibit their ability to be successful or work toward success in their personal lives.

**Head Start:** Provides comprehensive and quality services to all Head Start children and families in order to facilitate their development to the fullest potential.

- Candice Mullins / Director

**Housing Program:** Offers a continuum of programs that provide affordable, decent, safe, energy efficient and innovative housing for low-moderate income people and to improve the conditions of communities we serve. This program includes: Housing, Residential Energy Assistance Program (REAP), and Weatherization Program.

- Stephen Gilman / Director

**In-Home Services Program:** In-home care services are available by certified homemakers and certified nursing assistants.

- Kathy Ooten / Director

**Supportive Services for Veteran Families:** Focuses on securing and maintaining housing for Veterans who are currently homeless, assists in obtaining VA and other public benefits.

- Eddie Thompson / Coordinator

## Vision Statement

PRIDE Community Services will serve as a driving force in creating a community where people are empowered with resources and opportunities to reach their greatest potential.

## Mission Statement

PRIDE Community Services makes a positive impact on the lives of those in need by bringing together educational, financial and human resources that support self-sufficiency.



**Empowering Lives. Strengthening Communities.**

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**WE'RE ON THE WEB!**  
**[WWW.PRIDEINLOGAN.COM](http://WWW.PRIDEINLOGAN.COM)**  
Visit us on Facebook!

### **How Can I Help?**

PRIDE is focused on bettering our community. We can only meet our goals with the assistance of community members like you. We hope that you will support our mission and help us continue to implement our programs and initiatives. If you would like to send a donation, please do so by mail to the address listed or via our website.

You are also welcome to volunteer your time to see our programs up close and personal. Contact the Human Resources Dept. for volunteer opportunities.