



the Shining Star



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PRIDE's Logan Head Start Center Re-Opens

An Open House and ribbon cutting ceremony was held at the Logan Head Start Center on Friday, October 28, 2016. PRIDE Community Services, Inc. Executive Director Reggie Jones spoke about the past of the Logan Head Start Center, highlighting that it previously only housed two classrooms. Years ago, the demolition of the old Logan High School that was located beside the center deemed the former Logan Head Start Center unsafe, ultimately forcing its closure. Head Start Director Candice Mullins spoke about the present composition of the Logan Head Start Center after recent renovations were completed in August – 4 bus drivers, 2 cooks, 12 full-time teaching staff, 5 classrooms, and licensed to serve a maximum capacity of 77 children. Head Start currently has a waiting list for the Logan area. The increase in capacity also called for major renovations to the playground. Renovations to the Logan Head Start Center were completed by PRIDE Community Services, Inc. weatherization and maintenance staff. The re-opening of the Logan Head Start Center is one example of the team effort it takes to implement a successful Head Start program.



Pictured L to R:
Head Start Director, **Candice Mullins**
Executive Director, **Reggie Jones**
Nutrition Coordinator, **Betty Pack**
Education Manager,
Marlene Crawford-Marcum
Health & Disabilities Manager,
Laura Herndon
Family Development Facilitator,
Bridgette Leshner
Family Development Manager,
Chanda Elkins

Mr. Reggie Jones & Head Start Managers cutting the ribbon



Aging Program



Hello! My name is Beth Thompson and I started working for PRIDE, as the Director of Senior Services, in mid-September 2016. I acquired my Bachelor of Science Degree in Organizational Leadership from Mountain State University in 2006. As the Director of the Aging Program, I oversee the quality and overall productivity of the program's delivery and congregate meals. Although I've only been here six weeks, I've had the pleasure of meeting some of the most wonderful seniors who take advantage of our services, and I'm looking forward to being involved in the upcoming activities.

October has certainly been a very demanding and hectic month. Being a new employee, with several trainings to attend, new things to learn, and schedules to juggle, I feel very thankful to have the opportunity to serve as a voice for our seniors. On Halloween Day, our Head Start classes came over and we treated the kids as they got to parade through the hallways in their costumes.

Our Senior Party was unfortunately delayed due to plumbing issues in the kitchen but we made up for it on November 1. Our head cook, Alana Baisden, did a fabulous job preparing scary food and treats for our seniors.

At PRIDE, we have various activities and events that promote socialization and fun! November and December will be busy months with lots of fun filled activities for our seniors to enjoy. We would love for you to join us!



Child and Adult Care Food Program

Provider Spotlight



Throughout the years, the Child and Adult Care Food Program has helped many families provide healthy, nutritious meals to children in day care homes. Dorothy Day has been an active provider in the CACFP for two years. Amazingly, Dorothy is a third generation CACFP participant. Both her mother and grandmother were once CACFP providers. Dorothy became a day care home provider so she could stay at home with her daughter, Londyn, and babysit her nephew, Elijah, whose mom works very long hours. What interested Dorothy the most about the CACFP, was the programs ability to help provide healthy and nutritious meals to children. The program has helped her learn how to prepare a variety of foods and how to introduce new foods to the children. Dorothy likes being a CACFP provider and thinks it's a great program for helping day care home providers feed their children.

Homemade Chicken Soup

Ingredients

- 1 lb Boneless, Skinless Chicken Breast
- 2.5 Tbsp. Olive Oil (divided)
- 1.5 Cups Frozen Mixed Vegetables (Thawed)
- 0.5 tsp. Ground Black Pepper
- 5 Cups Chicken Broth
- 0.75 Can Evaporated Milk
- 10 Tbsp. Long Grain White Rice

Directions

- 1) Heat 2 Tbsp. of Olive Oil over medium high heat in large pot.
- 2) Add chicken and thawed vegetables to pot and cook about 10 min., flipping once.
- 3) Remove chicken
- 4) Add remainder of olive oil and cook 3 to 5 min.
- 5) Add broth, rice and evaporated milk. Bring to a boil and reduce to simmer. Cook approx. 20 min.
- 6) Add chicken and cook another 6 to 10 min.

Enjoy!

Head Start Program

The 2016-2017 school year is officially underway! Staff resumed at the beginning of August and began preparing classrooms, necessary paperwork, buses, and kitchens. Pre-service training was complete with teaching staff, cooks, drivers, management, and family development facilitators. Children started classes on August 24th and 25th. Due to lack of enrollment, Head Start classrooms at Mill Creek and South Man were closed, and teaching staff reassigned to other locations. PRIDE Community Services' Early Head Start grant application was submitted in mid-August. In addition, all existing community partnership agreements were revised during the month of August.



Activities for children in September included: dentals and physicals and celebrating Grandparents Day. Buster the Bus visited classrooms to talk with children about bus and pedestrian safety. Teaching staff received PALS (Phonological Awareness Literacy Screening) training with the Board of Education. For Head Start, the most significant thing that happened in September was the release of the newly revised Head Start Performance Standards.

In October, classrooms held male involvement activities that centered about pumpkin carving, pumpkin decorating, and pumpkin rolling. Classrooms also participated in family involvement activities that incorporated a Halloween/fall theme. Children's first assessment period was completed and parent-teacher conferences were held. The Health, Education, and Nutrition Advisory Council met and discussed the need for mental health services as well as ensuring families are completing physicals and dentals for their children. The Education Manager conducted the annual HOTS (Hands on Training) for new substitutes/volunteers.

The first Policy Council meeting of the school year was held in October and new Policy Council officers were voted in for the 2016-2017 school year. They are:

- Chairperson – Angela Dingess
- Vice-chairperson – Lois Moses
- Secretary 1 – Michelle Summerville
- Secretary 2 – Jackie Harrison



Supportive Services for Veteran Families

During one of my outreach visits in Whitesville WV, I met with a man named, John Massey. John was interested in the Supportive Services for Veteran Families Program through PRIDE Community Services. John suffers from severe Post-traumatic Stress Disorder (PTSD) and even on the day we met, he was suffering from the effects of this condition. Because of the issues this disorder causes John, it took us a couple hours to complete his intake paperwork.



John has a family, but his PTSD has affected him to the point that his family cannot stay at the same house all of the time. John had applied for his disability for his condition, but while waiting, had no income and no way of paying any of his bills.

Over a few month's period of time, John and I developed a pretty close friendship. John's wife even called the office once and told me that I was the only person he would open up and talk to.

Thankfully, In late September/early October, John was awarded 60% disability due to his PTSD. He also has some other things pending, that are looking favorable for him at this time.

John still has one month of eligibility for our program, which will help him until his disability payment begins. He will then be

able to pick up and get back on his feet.

John thanks me every time I talk to him, and says he doesn't know what he would have done, if it had it not been for the SSVF program. I assured him that's what we are here to do. He gives all his thanks to God and Pride Community Services SSVF Program.

If you or someone you know is a Veteran or member of a Veteran family and needs assistance with housing or veteran's benefits, call Eddie Thompson at 304-752-6868.

In-Home Services Program

Pride Community Service is an exceptional organization. They enable me to help my mother with her daily living needs, to make life a little bit more comfortable for her. My mother is 91, when she experienced a heart attack years ago, I knew that she needed someone and that was going to be me. I turned to Pride Community Services and became a homemaker. Under this program, they taught me through their educational materials, the personal care needs of my mother and also some of the emotional situations I would have to encounter while caring for her. Caring for her to be under this program not only helped her, but helped me also to be with her constantly in her time of need was such a blessing to me. I just want to say on a personal note, I thank God for pride and their different programs which has enriched our lives and for leading me to their door step.



Thank You, Pride Comm. Services
Betty Day and her mother
(Mary West)
11-7-16

Please call Kathy Ooten or Anna Matney for more information regarding the In-Home Programs
304-752-6868

Human Resources Department

Please welcome Beth Nicole Thompson as the new Senior Services Director. Beth lives at Chapmanville with her two sons Tyson and Talan. She is the daughter of Carl and Lori Baisden also of Chapmanville. Beth has a Bachelor of Science Degree in Organizational Leadership from Mountain State University.

Beth worked for PRIDE Community Services, Inc. as a Head Start teacher at West Chapmanville Grade School from 2009 – 2012 and is glad that she had the opportunity to come back to work at PRIDE. She states, "PRIDE has always been a very supportive and fun place to work." During Beth's time working with the senior program, she has found it to be very rewarding. Beth says the seniors are hilarious and great to be around. She is hoping to bring new ideas to help the program grow and add new participants.

Beth states, "her proudest accomplishment is being the mother of two amazing and fun loving boys."



Nutrition Program



United States Department of Agriculture

10 tips
Nutrition
Education Series

physical activity at home, work, and play



10 tips to make physical activity a regular part of the day

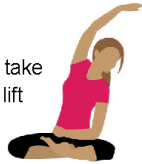
Adding activity into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2½ hours or 150 minutes of physical activity each week. Every little bit adds up, and doing something is better than doing nothing. Most important—have fun while being active!

1 take 10

Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work and add a 10-minute walk at lunchtime.

2 mix it up

Start the week with a swim at the pool, take a yoga class during a weekday lunch, lift weights in the evening, and end the week by working in the garden.



3 be ready anytime

Keep comfortable clothes and walking or running shoes in the car and at the office.

4 find ways to move

Take a brisk walk around the parking lot, jog to the bus stop, or ride your bike to the subway station. If you have an infant or toddler, take a long walk using the stroller and everyone gets some fresh air.



5 work out during TV time

Watch a movie while you jog on a treadmill or download a video on your phone and watch while you ride a stationary bike.

6 be an active parent

Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while the kids play their game.

7 find support

Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class in your community. Recruit family or friends for support.

8 enjoy the great outdoors

Tumble in the leaves, build a snowman with your kids, or ski cross-country. Visit a county or national park and spend time hiking, canoeing, or boating.

9 look for wellness at work

Find a softball, basketball, or volleyball team at your job. You can also take the lead by starting a wellness or exercise group in your office.

10 the chores count, too!

Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.



Weatherization

Cold weather is almost here, time to get ready for it! Here's some familiar ideas to consider that will save you money for the coming holidays.

- 1) Have the Heating and Cooling inspected. Routine maintenance can prevent outages when you need it the most and it will almost always save you money in the long run.
- 2) Change your filters! This should be done monthly and will keep your system running in tip top shape. Make sure all the registers are open and not blocked off.
- 3) During the milder days, open the windows! A cool breeze gently blowing through the home is much more satisfying than a unnecessarily high electric bill. Open blinds and drapes and allow the sun to warm the home on cooler days.
- 4) Check those seals on the your doors and windows! Those seals will allow the heat you are paying so dearly for to escape to the outdoors. Foam weather strips WILL save you money. Use them around your doors and windows.
- 5) Find your comfort zone. Select the temperature on the thermostat that home is the most comfortable and leave it there. Running the temperature up in hopes of heating the home faster does not work. Set the temp and let the heating system do its job.

**Please contact PRIDE's Weatherization Program for more energy saving ideas or
For information regarding the weatherization services provided 304-752-6868.**

Important Dates to Remember

November 14	Policy Council Meeting
November 15-17	WVHSA Fall Conference
November 18	Head Start Professional Development (No Students)
November 18	Thanksgiving Dinner (Earl Jarvis Senior Enrichment Center)
November 22-25	Universal Pre-K/Head Start Thanksgiving Break
November 24	Thanksgiving (All PRIDE Locations Closed)
November 25	Thanksgiving Holiday (All PRIDE Locations Closed)
November 28	PRIDE Board of Director's Meeting-Noon
December 2	Annual Winter Conference (All PRIDE Locations Closed)
December 6-8	Pre-K Showcase at Chief Logan Conference Center
December 20	Christmas Dinner (Earl Jarvis Senior Enrichment Center)
December 22-Jan 2	Universal Pre-K/Head Start Winter Break (No Students)
December 23	Christmas Eve Observed (All PRIDE Locations Closed)
December 26	Christmas Day Observed (All PRIDE Locations Closed)
January 16	Martin Luther King Holiday (All PRIDE Locations Closed)
January 27	Head Start Professional Development (No Students)
January 30	PRIDE Board of Director's Meeting-Noon
February 20	President's Day Holiday (All PRIDE Locations Closed)
February 27	PRIDE Board of Director's Meeting-Noon
April 10-14	Logan County Spring Break
April 28	Head Start Parent and Volunteer Banquet
May 12	Family Fun Day at Shelter #7-Chief Logan State Park

**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**

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Attorney

Donna Williams/Member-at-Large

Low-Income Sector Representative

John Turner

Logan County Clerk

Dwight Williamson

Logan County Magistrate

Angela Dingess

Head Start Policy Council

Pastor Tom Beckett

Nighbert Memorial United Methodist Church

Ted Ellis

Logan County Commission

Betty Weekly

Senior Advisory Council

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.

- Brandi Browning / 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.

- Caron Burgess / Director

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
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.