



the Shining Star

PRIDE Launches BuildJobs Initiative Program

PRIDE Community Services' BuildJobs Initiative "hit the ground running" having begun on July 1, 2017. Project Director Sheila Riddle and Case Manager Chelsea Anderson traveled to the five counties covered by the program (Boone, Lincoln, Logan, Mingo and Wyoming) several times seeking to spread program information in every "nook and cranny" of each county. From four-lane highways to one-lane dirt roads, they forged mountains and valleys alike to distribute information about the program. Riddle stated, "We told everyone about the BuildJobs Initiative who would listen. After all, this is a great opportunity for out of work coal miners and others affected by the decline in the coal industry to get back on their feet. This is the newest program provided by PRIDE Community Services."

The program has six participants in the on-the-job training phase of the program with four of those participants from Logan County and the remaining two from Boone County. Interests include HVAC, electrical, plumbing and contracting.

This new program provides on the job training to laid off coal miners and others affected by the decline in the coal industry in trade areas including but not limited to plumbing, electrical, HVAC, welding, and construction. The program is 16 weeks in duration and **FREE to participants**. There is an application process that includes drug testing and each participant must have a valid driver's license and Social Security card.

PRIDE provides a \$20 stipend daily (excluding days off) to each participant. No wage or salary is paid by PRIDE or the partner contractor. Participants are covered under PRIDE's worker's compensation insurance carrier rather than the partner contractor's worker's compensation insurance carrier.

Riddle said of the program, "We've only just begun to help our communities by helping our neighbor, in the spirit of the mission of PRIDE Community Services."



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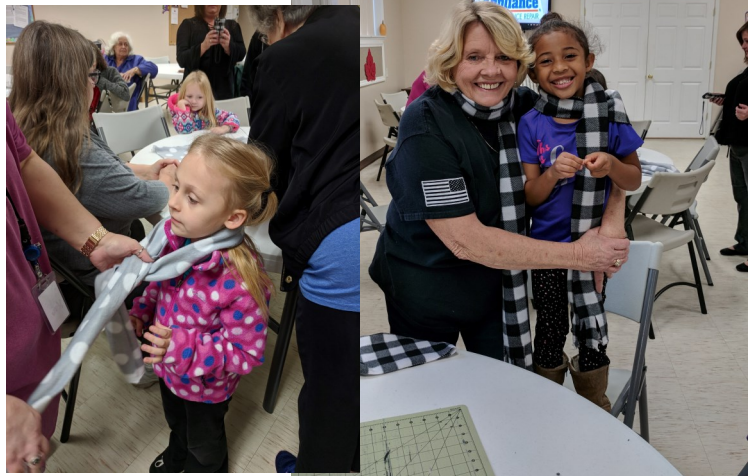
Aging Program



Recent trip to the Pumpkin Festival in Milton, WV.

The seniors are excited about the holiday festivities and partnering with the Head Start program to incorporate the students into their activities. On November 8, the L1 classroom made scarves with the seniors. On December 13 at 12:30 pm, the Logan Head Start Center classrooms will deliver Christmas cards and perform for the seniors.

PRIDE is also offering transportation to seniors who need a ride to local areas such as the grocery store, post office, etc. To schedule a ride, please call Amey Ball, Senior Service Director at 304-752-6868.



Child and Adult Care Food Program

Baked Sweet Potato Tots

Ingredients:

3 cups sweet potatoes
1 cup grated raw parmesan cheese, plus more for rolling tots in
salt and pepper to taste

Directions:

1. Peel and quarter sweet potatoes
2. Steam them until just starting to get tender, but not cooked through
3. In a [food processor](#), pulse sweet potato until small crumbles form
4. In a bowl combine sweet potatoes and cheese, mash together with your hands until well combined
5. Form into balls and roll in parmesan until lightly coated
6. Place onto cookie sheet and bake at 425 for 10-15 minutes, turning every 5 minutes to cook evenly on all sides
7. These freeze very well, but freeze after rolling into balls — do not bake first
8. Freeze them on a cookie sheet until firm and then place into a freezer bag



Head Start Program

August

PRIDE Community Services Head Start staff returned from summer break and hosted the first Back to School Bash at Word of Life. Children, families, and several community partners attended an evening with inflatables, face painting, games, and food. Pete the Cat and Ready Freddy visited, giving out books to all children in attendance. Family Development Staff were able to meet with parents and assist them in completing a Family Needs Assessment, a crucial piece of our family engagement goal setting. August was a short month for children as they returned to school on August 28th and only had three days of class.



September

SWVCTC Nursing students began observations in the classrooms. These students have put together one day lesson plans to conduct in the classroom. The teachers were given the lesson plans in advance so they could incorporate activities into their plans as well. Teaching and management staff traveled to the Tamarack to attend Module 1 of a four module series of trainings centered on Early Childhood Positive Behavior Interventions and Support.

October

Center meetings with parents and families began county-wide for this school year and Policy Council Meetings continue to occur monthly. Head Start's 2016-2017 Annual Report was completed and approved by Policy Council and the Board of Directors. Financial Literacy courses, facilitated by Woodforest Bank, began in October and will continue again in January and April 2018. Buster the Bus visited classrooms county-wide to talk about bus safety with children and families and many classrooms incorporated fire safety into their instructional activities.



Cont. on Page 5

Head Start cont.



Senior Participants and Head Start Children making scarves together. Such a fun day!



In-Home Services Program



In Home Services assist the elderly and disabled in achieving activities of daily living including assistance with personal hygiene, nutrition, feeding, environmental support functions and health related tasks. The In Home Service programs include Lighthouse, FAIR, III-E, Medicaid Personal Care, Medicaid Aged and Disabled Waiver and Medicaid Aged and Disabled Waiver Case Management. Personal Care services are medically necessary activities or tasks ordered by a physician, which enable people to meet their needs in their homes rather than on an inpatient or institutional basis. Participants must have a Medicaid card. Lighthouse is a program for people 60 years and must pay according to a sliding fee scale. FAIR and III-E are respite programs for people with Alzheimer's or related Dementia. The FAIR program also has a sliding fee scale. III-E doesn't have a sliding fee but members are given the opportunity to cost share. The Aged and Disabled Waiver program currently has a waiting list and someone interested in applying for the program must have a Medical Necessity Request completed and sent to Kepro to be placed on the waiting list.

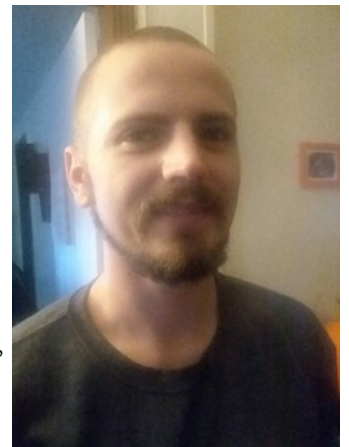
If you are interested in services provided by PRIDE's In-Home Program, please contact Kathy Ooten at 304-752-6868.

SUPPORTIVE SERVICES FOR VETERAN FAMILIES

Joshua Pauley is married with 2 children. He's an Army Veteran who served in Afghanistan. Josh was referred to us by a previous SSVF client. After completing an intake on Josh, and deeming him eligible, he was entered into the SSVF program under rapid re-housing. His family was staying wherever they could find shelter, even sleeping in a vehicle at times. After looking at several places in the Boone county area, we were able to locate a double wide for rent, which happened to be a rental unit from one of our previous landlords. Josh has been in the SSVF program for 3 months now, is stably housed and doing well. He is scheduled to be



exited from the program in late December. He expresses his gratitude every time we are able to help them and he says he is thankful for PRIDE and the SSVF program. Mr. Pauley stated, "Without you guys, I don't know what our family would have done, thank you."



Human Resources Department

As one year closed for our outgoing AmeriCorps/LifeBridge member, another has begun. We are pleased to welcome Stephen (JR) Back to our PRIDE family. JR came on board on August 22, 2017. He has been a tremendous help in multiple programs. He is always willing to help and fill in when and wherever needed. He has taken on the role of Health and Wellness Promoter. We are excited to see where his experiences here at PRIDE will lead him toward his future goals.

JR states that he was born to two loving parents, Stephen and Tonya Back. He has a sister, Kari. He has lived the majority of his short life in Logan in a little place called Whitman which is where he grew up. He graduated from Logan High School in 2017 and is married to Katelyn Johnson. They currently live in McConnell with their cat, Arra. He plans to take online college classes through Glenville State College in the Criminal Justice field. He also states that while his life may seem boring to some that he has more fun than anyone he knows, and that he has very much enjoyed his time here at PRIDE, so far, and that he can honestly say that he has not had one bad experience. Everyone on staff here has been extremely helpful.

We look forward to working with JR, and we are thankful to have such a polite, intelligent, and hardworking young man here at PRIDE.



Sheila Riddle is our new Project Director for the BuildJobs Initiative. She resides in Logan, WV and is a graduate of Marshall University with a Master's Degree in Communication Arts and Bachelor's Degree in Speech/Broadcasting. She has also completed additional doctoral level coursework at West Virginia University. She is a Licensed Minister through the United Christian Church and Ministerial Association.

Sheila says in her free time she enjoys studying and teaching scripture and planning and participating in worship and events at First Christian Church (Disciples of Christ) in Logan. She also enjoys spending time with her mother Doris and their "fur babies". Sheila is excited about servicing her community through her employment with PRIDE Community Services.

Emergency Services Program

WHAT TO DO WHEN YOU CAN'T PAY YOUR BILLS

Dump All Non-Essentials

Go over your list of expenses and cancel anything that isn't key to your survival. Cable/satellite, streaming services, newspaper subscriptions, extra phone features, paid memberships – they all need to go until you have your finances back on track.

Try to Earn the Money You Need

Late payments and skipped payments are bad news for your credit score, and could cause you to lose your home or car, so make a hard push to earn the money that you need to cover your budget gap. Sell some stuff, pick up a side job, roll coins – do everything in your power to pay your bills on time. Here are a bunch of ways to raise cash quickly; see if there are any ideas that you might have overlooked before you decide to go the non-payment route.

Renegotiate Student Loans and Medical Bills

If you're currently paying on student loans or medical bills, free up some money by negotiating new repayment terms. Federal student loans can be placed in forbearance or deferment, if you're in a tight spot, which will allow you to reduce your payments or to temporarily stop making payments all together.

Medical bills are even easier to renegotiate. Just call the accounting office, explain what you can afford to pay, and they'll usually work with you. Here are some tips to help you negotiate your medical bills successfully.

Prioritize Your Bills

If you still don't have enough money to cover your bills, it's time to decide which bills you're going to pay now and which are going to have to wait.

Go through your list of monthly expenses, and mark all items that are vital to your existence as a top priority. This includes things like your rent/mortgage, utilities and insurance. Mark all secured debts as your next priority. This includes things like car loans, home equity loans and any other debts that have collateral attached to them. Mark all unsecured debts as your last priority. This includes things like credit card debt, personal loans and most services-related bills. Once you've prioritized all of your bills, make a list of the bills that you aren't going to be able to pay right away.

Talk to Your Creditors

Now, that you've done everything that you can to minimize the damage, it's time to let your creditors know what's going on. Call each one up before your bill is due (not after) and explain your situation. It won't be a fun call, but it could help to keep you out of trouble. Many creditors are willing to offer deferred payments, reduced payments, a late fee waiver or an extended due date, if you haven't had a problem in the past – and that can go a long way towards saving your credit score and getting your finances back on track.

Weatherization

Air sealing and you: Fun with caulk and other sticky, messy things!!

Homes burn through a mortifying 21% of the energy used in the United States. A lot of that energy is spent heating and cooling your house. And even worse, a whole lot of that energy is spent heating and cooling your backyard and front porch, through leaks and holes in your building envelope.



Although some of the air leaks in your home are visible to the untrained eye — around old and untreated doors and windows, for example — much of the average home's air leakage takes place in areas you don't see. Much of it takes place because of something called the stack effect, or chimney effect, which works like this: in the Winter warm air works its way into your attic through structural defects, holes in your ceiling, recessed lighting, leaky duct work, the furnace flue, the plumbing stack, or a poorly sealed attic floor. As it does, cold air is drawn into your basement or lowest level through leaks and cracks in the foundation and walls. This is often the cause for lower levels being much cooler in the Winter, typically more than what is actually caused by natural heat rise. This is also why you would feel a draft by a window or door on the lower level of a home. A home performance contractor

doing air sealing work in your home will generally focus on air sealing the basement and the attic floor in order to minimize the stack effect, and thus minimize unwanted air movement throughout your home.



Perhaps equally important, air sealing is crucial for maximizing the performance of insulation, the other major component of your home's building envelope. The R-Value of insulation is determined under the assumption that there will be no air infiltration throughout the insulation — it assumes that there will be adequate air sealing around the insulation. Once

insulation is left exposed to air movement (air moving up through your attic floor, for example), R-Value decreases.

Air sealing is an investment in your home that will actually put money back into your pocket month after month!



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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 (WV OEO).
- WV Bureau of Medical Services
- WV Dept. of Education
- WV Housing Development Fund
- United Way of Central West Virginia
- Appalachian Regional Commission

Services Offered:

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

- Amey Ball / Director

BuildJobs Initiative: Provide training in construction trades to prepare displaced coal economy workers for re-employment opportunities and assist in the creation of small trade businesses.

- Sheila Riddle/ 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.

- Marsha Warden, RN / Case Manager

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

- Missy Avis / Monitor

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!
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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.