



# the Shining Star

## Observing 52 Years of Community Action Service to Logan County and Surrounding Communities

On August 20, 1964 President Lyndon B. Johnson signed the Economic Opportunity Act which created a variety of programs, including Community Action Agencies, as part of his War on Poverty. He knew then as we know now, that the war against poverty must be won in the field, in every private home, in every public office, from the courthouse to the White House.

PRIDE Community Services, Inc. was established in 1959 to wage the war on poverty in Logan, WV by promoting self-sufficiency for those of limited income, ensuring that all residents are able to live in dignity; by implementing innovative and cost-effective programs to improve the lives and living conditions of the impoverished; by providing support and instruction for everyone in need of assistance; and by being a major voice of reason in establishing welfare system reforms.

“Community Action Month is a wonderful time to honor and celebrate the impact Community Action has in the lives of families and communities across the country,” stated Reggie Jones, Executive Director “Agencies are successful every day in helping families achieve economic security. Given that the needs of each family and community are unique, Community Action is able to use a range of resources and programs to meet local needs in creative and impactful ways.”

PRIDE Community Services, Inc. statistics underscores a positive impact on local neighborhoods. The agency helps countless individuals improve their lives each year by providing them essential services and life-changing opportunities through financial education, affordable housing, economic development, natural disaster relief and recovery, personal care assistance, energy assistance, and more.

Despite experiencing budget cuts, shrinking resources, and increased demands for services during these challenging economic times, PRIDE Community Services, Inc. has been remarkably successful assisting the low-income veterans, senior citizens, families, children, students, and everyone in Logan County and surrounding communities to achieve and maintain economic security. As Mr. Jones attests: “Our staff is committed to their task of replacing disadvantages with opportunities because it is right, because it is wise, and because, in our hearts and minds we believe it is possible to conquer poverty in our lifetime.”



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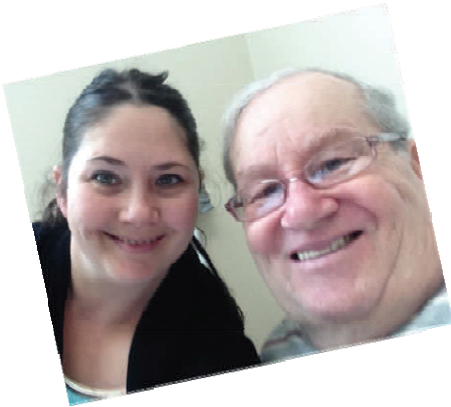
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# Aging Program

Mr. Gary Neece has been a part of our Pride Family for a number of years. Mr. Neece is currently attending our congregate site in Logan. He started services as a Home Delivered client and is now able to attend daily lunch at our dining hall in Logan. When Mr. Neece started the Home Delivered Program he had recently suffered a heart attack. At this time in his life he was weak and says the meals that Pride provided him allowed him to build the strength he needed to fully function.



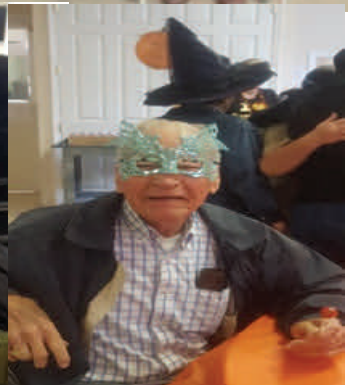
Mr. Neece recalls a time recently when a bad snow storm had the roads nearly impassable. Two power trucks were stuck in the snow on his street and Jack Jones, his home delivery driver, nearly got stuck in the snow as well. However, Jack placed his vehicle in park and walked through that snow covered street to deliver his meals that day.

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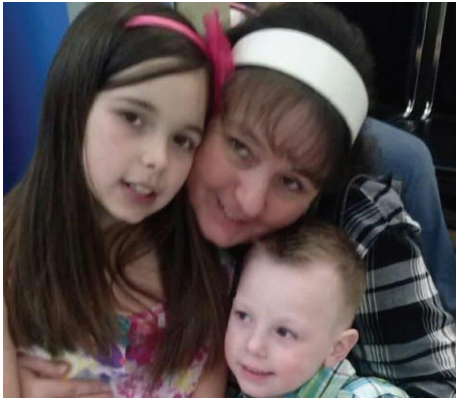
Mr. Neece is so grateful for what Jack did for him and his wife this past winter and all that Pride has done for his family through the years. "When I wasn't able, Pride helped." Mr. Neece said. He thinks that it's wonderful, the assistance that Pride has given to him and the community.



Please join us at Pride for spring and summer time celebrations including Father's Day, Memorial Day and the Fourth of July. Lunch is served Monday through Friday from 12 – 1. Bring your friends and make new ones. Activities are provided daily and field trips are taken to various locations. Some of our most recent trips were to the Blenko Glass Factory in Milton and the beauty salon at Southern West Virginia Community and Technical College.



# Child and Adult Care Food Program



PRIDE's receptionist, Lori Hartman became a child care provider in 2010. She was babysitting her grandchildren in the evenings, to allow her son and daughter-in-law to work and support their family. Both parents had demanding jobs with ever-changing schedules.

Lori's grandchildren are the love of her life and she enjoys keeping them while their parents are working. Even though babysitting them was never a burden, feeding additional mouths sometimes put a struggle on Lori's budget. Lori's husband is a laid off coalminer and times have been tough surviving on only one income. The reimbursement from the Child and Adult Care Food Program for meals that she provides to her grandchildren, have allowed her to provide healthy and nutritional meals and

snacks while maintaining their limited household budget. This arrangement has also been beneficial to the parents because they do not have to pay a babysitter for the children and are comforted knowing they are safe with their grandparents.



## Kitchen Activities

Get your preschooler to try new foods by having them help you in the kitchen. Kids feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts. Children are less likely to reject foods that they help to make.

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.



### At 2 years:

- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help "read" a cookbook by turning the pages
- Make "faces" out of pieces of fruits and vegetables
- Rinse vegetables or fruits
- Snap green beans



### At 3 years:

- All that a 2-year-old can do, plus:
- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza



### At 4 years:

- All that a 3-year-old can do, plus:
- Peel eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads



### At 5 years:

- All that a 4-year-old can do, plus:
- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater



# Head Start Program

All components of Head Start in Logan County remains busy as we prepare to wrap up the 2015-2016 school year. The most significant accomplishment of the previous quarter was our successful ERSEA/Fiscal Federal Review. PRIDE Community Services, Inc. Head Start received no areas of non-compliance as a result of this review, which spanned one week during the month of March. Other significant regulatory visits for this quarter include our WVDHHR Licensing renewal visits, which were conducted at Dehue Head Start, Lorado Head Start, and Chapmanville East Head Start. Again, all were successful visits.

Teaching staff, Family Development Facilitators, and Management Staff attended the Celebrating Connections Conference held at the Charleston Civic Center. This conference is a unique opportunity for Head Start staff members to receive STARS training hours as part of their professional development.

Marlene Crawford, Education and Literacy Manager, completed CLASS observations in each of our 25 Universal Pre-K and Head Start classrooms. Data from these observations will be used in planning trainings and ongoing professional development.

Family Development Facilitators, under the direction of Family Development Manager, Chanda Elkins, conducted Preschool Registration throughout the county. They continue to accept Universal Pre-K registrations by appointment. During the month of May, they are scheduled to hold Head Start Registration for three-year olds across the county. If you are interested in registration for Universal Pre-K or Head Start, please contact our Family Development Office.

Nutrition Manager, Betty Pack, organized the annual menu planning meeting. Menu's for next school year were planned, with input from the Nutrition Manager, cooks, parents, and a registered dietician. They will be reviewed by the registered dietician for specific nutritional data, and voted on by Policy Council and PRIDE Board of Directors.

Health and Disabilities Manager, Laura Herndon, organized Hope Garden events in honor of Child Abuse Awareness and Prevention. These gardens drew great family involvement and participation. She also established direct contact with Med Express' Teddy Bear Clinic, which will be visiting our sites and educating children about what happens when they visit the doctor. Head Start's Annual Parent & Volunteer Appreciation Banquet was held at Dehue Head Start at the end of April.

*Cont. on page 9*



# Supportive Services for Veteran Families

I met Benny Williams after receiving a referral from the Black Diamond Arbors Apartments in Danville, WV. I had visited there the day before during an outreach visit, so the lady passed along my information to him.

Benny had been living in a shack/building in the woods behind his friend's house. After completing an intake on Benny, we were able to start the process of securing permanent housing for him. We found an apartment at the Coal River Apartment complex, at Toney's Branch Road in Bloomingrose, WV and Benny was able to move in soon after.

At our initial meeting, you would have thought I was only meeting a homeless man; but this has turned out to be so much more. Benny is actually a good man; and from this encounter, we have been able to develop a friendship. Benny and I talk weekly. He loves the Lord, loves hunting old Indian artifacts and relics and loves Kentucky Fried Chicken. He's always happy, I've never seen him when he's not smiling. An example of how we all should be when life gets tough. Even though things may not go as we had planned or hoped for, we're still blessed. This man has made me take a different look at things, and to be a little more thankful for the blessings I have.



-Eddie Thompson  
SSVF Coordinator

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***If you know a Veteran in need of assistance,  
Please contact Supportive Services for Veteran Families Program  
304-752-6868***

# In-Home Services Program

Mr. James Hensley, who is 80 years old and a client of PRIDE's Lighthouse program was first introduced to the services when his beloved wife Mary Hensley began receiving Lighthouse services. Mr. Hensley had devoted his time to take care of his disabled wife but it started to become difficult for him to do this alone. After a phone call from the Hensley family, Pride Community Services began Lighthouse services with Mary in June of 2012. Homemaker Joyce Browning was placed in the home and shortly after became more like family than a worker to the Hensley's. As time went on Mr. Hensley's health started to deteriorate but he still pushed on to take care of his wife. In April of 2015 Mary Hensley passed away at her home. After the passing of his wife Mr. Hensley was able to be placed in the open Lighthouse slot. His services began June of 2015. Mr. Hensley was also excited to keep homemaker Joyce Browning which he states is "God Sent".



## **Do you or someone you know need assistance?**

The In-Home Care Programs assist the elderly and disabled in achieving actives of daily living including: assistance with personal hygiene, nutrition, feeding, and environmental support functions. Our In-Home Programs include Medicaid Personal Care, Medicaid Aged and Disabled Waiver, Lighthouse, and FAIR.

*For more information on the programs, please contact Kathy Ooten, Anna Matney or one of our Personal Care Providers.*

# Nutrition Programs



United States Department of Agriculture

**10 tips**  
Nutrition  
Education Series

## save more at the grocery store



### 10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

**1** find deals right under your nose  
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

**2** search for coupons  
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



**3** look for savings in newspaper  
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

**4** join your store's loyalty program  
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

**5** buy when foods are on sale  
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

**6** find out if the store will match competitors' coupons  
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

**7** stay organized so coupons are easy to find  
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



**8** find a coupon buddy  
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

**9** compare brands  
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

**10** stick to the list  
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.



# Emergency Services

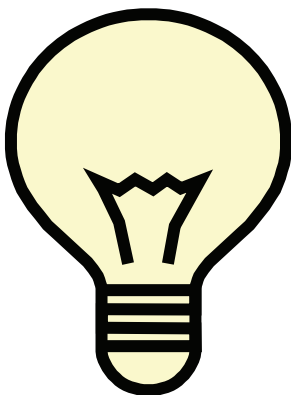
Below are some changes you can make to maximize the energy efficiency of your home.

## *Simple Changes*

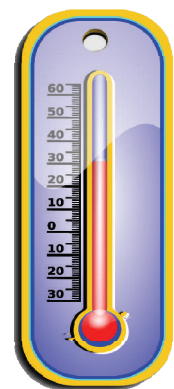
- ◇ No Cost: Take advantage of your curtains! Shades and curtains will help prevent the sun from overheating your house.
- ◇ No Cost: Save money by using both a ceiling fan and air-conditioning (AC) unit. Try raising your thermostat by two degrees in combination with running a ceiling fan. This small change can lower costs by 14 percent. Turn off the fan when you leave the room.
- ◇ No Cost: Raise your thermostat a few degrees (4 to 7 degrees higher) during work hours when no one will be in the house to save about \$180 a year.
- ◇ Low Cost: Use energy-efficient light bulbs instead of incandescent bulbs. ENERGY STAR lighting produces 70 to 90 percent less heat than incandescent bulbs.

## *Larger Projects*

- ◇ Low Cost: Remember to change your heating and cooling system's air filter every 3 months at minimum. The dirtier your air filter, the harder the system has to work to keep the room cool.
- ◇ Low Cost: Plant deciduous trees to shade windows facing South and West. Rodale News recommends choosing native trees—they're more suited for your area and usually require less maintenance. They also support your local wildlife.
- ◇ Low Cost: Prevent direct sunlight from coming into your house by adjusting blinds, installing ceiling fans, or adding an awning outside of your windows.
- ◇ Low Cost: Ensure that air vents and registers are well sealed where they meet your floors, walls, and ceilings to prevent leaks and disconnected ductwork. This can improve the efficiency of your system by more than 20 percent.
- ◇ Low Cost: Service your heating and cooling system every year for maximum efficiency and optimal savings.
- ◇ Medium to High Cost: Consider buying an ENERGY STAR AC unit. These models use 10 percent less energy than other units.



**For more information about our  
Emergency Services Program,  
contact Caron Burgess  
304-752-6868**





# Weatherization

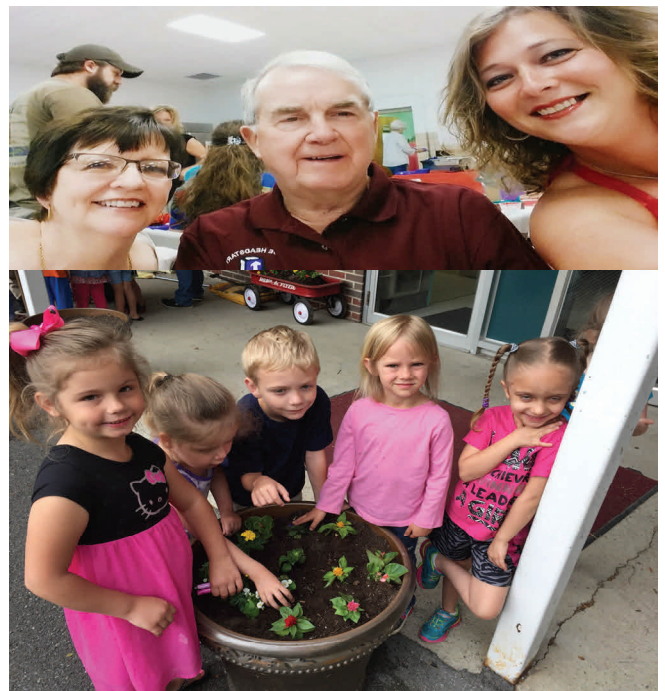
## Some easy ways to save money through the heat of the summer.

- ⇒ If you live in a climate where it cools off at night, turn off your cooling system and open your windows while sleeping. When you wake in the morning, shut the windows and blinds to capture the cool air.
  - ⇒ Set your thermostat as high as comfortably possible in the summer. The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be. Remember that humidity plays a huge part of the level of comfort in your home, air conditioning units pull that moisture out of your home so even at temperatures like 78 your home will still be comfortable.
  - ⇒ Ceiling fans and bathroom fans. If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4°F with no reduction in comfort. When showering, turn on the bathroom fan to remove the heat and humidity generated.
  - ⇒ Wash only full loads of dishes and clothes. Consider air drying both dishes and clothing.
  - ⇒ Install efficient lighting that runs cooler. Only about 10% to 15% of the electricity that incandescent lights consume results in light—the rest is turned into heat.
  - ⇒ On hot days, avoid using the oven; cook on the stove, use a microwave oven, or grill outside.
  - ⇒ Turn down the temperature of your water heater to the warm setting (120°F). You'll not only save energy, you'll avoid scalding your hands.
  - ⇒ Implement a regular maintenance schedule for your heating and cooling equipment. Clean filters and coils will greatly improve performance and the life span of your equipment.
- These are but a few ideas to help you keep some extra change in your pockets!

*Cont. from page 4...*

There were over 300 RSVP's for this year's, "You Are an Essential Piece" themed appreciation banquet. Guest speaker, Suzi Brodof, Executive Director of River Valley Child Development Services, gave parents several helpful tips on successfully parenting children in today's society, including touching on the reality that inundating our young children with too much technology can take away from building essential relationships with them. Family Fun Day was held on May 16th and we wrap up our final day of school for the 2015-2016 school year on June 6<sup>th</sup>.

*Pictures from Parent Banquet  
and Hope Garden*



### Important Dates to Remember

May 27	Memorial Day Celebration (Senior Centers)
May 30	Memorial Day-PRIDE Closed (All Centers Closed)
June 6	Transition Day Activities-Dehue, Lorado, Chapmanville East, Mill Creek
June 6	Last day for Students
June 8	Employee Appreciation Picnic—2 pm (PRIDE Office Parking Lot)
June 8	Last day for Head Start Teachers, Cooks, and Drivers
June 15	Last day for Head Start Office Staff
June 20	WV Day-PRIDE Closed (All Centers Closed)
June 27	PRIDE Board of Director's Meeting– Noon
July 1	Independence Day Celebration (Senior Centers)
July 4	Independence Day-PRIDE Closed (All Centers Closed)



***Be Heard Logan County!***  
**Your Voice, Your Power!**

Please follow the link below to help us collect valuable information  
and let your voice BE HEARD!

<https://www.surveymonkey.com/r/BEHEARDLOGANCOUNTY>

### Activities & Lunch Served Daily

Earl Jarvis Senior Enrichment Center-699 East Stratton Street, Logan  
Lorado Intergenerational Center-175 Superintendent Road, Lorado

### 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

### **Jeff Valet / President**

Valet & Associates

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

LEAD Organization

### **Howard Jemerison / Treasurer**

Low-Income Sector Representative

### **Erica Cook / Secretary**

Attorney

### **Donna Williams/Member-at-Large**

Low-Income Sector Representative

### **John Turner**

Logan County Clerk

### **Dwight Williamson**

Logan County Magistrate

### **Jennifer Lucas**

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

### **Victoria Browning**

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.

- Stacy Stech / 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.

**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](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.