



the Shining Star

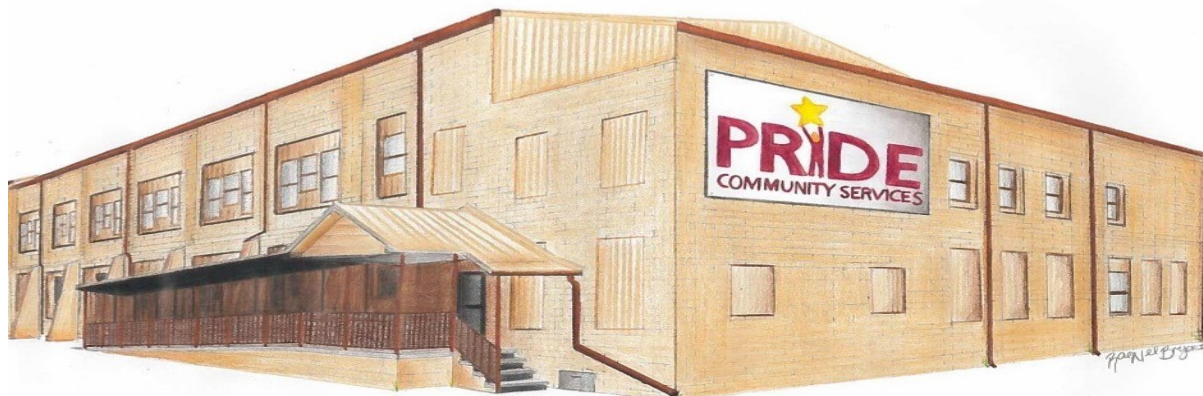
PRIDE Celebrates 53 Years of Service in Logan and Surrounding Areas

PRIDE is celebrating Community Action Month, dedicated to recognizing the success of the national Community Action Network that fights poverty across the United States. This month, PRIDE will be engaging in programs and events that showcase our anti-poverty work in Logan and surrounding counties.

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 Lisha Whitt, 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.”

Ms. Whitt continued, “This past year, our Agency has served 1,659 families in Logan and surrounding counties and empowered them to attain self-sufficiency. Our agency has served 158 children nutritious meals through Child and Adult Care Food Program, 261 families through Emergency Services, 466 children served as a result of Universal Pre-K, 124 clients through In-Home Programs, over 41,000 meals served through congregate and home delivery services, 29 Veterans through Supportive Services for Veteran Families Program, and 16 homes weatherized. Our work changes lives and strengthens our entire community.”

PRIDE was established in 1964 to wage the war on poverty in Logan, WV through Head Start, Senior Services and other community programs. PRIDE is a member of the Community Action Network, originally created in 1964 by President Lyndon B. Johnson’s Economic Opportunity Act, a pivotal piece of legislation in the War on Poverty.



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Aging Program

During the month of April, the seniors had an Easter dinner with the Easter bunny visiting. The center was decorated with spring time decorations and some sweet treats for the seniors. A large ham was given to the winner of a bingo blackout game; Alice Vance (pictured right) was the winner. The senior participants had a great time.



The month of May is Older Americans Month. The seniors will be involved in multiple activities during the month to celebrate the unique individuals they are. New Senior Director, Amey Ball, has started showing movies on Fridays with popcorn served after lunch. Ms. Ball stated, "I have a lot of ideas in store to promote exercise, healthy nutrition, crafting, games and outings for the seniors." She is in the process of redesigning the lounge area to place computers in the room. The seniors will be able to take computer classes and learn how to use social media. Participants have also been discussing recipes and crafting ideas. They are excited to share recipes and maybe do some sampling.

The Mother's day luncheon will be held on May 12. There will be a wide variety of sandwiches, pasta salads, and finger foods. Each Mother will receive a rose to honor them. There will also be prizes for the oldest mother, youngest mother, mother with most children and mother with most grandchildren.

Also during the month of May, the senior participants are getting one ticket for each day they attend the nutrition site. If they bring someone new aged 60+, they get an extra entry. So far, there has been some stiff competition between the seniors. They are excited for the drawing to be held on June 2.

The seniors were excited to welcome back Ms. Edith Notchie (pictured right). Ms. Notchie is 88 years old and has been a frequent participant at our congregate site over the years. Recently, she was hospitalized and unable to attend the center. She is now back coming daily, enjoying the food, coffee, company and conversation.



In addition to the all of the new activities going on at the center, Ms. Ball has been busy adding new consumers to the home delivered meal service. Recently she met with Mr. Lee Bevins. Mr. Bevins is a veteran, having open heart surgery not long ago and living alone, unable to go the grocery store or prepare food for himself. With PRIDE offering home delivered meals, he will now be able to get a balanced, nutrition meal. He will also receive a daily check when one of our friendly drivers deliver his meal each day. Mr. Bevins thanked Ms. Ball for visiting him and enrolling him in the program.

If you are interested in PRIDE's Senior Programs, contact Amey Ball for more information.

Child and Adult Care Food Program



As most of you already know the CACFP promotes healthy eating for kids and adults as well. However, in today's hectic world, with so many different schedules it is so easy to fall in to buying packaged and processed foods; and from time to time that is ok.

But homemade is always better, not only better for your budget but for you, so with a little time and effort you can slowly change your eating habits. Here is one suggestion that kids will love to participate in helping make and it is something most of us have gotten away from---old fashion oatmeal.

Oats are not only inexpensive but also a healthy whole-grain to feed your family. Oatmeal can be simple and fun to make, the kids might enjoy making different flavors of oatmeal and granolas as the ingredients are simple and easy to mix. Plus any left overs can be added to pancake mix for a hearty breakfast.

Below are a couple go- to oatmeal recipes:

OATMEAL PANCAKES

Whisk together in a large bowl:

½ cup whole-grain flour

1 tsp. baking powder

½ tsp salt

Beat in a separate bowl 2 eggs

Stir in 1 ½ cup cooked oatmeal

½ cup milk

2 tbsp. butter

1 mashed banana

Quickly stir this mixture into dry ingredients. Batter will appear lumpy. Use ¼ cup batter for each pancake.

OATMEAL

1 cup regular oats (whole-grain)

2 ¼ cup milk

Extra: a pinch of cinnamon, raisins or cranberries, honey or maple syrup.

Add oats and milk, heat on medium. Once mixture begins to simmer turn down to low. The oatmeal will be ready to eat in approximately 5 minutes. Once they soften add ingredients.

Head Start Program

PRIDE Community Services, Inc. Head Start classrooms have been busy with day-to-day activities and have planned many special events. As we prepare to wrap up the 2016-2017 school year, a summary of activities for February, March, and April is listed below.



Children participated in a variety of activities in the month of February, some of which included: a visit from The Health Plan's Debbie Hon, who brings nutrition and literacy together with activities in the classroom; a visit from Quench, the water drop, encouraging children to "Rethink Your Drink" and choose water over other sugary beverages; Dental Workshops organized to make children aware of the importance of dental hygiene. Parent involvement for the month of February included: PAT meetings, which focused on art activities that parents can do with children, and Mental Health workshops.

Some of the children's activities for the month of March included: activities to celebrate Dr. Seuss' birthday; bowling; and St. Patrick's Day activities. Parent involvement for the month of March included: PAT meetings and a Financial Literacy Workshop in partnership with Woodforest National Bank. Program activities during the month of March – Universal Pre-K Enrollment for 2017-2018 began and our Head Start program underwent our Federal Review in CLASS (Classroom Assessment Scoring System). This Review was conducted the week of March 6th – 10th.

Logan County 2017 CLASS Scores	
Domain	Score
Emotional Support	6.4750
Classroom Organization	6.0750
Instructional Support	3.2333



Some of the children's activities for the month of April included: a visit from the Easter Bunny, egg hunts; coloring eggs; and planting pinwheel gardens as a Child Abuse and Awareness activity during the Week of the Young Child.

Head Start's Parent and Volunteer Banquet is the culminating parent involvement activity held at the end of April. This year, the banquet was held on Friday, April 28, 2017 at

Special Occasions. This year, there were 362 RSVP's for the event, with a theme of "You're the Star," emphasizing parents as the child's first teacher and the importance of the role they play in making Universal Pre-K and Head Start successful. The banquet is held annually for parents, guardians and volunteers to show appreciation for their time and service throughout the year. Parents were able to "spend" Parents Bucks earned during the year for their volunteer hours in a silent auction.



Supportive Services for Veteran Families

SSVF uses a “housing first” approach in assisting Veterans in Logan and Boone Counties with a range of supportive services designed to promote housing stability and prevent homelessness. The focus is on housing stability, not treatment, with an emphasis on crisis intervention and client self-sufficiency. The program uses proven, cost-effective models to serve tens of thousands of homeless veterans and their families by either preventing their homelessness from occurring in the first place, or quickly moving them out of homelessness and into sustainable housing.

Purpose of Program:

- focuses on securing and maintaining housing
- provide temporary assistance and services to help participants gain housing stability
- serves veterans who are currently homeless or would be home-less without this assistance
- promote self sufficiency

Supportive Services Available:

- Outreach services
- Case management services
- Assist participants in obtaining VA benefits
- Assist participants in obtaining and coordinating the provision of other public benefits provided by Federal, State, or local agencies, or any eligible entity in the area, which may include: health care services; fiduciary and payee services; daily living services; legal services; personal financial planning services; child care services; transportation services and housing counseling services
- Provide time-limited payments to third parties (e.g., landlords, utility companies, moving companies, and licensed child care providers) if these payments help Veteran families stay in or acquire permanent housing on a sustainable basis

Eligibility:

Applicants must meet all criteria below:

1. Veterans may be single or part of a family in which the head of the household, or spouse, is a Veteran. Discharge status must be under conditions other than dishonorable.
2. Very Low-Income making less than 50% of the area median income (AMI).
3. A. Currently residing in permanent housing and at risk of losing housing and becoming literally homeless but for SSVF assistance *or*
B. Currently homeless, scheduled to become a resident of permanent housing within 90 days pending the location of permanent housing *or*.
C. Has exited permanent housing within the previous 90 days in order to seek housing that better fits with income capabilities, needs and preferences.

If you or someone you know may be eligible for the program, contact Eddie Thompson at 304-752-6868.

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.

Services include:

- personal hygiene
- dressing, feeding, nutrition
- light housekeeping

Direct Care Worker Spotlight

PRIDE Community Services would like to congratulate Anita Thomas on a job well done. Anita does an exceptional job with the participants she services. Anita has two children and has lived in Logan County for approximately 8 years. She has been an employee at PRIDE Community Services since October 2015. Due to her employment at PRIDE she is able to have financial stability and able to maintain bills and take care of her kids. The training that Anita has received as a Direct Care Worker has helped her in many ways with her job. Anita says that she likes working for PRIDE because everybody is real nice. She says that she is proud to be an employee of PRIDE and is proud of being able to help other people through the services that is offered. One of the participants that Anita works with states that Anita is her angel. She says Anita is so easy to get along with, always happy, and always has a smile. The participant says Anita is the sweetest person she has ever met, accommodating, works all the time and makes the participant happy. The Participant says that because of Anita she feels better, feels like doing more and Anita has kept her from depression.



Anita is a great example of the Direct Care Providers available to help our clients. We at PRIDE Community Services would like to say Thank You for all you do!!!

Human Resources Department

EMPLOYEE SPOTLIGHT



Please welcome Joe McCoy as the newest member of our Aging program. Joe joined our staff as an Aging driver for the Man area. He lives in Ranger WV. He graduated from Chapmanville High School in 2014.

Before joining our agency, Joe worked as a correctional officer at South Central Regional Jail.

Joe states, “he finds his job to be very peaceful.” He also states, “he is glad that God gave his seniors another day of breath. He looks forward to seeing them each day because some seem so lonely, and he enjoys interacting with them.”

CONGRATS!

PRIDE would like to congratulate Head Start Director Candice Mullins on her acceptance into the 2017 Program Management and Financial Operations New Directors Mentor Initiative that will take place at UCLA from June 7-9, 2017.

During the WV Community Action Partnership Conference held May 1-3 in Charleston, WV Head Start Director, Candice Mullins and Head Start Education Manager, Marlene Crawford-Marcum were recognized by Executive Director, Lisha Whitt for their hard work and dedication to PRIDE over the past year.

Congratulations ladies!



Emergency Services Program

Here you'll find strategies to help you save energy during the spring and summer when the weather is warm and you are trying to keep your home cool.

USE YOUR WINDOWS TO GAIN COOL AIR AND KEEP OUT

- 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.
- Install window coverings to prevent heat gain through your windows.

OPERATE YOUR THERMOSTAT EFFICIENTLY

- 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.
- Keep your house warmer than normal when you are away, and lower the thermostat setting to 78°F (26°C) only when you are at home and need cooling. A programmable thermostat can make it easy to set back your temperature.
- Avoid setting your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and unnecessary expense.

USE FANS AND VENTILATION STRATEGIES TO COOL YOUR

- If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4°F with no reduction in comfort.
- Turn off ceiling fans when you leave the room. Remember that fans cool people, not rooms, by creating a wind chill effect.
- When you shower or take a bath, use the bathroom fan to remove the heat and humidity from your home. Your laundry room might also benefit from spot ventilation. Make sure bathroom and kitchen fans are vented to the outside (not just to the attic).

KEEP YOUR COOLING SYSTEM RUNNING EFFICIENTLY

- Schedule regular maintenance for your cooling equipment.
- Avoid placing lamps or TV sets near your room air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.
- Vacuum registers regularly to remove any dust buildup. Ensure that furniture and other objects are not blocking the airflow through your registers.

KEEP HOT AIR FROM LEAKING INTO YOUR HOME

- Seal cracks and openings to prevent warm air from leaking into your home.
- Add caulk or weatherstripping to seal air leaks around leaky doors and windows.

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!



Important Dates to Remember

May 12	Family Fun Day at Shelter #7-Chief Logan State Park 11am-2pm
May 12	Mother's Day Luncheon (Senior Center)
May 14	Mother's Day
May 15	Financial Literacy Workshop (Head Start)
May 18	Community Reading Day
May 26	No Pre-K Children
May 26	Milton Flea Market (Field trip for senior participants)
May 29	Memorial Day (All PRIDE Locations Closed)
May 31	Last Day of School for Logan County
June 2	Employee Appreciation Picnic
June 20	WV Day (All PRIDE Locations Closed)
July 4	Independence 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**

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Logan County Commission

Kathleen Mounts

Early Education Advisor

Lois Moses

Head Start Policy Council

Serafino Nolletti

Mayor Town of Logan

James Fisher

Senior Advisory Council

Jennifer Lucas

Low-Income Sector Representative

Judge Christopher Workman

Family Court

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.

- Amey Ball / 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.

- 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!
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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.