



# the *Shining* Star

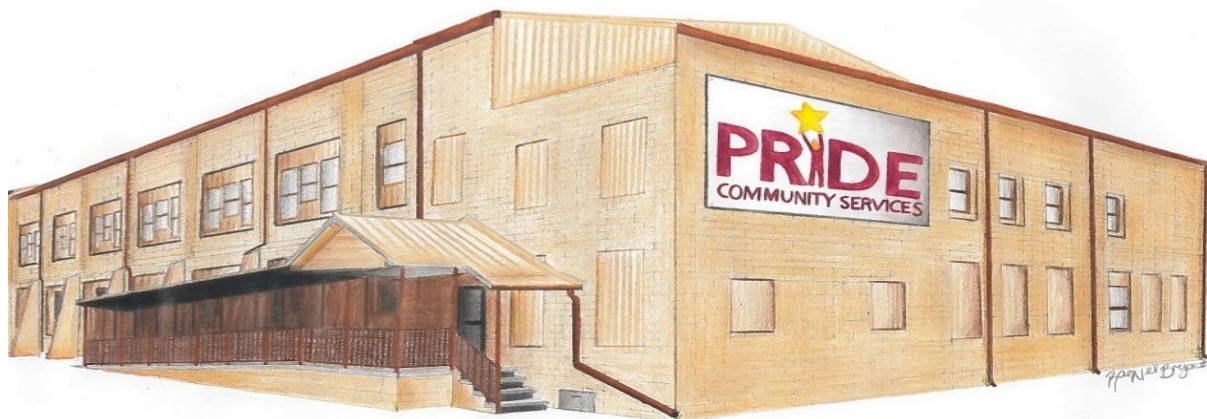
## PRIDE Celebrates 54 Years of Service in Logan and Surrounding Areas

PRIDE Community Services is celebrating Community Action Month, dedicated to recognizing the success of the national Community Action Network. America's Community Action Agencies connect millions of children and families to greater opportunity, transforming their lives and making our communities — and our nation— stronger. This month, PRIDE Community Services will be engaging in programs and events that showcase our innovative work in Logan and the surrounding areas.

“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. “The Community Action Partnership Network offers insight to leaders looking to understand what is working on the ground to help families thrive—creating smarter solutions that can be put to work within communities across the country.”

Mrs. Whitt continued, “This past year, our agency served 1,627 families in Logan and surrounding areas and empowered them to attain self-sufficiency. During 2017, PRIDE provided 237 families with Emergency Services, served 368 children through Universal Pre-K, 116 clients through In-Home Services, and 18 Veterans through Supportive Services. In addition, PRIDE served 11,691 congregate meals and weatherized 34 homes. 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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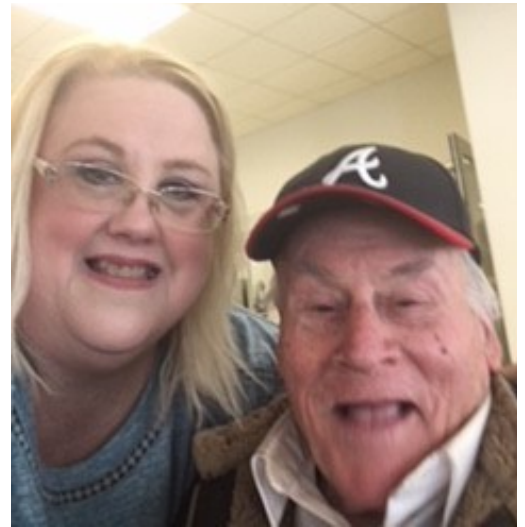
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# Aging Program



Seniors are enjoying the festivities at PRIDE! In February, PRIDE Head Start students enjoyed making Valentine's Day cards with the seniors at the Earl Jarvis nutrition site. Students were paired with a senior and made beautiful cards for their loved ones.

Throughout the month of March and April, our seniors hosted Southern WV Community and Technical College RN nursing students. The students completed blood pressure checks, played games and socialized with our dining seniors. Everyone enjoyed it and we look forward to them returning to



PRIDE. On March 30<sup>th</sup> our annual Easter luncheon was held with a potluck buffet. Each senior brought their special dishes for everyone to try. Games and prizes were given away. It was a huge success!

Several trips are being planned for the summer. Many seniors have requested return trips to Blennerhassett Island and Milton Flea market. We are also excited to plan some new adventures.

May brings Older American's Month. PRIDE will participate in celebrating our Seniors the entire month. Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, **Engage**

**at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.



Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!



# Child and Adult Care Food Program

## ENERGY BITES

The kids think they are getting a treat with this lunch since the main dish has chocolate chips, but really they are getting tons of wholesome nutrition packed into a fun bite-sized ball! Made with whole grains and peanut butter these have a lot of fiber and protein to keep them going throughout a long day of school. If you don't love the idea of having chocolate chips in the lunch box, sub them out for raisins or dried cranberries!

To make these just mix 1 3/4 cup quick cooking oats (these are easier to chew for the little ones) with 3/4 cup of peanut butter, 1/4 cup of honey and a handful or two of chocolate chips. Stir until everything is well combined and then form into balls and refrigerate until you are ready to pack them. Serve with milk, snap peas, carrot sticks and apple slices for a healthy lunchtime meal.





# Head Start Program



Logan 3 Head Start Center



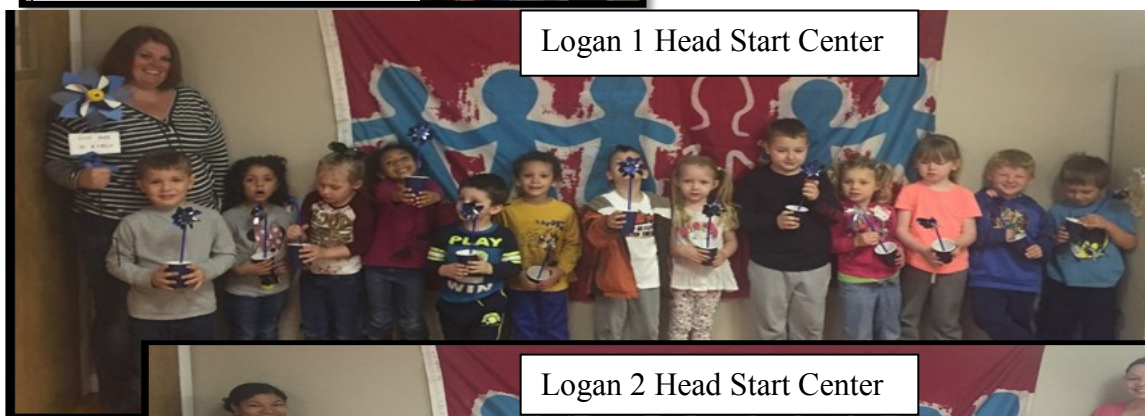
Chapmanville East Head Start Center



Lorado Head Start Center



Mill Creek Head Start Center



Logan 1 Head Start Center



Logan 2 Head Start Center

*In recognition of Child Abuse and Awareness Month, the children planted pin wheel gardens at their centers.*



# Supportive Services for Veteran Families



Timothy Gibson was living in Huntington, WV at a place for homeless Veterans who have been incarcerated. Mr. Gibson was enrolled with the SSVF program at Southwestern Community Action at that time, but wanted to move back to Logan County. Southwestern and PRIDE were able to work together and help Mr. Gibson relocate to Logan. PRIDE's SSVF Coordinator, Eddie Thompson helped Mr. Gibson find a rental unit. Mr. Gibson was provided assistance with his security deposit, first month's rent, and utility deposits. Mr. Gibson was also able to get help with cleaning supplies and other items needed for his transition.

Tim is a native of Logan County (Man, WV) but had fallen on hard times over the years. Mr. Gibson has worked hard to get his life straightened out and working toward becoming self-sufficient. Tim states that he is thankful for the program and all that has been done to help him. Tim is anxious to complete the program and become successful in the months to come.

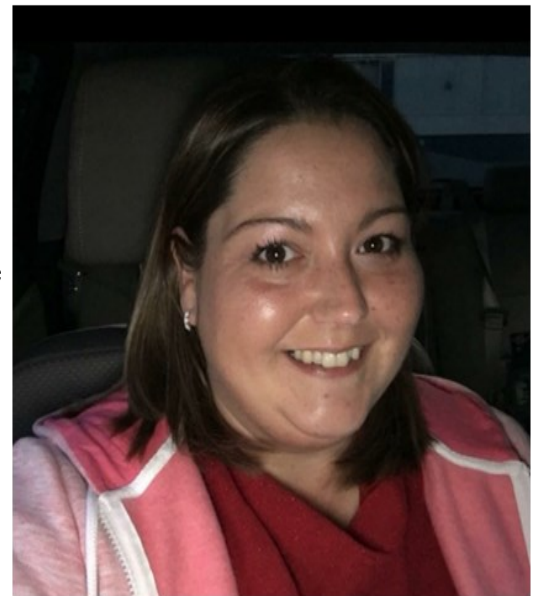
**If you or someone you know may be eligible for the program, contact Eddie Thompson at 304-752-6868.**

# 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. 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. The Lighthouse program provides support in four areas, which include personal care, mobility, nutrition, and environment. To be eligible for this program an individual must be 60+ years of age, meet medical eligibility based on an evaluation completed by the agency RN, and financially eligible, determined by a sliding fee schedule. FAIR and III-E program is designed to provide care and activities for individuals with Alzheimer's disease or a related dementia and give family caregivers a needed break. In order to be eligible for these programs the person receiving care must have a diagnosis and there must be an unpaid caregiver. Medicaid Personal Care program is available to assist an eligible member to perform activities of daily living and instrumental activities of daily living in the member's home. To be eligible for PC services, members must have three deficits and have a Medicaid card. The Aged and Disabled Waiver program is an in-home care program for individuals who meet the nursing home eligibility level of care, but want to stay in their own home. Aged and Disabled Waiver services includes case management (a licensed professional who assesses and identifies your needs, helps you plan for your care, and advocates for and connects you with services and resources in the community), personal attendant (a trained care provider who assists with personal care, nutrition, and other personal care needs), skilled nursing (a registered nurse assesses your need and supervises the care receive from the personal attendant), and non-medical transportation (transportation to community activities and essential errands). In order to be eligible, an individual must have needs in at least five areas of activities of daily living. To receive ADW services, an individual must first meet the criteria for both financial and medical eligibility.

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Whitney Wright has been a direct care worker with PRIDE since August 2015. She currently works under the Medicaid Personal Care program for three different members. Whitney states "I love my job, the staff and the bosses are amazing." She thinks PRIDE is an excellent company to work for and says she has never worked for a company that is this good. When asked what she likes about her job she answered, "I like working with the members and helping others." I like the work I do". The PC members state that Whitney is a good worker. One member says "Whitney is a happy and good person." When she's around it makes me feel good." She also says that her services with PRIDE are very good and she is very satisfied. Another member states "Whitney does what I need her to do." He says that he receives great services and all of PRIDE's "ladies are nice as can be." Lastly, her third member says "she's a good worker." She does everything she is asked to do. "She helps with shaving, cleaning my room, getting dressed, and stuff like that." PRIDE's In Home Services department would like to say that it is a pleasure working with Whitney and JOB WELL DONE!!!





# Human Resources Department

## EMPLOYEE SPOTLIGHT



We would like to welcome Keiton Tompkins to our Weatherization program. He began his employment with PRIDE Community Services, Inc. on March 6, 2018. Keiton is a recent graduate of our BuildJobs program. He successfully completed the program while working with our Weatherization staff. He is currently waiting to take the Apprentice Electrical Exam. After completing this exam, he will be working with a certified electrician to earn his time for journeymen's license.

Keiton resides in Chapmanville WV with his girlfriend, Susie Workman. He was employed in the coal mining industry before the decline in coal. That's what brought him to our BuildJobs program. We are pleased to have Keiton join our PRIDE family.

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## Head Start cont.

### March

Classrooms celebrated Dr. Seuss' birthday with books, green eggs and ham, and many Seuss-themed activities.

Family Development Staff began Pre-K enrollment for 2018-2019, which are continued in the month of April and will be ongoing throughout the summer by appointment.

Head Start Drivers attended a playground safety training as part of the WVHSA Spring Conference at Embassy Suites in Charleston.

### April

Omar Elementary Pre-K and HS children participated in Leadership Day.

The second semester of ACDS, which is being held at PRIDE Community Services, finished course work and will resume in August.

Health Services Manager, Laura Herndon, visited stand-alone centers to plant pinwheel gardens in recognition of Child Abuse Awareness and Prevention.

### May

Children and parents attended the Pottery Painting event, held at Word of Life, where parents who earned Parent Bucks throughout the school year were able to use those parent bucks and bid on items in a silent auction. Items included everything from outdoor pools and weed eaters to children's tablets, Play Station 4 game systems, and televisions.



# Emergency Services Program

## Financial Literacy Made Easy

Financial literacy is so simple that it can almost be boiled down to a series of bumper stickers. The following are a few basic principles to remember:

1. Spend less than you earn
2. Invest money for the future
3. Have a rainy day fund
4. Pay more than the minimum on your credit cards
5. Remember how those who are helping you are being compensated
6. Don't share personal information or pay unless you initiate the contact
7. Debt takes away your choices
8. Insurance is about the big stuff, not the everyday inconveniences
9. You earn your money in pre-tax dollars but you spend them in post-tax dollars
10. Savings is about protecting your money, investing is about growing it

### **DIY Financial Literacy**

If you don't have time to take a financial literacy course, there are plenty of helpful resources available online. The Simple Dollar is a great place to start learning about credit, debt, and money management. If you want to delve deeper, there are various non-profit and government resources at your fingertips, including:

MyMoney.gov, the U.S. Department of Treasury's portal for teaching all aspects of personal finance, from buying a home and balancing your checkbook to credit and saving for retirement.

My Starting Point, a web-based program offered through the Community Financial Education Foundation that identifies your personal financial wellness and recommends a customized learning path that is unique to your needs and helps you understand the basic financial principles that best apply to you.

The PBS program Your Life, Your Money provides quizzes, calculators, a financial terms glossary, and links to financial literacy websites.

FDIC Money Smart is an instructor-led curriculum for various ages available on CD-ROM, computer-based instruction, MP3, and download, depending on the program you choose. You can learn at your own pace, according to your individual needs.

USA.gov is a portal providing government information. In its "personal finance" section, you'll find information about credit and debt, homeownership, money management, retirement, and estate planning.



# Weatherization

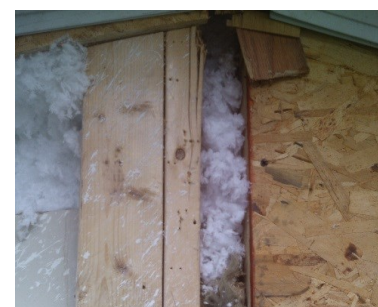
PRIDE Community Services, NHEP (No Heat Emergency Program), is a DHHR (Department of Health and Human Resources) program that can help many families struggling to keep their homes warm. In order to qualify, you must be at or below the 150% poverty rate (see guidelines below). PRIDE Community Services Weatherization Program is also a great program that you must fall at or below the 200% poverty level. The Weatherization Program is currently funded by two sources the DOE (Department of Energy) and DHHR. PRIDE's Weatherization Program will weatherize your home to make it warmer and more energy efficient. A tool called a blower door is used to find the leaks in your home. Then, insulation may be used to close most of the air leaks and help make your home more energy efficient. To obtain a Weatherization application please feel free to stop by PRIDE's main office building at Stratton street or call 304-752-6868.

Size of family	Threshold	150%	200%
1	12,140	18,210	24,280
2	16,460	24,690	32,920
3	20,780	31,170	41,560
4	25,100	37,650	50,200
5	29,420	44,130	58,840
6	33,740	50,610	67,480
7	38,060	57,090	76,120
8	42,380	63,570	84,760

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Mr. Dillon, contacted our program with concerns of high energy use on his utility bill. A bigger concern was his heat pump wasn't working as well as it should, causing it to use more energy than needed. As he was an elderly gentleman being on a fixed income, it was a heavy burden for him. Our auditors, visited the home and met with Mr. Dillon to review client education and collect information needed to run the software and determine the best course of action.

Along with performing a blower door test, the attic was insulated using blow in fiber glass. This allows for warm air in the home during winter months, and keep cool air in during the summer months. Cutting down the cost of his energy bill and making the home more energy efficient. Air sealing was also completed in the attic to help further our weatherization goal for Mr. Dillon. As with most homes weatherized, a whole house make up air fan was installed to keep the air in the house from getting stale and will ultimately improve the indoor air quality.



Mr. Dillon recently contacted PRIDE detailing the difference he can tell in his home. His heating unit is working great, and not having to run as long trying to heat his home. He also explained how much more comfortable his home is, and how he was just overall pleased with the work completed by PRIDE's Weatherization Program.

### **Important Dates to Remember**

May 11	Family Fun Day—Chief Logan State Park 11am-2pm
May 11	Mother's Day Luncheon (Senior Center)
May 13	Mother's Day
May 16	Policy Council — 10:30 am
May 17	Sheila Gunoe, VISIONS Program (Senior Center)
May 24	Senior Karaoke Day
May 25	Menu Planning Meeting—9am-1pm
May 25	End of Year meeting for HS Staff
May 25	Memorial Day Candle Lighting (Senior Center)
May 26	Milton Flea Market (Field trip for senior participants)
May 28	Memorial Day (All PRIDE Locations Closed)
May 29	Senior of the Month Recognition
May 31	Last Day of School for Logan Center Classroom 1
June 4	Last Day for L2, L3, Lorado, Mill Creek and Logan Co. BOE
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**

**Monday, Wednesday, Friday—Healthy Steps @ 11:30 AM**  
**Monday—Karaoke**  
**Tuesday and Thursday—Bingo**  
**Tuesday and Thursday—Transportation Available**  
**Wednesday—Computer Assistance @ 1:00 PM**  
**Friday—Movie and Popcorn**

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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Valet & Associates

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### **Serafino Nolletti**

Mayor Town of Logan

### **Sharon Moorhead**

Head Start Policy Council

### **Jennifer Lucas**

Private 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
- Appalachian Regional Commission

## Services Offered:

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

- Amey Ball / Director

**BuildJobs Program:** 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!**  
**[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.