



the Shining Star



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Congressman Evan Jenkins Presents COAL Miners Act

There is no way of denying the fact that Logan County and all of southern WV is hurting economically. The significant loss of coal mining and mining related jobs is having a negative impact on our area and our community. Families are struggling to maintain their families while trying to remain in our local area. The introduction of one piece of legislation could help with that.

On July 27, 2016, Congressman Evan Jenkins hosted a press conference at PRIDE Community Services to introduce an important piece of legislation that will help those displaced by mining job losses that has hit our area. Congressman Jenkins presented the Creating Opportunities for America's Laid-off Miners or COAL Miners Act. The bill would extend unemployment benefits for out of work miners.

The bill, which Congressman Jenkins said has received bipartisan support would help to give those miners looking for a new job some financial leeway. "Currently, under the law, an unemployed individual has a maximum capability of receiving 26 weeks of unemployment benefits," explained the Congressman. "In these tough economic times, and candidly through no fault of their own, these miners have been put out of work." This bill would extend the unemployment benefits so an out of work miner could receive up to an additional 16 weeks.

States impacted by the downturn in coal can enter into agreements with the Secretary of Labor to extend unemployment benefits for 16 weeks. The states that are immediately eligible for the agreement are: West Virginia, Kentucky, Ohio, Alabama, Illinois Indiana, Pennsylvania, Tennessee, Virginia and Wyoming. These are all states which have traditionally relied on coal for a substantial portion of its economies and have experienced a significant reduction in coal mining related activity over the past five years. During the extension of unemployment benefits, miners must participate in employment or job retraining services in order to receive the financial benefit.

Thank you, Congressman Jenkins for being responsive to the needs of the people of southern WV. People are hurting financially and this bill could go a long way in helping Logan County and southern WV recover economically. Congressman Jenkins referred to the COAL Miners Act as not a cure-all for miners but a "bridge of opportunity".



Aging Program

Please Welcome...



Sabrina Ann Mitchell began working for PRIDE in June 2016 as an Administrative Assistant for the Senior Programs. Her parents are Timothy and Janice Bailey. She is married to Phillip Mitchell and they have two daughters, Jessica 22 and Lynnzie 14. Sabrina graduated from Man High School and says she loves working with the seniors at PRIDE. Sabrina explains that her proudest accomplishment is her children.

And...

Brandon Thomas Christian began working for PRIDE as a Meal Delivery Driver the end of June 2016. Brandon is engaged to Katie Kenney. He has 9 month old twin boys, Brock and Brody, and a 6 year old step son, Luv Ante Kenney. Brandon says he likes everything about helping the seniors in our community and his proudest accomplishment has been becoming a father.



**Please visit us at our Earl Jarvis Senior Enrichment Center
699 East Stratton Street, Logan, WV 25601
Activities & Lunch Served Daily**

Child and Adult Care Food Program

Try this **EASY PIZZA** recipe for a quick, healthy lunch.



INGREDIENTS

- 4 EACH ENGLISH MUFFINS, SPLIT IN HALF (13 GM OR 0.5 OZ)
- ½ CUP TOMATO SAUCE
- 1 TEASPOON OREGANO
- 4 OUNCES MOZZARELLA CHEESE

UTENSILS

- KNIVES
- MEASURING SPOONS
- BAKING SHEETS
- OVEN OR TOASTER OVEN

DIRECTIONS:

1. SPLIT ENGLISH MUFFINS IN HALF
2. SPREAD ½ TABLESPOON TOMATO SAUCE ON EACH HALF
3. SPRINKLE EACH HALF WITH A PINCH OF OREGANO
4. PLACE ON BAKING SHEET AND BAKE ABOUT 10 MINUTES AT 425 DEGREES
5. COOL COMPLETELY BEFORE SERVING TO CHILDREN
6. SERVE ONE-HALF MUFFIN PER CHILD

VARIATIONS

*TRY MUSHROOMS, GREEN PEPPERS, OR OTHER VEGETABLE TOPPINGS

SERVES 8

RECIPE = ½ GRAINS/BREAD, ½ OUNCE MEAT/MEAT ALTERNATES

Head Start Program

PRIDE Community Services, Inc. Head Start, in collaboration with the Logan County Board of Education, will move to a five-day Head Start/Pre-K model for the 2016-2017 school year. In the 2015-2016 school year, Head Start staff worked five days a week but only offered direct services to children four days a week. Head Start and Universal Pre-K staff utilized the fifth day for: home visits, lesson plans, child assessments, IEP meetings, SAT meetings, cleaning, adjusting time, food preparation, professional development, completing required paperwork, meeting with staff, etc. In a county that is high in poverty and has been severely impacted by the loss of jobs in the coal industry, PRIDE Community Services and the Logan County Board of Education recognizes that the families in Logan County need our support now more than ever. Providing an additional day of preschool to children in Logan County will not only ensure an extra day of meals for these children but it will also ensure, for an additional day each week, that children ages 3-5, who are enrolled in our programs, are in a safe, nurturing, developmentally appropriate environment.

In an effort to increase the number of days that children are served and simultaneously maintain a quality program, Head Start will secure additional funding from the BOE and utilize it to assist with the above mentioned activities that have previously been carried out on Friday. This funding will assist in hiring additional Head Start staff. While we recognize that adding an additional day of direct services will present a multitude of challenges, the benefits of that additional day far outweigh those challenges. It seems impossible to dispute that children, families, and the community in Logan County will directly reap the benefits of the five day Pre-K model that Head Start and Universal Pre-K will offer during the upcoming school year. We look forward to continuous growth in Head Start and Universal Pre-K.



Supportive Services for Veteran Families

Bradley Johnson, his wife, and their 2 kids recently moved back to WV and were staying in their vehicle or sleeping at a family member's home. They were in desperate need of assistance. Brad was without work, and was coming back home to hopefully find a job and be able to raise his family in Logan. Brad was referred to the SSVF Program by a friend.

Once an assessment was completed, the SSVF Program was able to get Brad and his family housed and assist with utility setup. Brad was looking for work and we were able to help him apply for a job at Kroger. The SSVF Program also facilitated his meeting with a representative from WorkForceWV to assist in his continuing job search.

Brad and his family seem to be doing good, and hopefully within the next few months, will be established and back on their feet. Brad said he didn't know what his family would have done had it not been for the SSVF Program and PRIDE Community Services.



Human Resources Department

Please welcome Sharon Lynn Evans as the new Human Resources Director. Sharon resides in Dingess, WV with her husband Dwayne Evans and daughter Emilee. Sharon is the daughter of the late Wheeler and Mary Smith Jr.

Sharon has an Associates Degree in Applied Science and in December will graduate with her Associates in Business Administration. Sharon states she plans to continue her education in January by enrolling at Marshall University.

Sharon says she is excited about working at PRIDE because she loves people and PRIDE is known for helping the community.



In-Home Services Program

The In-Home Care Services assist the elderly and disabled in achieving activities 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, Light House, and Fair. For more information on the programs you can contact one of the In-Home Service workers.

Bessie Stollings

Bessie Stollings who was a former CNA at the old Holden Hospital and Logan Regional Hospital became a member of PRIDE Community Services Aged and Disabled Waiver program in 2007. When she first came to PRIDE she had gotten sick and needed assistance with her activities of daily living. Her daughter Judy Hatfield contacted PRIDE to get assistance and shortly after Bessie began services. As time went on Bessie's condition began to deteriorate to the point she was needing more assistance and now receives dual services with Waiver and Personal Care.



Bessie with Personal Care Provider, Beth Wolfe

Bessie's husband said he doesn't know how he could make it without the services. He says that PRIDE does a tremendous and excep-

tionally wonderful job. He is very pleased with Bessie's personal care provider and PRIDE seems to be on top of everything. Without her services he would have probably had to put her in a nursing home due to his own medical issues.

Bessie is currently the longest living member of PRIDE Community Services Waiver program. Bessie likes to talk about her past work experience, four kids, and living at Riffe Branch in Mingo County. Bessie says she likes the services that she has received from PRIDE for the past nine years and she likes her homemaker Beth Wolfe.

Nutrition Programs



United States Department of Agriculture

10 tips Nutrition Education Series

build healthy mealtime habits

10 tips for preschoolers



Preschoolers love to copy what their parents do. They mimic your table manners, your willingness to try new foods, and your preferences. Take a break from the TV or phone and build healthy mealtime habits together.

1 plan meals and snacks

Make time for three meals and one or two snacks every day. Offer choices from each food group—fruits, vegetables, whole grains, low-fat dairy, and protein foods—throughout the day so your preschooler gets the nutrition he or she needs.

2 make meals enjoyable

Eat meals with your children whenever possible. Let them help you prepare the meal. Make conversation about something that made them laugh. Keep mealtime upbeat and stress free.



3 try to get two food groups in a snack

Pair sliced tomato with low-fat cheese or add nut butter to a 100% whole-wheat mini bagel.

4 keep things positive

Talk about the color, feel, or flavor of foods so they sound appealing to your preschooler. Discourage others from making negative comments about foods during meals.



5 develop taste buds

When preschoolers develop a taste for many foods, it's easier to plan meals. Keep in mind that it may take a dozen tries for a child to accept a new food.

6 visit the market

Shopping can teach your preschooler about food and healthy eating—talk about where foods come from and how they grow.

7 let children practice serving themselves

Include smaller cuts of fish or meat and offer small serving utensils so they get just enough during meals. Encourage them to ask for more if they are still hungry.

8 beverages are important, too

Water helps to quench your preschooler's thirst, and milk provides nutrients for growth. Offer water or fat-free or low-fat milk as beverage choices instead of sugary drinks.



9 help them know when they are full

Encourage your child to stop eating when he or she is full rather than when the plate is clean. When your child is not interested in the meal, excuse him or her from the table.

10 reward with attention, not treats

Rewarding children with sweet desserts or snacks may encourage them to think that treats are better than other foods. Comfort and reward with care and praise, not food.

Emergency Services

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- » Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home. Install alarms in the basement.
- » Large homes may need extra smoke alarms.
- » It is best to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- » Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- » There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- » A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- » People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- » Replace all smoke alarms when they are 10 years old.



FACTS

- ! A closed door may slow the spread of smoke, heat, and fire.
- ! Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ! Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or the alarms are not working.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education ©NFPA 2016

Weatherization

MOISTURE IN YOUR HOME

Moisture is in every home. It comes from many of different sources. Lets go over a few with some ideas how to reduce the amount in your home.

Cooking

This is a significant source of moisture in the home. Uncovered pots release a great amount of moisture into the air. Covering pots will greatly reduce this.



Poor air sealing

Cracks around doors and windows will allow hot humid air to seep into your home. Weather-stripping around doors and caulking around windows is an easy method to control this.



Proper ventilation

Bathroom ventilation, Kitchen vent fans, attic vents and whole house ventilation can help control moisture throughout the house. Bathroom vent fans pull the humid air out when the shower is in use. Kitchen fans remove the hot steamy air from boiling pots. It is always a good idea to run these fans when these rooms are being used. Lets not forget the clothes dryer as well. A properly installed dryer vent removes the moist air from the home as well. Make sure all filters are clean!!



Controlling moisture in your home is very important. Follow some of these steps to reduce it. And extend the life of your home!

Important Dates to Remember

August 24 & 25	Universal Pre-K/Head Start Children Return
August 26	Head Start Professional Development (No Students)
August 29	PRIDE Board of Director's Meeting-Noon
September 5	Labor Day (All PRIDE Locations Closed)
September 21	United Way of Central WV Day of Caring
September 21-23	WV Housing Conference, Embassy Suites, Charleston WV
September 26	PRIDE Board of Director's Meeting-Noon
September 30	Head Start Professional Development (No Students)
September 30	PRIDE Employee Advisory Committee Meeting-Noon
October 10	Columbus Day (PRIDE Main Office Closed)
October 14	Head Start Professional Development (No Students)
October 18	Faculty Senate-Early Release Day
October 31	PRIDE Board of Director's Meeting-Noon
November 8	Election Day (All PRIDE Locations Closed)
November 11	Veteran's Day (All PRIDE Locations Closed)
November 18	Head Start Professional Development (No Students)
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
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)

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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Valet & Associates

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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.

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.

PRIDE Community Services
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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.