



the Shining Star



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Important Dates

Miss Olson first applied for Weatherization in 2023. At the time of her application, she had visible gaps in her wall and weak flooring in the hallway and back bedroom of the home. After the initial inspection was completed, it was determined that Weatherization services on her home would be delayed until home repair funding was available. Then our team would be able to repair the issues and weatherize her home also.

Once home repair funding was available, a new inspection was completed on her home to see what repairs were needed. Unfortunately, due to the previously stated issues, while waiting for repairs a severe storm came through and done considerable damage to her roof and it would need repairs also.

Upon completion of the repairs, a full Energy Audit was able to take place. It was noted that underneath the home, the bottom board that holds the insulation, was in terrible condition with little to no insulation remaining in most of the home. Along with several health and safety measures that were needed.

The crew began by repairing the damaged bottom board, filling the cavities with insulation, and laying vapor barrier down to protect the blown insulation. A lot of air sealing was needed also, especially in the trunkline—where your heating/cooling system moves air through. The Weatherization crew was able to drop the initial blower door from 5567 to 2897, which is a tremendous reduction in air loss. Some health and safety measures included placing Smoke/CO detectors on both ends of the home and adding a DWH drain-out that would safely drain the water heater to the outside if it became too hot or under extreme pressure.

Overall, Miss Olson was pleased with the work that took place and noticed a dramatic difference in the consistent temperature of her home after completion of Weatherization. This job would not have been able to take place without home repair (WRF) funding. Miss Olson and the Weatherization crew are thankful to have it. With that being said, we look forward to helping more people with the funding provided.



Child and Adult Care Food Program

Waffle Fruit Pizza



Breakfast/Snack Crediting for Ages 3-5

Total Time: 10 minutes

Serving Size: 1/2 waffle and 1/2 cup fruit

Servings: 10

Ingredients

- 5 WGR waffles (1 oz eq. each)
- 2/3 cup low-fat cream cheese, softened
- 1 tsp vanilla extract
- 5 cups your choice of fruits (kiwi, strawberries, blueberries, raspberries, banana, pineapple, etc.)
- 2 tbsp maple syrup (optional)

Directions

1. In a bowl, whisk together the cream cheese, syrup and vanilla.
2. Spread two tablespoons evenly on top of each waffle.
3. Cut each waffle into 4 equal pieces that look like pizza slices.
4. Serve 2 waffle slices and 1/2 cup of mixed fruit on a plate. Have children add their own fruit topping to their fruit pizza!

Components

Fruit, Grains

One serving provides 1/2 oz eq. grains and 1/2 cup fruit

*If interested in our Child and Adult Care Food Program,
please contact Brandi Browning at 304-752-6868 or
brandi.browning@loganpride.com.*

Human Resources

During the first quarter of 2024, we welcomed eleven new staff members to our PRIDE family. Joining our Head Start program as Assistant Teachers are Keona Acord and India Davis. Sierra Elliott and Telina Frye joined our Head Start program as Teachers. Joining our In-Home Services program as Case Manager is Austin Tyler Yates and as Direct Care Workers, Wanda King, Miranda Michaloff, Bessie Osborne, Kaytlyn Powell, Anita Thomas, and Anna Varney. We look forward to working with our new staff for many years and wish them the best of luck.

WE'RE
HIRING

ADW CASE MANAGER

DIRECT CARE WORKERS

HEAD START BUS DRIVERS

HEAD START SUBSTITUTE TEACHER ASST.

IN-HOME SERVICES ADMIN. ASSISTANT

SENIOR SERVICES COORDINATOR

Visit www.loganpride.com to apply



NOW ENROLLING 2024-25

HEAD START REGISTRATION

OPEN FOR ENROLLMENT NOW!

What do I need?

- Certified Live Birth Certificate
- Current Immunization Record
- Social Security Card
- Proof of Residency
- Income Verification
- Current Physical/Dental Exam
- Proof of Insurance
- Court-Ordered Custody Papers

Children are eligible on their 3rd birthday for Head Start



**How do I register my child?
To begin the enrollment process:**

Scan the QR Code ~OR~
Visit <https://loganpride.com/>

Call the office to make an appointment

Tara Rogers
Family Services Manager
304-752-6868 ext. 351



Head Start

Head Start KUDOS ! !

Congratulations to Angie Reagan, Education Manager and Keisha Dotson, Assistant Education Manager for achieving their CLASS certification. Both of these ladies have been on the receiving end of a CLASS review and are now certified to conduct the review for others.

What is CLASS?

The Classroom Assessment Scoring System (CLASS®) is an observation instrument that assesses the quality of teacher-child interactions in center-based preschool classrooms.

CLASS® includes three domains or categories of teacher-child interactions that support children's learning and development: Emotional Support, Classroom Organization, and Instructional Support. Within each domain are dimensions that capture more specific details about teachers' interactions with children.



To become CLASS reliable both Angie and Keisha had to be trained through Teachstone. They were required to participate in training which included videos and testing. This training was intense and took up the better part of a week. At the end of training, they had to pass a reliability test. We are proud to say they both passed with flying colors. This demonstrates that they are able to observe teacher-child interactions through a CLASS lens. They will be required to recertify on an annual basis.

We are incredibly proud of both of them, as CLASS reliability is not easy to accomplish and many programs must contract out to have their CLASS assessments completed.

Congratulations Angie and Keisha!

Even More Kudos!

Congratulations to Brianna Stollings, Health and Safety Manager, for earning her ServSafe Certification. The ServSafe Food Handler program is comprehensive and provides training on the following Intended Learning Outcomes: Basic Food Safety, Personal Hygiene, Cross-Contamination and Allergens, Time & Temperature, and Cleaning and Sanitation. Brianna completed all of her training modules and then passed the comprehensive exam to earn her certification. ServSafe Certification is a mandate for West Virginia and expires every five years. It is a very intensive training and test. Thank You Brianna for working so hard to obtain this certification!



Supportive Services for Veteran Families

24/7, confidential crisis support
for **Veterans and their loved ones**



If you're a Veteran in crisis or concerned about one, reach caring, trained responders 24 hours a day, 7 days a week.

When you call the Veterans Crisis Line, here is what you can expect:

- A qualified responder will answer your call, ready to listen and help.
- The responder will ask a few questions, such as whether you or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential, and you decide how much information to share.
- Support doesn't end with your conversation. Our responders can connect you with the resources you need.

You don't have to be enrolled in VA benefits or health care to connect.

You're not alone—
the **Veterans Crisis Line** is here for you.



Dial 988 then Press 1



Chat online at
VeteransCrisisLine.net/Chat



Text 838255



U.S. Department
of Veterans Affairs

Scan the QR code to download
Veterans Crisis Line resources.



07/2022

Emergency Repair and Replace Program

On April 18, 2024, the ERRP crew at PRIDE Community Services, Inc. began the installation of Mrs. Williamson's new heating and cooling system. The ERRP crew installed a 3 ton split heat pump system with an air handler to provide heat and air to the home.



The crew also installed a new thermostat and smoke detectors where necessary. Mrs. Williamson stated that the crew was nice and made sure they cleaned up everything. She was very happy to have a working heating system in her home for the sake of keeping her family comfortable.



For more information regarding our Emergency Repair and Replacement Program contact

Will Rogers 304-752-6868 or Will.Rogers@loganpride.com

Senior Services

Donna Smith began her career at PRIDE Community Services in October 2016. She was a cook for both Head Start and Senior Services. She would float between those programs before being placed solely as a Senior Services cook. Prior to beginning work for PRIDE, Donna retired as a Postmaster and owned her own deli while working as a Postmaster. She stated she did not enjoy the retirement life, so she went back to work and landed a cook position at PRIDE. She has worked since she was 16 years old and enjoys working. In her free time, she enjoys sewing, reading, puzzle books, and spending time with her children and grandchildren. When asked why she likes working at PRIDE she replied that she likes to cook, socialize, and to do things for the seniors. She says that PRIDE is a good place to work.

Donna said, "PRIDE does different things for people and the community really doesn't understand what PRIDE really does. Others need to know about PRIDE and the senior services. People need to know what it's about. PRIDE has many beneficial programs that are not only for seniors but others as well."



In-Home Services



Tyler Yates began working at PRIDE in March 2024 as an Aged and Disabled Waiver Case Manager. Tyler is a graduate of Columbia University. His passion is helping others whenever possible and giving back to the community. His interests include music, movies, and spending time with his family.

Emergency Services

HOW TO STAY COOL IN SUMMER HEAT

1. Be sun smart

It's best to avoid going out during the hottest hours of the day, but sometimes that can't be avoided. When out in direct sunlight remember:

- Wear (and regularly reapply) sunscreen.
- Cover your head with a hat.
- Take regular breaks indoors or in a shady area to avoid getting heat exhaustion or heatstroke.
- Wearing light-colored, loose-fitting clothing will also help you to stay cool.

2. Wetter is better

There are various methods for how to cool your skin down in baking hot weather:

- Drenching a t-shirt and keeping it wet can be very effective.
- Buy cooling spray.
- Having a cool shower - not freezing as you should cool down slowly.

*If need be, you can **quickly cool yourself down** by putting your hands and feet in cold water.*

Wrists and ankles have lots of pulse points where blood vessels are close to the skin, so you will cool down more quickly.

3. Drink plenty of water

In hot weather, it's important to avoid caffeine and make sure you're drinking lots of water. If possible, drink isotonic sports drinks to replenish the lost salts, sugars, and fluids.

Both cool and hot drinks will work to keep your core temperature at the same temperature. Consuming hot drinks will not cool you down more effectively than cold drinks. In the heat, you should avoid drinks containing caffeine, including tea and coffee, it's typically best to stick to water. As you sweat throughout the day, the liquids you are losing need to be replaced to avoid dehydration.

4. Eat light meals to feel cooler

When it's hot, you are far better off sticking to light, well-balanced, regular meals. Food with a high water content like strawberries, cucumber, celery, and lettuce, will also help to keep you hydrated and cool in summer weather. You can also try foods with high fluid content like soups and stews that contribute towards hydration levels.

*For information regarding our Emergency Services Program, contact
Kayla Battle 304-752-6868 or kayla.battle@loganpride.com*

Summer Recipe

GRILLED FISH TACOS WITH PEACH SALSA



Ingredients

For the salsa:

- 1 can 15.25 ounces peach halves (drained, rinsed, and chopped, about 1 cup)
- 1/2 red bell pepper (finely chopped, about 1/2 cup)
- 1/4 red onion (finely chopped, about 1/4 cup)
- 1 whole jalapeno pepper (rinsed, seeded, and finely chopped)
- 1 tablespoon fresh cilantro (finely chopped)
- 2 teaspoons lemon juice

For the fish:

- 4 tilapia fillets (about 1 lb.)
- 1 tablespoon chili powder
- 1/4 teaspoon low-sodium adobo seasoning
- 1 package low-sodium Sazon seasoning
- 8 6" flour tortillas (warmed)

**makes 4 servings*

Directions

For the Salsa:

1. In a medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro, and lemon juice
2. Cover and refrigerate until ready to use.

For the Fish:

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
2. In a small bowl, stir together chili powder, low-sodium adobo and Sazon packet.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes easily with a fork (145 °F), about 8 minutes.
6. Thinly slice fish.
7. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

Source: *The Best of La Cocina GOYA: Healthy, Tasty, Affordable Latin Cooking/ Lo Mejor de la Cocina GOYA: Cocina Latina Saludable, Rica y Económica*

Important Dates to Remember

July 30	Board of Director's Meeting—Noon
August 5	Head Start Staff Return
August 27	Head Start/Universal Pre-K Students Return
August 27	Board of Director's Meeting—Noon
September 2	Labor Day—PRIDE Closed
September 24	Board of Director's Meeting—Noon
September 27	No Head Start/Universal Pre-K Classes

ARE YOU A LOW INCOME VETERAN FACING HOMELESSNESS?

Contact Eddie Thompson

Call Us at (304)752-6868 or (304)784-0677

A VERY SPECIAL
“THANK YOU”
TO OUR
DEDICATED
EMPLOYEES!



Empowering Lives. Strengthening Communities.



Did you know...

Amazon donates to PRIDE Community Services Inc. when you shop @AmazonSmile.
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#YouShopAmazonGives

Choose PRIDE Community Services (#NY927) for your Kroger Community Rewards

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Senior Advisory Representative

Lisa Sigmon

Low-Income Sector Representative

Crystal Rogers

Senior Advisory Representative

Dana Wright

Private Sector Representative

Vacant

Private Sector Representative

Tonya Williamson

Woodforest Bank

Funding Sources

- Administration for Children & Families (ACF), Dept. of Health & Human Services (DHHS)
- Dept. of Energy (DOE)
- Dept. of Health and Human Resources (DHHR)
- United States Dept. of Agriculture (USDA)
- United States Dept. of Veteran Affairs (VA)
- WV Bureau of Medical Services
- WV Bureau of Senior Services (BOSS)
- WV Community Action Partnership
- WV Department of Education
- WV Dept. of Health & Human Resources (WVDHHR)
- WV Development Office—Community Advancement & Development (WVCAD)
- West Virginia Metro Area Agency on Aging (Metro AAA)

Services Offered:

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.

- Kathy Stidham / Director

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

- Brandi Browning / Director

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 / 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.

- Brandi Browning / Director

Head Start: Provides comprehensive and quality services to all Head Start children and families in order to facilitate their development to the fullest potential.

- Chanda Elkins / 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: Emergency Repair and Replacement Program (ERRP) and Weatherization Program.

- Stephen Gilman / Director

In-Home Services Program: In-home care services are available by certified homemakers and certified nursing assistants.

- Kathy Stidham / Director

Senior Services: Offers services to persons with disabilities and the aging population of Logan County.

- Kathy Stidham / 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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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.