



the Shining Star



PRIDE Celebrates 60 Years

In 1957, Council of P.R.I.D.E. in Logan County, was formed. The initial work of the organization was geared toward providing clothing and school supplies for children of out of work coal miners. In 1964, the Council of P.R.I.D.E. was reorganized as a nonprofit corporation and its new name would become P.R.I.D.E. in Logan County, Inc. The organization then took on addressing the goals of the 1964 Economic Opportunity Act, which included providing communications and coordination of processes for all community resources. P.R.I.D.E. in Logan County operated under this name until 2010, when the decision was made by the Board of Directors to change its name to PRIDE Community Services, Inc. – which would better reflect its provision of services and be less geographically confining. Today, PRIDE Community Services, Inc. is a comprehensive community action agency whose mission is to help individuals and families toward self-sufficiency.

PRIDE is directed by a volunteer Board of Directors made up of 15 individuals. The tripartite Board structure ensures that there is a representative cross-section of the community working together with our 100+ employees, to help PRIDE achieve its mission and vision and improve the lives of the people we serve. In 2023, PRIDE served **790** families, encompassing **1,447** individuals. Further breaking down the services provided to our community, the Child and Adult Care Food Program providers served **29,860** meals, our Emergency Services program provided assistance to **439** individuals, the Emergency Repair and Replacement Program serviced **221** homes, our Head Start program provided comprehensive services to **227** children and their families, the In-Home Services program allowed **274** clients to remain in their home and get the care they need, our Senior Services fed **1,333** senior participants through home delivered and congregate meals served, the Supportive Services for Veteran Families program provided **23** Veterans with needed assistance and our Weatherization program weatherized **44** homes allowing families to lower their energy costs and put more money in their pockets.



Contents:

Page 1
Cover Story

Page 2
CACFP

Page 3
Human Resources
/Emergency
Services

Page 4
Head Start

Page 5
Senior Services

Page 6
ERRP/SSVF

Page 7
Senior Services
cont.

Page 8
Emergency
Services

Page 9
Weatherization

Page 10
Important Dates

Child and Adult Care Food Program

Blueberry Parfait Pops



Servings: 10 Prep Time: 40 minutes Cook Time: 5 minutes

INGREDIENTS

- 3/4 cup fresh or frozen blueberries, rinsed, divided
- 1 tablespoon water
- 1 3/4 cups + 2 tablespoons plain Greek yogurt
- 1/4 cup honey
- 1 cup granola, divided
- 1/3 cup frozen mango chunks, finely diced

INSTRUCTIONS

1. In small saucepan set over medium-low heat, add 2 tablespoons blueberries and 1 tablespoon water. Cook, stirring occasionally, for 3 to 5 minutes or until softened and a chunky syrup forms. Using a fork, mash blueberries; set aside.
2. In a medium bowl, stir together yogurt and honey. Reserve 2 tablespoons of yogurt-honey mixture and set aside.
3. Spoon blueberry syrup in dollops over yogurt-honey mixture in medium bowl. Using a butter knife, swirl together.
4. In another medium bowl, stir together 3/4 cup granola and reserved yogurt-honey mixture.
5. Spoon 1 tablespoon granola mixture into bottom of each ice pop mold. Pack down with a small spoon. Layer 1 tablespoon remaining blueberries on top of granola, followed by 1/2 tablespoon mango and 3 tablespoons blueberry yogurt swirl. Top evenly with remaining granola.
6. Insert ice pop sticks and freeze for 4 to 6 hours or until firm and set.

*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 months of April, May, and June, our agency welcomed five new employees. All five work in the In-Home program. We are very excited to welcome Ginger Baldwin, Ayla Engebretson, Audrey Nelson, and Rebecca Whitt as Direct Care Workers and Rebecca Williamson as ADW Case Manager. We are pleased to welcome them to our PRIDE family, and we wish them many years of good luck with their new employment. We look forward to working with them.

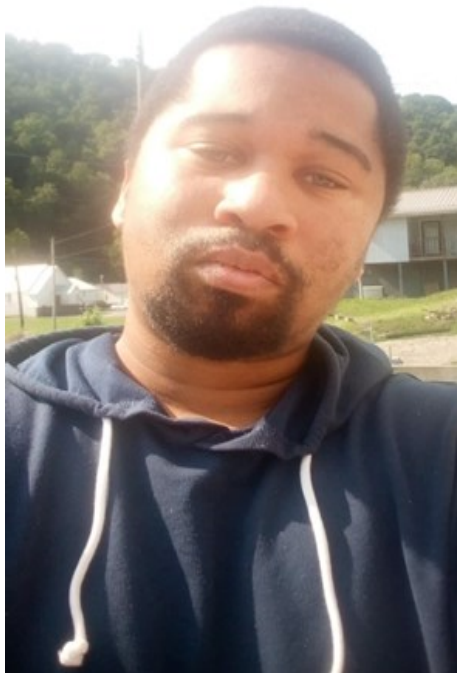
WE'RE
HIRING

DIRECT CARE WORKERS

HEAD START BUS DRIVER

visit www.loganpride.com to apply

Emergency Services Success Story



In June Sylvester Bates, a resident and native of Logan County, visited PRIDE Community Services for assistance with locating housing resources. Mr. Bates had become homeless after a previous apartment fire claimed his home of several years. Mr. Bates' goal was to locate housing in the community that he loves. PRIDE's CSBG staff were quick to assist Mr. Bates with completing apartment applications. We were pleased to hear that Mr. Bates was approved for housing locally in an area where he felt comfortable and safe. By successfully obtaining housing, Mr. Bates will be able to remain in his hometown and maintain a self-sufficient lifestyle.

PRIDE Community Services' mission is to make a positive impact on the lives of those in need by bringing together educational, financial and human resources that support self-sufficiency. Mr. Bates shared that he felt his goal and the mission of PRIDE were met. Mr. Bates is very excited to move into his new home. He stated, "I am very blessed, God is good."

We at PRIDE would like to thank Sylvester for allowing our PRIDE Community Services staff to assist him in meeting this goal and allowing us to share his story.

Head Start

Head Start teachers, teacher assistants, family advocates, cooks and drivers all returned to work in August. The first week back is always a busy week. Staff received the mandated annual training such as Policy and Procedures review, Active Supervision, Incident Reporting, OSHA, HIPPA, FERPA, Standards of Conduct and many more. This year we put more of an emphasis on staff wellness and stress management. Each staff member received a “welcome back” bag which contained self-care items such as a stress ball, positive affirmation pens, textured stickers for anxiety, and skincare face mask or hand mask. They also participated in self-care activities which included being provided “Doodle” bags which they could doodle on during training. They also participated in stress management strategies and had fun with “Adult Recess,” playing “Jeopardy” using training answers and a “quiet” Challenge.

We love seeing all of their beautiful, smiling faces back.



Yes, Cindy Hawkins, Head Start is Number 1.



Teaching Staff, Jennifer Bostic, Amber Rogers, Kristen Workman and Heather Meeks proudly showing off their “doodle” bags they have worked on during pre-service.



Jeopardy Team 1



Jeopardy Team 2

Senior Services

PRIDE's congregate nutrition services have three congregate centers that serve seniors. Congregate nutrition services aim to reduce hunger and food insecurity, to encourage socialization and to promote the health and well-being of senior citizens. This summer the congregate centers of Earl Jarvis, Tracy Vickers, and Chapmanville Towers came together for some fun. They enjoyed a full day of adventures at Heritage Farm Museum & Village. They attended a Charleston Dirty Bird baseball game where PRIDE was the organization of the day. The center participants also love their time at the local bowling alley where they get to socialize with each other and enjoy a friendly game of bowling. All three centers also joined for a picnic at the Tracy Vickers Center and was entertained by the Lincoln County Cloggers and local vocalist and songwriter, Brayden Williamson.



Emergency Repair and Replace Program

On June 28, 2024, the ERRP crew at PRIDE Community Services, Inc. began the installation of Mr. McCloud's new heating and cooling system. The ERRP crew installed a 3 ton packaged heat pump system in order to provide much needed heat and air to the home.



The crew also installed a new thermostat and smoke detectors where necessary. Mr. McCloud stated that the crew was very nice and made sure they cleaned up everything very well. He was very happy to have a working heating system in his home due to the hot and humid weather we have been experiencing. After the installation of the heating and cooling

system, Mr. McCloud received Weatherization services to ensure the system would run to its optimal design and lower the clients heating and cooling bill by air sealing and insulating the home.

Supportive Services for Veteran Families



Mr. Phillip Hudnall was staying at a friend's home when SSVF Coordinator, Eddie Thompson first met with him. That friend was his sponsor after he had come out of Lotus Recovery Center, healing from an addiction to alcohol. Mr. Hudnall was about to become homeless. Someone had shared an SSVF flyer with him, so he called the office and explained his situation. Eddie met with Mr. Hudnall and completed the intake. Temporarily, the SSVF program secured a hotel room for him at the Candlewood Suites hotel, until a more permanent solution could be found.

A local landlord, that often works with our clients, had an affordable one-bedroom apartment coming available. Mr. Hudnall loved the apartment. The SSVF program helped secure the apartment for him and after the required inspections, he was able to move in.

While Mr. Hudnall was staying at the Candlewood Suites hotel, he applied for an open maintenance position at the hotel and landed the job. Mr. Hudnall was not permitted to work at the hotel while he was staying there, but as soon as his apartment was ready, his job was waiting for him. The SSVF program was also able to help him restore the CDL certification on his driver's license and helped him get to several necessary doctor's appointments. Phillip currently walks to work, but is in the process of trying to purchase a vehicle.

Mr. Hudnall said he does not know what he would have done without the SSVF program. He is now stably housed, has a job, and is working towards making a better life for himself. We wish you great success, Mr. Hudnall!

Senior Services cont.



Emergency Services

EMERGENCY SERVICES/FAMILY STABILIZATION 10 BUDGETING TIPS TO REDUCE FOOD COSTS

- 1. Eat Before You Grocery Shop** - We can all agree, shopping while hungry often turns into a higher grocery bill. A tip for the wise is to eat before entering the store to stick more closely to your list as well as choose healthier options.
- 2. Create a Shopping List** - If you fill your cart with everything that catches your eye, be prepared to spend a lot more than you planned. By creating a list in advance, you have the opportunity to plan out your meals and ingredient list to cohesively put together a plan for the week.
- 3. Opt For Fresh Items Over Prepared** - In a fast-paced society, it is easy to opt for prepared items when shopping at the grocery store. However, these pre-ready meals are at a premium price tag compared to simply buying the fresh ingredients to make yourself.
- 4. Bulk May Not Be Best** - Buying in bulk can save you time and money. It is important to pay attention to prices of family-sized options – if the price per unit is lower it is well worth your money to buy more if you have a place to store it and will use it before it expires.
- 5. Cancel Your Membership** - If you find you are not utilizing a membership at a big-box retailer as often as you had thought, consider canceling. Changes are you don't need nearly as much on hand and are paying for bulk along with the membership price.
- 6. Only Buy When You Need and Will Use** - Nearly 40% of all food in America is wasted. A great way to prevent food waste is by planning your meals. Also, eat your leftovers! There are so many more ways to help reduce waste. Read more helpful tips from the EPA website.
- 7. If Prices Are High, Look Low** - They strategically set up grocery stores to tempt you to spend money. The highest-priced items are placed where it is easy for you to look, such as the middle of the shelf at eye level. If you look down, chances are you'll find generic and cheaper alternatives.
- 8. Substitute the Expensive Items** - If you notice an item you use frequently has a price that is consistently climbing, look into finding a lower-priced alternative.
- 9. Maintain a Well-Stocked Kitchen** - Shopping only when you need to is key to not overspending. If you shop when the best deals are available, you can stock up and pay less. Food is one of those purchases we simply cannot avoid. Be a careful and well-prepared shopper to minimize the amount you spend at the grocery store.
- 10. Be Smart When Dining Out** - Not only have the prices in the grocery store gone up, but the prices at restaurants have too. If you plan on dining out, plan ahead. Most restaurants have their menu online, along with prices. Planning ahead will help when budgeting for the week.

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

Weatherization

Mr. McCloud applied for Weatherization in June 2024. After processing the application, he was placed on a waiting list until he was eligible for an Energy Audit to be performed on his home. During an Energy Audit information is collected on what measures are needed to make the home more energy efficient and safer for the clients. During the initial audit, a machine called a blower door is used to see how much energy is being lost to the outside through holes that may not be visible but are easily discovered with the blower door. It was determined the initial blower door for Mr. McCloud was 4532 Pa, which is a very large number and can raise an energy bill significantly. Also discovered during the Energy Audit, Mr. McCloud had almost no insulation intact underneath his home. This can cause air being supplied through the heating or cooling unit to be lost. After the data collection from the Energy Audit was completed, the audit was then run in our modeling software called NEAT/MHEA. This produces our work plan which called for several energy saving measures, including repairing the bottom board and blowing insulation to capacity underneath the home. Overall, the crew blew 18 bags of insulation after the bottom board repair. A vapor barrier was also installed that will protect all the measures taken underneath it for many years to come. Several health and safety measures were also completed including the installation of smoke alarms in each bedroom.

After Weatherization was completed the final blower door number was 2071, which is a phenomenal drop. This will help keep Mr. McCloud's heating and cooling unit from working in overdrive and should make a big difference on how much energy his home is expending. With the upcoming winter months, Mr. McCloud can rest easy that his home will be warmer, safer, and more energy efficient. Mr. McCloud is incredibly happy with the work completed by our Weatherization team. Overall, the sense of achievement in making homes safer and energy efficient makes our team at PRIDE proud to be here every day. As always we will take PRIDE in everything we do with the funding provided and look forward to serving our communities.



Important Dates to Remember

September 24	Board of Director's Meeting—Noon
September 27	No Head Start/Universal Pre-K Classes
October 14	Columbus Day—PRIDE Closed
October 18	No Head Start/Universal Pre-K Classes
October 25	No Head Start/Universal Pre-K Classes
November 4	No Head Start/Universal Pre-K Classes
November 5	Election Day—PRIDE Closed
November 11	Veterans Day—PRIDE Closed
November 28 & 29	Thanksgiving Holiday—PRIDE Closed

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!


PRIDE
COMMUNITY SERVICES

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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Valet & Associates

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Head Start Policy Council

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Low-Income Sector Representative

Crystal Rogers

Senior Advisory Representative

Elizabeth Tackett

Private Sector Representative

Dwight Williamson

Logan County Magistrate

Christopher Workman

Family Court

Tonya Williamson

Woodforest Bank

Dana Wright

Private Sector Representative

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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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.