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# Starce **Empowering Lives. Strengthening Communities.**

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On November 14th, PRIDE hosted a 60th Anniversary Celebration at our main office. The event was attended by nearly 100 employees and community members. It was great to hear all of the stories of how PRIDE has helped change people's lives during our 60 years as an agency.

Our journey is nothing without our dedicated employees, community, and clients. Thank you for being an integral part of our story. We are excited about our future and honored to continue serving Logan and the surrounding communities!



# **Child and Adult Care Food Program**

#### **Rudy's Hand Pies**

#### Lunch/Supper Crediting for Ages 3-5

Total Time: 25 minutes Serving Size: 1 hand pie Servings: 8

#### Ingredients:

- 1 (16 oz, 8 count) container biscuit dough
- 4 tsp honey mustard
- $\frac{1}{2}$  lb. sliced ham or turkey \*
- 8 (0.75 oz eq. each) slices cheese \*
- 2 tbsp vegetable oil

\*As a best practice, choose ingredients that are whole grain, low-fat or low in sodium when possible.

#### Directions:

- Preheat oven to 350°F.
- Separate the biscuits from the container. Roll each one out to make 8 discs.
- Spread ½ tsp of honey mustard onto each disc and then add 1 oz ham, 1 slice of cheese to one half of each disc.
- Fold each disc in half. Using a fork or your fingers, seal the dough by pinching or crimping with the fork. Place on a lined baking sheet and brush the top of each with oil.

• Bake for 15 minutes or until the hand pies are golden brown. Serve warm. One hand pie provides 2 oz eq. grains and  $1 \frac{1}{2}$  oz eq. meat/meat alternate



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 July, August, and September, our agency welcomed thirteen new staff members. Joining our Head Start program was Geneva Argueta, Alexis Fillinger, Courtney McKinney, Lassie Muncey, and Haley Vance. Our In-Home program welcomed Rebecca Blankenship, Elnora Dingess, Lisa Miller, Patricia Peoples, Debra Ward, Joleene Western, and Jessica Staley. Our Senior Services program welcomed Stefanie Dingess. We are very pleased to welcome them to our PRIDE family and look forward to working with them.



DIRECT CARE WORKERS HEAD START BUS DRIVER HEAD START FAMILY ADVOCATE IN-HOME SERVICES CASE MANAGER

visit www.loganpride.com to apply

# **Emergency Services**

#### Tips for safely using a space heater in your home:

- 1. Know how to use your space heaters. Educate yourself and others in your home how the heater works.
- 2. Always supervise your space heaters, do not leave them on for long periods of time in rooms unsupervised.
- 3. Give your space heater space and stability. Avoid placing space heaters in areas of the room where they can be easily tuned over. Give at least 3 to 5 feet between your space heater and other objects. Do not cover your space heaters.
- 4. Keep hot-to-the-touch heaters away from people and pets.
- 5. Make sure there's an automatic shut-off function and that it works. Most new space heaters have this option. It is a great way to ensure that if a pet or child knocks over the heater it will shut off for their safety and the safety of your home.
- 6. Avoid plugging your space heater into a power strip or extension cord. It is safer for you and your home if the space heater is plugged into a direct power source.
- 7. Test your smoke detectors regularly. Space heaters heighten the risk of a potential fire. It is ideal to test detectors often, replace any outdated smoke detectors, and replace old batteries.

#### For information regarding our Emergency Services Program,

contact Kayla Battle 304-752-6868 or kayla.battle@loganpride.com

### **Head Start**



Congratulations to Jaddie Montgomery for passing her ServSafe Certification! Jaddie began her journey with Head Start in December of 2014 working at the Logan Head Start Center. Throughout the years she has also acted as the cook at the Mill Creek Center and Lorado Center. In her free time Jaddie enjoys sewing and spending time with her family. When asked what she likes best about being a cook for Head Start, Jaddie stated that "I enjoy working with the kids, and cooking". She also said that "PRIDE is a great place to work". Thank you Jaddie for all that you do and congratulations again on passing your 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. Jaddie completed all of her training modules and then passed the comprehensive exam to earn her certification.

# Cover Story cont.



# **Senior Services**

As part of our Halloween festivities, PRIDE's Senior Services Program hosted a Ghost Writer Contest. Seniors who wanted to participate were provided with a writing prompt and had to finish the rest of the story. There were some great submissions and the competition was tough. To ensure impartiality, the story submissions were judged by outside volunteers, including a History teacher, a Vice Principal, and two High School students.

PRIDE would like to thank all of our seniors who participated and congratulate our winners!



# **CONGRATS!**

Grand Champion—Gary Roeher (pictured left—story below) 1st Place—Fred Rushden Honorable Mention—Judy (Vickers) Vance Most Entertaining—Raymond Conley Funniest—Barbara Pritchard

Prompt: It was a dark night. My friends and I were out trick or treating when we knocked on this creepy door. The door slowly creaked open and—the rest of the story...

There was a table in the middle of the room with a person sitting as if they were waiting on someone. Something about it really creeped me out. My heart started beating fast, and it felt like it was going to explode in my chest. My hands got sweaty and my mouth was dry. I told myself to get it together and that how bad could this be? I mean it doesn't look like a threating place. I just couldn't shake the felling like a lamb being led to the slaughter. Whoever or whatever it was at the table slowly stood up and turned around to face me. He was much bigger than I had expected him to be, and his voice was deep and rattled when he spoke to me. He said, "I've been waiting for you to come!" I replied, "Who are you?" What he said next brought me to my knees. "Today, you are going to die!" I tried to turn and run, but my legs no longer worked. He whipped around the table and had me pinned against the floor. His face was so close to mine, I could smell his breath. It smelled like rotted earth or worse. When the light from a small window shone on his face, it was like nothing I had ever seen. It looked like it had been ripped open and sewed back. I quickly said, "My friend will be here soon." Thinking that might stop him from doing what he was planning to do, but it didn't. He dragged me down a flight of stairs leading in to the basement. I knew I would never see my mom or dad again. I heard voices, other voices. They were screaming and crying for someone to help them. This man picked me up and threw me into some kind of enclosure, like a cage, and locked the door. I looked around and saw other cages with what looked to be other people, only they were mutilated beyond recognition. I was in his torture chamber. I must have passed out or fainted because the next thing I know, my mom was waking me up telling me I shouldn't watch scary movies before bedtime. She said I might have nightmares.

# **Supportive Services for Veteran Families**



#### There should be NO HOMELESS VETERAN!

Please help us locate any Veteran who is homeless, or is behind on rent and/or utilities. If you or someone you know is a veteran who needs help, please contact us at PRIDE Community Services, Supportive Services for Veteran Families (SSVF). Boone, Logan, and Wyoming Counties, we are HERE FOR YOU!

#### SERVICES BASED ON INCOME ELIGIBILITY





PRIDE Community Services 699 Stratton St. Logan WV 25601 (304) 752-6868 (304)784-0677 Eddie Thompson- SSVF Coordinator Brandi Browning– Dir. Of Community Svc.



# PRIDE Community Services, Inc.

















# **Emergency Repair & Replacement Program**

On October 24, 2024, one of PRIDE's partners Trumpet Heating and Cooling, Inc. began the installation of Mrs. Sparks' new heating and cooling system. The Contractor crew installed a 3-ton packaged heat pump system to provide much needed heat and air to the home.



For information regarding our Emergency Repair & Replacement Program, contact Will Rogers 304-752-6868 or Will. Rogers@loganpride.com

# Weatherization

During the month of October, Mr. and Mrs. Carr received Weatherization services. The Carr residence is located in McDowell County. At the time of the first energy audit performed, the Carr's had no source of heat. They were placed on the WRF list and evaluated to have a new heating and cooling unit installed so Weatherization services could take place. Upon completion of WRF home repair, the complete energy audit was conducted. The Carr residence had insufficient insulation in the attic and in the crawlspace. Blown Cellulose was added to the attic to bring the R value to R38. The crawlspace was insulated with fiberglass batts to reach an R value of R19. Additional measures performed include the installation of smoke/CO alarms, proper venting of the bathroom exhaust fan to the outside, and air sealing that reduced the amount of energy used to heat/cool home. Overall the Carr's were extremely happy with all of the energy saving/health and safety measures performed on their home. None of this would have been possible without utilization of the WRF funding. As always we will continue to strive to assist our communities with the funding provided and will always take PRIDE in everything we do.



#### **Important Dates to Remember**

December 23 December 24 December 25 December 31 January 1 January 6 January 8 January 20 January 20 January 24 January 28 February 10 February 17 February 21 February 26 No Head Start/Universal Pre-K PRIDE Closed—Christmas Eve PRIDE Closed—Christmas Day PRIDE Closed—New Year's Eve PRIDE Closed—New Year's Day Head Start/Universal Pre-K Return No Head Start (Logan & Mill Creek Head Start Centers) PRIDE Closed—Martin Luther King Jr. Day No Head Start/Universal Pre-K PRIDE Board of Director's Meeting—Noon No Head Start/Universal Pre-K PRIDE Closed—President's Day No Head Start/Universal Pre-K PRIDE Closed—President's Day No Head Start/Universal Pre-K No Head Start (Logan & Mill Creek Head Start Centers)

A VERY SPECIAL **"THANK YOU"** TO OUR DEDICATED EMPLOYEES!





#### Did you know...

Amazon donates to PRIDE Community Services Inc. when you shop @AmazonSmile. <u>http://smile.amazon.com/</u> #YouShopAmazonGives

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

#### **Board of Directors**

Jeff Valet / President Valet & Associates Kathleen Mounts / Vice President Early Education Advisor Joseph Mendez / Secretary Logan County Magistrate John Turner / Treasurer Logan County Clerk Amber Blankenship Low-Income Sector Representative John Fekete Public Sector Representative Pat Lykens Senior Advisory Representative Regina McNeely Head Start Policy Council Lisa Sigmon 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 lowincome 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.

Laura Herndon / Interim 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.** 

PRIDE Community Services 699 E. Stratton St. Box 1346 Logan, WV 25601 Phone: (304)752-6868 Fax: (304)752-1047 E-mail: pride@loganpride.com

WWW.LOGANPRIDE.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.