

the Shining Star

PRIDE LADIES GO RED

February 6 is National Wear Red Day in support of women's heart health awareness. National Wear Red Day is celebrated on the first Friday each February to encourage women to change their lifestyles and become more aware of their cardiovascular risk.

According to the American Heart Association, heart disease, stroke and other cardiovascular diseases are the number one cause of death in women. Heart disease or stroke will kill 1 in 3 women, yet the disease is almost 80% preventable. Women are encouraged to stop smoking, eat healthy, check their cholesterol, exercise regularly, lose weight and talk with their doctor about their risk for heart disease and stroke. Make sure other women in your family are aware of their risk and encourage them to follow a healthy lifestyle as well.

Although chest pain is the most common sign of a heart attack in men and women, women are more likely to report other symptoms, which causes heart attacks to be misdiagnosed and delay treatment. Because women typically develop heart disease later in life, their outcomes tend to be much worse than if treated earlier. For these facts alone, it is important that all women become more aware of their heart health and actions they can take to prevent heart disease or stroke.



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Aging Program

PRIDE Senior Nutrition Program Expanding

We are excited to announce the opening of a new senior nutrition center in the Man area. The Lorado Intergenerational Center will combine a senior dining facility and the current Lorado Head Start Center. This innovative combination of centers will provide benefits to both seniors and children. Children benefit greatly from positive interaction with older adults, and the senior citizen's mental and emotional health is improved through their mentoring and interaction with the young children. This new facility is just one of three senior nutrition sites currently operated by PRIDE throughout Logan County. Our other senior nutrition sites include the Mill Creek Intergenerational Center in Mill Creek and the Earl F. Jarvis Senior Enrichment Center in Logan.

"The opening of this new senior nutrition center in Lorado is very exciting news for the Man area. There are limited programs for seniors in this area, and we are pleased to be able to expand our current program offerings. This center will provide an opportunity for seniors to socialize, participate in activities, and have a nutritious hot lunch," says Stephanie Mounts, Director of Senior Programs at PRIDE. The new Lorado Intergenerational Center Senior Dining Room is scheduled to open in March 2015. The center is located at 176 Superintendent Lane in Lorado. Lunch will be served at 11:30am Monday through Friday. Seniors in the Man area age 60+ are invited to attend.

For more information on the Lorado Intergenerational Center, or any of our other sites or programs, contact Stephanie Mounts at (304) 752-6868.



Child and Adult Care Food Program

Valentine Heart Wreath Activity

Make a pretty Valentine wreath decoration from paper hearts and a paper plate. If you're making this project with a group of children, they can cut out the hearts and write their names on them.

Supplies:

- Red & Pink Construction Paper
- A paper plate
- Scissors
- Glue
- Optional-Glitter

Instructions:

1. Cut a large hole in the paper plate.
2. Cut out a lot of hearts from red and pink paper.
3. Glue the hearts to the paper plate.

Optional: Decorate the hearts with the names of the children. Also, glitter is a nice touch.



Strawberry Shortcake Kabobs

Ingredients

- * 2 cartons of strawberries
- * 1-2 Angel Food Cake
- * 1 bag of white chocolate chips
- * Skewers

Directions

1. Cut Angel Food Cake & Strawberries into the size you want.
2. Skewer them alternating between cake and strawberry.
3. Melt the white chocolate chips and drizzle it over the kabobs.



Head Start Program

Head Start Program Very Beneficial

As we continue into the year of celebration of “50 Years of Opportunity for Head Start”, research reveals that Head Start and Early Head Start programs provide educational, economic, health and law enforcement benefits. This article will focus on the educational and economic benefits.

Studies have found that Head Start children experience increased achievement test scores on grade repetition, special education and graduation rates. Research shows that Head Start is a wise investment for society with ***economic benefits***. Benefits include increased earnings, employment, family stability and decreased welfare dependency and crime costs.

PRIDE Head Start Program has centers in the following areas: Lorado, Dehue, Mill Creek and Chapmanville as well as classrooms in the Logan County Board of Education elementary schools. All classrooms are collaborative universal pre-k classrooms. If you have a three (3) or four (4) year old child and would like to enroll in the program, please contact the Head Start Family Services’ office at (304) 752-6868 for more information.



Human Resources Department

Annual Winter Conference

On Friday, December 12, 2014, the Human Resources Department hosted our Annual Winter Conference at our Dehue Head Start Center. The day began by all program directors giving an update about their program and plans for the future. Deena Toth presented an overview of the changes anticipated for the upcoming plan year with the WV Public Employee Insurance Agency. Amy Young from Brickstreet Insurance spoke with the group about being safe on the job. Kerry Gabbert from Marshall University presented on the PEIA Pathways to Wellness program and the importance of "Rethinking our Drink." Lunch was catered by Hatfield's Market. After lunch, we were treated to an entertaining presentation by Mentalist, Keith Matheny from Huntington, WV. Keith's presentation had jokes, tricks and a very good message about how to "Achieve Your Dreams." Mr. Reggie Jones provided closing remarks and ended the day with prize drawings and employees receiving their Christmas gifts from the agency.



In-Home Services Program

In-Home Services Program Continues to Grow

As the holiday season has passed we have welcomed some new faces to the In Home Services Program. We are excited about the new Homemakers and clients. As the new year has begun, we continue training all Homemakers and enjoy the time we spend with each of them. At this time many of our In Home Service programs have a waiting list. We are currently able to accept members who have a Traditional Medicaid card and meet medical eligibility. At this time, we are able to complete a Medical Necessity Evaluation Request for the Waiver program. Eligible members will be placed on a waiting list at the state office and will remain on the list until an open slot becomes available. The In-Home Services staff is working hard to grow the program and will continue to assist and support Logan county and surrounding counties as well.



**Need extra money?
Join our Team!**

We are always seeking caring individuals who enjoy working with seniors.

As a personal care provider, you will be eligible for:

- Benefits
- Retirement
- Paid Holidays
- Mileage reimbursement

**Call 304-752-6868
for more information**



Family Stabilization Program

Public Safety-Portable Generators

If You Want to Use a Generator, Play it Safe



Portable fuel-burning generators may be used to supply electricity for the operation of small electrical appliances in the event of a power outage. While a generator can be convenient during an outage, potentially serious hazards exist if a generator is not used or connected properly. No matter how you plan to use a generator, always review all manufacturer's recommendations for safe use and maintenance of the system.

Direct Panel Plug-In

A very common method for using a portable generator is to plug the appliance, tool or motor directly into the proper electrical outlet on the generator. It is important to use only high quality, well insulated, grounded cord sets rated at the same or higher voltage and current than the generator outlet being used. If the generator outlet is protected by a circuit breaker, the cord set should be rated at the same amperes as the circuit breaker or higher. Do not use worn, bare, frayed or damaged electrical cord sets with the generator. Using defective cord sets may result in electrical shock or damage to equipment and/or property.

Generator Hazards

The following hazards exist which require that different power sources be isolated:

- Electrocution of power company and other emergency personnel can result if the generator circuit is not properly isolated from the electric utility power circuit.
- If generator and utility power are not isolated from each other and utility power is restored while the generator is still supplying power, utility power can backfeed through the generator. Damage to the generator and a possible electrical fire can then

occur.

Play it Safe

- Observe manufacturer's recommendations for safe, efficient installation, operation and maintenance of your generator.
- Do not plug the generator into a wall outlet.
- Use a licensed electrician to hook up generators and other standby electrical systems.
- Never operate a generator in the rain; in an enclosed compartment; if changes in engine speed are evident; if connected electrical devices overheat; if generator electrical output is lost; if sparking is evident; if flame or smoke is observed; or if the generator vibrates excessively.
- Generator exhaust gases contain deadly carbon monoxide gas, so operate only in areas with adequate ventilation.
- Use a ground fault circuit interrupter (GFCI) in a damp or wet location.
- Avoid contact with bare wires, terminals, etc. The generator supplies a very powerful voltage that can cause dangerous possibly fatal electric shock.

**AEP APPALACHIAN
POWER®**

A unit of American Electric Power

Supportive Services for Veteran Families

Supportive Services Program Gets Thank You

TO WHOM IT MAY CONCERN:

My name is Jimmy Brown and I am writing this letter for the THANKS THAT THE PRIDE VETERANS PROGRAM has done for me. I ALSO WANT TO give a big THANK YOU AND A big hug TO Roni Kaze. She HAS been a blessing TO me and my son. I went through a divorce and had hit rock bottom AND Roni KAZE came with open ARMS TO help me get by. BACK TURNED BACK AROUND. she does her job with motivation and ALOT of Pride. She never once made me feel uncomfortable about my situation. I believe she has done her job AND beyond TO help this VETERAN get his life BACK. I CAN'T APPRECIATE enough what this woman has done for me and my son. THANK YOU PRIDE INC, especially Roni KAZE. I will be debted TO you forever.

Jimmy Brown

Weatherization

Air Sealing and You: Fun with caulk and other sticky, messy things!

Homes burn through a mortifying 21% of the energy used in the United States. A lot of that energy is spent heating and cooling your house. And even worse, a whole lot of that energy is spent heating and cooling your backyard and front porch, through leaks and holes in your building envelope.

Although some of the air leaks in your home are visible to the untrained eye — around old and untreated doors and windows, for example — much of the average home's air leakage takes place in areas you don't see. Much of it takes place because of something called the stack effect, or chimney effect, which works like this: in the Winter warm air works its way into your attic through structural defects, holes in your ceiling, recessed lighting, leaky duct work, the furnace flue, the plumbing stack, or a poorly sealed attic floor. As it does, cold air is drawn into your basement or lowest level through leaks and cracks in the foundation and walls. This is often the cause for lower levels being much cooler in the Winter, typically more than what is actually caused by natural heat rise. This is also why you would feel a draft by a window or door on the lower level of a home. A home performance contractor doing air sealing work in your home will generally focus on air sealing the basement and the attic floor in order to minimize the stack effect, and thus minimize unwanted air movement throughout your home.

Perhaps equally important, air sealing is crucial for maximizing the performance of insulation, the other major component of your home's building envelope. The R-Value of insulation is determined under the assumption that there will be no air infiltration throughout the insulation — it assumes that there will be adequate air sealing around the insulation. Once insulation is left exposed to air movement (air moving up through your attic floor, for example), R-Value decreases.

Air sealing is an investment in your home that will actually put money back into your pocket month after month!



Important Dates to Remember

February 13	Senior Valentine's Day Party
February 16	PRIDE Closed-President's Day Holiday
February 17	Policy Council Training & Meeting
February 18-20	Celebrating Connections Conference, Charleston, WV
February 20	February Birthday Party-PRIDE Employees
February 24	Universal Pre-K Meeting, Charleston, WV
March 1-31	March for Meals Campaign
March 3-4	WV Head Start Association Meeting, Charleston, WV
March 20	March Birthday Party-PRIDE Employees
April 2	Senior Easter Dinner
April 6-10	Spring Break (Head Start Centers Closed)
April 17	April Birthday Party-PRIDE Employees
April 24	Parent Banquet, Dehue Center at 6pm
April 24	Employee Advisory Committee Meeting
May 8	Mother's Day Tea Party
May 25	PRIDE Closed-Memorial Day

IMPORTANT!!

**HAVE YOU ENROLLED YOUR 3 OR 4 YEAR OLD IN
THE LOGAN COUNTY UNIVERSAL PRE-K
PRIDE COMMUNITY SERVICES, HEAD START PROGRAM FOR THE 2015-2016 SCHOOL YEAR?**

**CHILDREN MUST BE AGE 3 FOR THE THREE YEAR OLD PROGRAM AND
MUST BE FOUR BY AUGUST 31, 2015 FOR THE FOUR YEAR OLD PROGRAM.**

PARENTS ARE REQUIRED TO BRING THE FOLLOWING INFORMATION

- **CERTIFIED COPY OF THE CHILD'S LIVE BIRTH CERTIFICATE**
- **CHILD'S IMMUNIZATION RECORD**
- **CHILD'S SOCIAL SECURITY CARD**
- **CHILD'S PROOF OF INSURANCE, MEDICAID CARD OR OTHER INSURANCE INFORMATION**
- **VERIFICATION OF FAMILY INCOME**
- **PROOF OF RESIDENCY**

**PLEASE CALL CHANDA ELKINS, FAMILY SERVICES MANAGER
AT 304-752-6868 FOR AN APPOINTMENT.**

Board of Directors

Nancy Godby / President

WV Medical Imaging Board of Examiners

John Turner / Vice-President

Logan County Clerk

Erica Cook / Secretary

Attorney

Jeff Valet /Treasurer

Valet & Associates

Serafino Nolletti / Member at Large

Mayor Town of Logan

Dwight Williamson

Logan County Magistrate

Jeff Lane

Logan County Magistrate

Gladys Toler

Head Start Policy Council President

Pastor Tom Beckett

Nighbert Memorial United Methodist Church

Ted Ellis

Logan County Commission

Betty Weekly

Senior Advisory Council

Steven Hall

LEAD Organization

Kathleen Mounts

Early Education Advisor

Sonja Lamb

Head Start Policy Council Vice President

Howard Jemerison

Low-Income Sector

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.

- Stephanie Mounts / 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.

- Bridgette Mounts, RN / Case Manager

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

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

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

- Linda Tweed / 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.

- Roni Kazee / 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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