



the Shining Star

Senior Participants Celebrate Christmas

December was eventful to say the least! We held a tree decorating party, Christmas luncheon, went to Long John Silver's for dinner and desserts, saw the Christmas lights in the park and had our picture taken with Santa. Stockings were made and beautifully displayed. Thanks to all who participated in the festivities this season. We hope all of you had a Merry Christmas and a Happy New Year.



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Aging Program

Hello! My name is Stacy Stech and I began work at PRIDE in mid October of 2015 as the Director of Senior Programs. I acquired my Associate's Degree in Paraprofessional Education in 2009. I relocated to Logan, West Virginia from Sarasota, Florida in 2012. PRIDE peaked my interest as an employer when I saw how great of an impact they had made on the community. As the Director of our Aging Program, I oversee the quality of the program's service delivery, and the overall productivity of the program. I've had the pleasure of meeting some of the seniors who take advantage of our services, and am looking forward to making a difference in the community!

At PRIDE, we have various activities and events that promotes socialization and fun. For example, we've hosted a successful Halloween party which included a costume contest, homemade Halloween themed food (boo bananas!) courtesy of our Activities Coordinator, Amanda Vance, and great prizes! We also organize bingo events on Tuesdays and Thursdays. In the coming months we will be having an activities calendar with various fun filled activities for our seniors to enjoy. We would love to have you join us at our next event or participate in one of our many activities!



Child and Adult Care Food Program

Child Care Food Program

Kids Benefit - You Benefit !

Family Day Care Providers that participate, receive funding for nutritious, well balanced meals and snacks served to eligible children.



Call soon so you can start receiving money to help pay for the cost of food!

Child Care Food Programs

The state of West Virginia participates in the Child and Adult Food Program. We may have different names but 9 sponsors in the state dedicate their programs to help providers serve nutritious, well-balanced meals and snacks to the children and infants enrolled in approved day care homes.

Contact PRIDE for more information

The nutrition program offers you partial **reimbursement** for the food you serve your child care children and possibly your own! Plus much more...

You receive:

- Nutrition education & support
- One to one in-home consultations
- Workshops & newsletters
- Meal & snack planning
- Trainings
- Cookbooks, calendars & tons of fun!

All at no cost to you! No receipts!

As long as you are providing child care in your home and feeding those children, **then** you are eligible for the program. It doesn't matter whether children are private pay or state funded!



Head Start Program

Head Start Welcomes New Director

After being employed by PRIDE Community Services for 27 years, Ms. Linda Tweed, Head Start Director, left to pursue a new beginning in Kingsport, TN effective November 20, 2015. The Head Start staff wishes the very best for Ms. Tweed in her new beginning. Candice Mullins, new Head Start Director began work on November 2, 2015 as the new Head Start Director. She is originally from Madison, WV and currently living in Huntington, WV along with her two children, Kyah and Khiara. Candice holds a Bachelor's Degree in Elementary Education and a Master's Degree in Early Childhood Education. She has worked in childcare for 12 years, five of those as the Director at River Valley Child Development Service's nationally accredited Enterprise Child Development Center. Candice served as the Early Childhood Specialist for Link Child Care Resource and Referral for 1 ½ years prior to interviewing for and accepting the position as Head Start Director for PRIDE Community Services. PRIDE welcomes Candice to her new position.



The 2015-16 Head Start school year got off to a successful start with staff orientation and training. The staff was busy making home visits and preparing centers for opening. The children began the school year on August 25, 2015. Activities for children in September included dentals and physicals and Grandparents Day. A new opportunity, the Lending Library, began on September 14, 2015. Children may check books out of the center library and take home for parents to read to them. In October, as part of male involvement in the classroom, daddies, grandpas, uncles and special male figures were invited to participate in pumpkin carving and painting with the children. October was also the time for Halloween costumes and activities in the classroom.



Students participating in pumpkin activities.

Human Resources

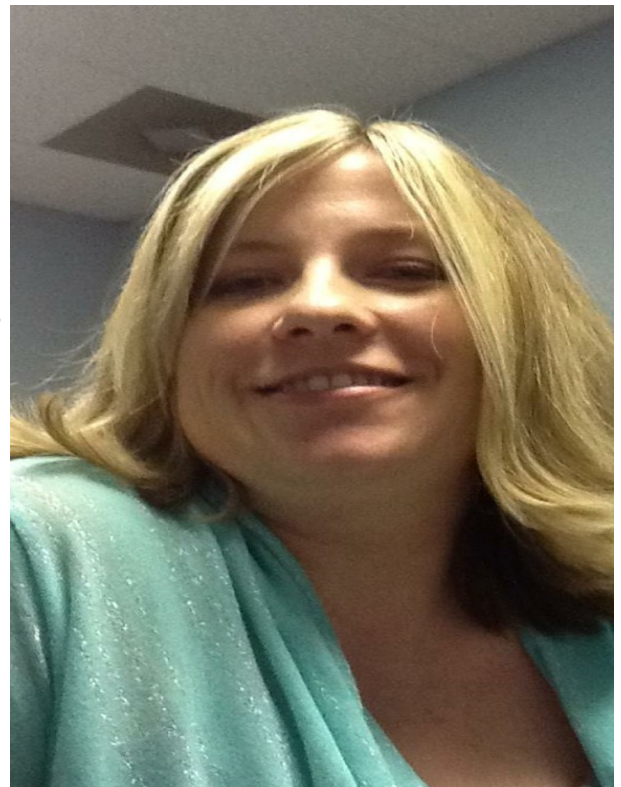
New Year Brings Changes

The Human Resources Department would like to welcome Penny Sullins as the new Human Resources Coordinator. Ms. Sullins began on January 4, 2016, after Deena Toth, Human Resources Director relocated to North Carolina. Ms. Sullins resides in Lake with her husband, Bill Sullins and their two children Kenny Ray and Carrie. Penny is the daughter of Dave and Isabell Robinson.

Prior to working at PRIDE, Penny worked at the WV Department of Health and Human Resources for five and a half years. Penny says everyone at PRIDE has been friendly and available to help anytime she has questions.

Penny stated her proudest accomplishment has been her children. She said, "They have both grown into honest, hard-working individuals who are not afraid to chase their dreams."

Please welcome Ms. Sullins to the PRIDE family!



Senior Programs Employee Spotlight

Wanda Jean King began working at PRIDE in December 2015. Wanda delivers hot meals to seniors in Logan County. Her background as an LPN assists the role she has currently taken on as she interacts with seniors in our community. Her calm and nurturing personality are very evident and are a great addition to the PRIDE family.

Wanda lives in the Big Creek area of Chapmanville with her husband Bobby King. She is the daughter of Ace and Nancy Chaney. Wanda has two children, Patrick King and Shawn King. Wanda says her proudest accomplishment is her grandbabies Ethan, Lillian, Kayleb, Sophie, and Eli.

Please help us to welcome Wanda to our Pride family.

In-Home Services Program

Being a Caregiver...

For the past fourteen years, Jennifer Spaulding has provided personal care services to the clients of PRIDE Community Services In-Home Services clients. Recently when asked what being a caregiver means to her, Jennifer responded with the most heartfelt and sincere reply... There are many meanings of being a personal care provider/caregiver. I hope I have been a helping hand, a listener, a friend and whatever else they may have needed me to be. I try my very best to help the clients in anyway I can. I always try to make a positive difference in someone's life. You must have a lot of heart to be a personal caregiver. When going in to someone else's home, you must treat the client, their family and their belongings with respect. You must treat the clients the way you would want to be treated, if someone was helping you. It means a lot to the client for someone to help or listen to them. Just sharing a smile or laugh goes a long way.



PRIDE's In-Home Program, along with all of her clients, truly appreciate Jennifer's hard work and dedication to the program over the years. Thank you, Jennifer.

Want to become a Personal Care Provider at PRIDE?

Benefits include:

- ◆Flexible Schedule
- ◆Holiday Pay
- ◆Paid Time Off
- ◆Retirement

*Contact Kathy Ooten or Anna Matney
for more information.*



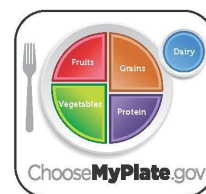
Nutrition Programs

10 tips

Nutrition
Education Series

be food safe

10 tips to reduce the risk of foodborne illness



A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3 clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5 rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.



SEPARATE

6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

Poverty Simulation

During the 2015 Head Start Fall Conference, PRIDE Community Services hosted a Poverty Simulation as one of the sessions. There was a wide range of participants, including: Head Start parents, Head Start staff from around WV and PRIDE staff.



Weatherization

A quick lesson on different forms of heat!

So you are cold and want to get warm right? It's the middle of winter. It is 5 degrees below wow- it's-so-cold-I-cannot-feel-my-anything and you just want to get warm! Nobody wants to end up like Jack now do we? No, we don't. So let's warm it up in here!

There are three types of Heat or should I say, three ways that heat is transferred. Convection, Conductive and Radiation. Let's take a quick look at each one.



Conductive heat: This heat is all about contact. It is the transfer of heat from one object to another through physical contact. Anything that prevents this transfer... a glove, a wall or clothing... is called a insulator. Insulators reduce the transfer of Conductive and Convection heat. It's one reason we insulate our homes! This is the type of heat you feel coming from the top of your car hood after you've driven around for some time or a hot frying pan.



Convective heat: This is the hot air you feel coming from your heating registers. This air is carrying heat from an object hotter than the air surrounding it. The heated air is lighter than colder air so it moves up while the cold air falls. The cyclical nature of this behavior is known as a convective loops... the hot air rises, cold air falls. This is the principle hot air balloons work on!



Radiant heat or Radiation: This is the heat that moves via sightlines. The heat we get from the sun? That's radiant heat. Heat is transferred via electromagnetic waves from one object to any other object it can "see". The heat from the sun heats the earth but does not heat the space between the sun and the earth. It's that heat you feel on your skin when laying out in the sun!



Most of us use convective heat in our homes; some may even use radiant heat. Whatever type of heat you use, it's important to keep the system maintained and have seasonal inspections to prevent breakdowns and untimely interruptions!

If you or someone you know is interested in receiving Weatherization services, please contact James Vance at 304-752-6868.

Important Dates to Remember

January 25-26	Head Start Association, Charleston, WV
February 2	Senate Budget Hearing-Senior Program Funding 3pm Capitol Rm 451M
February 3	House Budget Hearing-Senior Program Funding 9:30am Capitol Rm 460M
February 4	Head Start ERSEA Training with Pam Waddell
February 12	Valentine's Day Party/Indoor Carnival-Senior Programs
February 15	President's Day-PRIDE Closed
February 22-27	America Saves Week (see details below)
March 8-9	Head Start Association, Charleston, WV
March 17	St. Patrick's Day Party-Senior Programs
March 21	Head Start ERSEA Monitoring Visit
March 24	Easter Party with special appearance by Easter Bunny-Senior Programs
April 5-8	Celebrating Connections Conference, Charleston, WV
April 29	Head Start Parent Banquet, Dehue Head Start Center-6pm
May 10	Election Day-PRIDE Closed
May 12	Family Fun Day, Chief Logan Park-11am-2pm

AMERICA SAVES WEEK

FEBRUARY 22 - 27, 2016

- Set a Goal.
- Make a Plan.
- Save Automatically.



Enroll Today at WestVirginiaSaves.org  

Did you know...

Amazon donates to Pride Community Services Inc. when you shop @AmazonSmile. <http://smile.amazon.com/ch/55-6025609>
#YouShopAmazonGives

Also, you can choose PRIDE Community Services (Org# 86360) for your Kroger Community Rewards.

Board of Directors

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

Jennifer Lucas

Head Start Policy Council

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

Victoria Browning

Head Start Policy Council

Howard Jemerison

Low-Income Sector Representative

Donna Williams

Low-Income Sector Representative

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.

- Stacy Stech / 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.

- Carrie Mullins, 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

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.

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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.