



the Shining Star

2015 Day of Caring



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PRIDE Community Services, Inc. and the United Way of Central WV teamed up with volunteer teams from GEICO, BB&T Bank and AEP for the 2015 Day of Caring on September 16th. The 2015 Day of Caring event took place in five counties.

The United Way of Central WV's annual Day of Caring is a community-wide event benefiting non-profit agencies in Logan, Boone, Kanawha, Putnam and Clay Counties. Each year, Day of Caring brings together volunteers committed to creating positive change in the lives of children, families, and seniors in their local communities.

Volunteer teams, organized by local companies, schools, family members or friends, complete projects for local nonprofit agencies, schools and the community that often lack the necessary resources to tackle such important initiatives on their own.

Following a Kick-off rally, teams will volunteer across Central WV to complete much needed tasks such as painting, cleaning, landscaping, gardening, construction projects and mentoring youth. Last year, 650 sets of helping hands volunteered 3,900 hours benefiting 56 central West Virginia projects. This year's Day of Caring event in Logan County began with a Kickoff Breakfast held at the Earl F. Jarvis Senior Enrichment Center while connecting volunteers in Logan County to a larger rally that took place at Appalachian Power Park in Charleston, WV. Matt Bischof, United Way of Central WV Board of Directors member, started the event by welcoming the volunteers and explaining the importance and significance of their service and participation in the Day of Caring to local nonprofit agencies such as PRIDE.

Kerri Cooper with the United Way explained that there are local agencies that need projects completed and may not have the staff or the resources to do so. The Day of Caring is an opportunity for volunteers from local businesses to come together and help support their local communities by assisting with projects with agencies such as PRIDE Community Services.

As the Executive Director of PRIDE I am very pleased to express my excitement and honor to be working with United Way of Central WV, not only with the Day of Caring but throughout the year in providing the services for which we are funded. It is through funding received from the United Way of Central WV and other local partners that we are able to operate our Emergency Services/Family Stabilization Program. Through this program, we are able to provide a range of emergency services to the people of Logan County. This program is also funded to assist Logan County in the event of a natural disaster.

We very much appreciate our partnership with the United Way of Central WV. It has been a partnership that has benefited hundreds of people over the past two years. We look forward to a continued fruitful relationship. On behalf of PRIDE's Board of Directors, staff and our customers, we say **THANK YOU** United Way of Central WV, AEP, GEICO and BB&T Bank for your support of the people of Logan County.



Aging Program

The Senior Programs at PRIDE have been busy this summer with activities, trips, and social gatherings! An ice cream social was held in late July to help our participants cool off during our summer heat wave. Seniors were treated to an ice cream sundae bar with a wide variety of toppings and flavors. Everyone enjoyed a chance to relive their childhood again.

Other activities and events are available for participants, such as our "Senior Summer Camp" held on Wednesday, August 12th at noon in our Earl F. Jarvis Senior Enrichment Center. Traditional camp-style food was served, fun games were played, and S'mores were available to all participants! This fun event is just a sample of the many activities we have available, including exercise classes, weekly bingo games, craft groups, movie matinees, and a free library filled with various books. If you have any questions about or suggestions for activities and events, please contact a staff member.

PRIDE staff members have also been busy distributing Senior Farmers Market Coupon booklets. Eligible seniors aged 60+ who live in Logan County received booklets worth \$24 that can be used at a variety of farmer's markets across the state. The coupons were made possible by a grant from the U.S. Dept. of Agriculture.



Child and Adult Care Food Program



Farmer's Market Pasta Salad

Hit the market when vegetables such as tomatoes, zucchini, peppers and corn are at their freshest.

Ingredients

2 cups halved baby heirloom tomatoes
2 small zucchini, thinly sliced into half moons
1 small red bell pepper, cut into thin strips
1 cup fresh corn kernels
1 cup diced firm, ripe peaches (about 2 medium)
1/2 cup thinly sliced green onions
Parmesan Vinaigrette
1 8-oz package penne pasta
2 cups shredded smoked chicken (about 10 oz.)
1/3 cup torn fresh basil
1/3 cup torn fresh cilantro

Directions

Makes 8 Servings

1. Toss together first seven ingredients in a large bowl and let stand for 10 minutes.
2. Meanwhile, prepare pasta according to package directions. Add hot cooked pasta and chicken to tomato mixture; toss gently to coat. Season with salt and pepper to taste. Transfer to a serving platter and top with basil and cilantro.

Serving Size: 1 2/3 cups

Parmesan Vinaigrette

Makes 1 cup

Process 1/2 cup freshly grated Parmesan cheese, 1/2 cup olive oil, 2 tsp. lemon zest, 3 Tbsp. fresh lemon juice, 1 Tbsp. balsamic vinegar, 2 garlic cloves, 2 tsp. freshly ground black pepper and 1/2 tsp. table salt in a blender or food processor until smooth. Add 1/4 cup fresh basil and 1/4 cup fresh cilantro; pulse 5 or 6 times or until just blended.

Serving Size: 2 Tbsp

**If you or someone you know is interested in the Child and Adult Care Food Program,
please contact Missy 304-752-6868, ext. 326**

Head Start Program

When Head Start was first launched in 1965, the idea of providing comprehensive health, nutrition and education services to children in poverty was revolutionary. The Head Start Model, developed over the decades has been built on evidence-based practices and is constantly adapting – using the best available science and teaching techniques to meet the needs of local communities. PRIDE Head Start continues to offer such services.

Due to inclement weather during the winter months, PRIDE Head Start did not end the 2014-2015 school year until June 23, 2015. The children enjoyed many activities during May and June such as mental health awareness days with t-ball games as well as Transition Day activities.

One of the highlights of the year was Family Fun Day in the Park. Approximately 500 children and families attended this event.

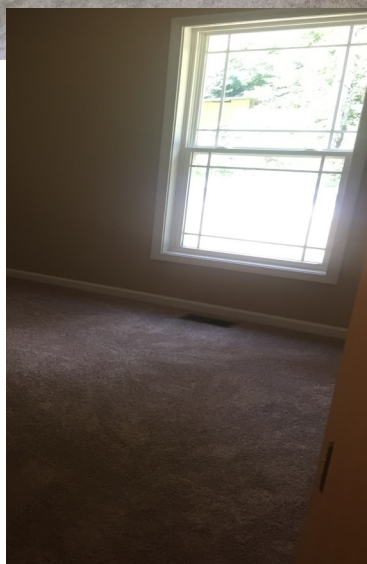


After a short summer break, staff returned on August 12, 2015, for Pre-Service Trainings and prepared centers and vehicles for the opening of a new school year. The first day of school was August 19, 2015. We are looking forward to an exciting year filled with enhanced learning opportunities for our children and families.

Classrooms are located throughout the county. 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.



Single Family Housing Program



In-Home Services Program

I have worked for Pride Community Services for 5 years. It is not always easy sometimes very stressful. But at the end of the day and you see someone smile or say thank you. It makes it worth it. It not only helps me provide for my family it is a very rewarding job. My client is my son and this program gives me the opportunity to help him with the things he needs help with. It's a wonderful program I'm proud to say I work for Pride Community Services

Tammy Vannatter



The In Home Care Services Program assists the elderly and disabled in achieving activities of daily living including assistance with personal hygiene, nutrition, feeding, and environmental support functions. Our In Home programs include Medicaid Personal Care, Medicaid Aged and Disabled Waiver, Light House, and Fair. For more information on the services we provide, you can contact Kathy or Anna in the In Home Services

Pictured: Tammy Vannatter and her client.

Family Stabilization Program

Emergency Outage Kit

Create Your Own Emergency Outage Kit



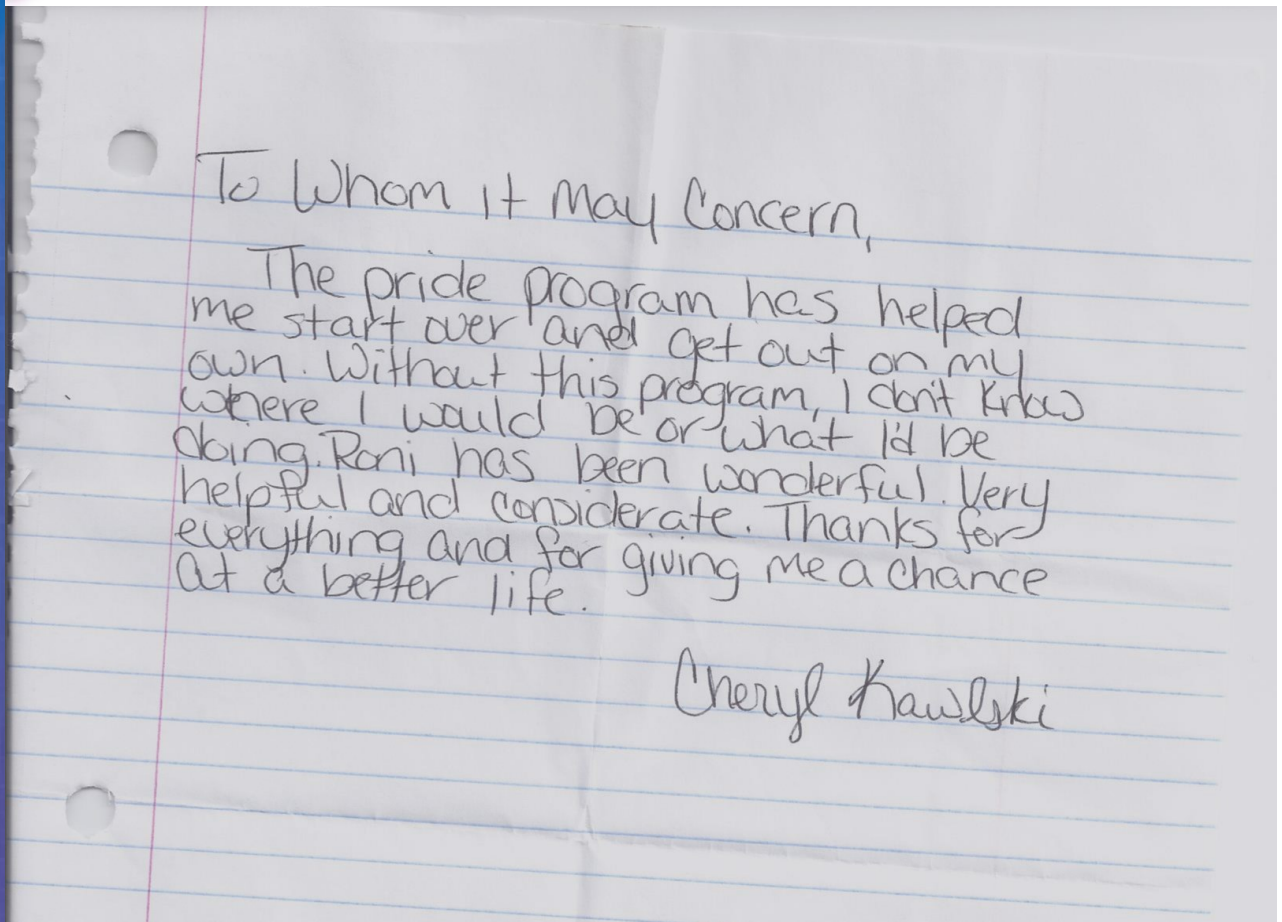
Be prepared for when the power goes out. Assemble an emergency outage kit that includes the following items:

- Flashlights and fresh batteries
- Battery-powered radios or televisions
- Candles, matches, or lighters
- Water for drinking and cooking
- Portable heater (oil or gas)*
- Camping equipment (sleeping bags, camp stoves, lanterns)
- Canned goods and a manual can opener
- Manufacturers' instructions for power-operated equipment such as the garage door, generator

** Caution: Some portable heaters can cause fires or other safety hazards when not used as specified by the manufacturer. Be sure to review the safety specifications of your specific model before using it during an outage.*

For information on our Family Stabilization Program, please call Caron Burgess
304-752-6868 ext. 302.

Supportive Services for Veteran Families



Ms. Kawlski was sleeping in a camper with no running water or electricity. The Veteran's center had referred her to the Supportive Services for Veteran Families Program. Ms. Kawlski had fell on hard times and didn't know what else to do. With the assistance of this program, she is now settled in an apartment and found a job that she can walk to. If you know someone who may qualify for our services, please call 304-752-6868

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.

Weatherization

A Common Story

Mrs. Smith's story is one common to a lot of weatherization clients. Mrs. Smith was a widower in her late 70's. She lived in her family home that was built in the early 1900's. Mrs. Smith's home was a nice home regardless of age but had never really been a top notch marvel of technology. She loved her home even though she woke up cold most winter nights and she wouldn't think of moving even though her toes felt as if they would freeze off when she stood in front of her kitchen sink every morning.

Mrs. Smith loved almost everything about her home except her power bill. Mrs. Smith did live alone and being on a fixed budget, it was hard for her to make repairs and perform maintenance on her home like she wanted to. She needed help and made contact with a local Community Action agency, like PRIDE Community Services. Mrs. Smith asked about programs that might help her and was put into contact with the Weatherization program. She invited the nice young man out to her home so he could identify problems and see how they could help her. She walked with the young man around her home as he took notes, measured this, counted that and photographed the other. Mrs. Smith bid the young man farewell when he was finished and waited to hear back from them.

Mrs. Smith received a phone call a week later asking if the crew could start work on her home. She was excited to see the work crew show up the next day. Mrs. Smith watched as they crawled in and out from under her home. Mrs. Smith watched as they sealed up the holes under her sink. She watched as they caulked around her windows, her doors, along her baseboards. She marveled at the machines they set up to test air pressure in the home looking for more air leaks. Mrs. Smith listened as the men worked in her attic, adding much needed insulation. She smiled and waved at the men as they left, the job was done.

Mrs. Smith stood in front of her sink, filling her coffee pot. She smiled, her toes weren't cold and even though the temperature outside was well below freezing, she was comfortable. Mrs. Smith sat down and opened her mail, surprised by her latest power bill. Her power bill had dropped nearly in half. Mrs. Smith wasn't going to worry about her power bill now. She was thankful for all the work the weatherization program did. Mrs. Smith loved her home.



Important Dates to Remember

October 12	Columbus Day-PRIDE Closed (excluding Head Start)
October 16	Columbus Day Observed (Head Start)
October 20	Head Start Early Release Day
October 21	Head Start Health Advisory Meeting
October 30	Safety Incentive (PRIDE Employees)
November 11	Veteran's Day
November 17-19	WVHSA Fall Conference
November 20	November Birthday Party (PRIDE Employees)
November 25-27	Thanksgiving Break (Head Start)
November 26	Thanksgiving Day –PRIDE Closed
November 27	PRIDE Closed
December 4	PRIDE's Annual Winter Conference
December 8-10	Pre-K Showcase
December 17	Last day for children-Christmas Activities
December 18	December Birthday Party (PRIDE Employees)
Dec 21-Jan 3	Christmas Break
December 24	Christmas Eve-PRIDE Closed
December 25	Christmas Day-PRIDE Closed
January 1	New Years Day-PRIDE Closed
January 7	Head Start Early Release Day

Coming Soon

Private Pay services - these services can include Homemaker, Case Management and RN assessment review.

The cost to the individual will depend on the hours and type of services you choose. As a non-profit company, our agency charges a competitive hourly rate for services and makes every attempt to work with the individual and family member to ensure a person receives the care they need. Contact our In-Home Services program for more information!



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 Nollelli / Member at Large

Mayor Town of Logan

Dwight Williamson

Logan County Magistrate

Jeff Lane

Logan County Magistrate

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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

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.

- 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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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.