



the Shining Star

Moments like this...

The purpose of Head Start is simple: to equip every child, regardless of circumstances at birth, with the tools they need in order to reach their full potential for success, not only in the classroom but also in life.

Our Head Start classrooms have had a busy fall/winter, with activities that include: pumpkin rolling for Halloween, Thanksgiving activities at each center, field trips to visit the residents of the local nursing home, visits from Santa, holiday celebrations, and the Pre-K Showcase. One specific field trip to Chief Logan Park to view the “Christmas in the Park” light display made a profound impact on a few children and served as a reminder to staff that even the little things matter. Dehue Head Start staff describe that event:

On December 10, 2015, Dehue Head Start went on a field trip to tour the “Christmas in the Park” light display at Chief Logan Park. The classrooms were fortunate enough to add a trip to McDonalds at the end of their evening. For many children and families, this is probably a regular weekly thing, but for two sisters in our Head Start program, it was not only the first time they had visited the light display, but it was also the first time they’d ever eaten at McDonalds.

Each child was given a chicken nuggets Happy Meal at McDonalds. The children chatted with friends while they gobbled down the nuggets and fries. As the teaching staff handed out ketchup, napkins, and straws, someone noticed the two sisters eating only their fries. When asked if they liked chicken nuggets both quickly responded, “Yes, but we didn’t get any.” Not only had the two sisters never visited McDonald’s before, but they had also never experienced the fairly common childhood joy of eating a Happy Meal. They had no idea that their chicken nuggets were inside the little box that was sitting right in front of them. To some, this may seem silly, but to our Head Start staff, it’s a reality. Taking time to share little life experiences with children, that aren’t so little to the children, and provide opportunities that they otherwise may not get – THAT is what it’s about. Sure, it was just a Happy Meal, but to these two sisters, it was also an evening they won’t soon forget. Moments like this are why we do what we do.

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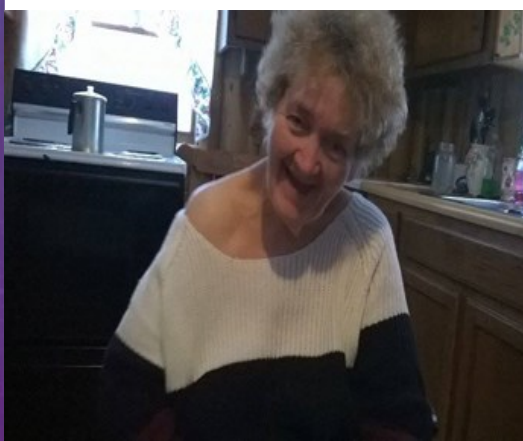
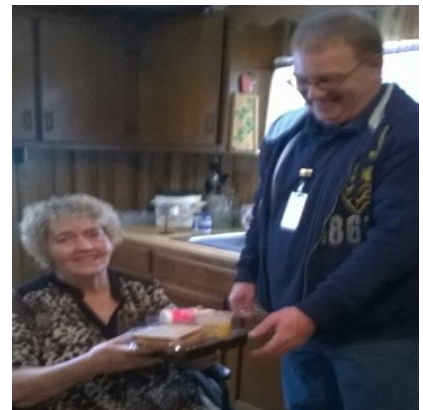
Aging Program

Benefits of Senior Nutrition Program

Lorado, our new senior nutrition center in the Man area has been a great success! The Lorado Intergenerational Center Senior Dining Room provides a nutritional meal to seniors and is also home to one of our Head Start centers. The children have interacted with the seniors by participating in activities such as, singing Christmas carols and more. This interaction between the seniors and children benefits all involved. Each child and senior benefit by enriching the lives of each other.

One of our many senior friends at Lorado is Beulah Gibson. She began coming to our dining center at Lorado when it first opened and loved the interaction with everyone. "The socialization and meals offered were special," Beulah stated. She has since been placed on our home delivered meal program. Beulah says "Words can't describe how much I appreciate what PRIDE has done for me." Beulah misses the interaction with her "friends" at the Lorado Intergenerational Center; however, Ms. Gibson is so grateful to have her home delivered meal and to speak with our driver, Bobby King, on a regular basis.

PRIDE's Senior Nutrition Program is essential to the community. Ms. Beulah Gibson is a prime example of the impact the Senior Nutrition program has on individuals. Currently, Ms. Gibson is in need of railing for her steps at home. I am confident that with our help she will be able to receive the railings she so desperately needs. Keeping Ms. Gibson independent and in her own home is our goal. Through our programs at PRIDE we can achieve this goal for Ms. Gibson.



Child and Adult Care Food Program

PROTECTING YOUR KIDS ONLINE

TAKE CHARGE

Set some ground rules.

Establish basic guidelines like when your kids can go online, what sites they can visit, and how many texts they can send a month, so everyone is on the same page.

Research before you buy.

Did you know that handheld games can connect to the Internet or that many laptops have built-in webcams? Understand what technology you're bringing into your home.

Don't just sit there—REPORT!

If your kids are dealing with cyberbullies or potential predators, report them to the website, cell phone service, law enforcement, or www.cybertipline.com.

MONITOR

Supervise Internet use.

If you can see what your kids are doing, they're less likely to get in trouble.

Safeguards ≠ Safe Kids.

Installing CIA-level monitoring software on your kids' computers does not guarantee they'll be safe online. Technology can't replace your time and attention as a parent or guardian.

Don't go overboard.

It's smart to keep an eye on your kids' social networking profiles, but it's never cool when you post embarrassing messages or pictures to their page.

COMMUNICATE

Talk to your kids; they're not as mysterious as you think.

Your kids might not tell you everything, but that doesn't mean you shouldn't ask. Get involved so you're not the last to know.

Challenge them to a duel.

If you have kids who like to play video or computer games, ask if you can play, too. When you respect their interests, they're more likely to respect your rules.

Don't pull the plug.

Taking away your kids' Internet access because they've done something wrong doesn't solve the problem. Talk to them about protecting themselves and respecting others online.

A program of the

NetSmartz Workshop

NATIONAL
CENTER FOR
**MISSING &
EXPLOITED**
CHILDREN

For more resources visit NetSmartz.org

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NetSmartz.org/TipSheets

Head Start Program

PRIDE Head Start has collaborative centers and classrooms in the following locations: Lorado, Dehue, Mill Creek, Chapmanville, Omar, Man, and South Man. If you have a three or four year old child and would like more information about enrolling in one of our Head Start programs, please contact the Head Start Family Development office at (304) 752-6868.

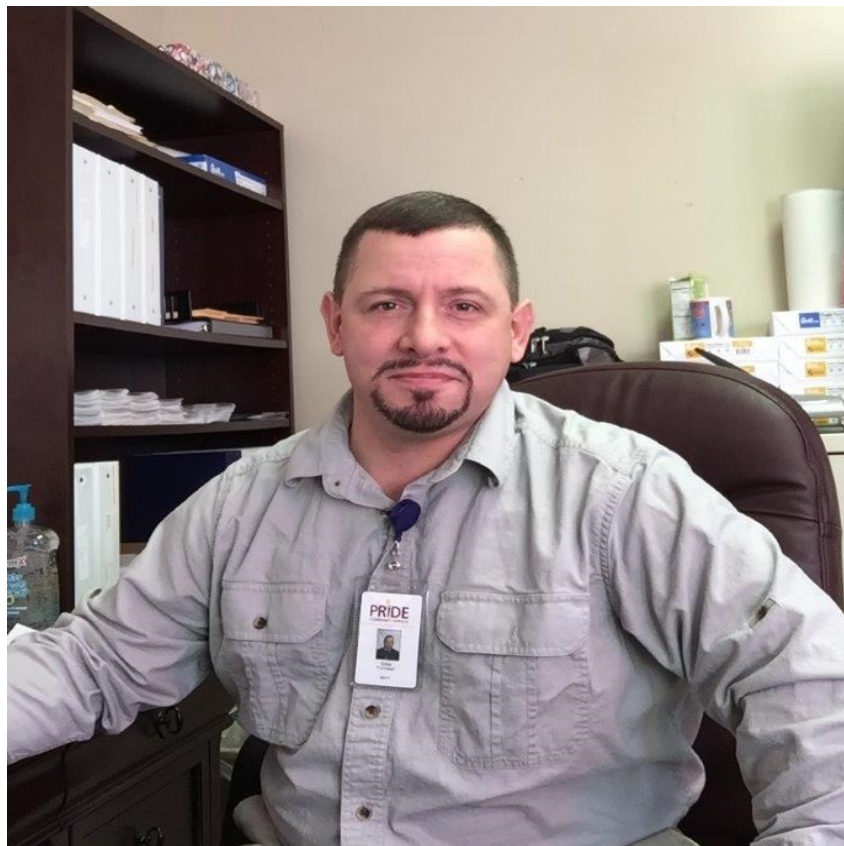


Supportive Services for Veteran Families

Supportive Services Introduces New Coordinator

My name is Eddie A. Thompson, I'm from Man WV. I've been in the coal mining industry for 18 of the last 20 years, and was recently laid off from the mining industry. I've been active in ministry since 1998, preaching and singing for the glory of God, and an active minister at the Eagle Sanctuary Church at Christian WV. I'm married to Anissa Thompson of Man WV, have 2 wonderful children, Kourtney Brooke, who graduates RN school in May, and Chase Andrew, who graduates High school in May.

I accepted the job as Supportive Services Coordinator for Veteran Families (SSVF) because I have a passion for helping people. I started at PRIDE Community Services in November, hoping to make a difference in people's lives. It's been a learning experience thus far and I still have a lot to learn, but I'm looking forward to a successful career at PRIDE as SSVF Coordinator.



In-Home Services Program

JOB WELL DONE!

PRIDE Community Services has many Personal Care Providers that do an exceptional job with the participants. Without the Personal Care Providers, our programs would not be possible. We at PRIDE Community Services would like to say Thank You for all you do!!!

January Training Group

Front Row : Betty Day,
Stephanie Jackson,
Debbie Linville,
Back Row: Whitney Vanover,
Sunshine Beseler,
Sue White,
Becky Schultz.



PRIDE's In Home Services Programs assist the elderly and disabled in achieving activities of daily living including assistance with personal hygiene, nutrition, feeding, environmental support functions and health related tasks. The In Home Service programs include Lighthouse, FAIR, III-E, Medicaid Personal Care, Medicaid Aged and Disabled Waiver and Medicaid Aged and Disabled Waiver Case Management. At this time all programs have a waiting list except Medicaid Personal Care. Personal Care services are medically necessary activities or tasks ordered by a physician, which enable people to meet their needs in their homes rather than on an inpatient or institutional basis. Participants must have a Medicaid card.

Services include: personal hygiene, dressing, feeding, Nutrition, light house-keeping

*If you or someone you love could use our services, please contact
PRIDE Community Services 304-752-6868.*

Nutrition Programs

10 tips Nutrition Education Series

make better beverage choices

10 tips to get started



What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink $\frac{1}{2}$ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need $2\frac{1}{2}$ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at ChooseMyPlate.gov/SuperTracker, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, $1\frac{1}{2}$ ounces of natural cheese, or 2 ounces of processed cheese.

Emergency Services

Heating Fire Safety

Follow these heating tips to help maintain a fire-safe home this winter.



Space Heater

- Keep anything that can burn, such as bedding, clothing and curtains, at least 3 feet away from the heater.
- Make sure the heater has an automatic shut-off, so if it tips over, it shuts off.
- Turn heaters off when you go to bed or leave the room.
- Plug portable heaters directly into outlets and never into an extension cord or power strip.
- Only use portable heaters from a recognized testing laboratory.



Fireplace

- Keep a glass or metal screen in front of the fireplace to prevent embers or sparks jumping out.
- Do not burn paper in your fireplace.
- Put the fire out **before** you go to sleep or leave your home.
- Put ashes in a metal container with a lid, outside, at least 3 feet from your home.



Wood Stove

- Make sure your wood stove is 3 feet from anything that can burn.
- Do not burn paper in your wood stove.
- Put the fire out **before** you go to sleep or leave your home.
- Have your chimney inspected and cleaned each year by a professional.



Furnace

- Have your furnace inspected each year.
- Keep anything that can burn away from the furnace.



Kerosene Heater

- Only use kerosene heaters from a recognized testing laboratory.
- Make sure the heater has an automatic shut-off, so if it tips over, it shuts off.
- Refuel your **cooled** heater outside.

For more information and free resources, visit
www.usfa.fema.gov/prevention/outreach.

U.S. Fire
Administration



FEMA

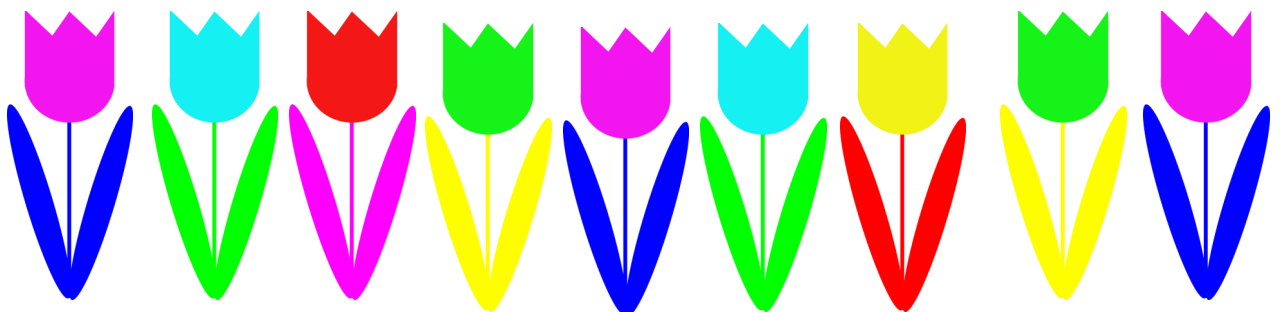
For more information about our Emergency
Services Program, contact Caron Burgess
304-752-6868

Weatherization

It's almost spring again!

That pesky groundhog says we are going to have an early spring so let's revisit some ideas to help you save so money in the coming months.

- *Open doors and windows for a cross breeze rather than using central air conditioning.
- *Use ceiling fans on warm days. Ceiling fans can lower the temperature feeling by about 4 degrees in a room.
- *Use a garden hose to spray your outdoor central air unit and clean the fins.
- *Make sure gutters and downspouts are clean to avoid additional groundwater reaching the basement.
- *Control your heat system by raising or lowering the thermostat during the day when not needed, and setting back 1-4 degrees at night.
- *Take advantage of the longer daylight hours, and open blinds and curtains for light. Turn off lights in rooms not being used. Dust light bulbs, you may be surprised at the increased light they give off.
- *Hang clothes outdoors to dry on a nice spring day.
- *Check your outside hose hookups/ faucets for leaks.
- *Check your furnace filter monthly, and check your registers to make sure they are not blocked by furniture and the vent covers are clean during spring cleaning.



Important Dates to Remember

February 12	Valentine's Day Party/Indoor Carnival-Senior Programs
February 15	President's Day-PRIDE Closed (Head Start Centers Open)
February 16	Child Care Licensing Center Visits
February 19	President's Day Observed by Head Start-Head Start Closed
February 22-27	America Saves Week (see details below)
February 23	Logan Center Senior Participants Visit Beauty Salon/Lunch
February 24	WV Office of Economic Opportunity Quarterly ED Meeting, Charleston
February 26	Employee Advisory Meeting
March 1	Lorado Center Senior Participants Visit Beauty Salon/Lunch
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 6-7	WV Directors of Senior and Community Services Spring Conference
April 27-29	WV Social Work Conference-Charleston, WV
April 29	Head Start Parent Banquet, Dehue Head Start Center-6pm
May 2-4	WV Community Action Partnership Education Conference, Charleston
May 10	Election Day-PRIDE Closed
May 12	Family Fun Day, Chief Logan Park-11am-2pm
May 30	Memorial Day-PRIDE Closed

PLEASE JOIN US

Activities & Lunch Served Daily

Earl Jarvis Senior Enrichment Center-699 East Stratton Street, Logan
Lorado Intergenerational Center-175 Superintendent Road, Lorado

Did you know...

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

Choose PRIDE Community Services for your Kroger Community Rewards

Board of Directors

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Logan County Clerk

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Attorney

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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.

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

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.