



the Shining Star



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Introducing the Tracy Vickers Nutrition Site

The new site is located inside Chapmanville Town Hall. PRIDE began serving meals in June with less than 10 seniors attending. We have grown to over 75 senior participants enrolled, with daily attendance averaging 45-50.

The Healthy Steps exercise program, BINGO and other social activities are provided weekly. Medicare assistance is available, along with food and nutrition information and trainings provided monthly basis. Please join us Monday—Friday 11 am—1pm.



Aging Program

Director of Senior Services, Amey Ball received a referral to contact Ms. Ilene Ellis to complete a home delivery assessment so she may receive nutrition services. Ms. Ellis had recently received Weatherization services, including a new heating and cooling unit in her home. Ms. Ellis explained that last winter, she had suffered through the cold, putting up blankets to help contain heat from the portable units she was using. Ms. Ellis expressed how thankful she was for PRIDE to help her with getting a new heating system so she wouldn't have to worry about freezing this winter.

PRIDE's Director of Senior Services observed that Ms. Ellis was frail, suffering from many health issues and in dire need of our home delivered meals. Ms. Ellis stated most days she does not have much to eat. She isn't able to stand and cook, and is rarely able to visit the grocery store to purchase food. Ms. Amey Ball took a hot meal and some emergency frozen meals to assist Ms. Ellis until her meal delivery could begin. Ms. Ellis stated how blessed she was that PRIDE is providing her with a daily, hot nutritious meal.

Nutritious, well-balanced meals are available daily through PRIDE's senior nutrition program. Not only can they receive a meal, but our delivery drivers provide a daily wellness check to make sure our seniors are safe and sound. If the driver doesn't see or hear from the senior participant in a couple of days, a follow-up with them or their emergency contact is completed to make sure everyone is ok and not in need of assistance.

If you or someone you may know is in need of senior services, please contact Amey Ball, Director of Senior Services at 304-752-6868 ext.346.



BuildJobs Initiative Program

One year after the BuildJobs program began, the Appalachian Regional Commission, the agency that funds the BuildJobs program, approved adding McDowell County to the five counties served by the program: Boone, Lincoln, Logan, Mingo and Wyoming. The program is being welcomed by residents as hope for a future; a future that looked hopeless.

McDowell, the southernmost county in West Virginia, was once nationally known for setting coal production records and for its contribution to the state's economy. At the height of McDowell County's coal production prominence, there were nearly 100,000 residents of the county. As coal mining began to decline in the 1950's, the population also began to decline. Today, there are just over 18,000 residents in McDowell County, according to the U.S. Census Bureau.

McDowell County's unemployment rate for September 2018 was the highest unemployment rate at 8.3%, of all six counties served by the BuildJobs program, according to Workforce WV's website. Welch's Magic Mart and Long John Silvers recently closed with no plans of reopening in the area. Kimball's Walmart closed in 2016. And, folks who are called to repair heating and cooling systems as well as plumbing problems come from out of the county, according to residents.



PRIDE's BuildJobs program brings McDowell County residents free training leading to:

- ◇ Apprentice Electrician Certification
- ◇ HVAC Technician in Training Certification
- ◇ Plumber in Training Certification
- ◇ Licensed Residential Contractor
- ◇ Certified Welder

In addition to each participant gaining new skills, the economy will be stimulated by a trained workforce and by the possibility of the creation of new businesses. The BuildJobs program will train residents to rebuild McDowell County.

If you are interested in the programs offered by PRIDE's BuildJobs Program, please contact Sheila Riddle at 304-752-6868 or sheila.riddle@loganpride.com.

You can also visit our website www.buildjobswv.com.

Child and Adult Care Food Program

WHIPPED SWEET POTATOES

Ingredients

- ⇒ **14 ounces** Sweet potatoes, fresh, peeled, cut into quarters (about 3 1/8 cups)
- ⇒ **1 tablespoon** Milk, 1% (low-fat)
- ⇒ **1 tablespoon** Margarine, trans-fat free
- ⇒ **1/4 teaspoon** Table Salt
- ⇒ **1/4 teaspoon** Black pepper, ground



Directions

1. Place sweet potatoes in a pot of water and bring to a boil. Cook until fork tender, about 20 minutes. Drain well. Heat to 140 °F for at least 15 seconds.
2. In a medium bowl, immediately combine drained sweet potatoes, milk, margarine, salt, and pepper.
3. Using an electric mixer, mix on medium speed until potatoes are smooth and fluffy.
4. Serve 1/4 cup.

Human Resources Department

On Friday, September 28, 2018, PRIDE held its annual Employee Appreciation event. It was held at the McDade Center with approximately 75 employees in attendance. Each staff member was given a PRIDE t-shirt for their hard work and dedication throughout the year. Those who have been employed for 5, 10, 15, 20, etc. years were given a years of service certificate, pin, and WalMart gift cards. The staff enjoyed several games which included Simon Says and the yearly corn hole tournament. The winners were awarded prizes and gift cards. The staff enjoyed BBQs and Hot Dogs with all the fixins, and desserts that were catered by Fat Jacks. It was a beautiful day to be with co-workers.



Emergency Services

How to Save Money on Groceries

- 1. Crunch some numbers while you shop.** *"Stick to your list and use a calculator as you shop to stay under budget. We're under \$50 a week for our family (two adults and a toddler). No junk food either. It's doable!"*
- 2. Get creative with the food you have on hand.** *"Don't feel like you need to buy something just because you're out of it. Raid your pantry and fridge for substitutes first. Make your meal plans around what you already have."*
- 3. Start freezing and storing meals now.** *"Cook big meals and divide leftovers into portions and freeze them. Freeze as much as you can from your shopping. Nothing beats already having it."*
- 4. Round up your grocery cost estimates.** *"I use tally marks to keep track of what I'm spending, and I always round up every item. Even if the item is \$1.29, it gets two tally marks. That way, by the time I check out, I'm both aware of approximately what to expect and surprised to still be under what I wanted to spend."*
- 5. Use the envelope system.** *"Use the envelope system and put unnecessary items at the end of the counter. I would tell the cashier I only had a certain amount of money to spend and to stop when I got to that point. Instead of it being an embarrassment, it was a bonding moment for me and the cashier when I made my goal, or even if it didn't work out."*
- 6. Don't allow for budget-breaking surprises.** *"Our grocery store offers 'scan it.' You can walk around with a scanner and scan your items as you shop. It keeps a total for you so you're never surprised at the register—and you can decide if you really need certain things."*
- 7. Stick to a meal plan.** *"Meal plan ahead of time with your favorite store's ad in hand. Buy larger quantities of what's on sale and freeze it. Stick to your list. And never grocery shop hungry!"*
- 8. Don't buy more than you need.** *"Just because something is marked two for \$5, four for \$10, etc., doesn't mean you have to buy that many items. You get the same discounted price if you buy just one."*
- 9. Test out your green thumb.** *"Try growing a garden. There's an initial investment, but it pays off in terms of produce for the year."*
- 10. Shop online and pick up at the store.** *"My wife makes a list and then orders all the groceries online. We pull up at the store and they bring them out to the car and help load them in. It is convenient, saves time, and there is no impulse buying inside the store while walking around with the kids."*
- 11. Eat leftovers for lunch.** *"We almost always have a nice dinner every night and are really good about taking the leftovers for lunch. I think it's important to have a family dinner every night. Yes, sometimes we go cheap. But no matter what you cook, if you consistently eat at home, it's way cheaper than going out all the time."*
- 13. Buy generic.** *"We shop at a great grocery store known for their low prices, and most stuff we buy is generic. We no longer buy desserts or junk food, which cut probably \$200 from our budget."*
- 14. Only buy meat when it's on sale.** *"Choose different cuts of meat. For example, we love boneless skinless chicken thighs, and they are so much cheaper than chicken breasts. They taste better too."*

Head Start Program

In honor of Johnny Appleseed, children in Logan Head Start Center (L2) integrate sensory learning and math. Each child was given slices of red, yellow, and green apples to taste and then asked to identify their favorite. 🍏 🍏



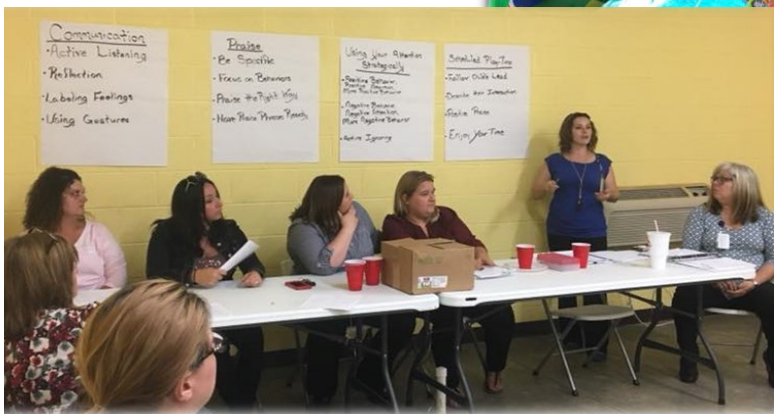
Students at Man Elementary Head Start exercise fine motor skills and self-expression through self-portraits of their first day

Families participated in male involvement pumpkin carving activities.



Sunday, September 9th
grandparents day

PRIDE staff at McDade Hall hosted a Trunk or Treat for the children at the Logan Head Start



FDF lead the first session of the FIT Parenting Curriculum. Parents from the Chapmanville and Logan areas also participated in the Parent Meeting at The Jump House.

In-Home Services Program



Whitney Vanover has been an employee of PRIDE since March 2015. Whitney's clients are participants of the Medicaid Personal Care and Lighthouse program. Whitney's Personal Care client states "she does a very good job." She continued, "from 1-10 Whitney is a 10, and I wouldn't be able to make it without services because there is a lot of things I am no longer able to do." Whitney's Lighthouse client says she does a good job and he wouldn't have it any other way. He also stated, he couldn't make it without the services. Whitney goes above and beyond for her clients and demonstrates great knowledge of client care with the work she does. ***Great Job Whitney!***

In Home Services assist the elderly and disabled in achieving activities of daily living including assistance with personal hygiene, nutrition, feeding, and environmental support functions. The In Home Service programs include Lighthouse, FAIR, III-E, Medicaid Personal Care, Medicaid Aged and Disabled Waiver, Medicaid Aged and Disabled Waiver Case Management, and VA Personal Care.

- The Lighthouse program provides support in four areas, which include personal care, mobility, nutrition, and environment.
- FAIR and III-E program is designed to provide care and activities for individuals with Alzheimer's disease or a related dementia and give family caregivers a needed break.
- Medicaid Personal Care program is available to assist an eligible member to perform activities of daily living and instrumental activities of daily living in the member's home.
- The Aged and Disabled Waiver program is an in-home care program for individuals who meet the nursing home eligibility level of care, but want to stay in their own home.
- Aged and Disabled Waiver services includes case management, personal attendant, skilled nursing, and non-medical transportation.
- To be eligible for the VA Personal Care Program a person must go through the VA Center and be referred to PRIDE for the program.



For more information regarding the In-Home Services provided by PRIDE, please contact Kathy Ooten or Anna Matney at 304-752-6868.

SSVF Program

Mr. Eddie Thompson, SSVF Coordinator, received a call from a lady that works for ENACT in Boone County, about a homeless veteran in the Danville area. She explained his situation, so Eddie went to Boone County looking for him. Eddie was able to meet with Mr. Jeffrey Gard. Eddie found out that Mr. Gard had been staying outdoors, near the Magic Mart in Danville, often even sleeping in the rain, or just any place he could find a comfortable spot. After doing an intake on him, Eddie took Mr. Gard to the homeless shelter in Logan, hoping he could get shelter, a clean shower, and something to eat until permanent housing could be found. However, there was a set-back. In order for Mr. Gard to enter the shelter, he must be able to pass a drug screen. Mr. Gard was a severe alcoholic, and not permitted to enter the shelter. Mr. Gard agreed to go through the process of becoming clean, so he could stay at the shelter.

Mr. Gard was checked into Logan Regional Medical Center, entering the detox program to become alcohol free. Mr. Gard succeeded and was permitted to enter the shelter until permanent housing could be secured. SSVF Coordinator Eddie, was able to find Mr. Gard and apartment and help him get a copy of his DD-214. Mr. Gard became unable to work after losing a kidney to cancer and not able to walk far or perform strenuous activity. Due to having no income, Mr. Gard had been panhandling at the local intersections around Boone county.

Mr. Gard is now stably housed, with all his utilities included in his rent payment. That has been helpful to him. After receiving assistance of the SSVF program, Mr. Gard was able to submit proper paperwork to the Social Security Administration and pending any interruptions, should begin receiving income in the near future.



Weatherization

This story, is pretty exciting, as PRIDE's Weatherization Program recently embarked into new territory, taking on McDowell County.

Ms. Wanda, from McDowell County, reached out to our Weatherization office with concerns of her home needing air sealed and her energy bill being outrageously high. Ms. Wanda was an elderly lady with health problems. Her husband had recently passed, and now living alone on a fixed income, we knew it was important for us to help Ms. Wanda as much as we possibly could. An intake was completed, and then her home was processed through our NEAT/MHEA computer software program, to see what measures would be best for her home.

Our Weatherization crew was able to install a brand new heating and cooling unit, replacing the four window AC units and seven to eight baseboard heaters. A new 3 ton package unit was installed, along with brand new trunk line and duct work. In addition, some very efficient air sealing measures were completed to make sure all of the good air stays inside. The Weatherization crew also insulated inside the crawl space and laid vapor barrier to protect her home from ground moisture.

With it being middle of the summer and daily temperatures hitting 90, Ms. Wanda was very thankful for all that was done to help cool her home and make her home more energy efficient.



Important Dates to Remember

November 12	Veteran's Day/PRIDE Closed
November 13	Chapmanville Primary at Tracy Vickers Nutrition Site
November 13 –15	WV Head Start Association Fall Conference
November 16	Policy Council @ 10:30 AM/ Financial Literacy @ 12:30 PM
November 19-23	Fall Break– Head Start Centers
November 22 & 23	Thanksgiving Holiday/PRIDE Closed
November 26	Board of Directors Meeting @ Noon
December 4	Pre-K Showcase (Chapmanville Primary, Holden, Hugh Dingess)
December 5	Pre-K Showcase (Buffalo, Man, Omar, South Man)
December 6	Pre-K Showcase (Justice, Logan Elementary, Logan Head Start, Verdunville)
December 7	PRIDE Annual Winter Conference - All Centers Closed
December 10	Chapmanville Primary at Tracy Vickers Nutrition Site
December 12	Mental Health Workshops (Chapmanville Library @ 10 AM/Logan Library @ 1 PM)
December 19	Mental Health Workshop (Buffalo Creek Library @ 11AM)
December 24	Christmas Eve/PRIDE Closed
December 25	Christmas Day/PRIDE Closed
December 24-January 4	Winter Break—Head Start Centers

Activities & Lunch Served Daily

Earl Jarvis Senior Enrichment Center
699 East Stratton Street, Logan

Tracy Vickers Community Center
68 Boise Street, Chapmanville

Chapmanville Towers
647 Main Street, Chapmanville

For more information, please contact Amey Ball 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

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

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Lois Moses

Head Start Policy Council

Serafino Nolletti

Mayor Town of Logan

Sharon Moorhead

Head Start Policy Council

Jennifer Lucas

Private Sector Representative

Judge Christopher Workman

Family Court

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 Development Office—Community Advancement & Development (WVCAD)
- WV Bureau of Medical Services
- WV Dept. of Education
- WV Housing Development Fund
- United Way of Central West Virginia
- Appalachian Regional Commission

Services Offered:

Aging Program: Offers services to persons with disabilities and the aging population of Logan County.

- Amey Ball / Director

BuildJobs Program: Provide training in construction trades to prepare displaced coal economy workers for re-employment opportunities and assist in the creation of small trade businesses.

- Sheila Riddle / 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.

- Marsha Warden, RN / Case Manager

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

- Missy Avis / Monitor

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.

- Brandi Browning / Coordinator

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.LOGANPRIDE.COM
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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.