



the Shining Star



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WELCOME HOME!

Mrs. Elizabeth Adams and her husband, Ernest have searched for an affordable home in the Logan area for over 5 years. Elizabeth is disabled, and her husband, Ernest is still treating for a medical condition he had as a young man. Elizabeth and her husband had rented at the same location for several years; always paying their rent and utility payments on time. Because of their responsible financial decisions, the Adams' had a good credit score, but their limited income restricted their ability to purchase a home.

Elizabeth had worked with multiple agencies around the state of West Virginia to secure financial assistance so they may one day purchase a home. However, each time they believed they were approved and ready to purchase, something would interfere with that dream.

After hearing about PRIDE's Affordable Housing Program, Elizabeth began working with Program Services Administrator, Brenda York. Elizabeth and Brenda worked for two years to ensure the Adams family had the income, credit score, and financial assistance to purchase a new home from PRIDE.

On Tuesday, February 12, 2019, their dream to purchase a home finally came true! Elizabeth and her husband, Ernest signed on the dotted line and officially closed on their new, affordable home in Logan. PRIDE is excited to say WELCOME HOME ADAMS FAMILY!



Aging Program

In December, PRIDE partnered with Woodforest National Bank to set up a Senior giving tree at Woodforest's Wal-Mart location and Wendy's in Chapmanville, WV during the Christmas season. The tree was adorned with name tags for seniors who posted their Christmas wish list. Some seniors requested snacks, much needed clothing or just a simple pair of gloves for the cold winter. PRIDE and Woodforest Bank distributed well over 150 gifts to our seniors in the community. They were so elated to get special gifts from their secret Santa, some were even brought to tears. Many times during the holiday season, our seniors are forgotten. It was very special for them to see how much Logan County cares about them!

Also in December, Landau Murphy, America's Got Talent winner, generously donated tickets to our seniors for his Christmas concert at Southern WV Community and Technical College. Everyone enjoyed the showcase and was delighted to see our local celebrity.

PRIDE Community Senior Services offers many activities, including Healthy Steps exercise program, outings and holiday themed parties. If you are interested in attending any of our nutrition studies at Tracy Vickers, Chapmanville Towers or the Earl Jarvis Enrichment center, please contact Amey Ball 304-752-6868, ext. 346. You can also follow us on Facebook or website to get up-to-date information on activities.

Come and join the fun, social interaction, exercise all while receiving a delicious lunch!



BuildJobs Initiative Program

What can the BuildJobs Program do for YOU?

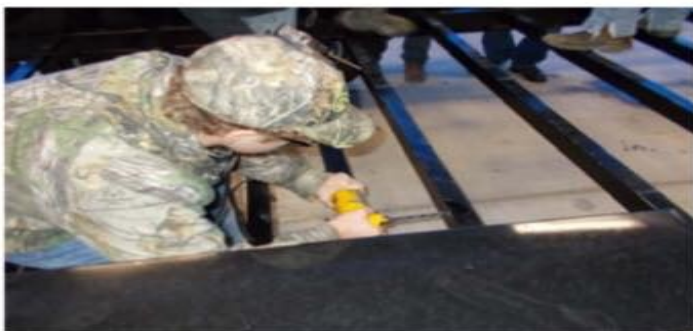
The BuildJobs program is a training program that is FREE to the participant. It exists to give a “hand up” to residents of Boone, Lincoln, Logan, McDowell, Mingo and Wyoming Counties who have been affected by the decline in the coal industry. BuildJobs training can lead to certification as an Apprentice Electrician, HVAC Technician in Training, Plumber in Training, Residential Contractor or a Welder. Qualified tradesmen in these areas are greatly needed in southern West Virginia.

Highlights of the program include 14 weeks of on-the-job training in electrical, HVAC, plumbing and residential contracting. Training as a welder is provided by Southern West Virginia Community and Technical College at their Williamson Campus. Classes are available per their academic calendar. In addition, the BuildJobs program provides tools and equipment needed for the participant to use during training. Upon completion of the program, the tools and equipment may be awarded to participants, along with a nice certificate suitable for framing. But that’s not all! Participants are given \$6.25 per hour in order to pay for fuel, food and other costs associated with training.

But, the BuildJobs program offers more than excellent training. The program helps to build self-confidence and can boost a participant’s self-esteem. There is a feeling of hopelessness when jobs are scarce, money is tight and training seems to be beyond reach. The BuildJobs program brings hope and free training leading to a brighter future for participants and their families.

To qualify for the BuildJobs program, an applicant must have a valid driver’s license, Social Security card and reliable transportation, as well as pass a drug test and background check.

For more information, please contact our BuildJobs Program at 304-752-6868 or visit our website at buildjobswv.com.



Child and Adult Care Food Program

Tips for Transitioning to Healthier Foods

Many young children are picky eaters and prefer to eat simple, familiar foods. However, childhood is an important time that shapes food preferences and lifelong health habits. As a child care provider or staff, you have the unique opportunity to introduce children to a variety of nutritious foods to make sure they grow up strong and healthy. While you may encounter small challenges along the way, the tips below for transitioning kids to healthier foods are sure to make the task less daunting.

- *Don't tell them it's different! Sometimes kids won't even notice.*
- *Be sure to introduce only one new food at a time and allow kids to adjust to the change.*
- *Transition foods after a summer, winter or spring break. Children are less likely to notice a difference if they've been away for a while.*
- *Involve children in preparing meals and snacks created from new foods they are learning about. Children are more likely to try and enjoy food that they have helped prepare.*
- *Encourage kids to taste food every time it's served, but they don't have to eat a whole serving if they don't like it. They can just "try it."*
- *Teach children where the food they're eating comes from. Talk about the food with children during meal time, and encourage them to share how they like it.*
- *Introduce new foods in fun and creative ways, i.e. freeze small batches of mixed chopped fruit in small cups or ice cube trays, add a stick — a delicious frozen treat that kids are sure to enjoy!*
- *Always provide plenty of praise and encouragement when kids try new foods to reinforce this positive behavior. Praising children at the table who are trying the new food may encourage the more hesitant children as well.*

Human Resources Department

Cheryl Vance was hired as the Senior Services Program Assistant for PRIDE Community Services, Inc. on October 22, 2018. She resides in Chapmanville WV with her daughter, Alexis Vance. She has three other children Caleb, Kristen, and Braxton Hensley and two granddaughters, Allison Laws and Lacy Hensley. Cheryl graduated from Chapmanville High School's class of 1992 and Southern WV Community and Technical College's class of 2010. She says "I really enjoy working with the seniors, and I have formed a lasting bond with them, and I also enjoy working with all the PRIDE employees."

We would like to welcome Cheryl to our PRIDE family, and we look forward to working with her in the years to come.



Emergency Services

10 Ways to Reduce Energy Costs during Winter Months

- ♦ ***Lower your thermostat*** -- You can save up to 10% a year by adjusting your thermostat 7-10 degrees lower for 8 hours a day.
- ♦ ***Adjust your water temperature*** -- Hot water is a big energy user. The U.S. Department of Energy recommends keeping your water heater's thermostat set at 120 degrees. Anything higher is unnecessary. Water that's too hot can even be dangerous. Every 10 degree reduction in your water heater's thermostat can shave 3 to 5 percent off of your bill.
- ♦ ***Caulk cracks and leaks*** -- There are many places where warm air can seep out of a house, allowing cold air to creep in. Thoroughly check the interior and exterior of your home for cracks and gaps, paying particular attention to areas around chimneys, furnace flues, pipes, electrical outlets, windows and doors. Fill small leaks with caulk.
- ♦ ***Insulate the attic door*** -- Even if your attic is insulated, it's easy to overlook the attic door. Add a layer of insulation to the inside of the door to prevent expensively heated air from rising into the attic.
- ♦ ***Shrink wrap windows*** -- One cheap way to reduce heat loss is to install window film. It resembles plastic wrap and helps retain heat. Lowe's, which sells the film, says that insulating films "retain up to 55 percent of your home's heat in winter." The film over windows also keeps a home cooler in summer heat.
- ♦ ***Use ceiling fans correctly*** -- Most ceiling fans have a switch so you can set the blades to rotate in reverse during the winter. This pushes the warm air near the ceiling down toward the floor to keep you warmer. Find this switch on the body of the fan and set the blades to turn counter-clockwise in winter.
- ♦ ***Install door sweeps*** -- Prevent cold drafts of air from blowing in by installing a door sweep at the bottom of exterior doors. Some utility companies offer them free to customers, so call to inquire before you buy one.
- ♦ ***Close the drapes*** -- Reduce heat loss by keeping drapes closed at night, or when the sun is not streaming in. When it's sunny, open your blinds or drapes and let the sun's warmth pour into your home.
- ♦ ***Switch to LED lightbulbs*** --LED lightbulbs won't help with home heating costs, but they sure will make a difference in your electric bills for lighting.
- ♦ ***Change furnace filters*** -- Replace furnace filters regularly, even monthly depending on how often the furnace is running.

For more information about PRIDE's Emergency Services Program, please call 304-752-6868.

Head Start Program



During January, Ready Freddy and PRIDE Family Development Staff visited Head Start and Universal Pre-K classrooms in Logan County to recognize attendance achievements.

Chapmanville Primary's partnership with the Tracey Vickers Center continues. In January, children and seniors celebrated Ol' Timers Day. Pre-K children dressed like 100 year olds, celebrating the 100th day of school. The kids saw a quilting demo, made their own quilts out of paper, "milked" a cow, rolled biscuit dough, played with a churn, used a wash board, hung clothes on the line & participated in Show & Tell with the seniors.



Classrooms participated in Christmas activities in the month of December, including the Universal Pre-K Showcase. The annual Pre-K Showcase was held at the Chief Logan Conference Center, where all children and parents participated in STEM activities provided by the Carnegie Science Center, sang Christmas songs, and then had a picture with Santa.



Parent Meetings were held for Logan, Chapmanville and Man area Head Start and Pre-K classrooms. To celebrate American Heart month (which is in February), one month family memberships to the Chief Logan Rec were given as door prizes at the meetings. For the Man area, Samantha Mills was the winner. For the Logan/Chapmanville areas, Kandee Damron was the winner.



In-Home Services Program

Ronald Muschera worked at the garment factory in Chapmanville, WV for 28 years, cutting out patterns for jackets. After suffering from a stroke in May 2015, he was placed in rehab at Trinity Nursing Home. He said that he worked very hard so he would be able to return back home. He was always the first one at therapy every morning and the last one to leave in the evening. Mr. Muschera was finally able to return home in September 2015. He says his cousin, a former employee, told him about the services offered by PRIDE. Mr. Muschera then contacted PRIDE and started services soon after.

Through PRIDE's In-Home Program and other resources, he has been able to maintain some independence. Mr. Muschera's personal care provider comes daily to assist with house cleaning, mobility, meal preparation, and medication reminders. The provider helping with Mr. Muschera's personal care needs has given him the ability to remain in his home. Mr. Muschera said he feels safe in his home because PRIDE has 24 hour contact available to assist him after hours, if needed.



In Home Services assist the elderly and disabled in achieving activities of daily living including assistance with personal hygiene, nutrition, feeding, 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
- ◆ VA Personal Care

*For more information regarding PRIDE's In-Home Programs,
contact our In-Home Department at 304-752-6868.*

SSVF Program

Mr. Benny Blankenship contacted the SSVF Program in December 2018, stating that he had been sleeping in his truck due to a recent incident that happened in his life. Mr. Blankenship's only income was \$138 a month he received from the VA. He met with Mr. Eddie Thompson, SSVF Coordinator and an intake was completed to determine Mr. Blankenship's eligibility for the program. Mr. Thompson knew of a residence available in Davin, WV that may be suitable for Mr. Blankenship to rent. After meeting with the owners of the home, it was determined this would be a good place for Mr. Blankenship, but there would be a short delay before he would be able to move in. Mr. Thompson was able to help Benny get set up in a hotel until his new residence was available. Mr. Thompson also helped Benny pay his security deposit and first month's rent, ensuring he would be stably housed thereafter.

Mr. Blankenship suffers from problems with his hips and is scheduled for surgery soon. Because of this, Benny has trouble walking and cannot work. Mr. Thompson contacted the VA for Benny to get a copy of his DD-214. Mr. Thompson also referred Benny to the Social Security Administration and DHHR to check for additional resources that may be available to him until he's able to get back on his feet.

Mr. Blankenship remains eligible for SSVF assistance at this time, so he and Mr. Thompson stay in close contact. Benny has expressed his sincere gratitude for all of the assistance provided to him by PRIDE's SSVF program.



For more information regarding PRIDE's Supportive Services for Veteran Families Program, please contact Eddie Thompson 304-752-6868.

Weatherization



This is one of those feel good stories!

Mandy contacted our Weatherization program in hopes of getting a new roof. Her timing could not have been better, as PRIDE had just received additional home repair funding.

The Weatherization staff completed an assessment and noticed that she had a tarp stretched over the whole length of her home. As the assessment continued, it was also noticed the condition underneath the home was very bad. Mandy was approved for the home repair and NHEP, which allowed the Weatherization crew to make the necessary repairs to the home and assist with her heating and cooling unit.

First, Mandy's roof was repaired and a metal roof was installed. Next, the Weatherization crew worked to make her home more energy efficient and comfortable for Mandy and her children. A vapor barrier and insulation were placed under the home, air sealing was completed around the home, and a new heating and cooling unit was installed. Also, a watts up meter reading determined her refrigerator should be replaced with a more energy efficient unit.

PRIDE's Weatherization Director followed up with Mandy later, and she was lost for words. Mandy was so happy with all of the hard work done to make her home energy efficient, and more importantly safe and comfortable for her family. PRIDE's Weatherization crew takes pride in what they do and is honored to make a difference in the community.



Important Dates to Remember

| | |
|-------------|--|
| March 1 | Pre-K Registration for Chapmanville Primary (Chapmanville Classrooms Closed) |
| March 5 | Health Services Advisory Committee |
| March 5 | Senior Salon Day @ SWVCTC |
| March 14 | No School |
| March 15 | No School |
| March 15 | St. Patrick's Day Celebration Senior Centers |
| March 22 | No Pre-K |
| March 22 | March Birthday Celebration Senior Centers |
| April 8 | Pre-K Registration for Logan Area (Logan Area Classrooms Closed) |
| April 15 | Parent Meeting (Logan/Chapmanville Area) |
| April 16 | Parent Meeting (Man Area) |
| April 16 | Easter Egg Coloring Head Start & Seniors (Logan) |
| April 17 | No School |
| April 17 | Senior Egg Hunt-Chief Logan Park |
| April 18 | No School |
| April 19 | Two-Hour Delay |
| April 22-26 | Spring Break |
| April 29 | Pre-K Registration for Man Area (Man Area Classrooms Closed) |
| May 10 | Family Fun Day at Chief Logan Park 11:00 AM-2:00 PM |
| May 24 | No Pre-K |

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/#YouShopAmazonGives>

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

Board of Directors

Jeff Valet / President

Valet & Associates

Michael Johnson / Vice President

Logan County Clerk

Howard Jemerison / Treasurer

Low-Income Sector Representative

Tonya Williamson / Secretary

Woodforest Bank

Donna Williams

Low-Income Sector Representative

John Turner

Logan County Clerk

Dwight Williamson

Logan County Magistrate

Angela Dingess

Private Sector Representative

Ted Ellis

Logan County Commission Representative

Kathleen Mounts

Early Education Advisor

Brittany Adkins

Head Start Policy Council

Lois Moses

Mayor Town of Logan Representative

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.

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
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.