



# the Shining Star



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On July 2, 2019, Delbert Ball, a member of PRIDE's Weatherization crew, took a terrifying eleven foot fall while working at PRIDE's warehouse in Peach Creek. He received multiple injuries, but has recovered quickly. Part of Delbert's successful recovery is credited to Mr. Nikolas Alves, a BuildJobs Initiative participant who was training with our Weatherization staff on the day of Delbert's fall. Nikolas responded to Delbert quickly to help with first aid and stop the bleeding from Delbert's head injury. Nick also stabilized Delbert's neck and tried to calm him, so he wouldn't move and possibly injure himself further. Nick and others stayed with Delbert until medical personnel could arrive. Thanks to the quick actions of Nick and others that day, Delbert is doing well and has been able to return to work.

On July 25, 2019, Delbert and our PRIDE staff presented Nikolas with a PRIDE jacket, t-shirt, and an appreciation certificate for his quick response. On August 14, 2019, Nick was hired to join our PRIDE family as a Weatherization Field Tech after successfully completing PRIDE's BuildJobs Initiative program. He is a graduate of Logan High School and resides in Whitman, WV with his mother.

When asked about working for PRIDE, Nick's response was "working for PRIDE has been an overall positive experience. The company's climate and overall attitude is very agreeable. I believe all of my experiences here will not only benefit me on the job but throughout my life."

Nick is a very polite and hardworking young man, and PRIDE is very pleased to have him on our staff. We look forward to working with him for many years to come.



Above: Delbert shaking Nick's hand and expressing his gratitude for his quick response that day.

Right: Delbert presenting Nick with certificate of appreciation, PRIDE t-shirt and jacket.

## Thank You





# Aging Program

This quarter has been full of fun activities for our seniors both here at McDade and at Vickers and Towers. August 21<sup>st</sup> was National Senior Citizens Day. Seniors at McDade Hall wrote 5 things that they are thankful for on heart cutouts. It was so much fun seeing what they wrote, and heartwarming that all of them included PRIDE Community Services in their list.

On September 11<sup>th</sup> the seniors at McDade participated in "I love my senior center because..." Each senior wrote 5 things about their senior center that they are grateful for and pictures were taken of each senior with their list. We hung the lists all around the dining room. We have also started doing crafts weekly at McDade and Tracy Vickers Community Center.

On October 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> we had our annual Seniors Got Talent show at Towers, Vickers, and McDade Hall. All of the seniors who participated did a wonderful job! We were wowed by singing, comedy, cooking, quilting, and dancing. We surely are blessed with some wonderful talent here at PRIDE! On Oct 21<sup>st</sup> McDade joined in with Tracy Vickers Center for a Pink Out Day to promote breast cancer awareness. Participants from each site wore pink and enjoyed pink refreshments. On October 24<sup>th</sup> students from Chapmanville Primary visited the Tracy Vickers Center for Trunk or Treat. On October 25<sup>th</sup> we carved pumpkins to be placed at the Pumpkin House in Logan. We carved a total of 12 pumpkins to donate. Then on Oct 31<sup>st</sup> the Logan Head Start center came to McDade Hall for trunk or treat and our seniors handed out treat bags that they had prepared for them. We have been having so much fun, we'd love to have you join



# BuildJobs Initiative Program

The BuildJobs Program has received over 100 applications since the program began in June 2017. Part of the application process is a thorough background check. Some applicants aren't able to pass the background check due to bad decisions that were made years ago. Many of these applicants are trying to get their lives in order, but are unable to because of their pasts. Some of the applicants had criminal backgrounds that went back ten years. After realizing the program could help those applicants with a second chance at life, Lisha Whitt, PRIDE's Executive Director decided to allow those applicants into the program if they could obtain letters of recommendation from a reliable source, i.e., probation officer, minister, community leaders. These applicants need a second chance in life. We want to help those that are willing to help themselves. That is how the name "BuildJobs Second Chance" evolved. The program helps participants with stability, discipline and they learn a trade that will help them earn a living wage. We are currently receiving applications from the day report and rehabilitation centers of participants that are interested in changing their futures. The "Second Chance" participants have helped PRIDE build two Tiny Homes and have assisted in the restructuring of a warehouse.



Pictured above are Robert Virgin and Leonard Jackson, BuildJobs Second Chance Participants

If you're interested in the BuildJobs Program,  
please call 304-752-6868 for more information.



# Child and Adult Care Food Program

## Food Safety From: *Cooking up Healthy Habits: A Guide to CACFP Meals*

Making sure food is handled and cooked properly is important to avoid any illness in your center, home or classroom. Follow these tips to be sure you do not put anyone at risk for food borne illness.

**Temperature danger zone:** between 41°F and 135°F — pathogens (bacteria or other harmful organisms) grow in this range. They grow especially fast between 70°F and 125°F. To avoid this, your freezer should be set to 0°F and your refrigerator set to 40°F.

**Storage:** Ready-to-eat food can be stored for only seven days if it's held at 41°F or lower. The countdown begins on the day the food was prepared or a container of food was opened. Store meat, poultry, seafood, and dairy items in the coldest part of the freezer or refrigerator, away from the door. Store raw meat, poultry, and seafood separately from ready-to eat food. If raw food and ready-to-eat food cannot be stored separately, store ready-to-eat food above raw meat, poultry, and seafood. This will prevent juices from raw food dripping onto ready-to-eat food.

**Thawing:** Frozen food should not be thawed at room temperature as it presents a risk for bacteria growth. Cooler: Thaw food in a cooler (refrigerator) keeping its temperature at 41°F or lower. This requires advance planning — your daily menu planning template will come in handy. Running water: Submerge the food under cool to cold running water and always use a clean and sanitized sink. Microwave: Thaw food in the microwave only if it will be cooked immediately after thawing. The food must be cooked in conventional cooking equipment such as an oven once it is thawed.

**Cooking:** In order to be sure cooked food has reached the right temperature, it is a good idea to have a meat thermometer handy! Minimum internal cooking temperatures (place thermometer in the thickest part): 165°F for 15 seconds: Poultry • 155°F for 15 seconds: Ground meat • 145°F for 15 seconds: Steaks/chops of pork, beef, veal, lamb; seafood including fish, shellfish, and crustaceans • 145°F for 4 minutes: Roasts of pork, beef, veal, lamb • 135°F: fruit, vegetables and grains (rice/pasta), legumes (beans) that will be served hot.

**Cooling and Reheating Food:** First cool food from 135°F to 70°F within two hours of cooking. Then cool it from 70°F to 41°F or lower in the next four hours. If food has not reached 70°F within two hours, it must be reheated and then cooled again. If the food has been prepared, cooled and stored properly according to what is stated above, it may be reheated to any temperature. You must reheat food for hot-holding to an internal temperature of 165° F for 15 seconds. Make sure the food reaches this temperature within two hours.

**Holding for Service:** Hold hot food at an internal temperature of 135°F or higher. Hold cold food at an internal temperature of 41°F or lower. Best ways to keep food hot are: using the “keep warm” setting on your oven/holding food, in the oven at a temperature of 135°F, or preparing meals to be served immediately.

# Family Stabilization

## Savings Tips for Adults

**Make a budget.** You've heard it before. Creating and sticking to a budget is one of the best ways you can save money. Making a budget doesn't mean you have to give up fun for the rest of your life. By creating a budget, you'll be able to see where your money is going each month and allocate funds to saving, bills and entertainment. Try using this simple budget worksheet from Money Under 30 to get started.

**Don't wait to save and invest.** Saving and investing may seem like a challenge right now, but putting away just a few dollars a week can have a big impact. Use your budget to see how much money you can put into your savings account each month. And as for investing, if your employer offers a 401(k) account, U.S. News recommends contributing just 2% of your salary and increasing it as time goes on.

**Save one-third of your income.** If you aren't sure how much you should save, U.S. News also recommends saving one-third of your income if you can. By saving \$1 out of every \$3 you earn, you are making it easier on yourself to survive future financial difficulties, such as layoffs, car repairs, home repairs, and other surprise expenses.

**Start an emergency fund.** Another good way to save for financial hardship is to start an emergency fund. Investopedia recommends putting some money into a high-interest savings account, CD or money market account.

**Pay off your debt.** While putting money into savings is a good way to prepare for your future, you should also be concerned about paying off your debt. You should be aggressive about paying off your debt and careful not to let your credit cards spiral out of control.

### *Sources:*

*Money Under 30:* <http://www.moneyunder30.com/really-simple-budget-worksheet>

*US News:* <http://money.usnews.com/money/personal-finance/articles/2010/10/12/6-best-money-tips-for-young-people>

*Investopedia:* <http://www.investopedia.com/slide-show/financial-tips-for-young-adults/?article=1>

*My Bank Tracker:* <http://www.mybanktracker.com/news/saving-tips-for-young-adults>

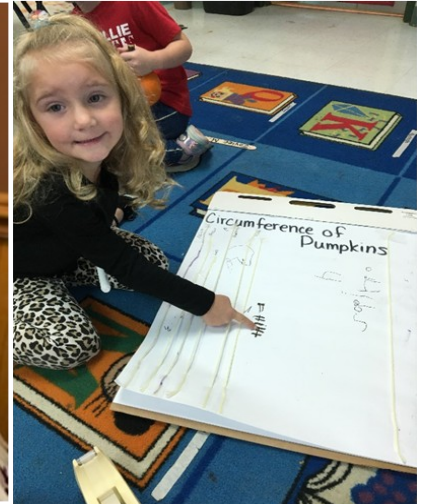
***Financial Literacy training is available at PRIDE Community Services, Inc.  
For more information, please call Brandi Browning at 304-752-6868.***



# Head Start Program



**August:** Staff returned & participated in a pre-service rock painting project; Children & Families attended Back-2-School Bash at Gatti's.



**September:** Parents participated in first Policy Council meeting for 2019-2020; Grandparents day was celebrated.



**October:** Halloween activities, including pumpkin carving and dressing up; Head Start parents participate in HOTS training; First winners of monthly Literacy Scavenger Hunt





# In-Home Services Program

## Making a Difference

Betty Cook, 67 years old receives services through PRIDE's Aged and Disabled Waiver program. She has been a client of PRIDE for 4 years. Betty is a widow and has one son who lives on Ohio. She worked 17 years as a beautician, 11 years at Man ARH as an admission clerk, and later she worked as a private pay caregiver. She states she really enjoyed working with elderly and taking care of them. Betty has a brother that lives close by, but is unable to give assistance. She says she couldn't make it without the services she receives from PRIDE. Through the Waiver program she is provided with everything she needs to maintain her life at home. PRIDE's In-Home Services Program provide personal care, light house cleaning, essential errands and community activities to help aged and disabled people remain at or return home rather than receive nursing home care. Our care providers are trained in compliance with the standards set forth by the Bureau of Senior Services.



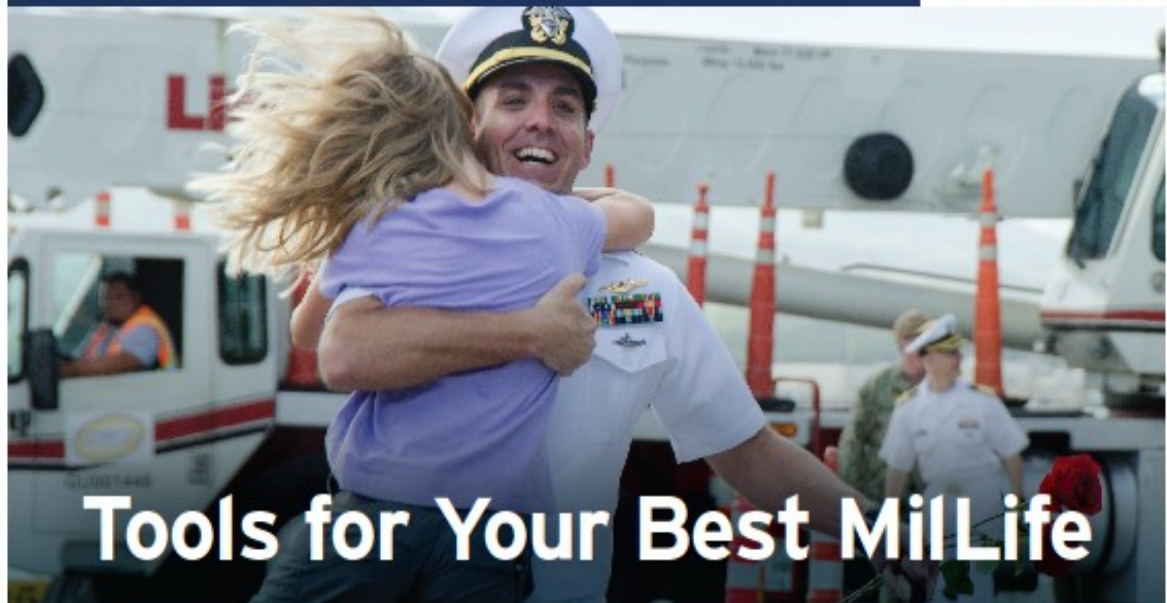
In Home Services assist the elderly and disabled in achieving activities of daily living including assistance with personal hygiene, nutrition, feeding, environmental support functions. The In-Home Services programs include:

- 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

**MILITARY  
ONESOURCE**



## Tools for Your Best MilLife

**Need financial or tax guidance? Want to talk about managing stress or family issues? What about a health and wellness coach?**

Military OneSource is your 24/7 connection to information, answers and support for your best MilLife. Contact us anytime to arrange free Military OneSource services including: confidential counseling, specialty consultations, financial and language services.

### **Access Confidential Non-medical Counseling**

Just need to talk? Get non-medical counseling from experts trained in military life.

- Private, not reported to command
- Up to 12 sessions per issue
- Counseling from licensed mental health clinicians
- Phone, in-person, video conference or online chat

### **Schedule Specialty Consultations**

- |                                    |                    |
|------------------------------------|--------------------|
| • Health and Wellness Coaching     | • Special Needs    |
| • Spouse Relocation and Transition | • Adoption         |
| • Wounded Warrior Assistance       | • Adult Disability |
| • Peer-to-Peer Support             | • Elder Care       |
|                                    | • Education        |

### **Take Command of Your Taxes with MilTax**

- Easy-to-use, tax preparation and e-filing software
- Prepare and file federal and up to three state returns for free
- Trained tax consultants to help by phone

### **Master Your Money with a Financial Counselor**

- Talk to accredited counselors by phone, video or in-person
- Manage and eliminate debt
- Budgeting, retirement, tuition planning

### **Bridge Barriers with Language Services**

- Language interpretation services
- Document translation
- 150 languages

Military OneSource is a Department of Defense-funded program for service members and military families.

**For resources, tools and more information, contact:**  
[www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil) | 800-342-9647



**Empowering Lives. Strengthening Communities.**



# Weatherization

The Home Repair Program is the perfect supplement to our Weatherization program. Mr. Frye's home had a very bad leaking roof, and missing shingles. If it wasn't for the Home Repair program, the Weatherization crew wouldn't have been permitted to weatherize his home. Mr. Frye being an elderly gentleman, and his wife recently having surgery, we were eager to help them. Mr. Frye's daughter helped complete the necessary paperwork, so we could get started. After visiting the home, we realized quickly, the main priority was to get the roof fixed. Due to funding available in home repair, we were able to install a brand new metal roof. Home Repair funding is limited, so it's a blessing when we are able to use it and make such a big difference in a family's life.



After the new roof was installed, we were able to continue with our Weatherization process. We conducted an energy audit on the home, and ran all the information through our Weatherization Assistant computer program. This program gives us a list of needed Weatherization measures to make Mr. Frye's home more energy efficient. Our blower door is then used as a diagnostic tool to tell us where all of the air leakage is in the home. After the diagnostic testing, we installed smoke and CO alarms, wrapped the hot water tank, laid vapor barrier to protect ground moisture, and fixed the trunk line for the heating and cooling. We want to make sure Mr. Frye is getting all of the air from his unit. We cut the original blower door number in half, and that is our goal. When we get a house air tight and sealed, we have to install an Ashrae fan and switch, another useful tool to help make a home more comfortable for the home owner.



There is a lot of hard work and dedication put into each and every job. PRIDE's Weatherization team wouldn't have it any other way. We take PRIDE in what we do, and we're thankful to help others in our community. Mr. Frye was grateful for the services.

### **Important Dates to Remember**

December 6	Annual Winter Conference—PRIDE Closed
December 6	Christmas Parade—Downtown Logan
December 7	Christmas Parade—Downtown Chapmanville
December 10-12	Pre-K Showcase—Chief Logan Conference Center
December 20	PL Day—No School
December 23-January 3	Winter break—No School
December 24	Christmas Eve—PRIDE Closed
December 25	Christmas Day—PRIDE Closed
December 31	New Years Eve—PRIDE Closed
January 1	New Years Day—PRIDE Closed
January 16	Parent Meeting—Gatti's @ 5PM
January 20	Martin Luther King Day—PRIDE Closed
January 31	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**

*Monday, Wednesday & Friday—Healthy Steps @ 11:30 am*  
*Tuesday & Thursday—Bingo & Games*  
*Tuesday & Thursday—Transportation available to grocery store*

**For more information, please contact 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**

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



## Board of Directors

### **Jeff Valet / President**

Valet & Associates

### **Michael Johnson / Vice President**

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Logan County Commission Representative

### **Kathleen Mounts**

Early Education Advisor

### **Amanda Cline**

Head Start Policy Council

### **Lois Moses**

Mayor Town of Logan Representative

### **Cassie Johnson**

Head Start Policy Council

### **Pat Lykens**

Senior Advisory 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.

- Amanda Mills/ 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.

- Michelle Gamble / Coordinator

**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.

- Brandi Browning/Coordinator

**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.

- Brandi Browning / Coordinator

**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.

- Kenny Gibson / 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@loganpride.com](mailto:pride@loganpride.com)

**WE'RE ON THE WEB!**  
**[WWW.LOGANPRIDE.COM](http://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.