



the Shining Star



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Important Dates

Are you a grandparent raising a grandchild in Logan County?

If so, this would be a great program for you. West Virginia State University Healthy Grandfamilies has partnered with PRIDE Community Services, Inc. to offer a series of sessions on the following topics:

- Parenting in the 21st Century
- Family Relationships
- Communication
- Technology & Social Media
- Legal Issues & Documents
- Health Literacy & Self-Care
- Healthy Lifestyles & Stress Management
- Negotiating the Public School System

In addition to this discussion series, an additional three months of follow-up services with a licensed social worker will be offered. The social worker will help link Grandfamilies to resources within our community.

Dates for the sessions are as follows: **February 24; March 2, 9, 16, 23, 30;** and **April 6.** Each session will be held from **4:30pm—7:30pm** at **PRIDE Community Services.** Dinner and childcare will be provided.

If you are interested, please contact Brenda York at 304-752-6868.



Aging Program

In October 2019 our senior participants started an exercise program through the Arthritis Foundation called Walk with Ease. Comprehensive studies demonstrate that Walk with Ease reduces pain, increases balance and strength and improves your overall health. The program will help motivate you to get in great shape and allow you to walk safely and comfortably. It is a 16 week program where our seniors walk 3 times a week, increasing the length of time walked each week. We had 22 seniors from both McDade and Chapmanville Towers participate during our first cycle.

LouAnn Gore, who attends our McDade center daily, was one of our participants. She enjoys doing the program, which includes stretching, warm up, walking, and cool down. Not only did LouAnn complete the entire 16 week program, but she also lost 9 pounds in the process. We are always looking for new evidence based senior friendly exercise programs to share with our senior participants. Keeping them active and moving not only helps them physically, but mentally as well.



For more information regarding senior activities or dining at our centers, please contact Amanda Mills 304-752-6868.

Human Resources Department



On Friday, December 6, 2019, PRIDE Community Services, Inc. held our Annual Winter Conference at the Word of Life Church. Guest speakers for the event were representatives from WoodForest Bank, BB&T Bank, and the WVU Extension Office. Staff members were given the opportunity to win various prizes throughout the day. Each employee was given a Wal-Mart gift card and a PRIDE jacket to show our appreciation. A delicious lunch was prepared by Hatfield's Market and enjoyed by all.



Our staff works very hard throughout the year, and we appreciate their dedication. We look forward to many more years working as a team here at PRIDE to bring great service to our communities.



BuildJobs Initiative Program

The BuildJobs Initiative Program provides on-the-job training to those who have been economically affected by the decline in the coal industry. This program is 16 weeks in duration and 14 of those weeks are spent with partnered contractors learning a new trade. The trades offered are contracting, electrical, plumbing, HVAC, and welding. Upon completing the program, the participant either receives a training card or we assist with study materials and pay for them to take a certification exam. PRIDE Community Services provides the participants with a stipend check and worker's compensation coverage during training. We are currently looking to expand our list of partnered contractors the following counties:

- Boone
- Lincoln
- Logan
- Mingo
- McDowell
- Wyoming

If you are interested in learning more about our program, please contact Michelle Gamble at (304) 752-6868.

BuildJobs Success Story

Joseph Elliott applied for the BuildJobs Initiative program in August of 2019. He began on the job training with PRIDE's Weatherization team in September with an interest in HVAC.

Joseph is a graduate from Chapmanville Regional High School and has been a volunteer fire fighter in our region. He had been affected by the downturn in the coal industry and was looking to learn a new trade to help provide for his family. Joseph was hired as an employee with PRIDE's Weatherization department in October 2019 and has received his HVAC-in-training card.



Child and Adult Care Food Program

OMELET CUP RECIPE

Ingredients:

- 1 egg
- 1 slice ham
- ½ cup diced onion, green pepper and tomato sauce
- 1 tbsp parmesan cheese
- 1 tbsp cheddar cheese

Directions:

Preheat oven to 425 degrees. Line each muffin tin with ham. Whisk egg, cheeses and vegetable mix together. Pour into the cup and sprinkle with salt and pepper. Bake for 15 minutes.

*Hint: Baking without a paper liner or silicone cup? Brush tin with vegetable oil before adding ingredients. *This recipe is creditable for meat/meat alternate and vegetable.*

Add ¾ cup of 2% milk as a drink and this meal is a CACFP creditable breakfast.

CACFP Tip: Using large muffin tins while preparing meals helps ensure that every child is receiving the correct serving size for each meal component. The recipe above is based on serving sizes for children ages 3-5.

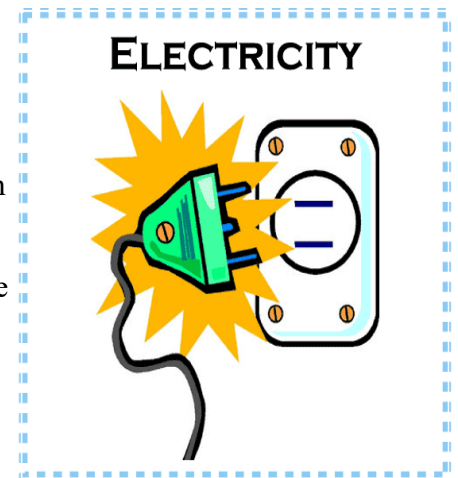


If you babysit children in your home and would like to participate in the CACFP, please call Brandi Browning at 304-752-6868 for details.

Family Stabilization

HOW TO SAVE ON YOUR ELECTRICITY BILL IN WINTER

- **Check your filters.** Clean or change your filters on a regular basis to maintain proper air-flow and keep your HVAC system working efficiently. You should also make sure you are using the right filters for your system.
- **Don't block your air vents.** Make sure your vents aren't blocked by furniture. Clear space around vents will help better circulate warm air.
- **Avoid heating uninsulated rooms.** Don't bother heating places like garages, crawlspaces or other uninsulated areas. These rooms don't need heat most of the time, and they lose heat much quicker without insulation.
- **Get a tune-up.** Call a professional to make sure your heating system is in good health and working as efficiently as possible.
- **Check your insulation.** Good insulation helps keep you comfortable year-round. One of the most important places to have sufficient insulation is your attic. In the winter, proper attic floor insulation prevents warm air from rising out of your home.
- **Use smart lighting habits.** LED bulbs use 75% less energy and last 25 times longer than incandescent bulbs. Be sure to turn off the lights when you leave a room.
- **Seal your windows and doors.** If you suspect your windows and doors are causing a draft, try weather stripping or replacing the seals. Test your seals with this trick: put a dollar between the door or window and the seal, and close it. If you can easily pull the dollar out, it's time to replace the seal.
- **Conserve in the laundry room.** Doing laundry can use a lot of energy. The washer and dryer alone use energy to operate, but both also use heat. To keep costs down, try using these appliances and their heat elements as little as possible. Wash and dry full loads and try washing as much as possible in cold water. If you can, hang your laundry to dry. This will also reduce wear and tear on your clothes.
- **Adjust your water heater.** The recommended temperature for most water heaters is 120°. If your water heater is set too hot, it will not only waste energy, but can be a safety hazard.
- **Insulate your water heater and pipes.** Covering your water heater tank with an insulating jacket is especially important if it's installed in an unheated area of the home, like an attic or garage. Insulating accessible sections of hot water pipes is another easy DIY job that will save a little energy.
- **Unplug unused electronics.** Standby power accounts for an average household energy cost of \$100 a year. Use surge protectors to easily turn these electronics all the way off and prevent them from using standby power.
- **Check your refrigerator.** Is your refrigerator set at the right temperature? If it's too cold, it could be costing you money. Check with the manufacturer to find the recommended temperature. Additionally, make sure your refrigerator door is not letting cold air escape and making your refrigerator work harder. You can use the dollar seal test here as well.



For more information regarding our Family Stabilization Program, please contact Brandi Browning at 304-752-6868.

Head Start Program



Over 20 grandfamilies and 20 agencies attended Grandfamilies Resource Fair at Logan Middle. Grandfamilies sessions are scheduled to start in February.

Chapmanville Primary Pre-K visits the seniors at Tracy Vickers to share what they are thankful for with one another.



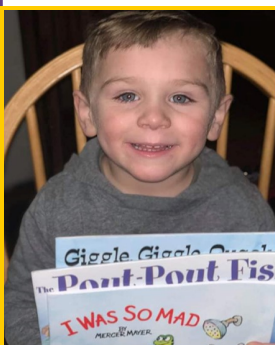
Policy Council Chair and Vice Chair elected for the 2019-2020 term are Cassie Johnson and Kelli Donahoe.



Children in L1 at the Logan Head Start Center visit Seniors at McDade Hall and make scarves together.



Jess George, Early Childhood Behavior Support Specialist with WV Behavior/Mental Health TA Center, spoke to parents from the Chapmanville area attending the Universal Pre-K Showcase.



Jase Bailey found the books for our November Community Scavenger Hunt.



Children at Omar Elementary Head Start received books donated by Step by Step.

In-Home Services Program

PRIDE's Direct Care workers play an essential role in providing support to the elderly and those with disabilities. Our dedicated workers provide a range of services in the home, which include bathing, dressing, and grooming as well as light housekeeping. They provide a regular break for caregivers of individuals with Alzheimer's disease or a related dementia. These workers often provide safety and comfort to the individual and their families and help individuals remain in their home. This may seem like small things to many, but they make a tremendous difference and a positive impact in lives of those they care for. Our Direct Care workers are the back bone of the In-Home Services department and we greatly appreciate the wonderful job they do.



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

FEELING OVERWHELMED?

NOT SURE WHERE TO GO?

**WANT TO TALK WITH
SOMEONE WHO'S
BEEN THERE?**

**BUDDY-TO-BUDDY
IS YOUR LINK
TO ANSWERS
AND RESOURCES**

- Employment issues
- Financial concerns
- Legal questions
- VA benefits / Claims
- Housing / Homelessness
- Education benefits
- Mental health issues
- Healthcare questions
- Substance abuse
- And anything else!



Everyone needs a little help now and then.

Talk with a fellow Veteran who is trained and ready to help you connect with any resources you may need, and that will support you along the way.

The Buddy-To-Buddy program is a free and confidential peer-to-peer program which provides support and connection to resources for West Virginia National Guard service members and Veterans.

Contact us today

Call: 844-734-8316

Visit: www.buddytobuddywv.com

Email: buddytobuddywv@prestera.org



The Buddy-to-Buddy West Virginia Volunteer Veteran Program is a partnership between the WV Department of Health and Human Resources-Behavioral Health and Health Facilities, Prestera Center, and West Virginia National Guard.

Weatherization



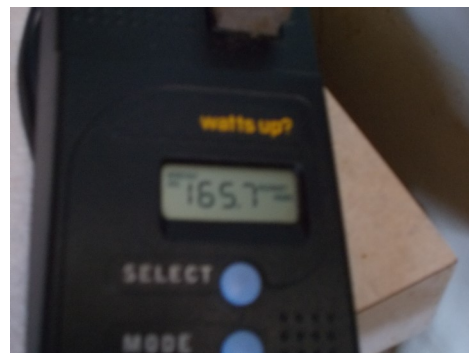
Ms. Osborne contacted PRIDE with concerns of her home needing repairs. Her leaking roof had allowed water inside the home, causing damage. Ms. Osborne was a recent widow, with a daughter and grandchildren residing with her. Her home was in need of our weatherization services.

Our Weatherization auditor inspected the home and found that a full roof repair was needed to stop water from entering the home and causing more damage. Thankfully when Ms. Osborne contacted PRIDE, 2019 Home Repair funding was still available. A contractor completed an assessment of what was needed to replace the old roof with a new metal roof. Ms. Osborne was excited to get her new roof, and even more so that she could pick out what color she thought would look best on her home. We cannot stress enough how important the home repair funding is to our Weatherization program. Ms. Osborne's home was in desperate need of weatherization services, but would not have qualified without repair of the roof. Home repair funding allowed that repair to be completed.

Now that the roof was fixed, our Weatherization auditor could complete an energy audit to see what recommended measures needed to be done. The Weatherization crew air sealed around the home and performed a clean and tune on the heating and cooling unit, to make sure her unit was running to its fullest potential. Immediately Ms. Osborne could tell a huge difference. PRIDE's Weatherization crew also patched the belly and restored the insulation that was hanging down. The energy audit also recommended a refrigerator replacement. This measure was directed by our WATTS UP meter, a tool used to read the hourly kilowatts, determining if the refrigerator is energy efficient or not. Additional energy efficient measures were completed by installing a new shower head, replacing the dryer vent, and installing new CO detectors and smoke alarms for each bedroom.

PRIDE's Weatherization program strives to make all of our clients' homes healthier and safe. We always discuss energy saving tips, along with health and safety recommendations for each client's home. Client education plays a big role in weatherization. We want the homeowner knowledgeable of the steps we have taken, so they can continue to maintain their energy efficient home as well.

During a recent conversation with Ms. Osborne, she stated how happy she was with all of the measures completed on her home, making it more comfortable and energy efficient. Ms. Osborne was also thrilled that her electric bill had been cut in half!



Important Dates to Remember

February 14	Senior Valentine's Party— PRIDE Community Services McDade Hall
February 17	President's Day—PRIDE Closed
February 21	Professional Learning Day—No School
February 21	Senior Participant February Birthday Party—PRIDE Community Services
February 24	Logan County Healthy Grandfamilies/Session 2—PRIDE Community Services
February 28	Pre-K Enrollment (Chapmanville Area)
March 2	Logan County Healthy Grandfamilies/Session 3—PRIDE Community Services
March 6	Pre-K Enrollment (Logan Area)
March 9	Logan County Healthy Grandfamilies/Session 4—PRIDE Community Services
March 16	Logan County Healthy Grandfamilies/Session 5—PRIDE Community Services
March 16	Man Head Start visits McDade Hall
March 19	OS Day—No School
March 20	OS Day—No School
March 23	Logan County Healthy Grandfamilies/Session 6—PRIDE Community Services
March 26	Pre-K Enrollment (Man Area)
March 27	No Pre-K
March 30	Logan County Healthy Grandfamilies/Session 7—PRIDE Community Services
April 3	Professional Learning Day—No School
April 6	Logan County Healthy Grandfamilies/Session 8—PRIDE Community Services
April 6-10	Spring Break
April 13	Logan Head Start visits McDade Hall
April 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

Monday, Wednesday & Friday—Healthy Steps @ 11:30 am

Tuesday & Thursday—Bingo & Games

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.

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Valet & Associates

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Early Education Advisor

Cassie Johnson/Secretary

Head Start Policy Council

Lois Moses

Mayor Town of Logan Representative

Kelli Donahoe

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/ Coordinator

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.

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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.