



# the Shining Star



During this unprecedented time, PRIDE employees have worked tirelessly to make sure our clients and the most vulnerable in Logan County were taken care of. There has never been a moment when someone said, I can't or I won't, the answer has always been, what more can I do. As an agency, we have always stepped up to meet whatever challenges come our way; but this crisis has shown, our employees will go above and beyond that requested of them to take care of those in our community. Your dedication to this agency and your love for this community, does not go unnoticed. THANK YOU!

*(additional photos on pg. 7)*

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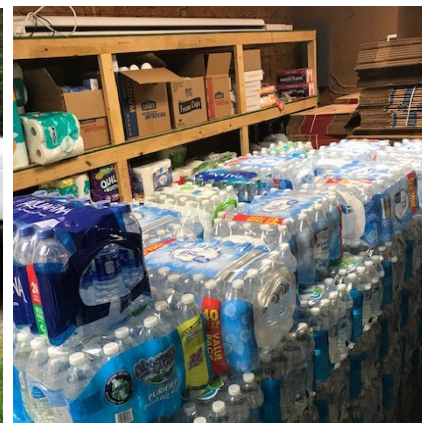
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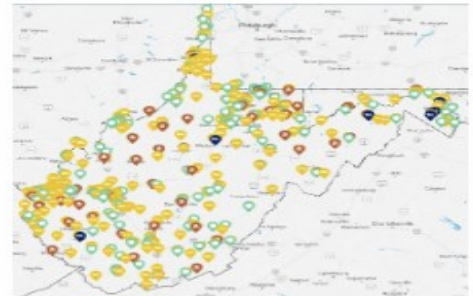


# Aging Program

## West Virginia Strong Summer Food Assistance Programs

### WEST VIRGINIA STRONG *The Comeback*

On June 4, 2020, Governor Justice announced improved coordination among all state, federal and community nutritional resources as a part of his Administration's COVID-19 response. West Virginians in need are encouraged to use this tool to find resources in their community. If you're unable to locate a site in your area, please call 2-1-1 and a member of the United Way team will coordinate with all state and community resources to find the assistance you need. We are here to help.



Go to <http://www.wvseniorservices.gov/> then click on "Interactive Map" to link to the map shown above where you will enter your city or zip code to locate local resources where you can receive assistance.

***PRIDE Community Services, Inc. Senior Center is participating for those over 60 or any grandchild under 18 living in the home. Pick-up for our location is Tuesdays & Thursdays from 11AM—12PM.***

*submit your*



*go to* [www.my2020census.gov](http://www.my2020census.gov)

Census data determines *federal funding* and *political representation* for your community for the next 10 years. Make sure your community counts by participating in the 2020 Census.

The Census influences funding for essential programs like:

- Head Start
- Hospitals
- LiHEAP
- SNAP
- Schools
- So much MORE!

For every person counted in the Census, their community will receive an average of \$2,000 per year. Your community needs your count! [www.my2020census.gov](http://www.my2020census.gov) or 1-844-330-2020

# 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 in our servicing counties:

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

**If you are interested in learning more, please contact us at: (304) 752-6868.**

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Tommy Wright from Boone County began training in December of 2019. His trade of interest was for HVAC, and he was placed with Trumpet Heating and Cooling Inc. in Lincoln County. Upon completion of his training in March of 2020, he received his HVAC in training card and was offered a fulltime position with the contractor he had been placed with. Tommy was asked what he enjoyed the best about the BuildJobs Initiative program and he stated “The connection with career options I would otherwise be unable to do.”



# Child and Adult Care Food Program

## How to cope with picky eating

Your child's picky eating is temporary. If you don't make it a big deal, it will usually end before school age. Try the following tips to help you deal with your child's picky eating behavior in a positive way.

- Let your kids be "produce pickers." Let them pick out fruits and veggies at the store.
- Have your child help you prepare meals. Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir.
- Offer choices. Rather than ask, "Do you want broccoli for dinner?" ask "Which would you like for dinner, broccoli or cauliflower?"
- Enjoy each other while eating family meals together. Talk about fun and happy things. If meals are times for family arguments, your child may learn unhealthy attitudes toward food.
- Offer the same foods for the whole family. Serve the same meal to adults and kids. Let them see you enjoy healthy foods. Talk about the colors, shapes, and textures on the plate.



## Trying new foods

Your child may not want to try new foods. It is normal for children to reject foods they have never tried before. Here are some tips to get your child to try new foods:

- Small portions, big benefits. Let your kids try small portions of new foods that you enjoy. Give them a small taste at first and be patient with them. When they develop a taste for more types of foods, it's easier to plan family meals.
- Offer only one new food at a time. Serve something that you know your child likes along with the new food. Offering more new foods all at once could be too much for your child.
- Be a good role model. Try new foods yourself. Describe their taste, texture, and smell to your child.
- Offer new foods first. Your child is most hungry at the start of a meal.



Sometimes, new foods take time. Kids don't always take to new foods right away. Offer new foods many times. It may take up to a dozen tries for a child to accept a new food.

*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

With the current COVID-19 pandemic and the uncertainty facing many of our families, these budgeting tips could be helpful for your family.

**1. Put housing first.** Always make your housing payment on time, without fail—no ifs, ands or buts. Nothing is more important than keeping a roof over your head. Low-income households need to take care of housing first and everything else after, because even if your landlord was forgiving of a late payment in the past, that could change in an instant.

**2. Set up an emergency fund.** Every household needs to have an account where occasional expenses—car repairs, vet visits, clothing, back-to-school supplies, and gifts—can be paid through. A portion from every paycheck should be set aside into a separate savings account. Auto-transfers are fantastic for this because you can set it and forget it, and before you know it, you'll have a substantial nest egg.

**3. Save loose change.** Because every bit counts! Saving your loonies and toonies and putting them into a [Tax Free Savings Account \(TFSA\)](#) or savings account is an easy way to start an emergency fund. Saving little bits of money on a regular basis will make budgeting much easier and less stressful.

**4. Reduce food expenses.** It's very easy to overspend on food. Look for coupons and check out flyers. Shop generic versus name-brands. Always look for cost-friendly stores and those that price match; this can be a great way to save money and stick to your family's food budget.

**5. Shop with a grocery list.** This will help you avoid impulse shopping and spending more than what you can afford. And be sure to avoid those overpriced items in the checkout lane—that can be where stores really get you!

**6. Meal prep on Sundays.** So many times we spend money on prepared food just because it's convenient, but preparing your own meals ahead of time will help you control your wallet and your waistband.

**7. Review your cell phone plan and usage.** Can you make changes to your plan? Be sure to comparison shop between different service providers; many will price match for your business. You might also consider cancelling your landline and just carrying a cell phone.

**8. Reduce entertainment costs.** One quick way you can do this is by canceling your cable and signing up for a streaming service, like [Netflix](#). Look for data plans that work with your income and usage.

**9. Check out community activities.** Avoid privately-run activities and instead look into free or less expensive community-based activities at the local recreation center.

**10. Decrease expenses versus cutting them out.** Look at *all* of your expenses to see if small decreases can be made versus eliminating one or two expenses completely.

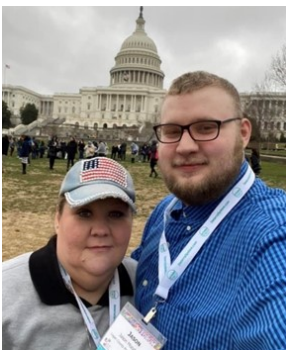
**If you need assistance, please contact our Family Stabilization Program 304-752-6868.**

# Head Start Program

Sharon Moorhead's journey with Head Start began over 20 years ago. In 1999, her oldest son Jonathan started at Davin Head Start, a center that no longer exists. Shortly after, her son Ryan started. Both children attended Head Start for three years. During this time, Sharon worked telemarketing. When the company moved out of Logan County, so did Sharon. She could not stay away, though. Sharon remarks how there is "nothing like being here in Logan County. Teachers and support staff – they care. They *genuinely* care. They build supportive relationships with parents and students." Sharon returned to Logan County and volunteered through the Logan County BOE. She was a full-time parent volunteer for about six years at Buffalo Elementary. Her daughter, Braelyn, was born in 2018, and Sharon's cycle with Head Start began again. Braelyn started at the Lorado Center and moved to Man Elementary. According to Sharon, Braelyn blossomed at Man Elementary, and really came out of her shell. It was during this time that Sharon completed PRIDE Community Services, Inc. Hands on Training Seminar (HOTS) for regular parent-volunteers. She also started attending Policy Council meetings and soon found herself Policy Council President for two years. She now serves as a community member and is a part of PRIDE's Board of Directors.



PRIDE Head Start has made a difference in the life of Sharon's children in several ways. Most recently, her daughter Braelyn started the Head Start program as a very quiet and shy child. Her brothers are much older, and she didn't have much interaction with peers her age and wasn't sure how to engage or play with them. She primarily interacted with adults. Once she started Head Start, she picked up quickly on how to interact and play and became skilled at sharing, turn taking, and making friends. One of Braelyn's goals once she started Head Start was to get potty trained. This happened within one month of being enrolled in Head Start. Braelyn's other school readiness goal was to interact with children and make new friends, and she successfully achieved this goal, too.



In addition to impacting her children's lives, PRIDE Head Start has had a direct and significant impact on Sharon's life. Sharon set a Family Goal to get a job and acquire her own transportation. In October 2019, PRIDE Community Services, Inc. Health Services Manager Laura Herndon became aware of an employment position through Pretera that she felt would be a good fit for Sharon – someone who is tirelessly involved in the community and a true advocate for Logan County. The position was Logan County Prevention Coalition Coordinator. Sharon attended a meeting with Pretera and Laura to discuss the details of the job and review the job description. Sharon interviewed for the position and was awarded it. Sharon attended the National Coalition Academy CADCA training, a comprehensive training program that aims to teach leaders the core competencies and the essential processes to establish or maintain a highly effective anti-drug coalition. Sharon successfully graduated from this year-long program, which included the completion of five essential products: (1) a community assessment, (2) a logic model, (3) a strategic & action plan, (4) an evaluation plan, and (5) a sustainability plan. Sharon notes that CADCA opened up "a whole new world and a whole new me, all because I got involved with PRIDE in the first place. Working with Head Start, specifically as Policy Council President, helped me find my voice. I would have never been able to do what I am doing today if I hadn't been involved in the Head Start program."

It's important to note and celebrate that all goals Sharon set – both Family Goals and School Readiness Goals – were achieved. For parents who may be apprehensive about sending their child to school at only three years old, Sharon offers this advice: "Do it! It is a great opportunity because they learn so much easier the younger they are. Classrooms are set up and designed so well that children are able to interact with one another and engage in imaginative play that they may not get to do at home. Everything they do in the program is about learning, even though it's through play and kids (and sometimes parents) may not realize that learning is happening. Enrolling your child in Head Start is one of the best things that you can do for your child and family. It certainly was for us."



## From the Executive Director's Desk cont.



### In-Home Programs

PRIDE's 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, contact PRIDE's In-Home Department at 304-752-6868.**

# SSVF Program



## **COVID19 VETERAN** **CRISIS RESPONSE**

### **SUPPORTIVE SERVICES FOR VETERAN FAMILIES**

**HAVE YOU LOST YOUR JOB AND BEHIND ON RENT AND UTILITIES?  
ARE YOU HOMELESS OR AT RISK OF BECOMING HOMELESS?**

**EXPANDED SERVICES ARE AVAILABLE TO VETERANS**  
**WITH LOW OR EXTREMELY LOW INCOME**

**For more information, contact our SSVF Program!**  
**(304) 752-6868**

*Eligibility is based on income and current housing status.*

"This flyer was funded (in part) by a grant from the United States Dept. of Veteran's Affairs. The opinions, findings and conclusions stated here in are those of the author(s) and do not necessarily reflect those of the United States Department of Veteran Affairs.



**Empowering Lives. Strengthening Communities.**

**Eddie Thompson - Coordinator**  
eddie.thompson@loganpride.com

**Kirsten Chafin - Outreach Specialist**  
kirsten.chafin@loganpride.com

Supportive Services for Veteran Services  
**PRIDE Community Services, Inc.**  
PO Box 1346  
Logan, WV 25601  
304-752-6868



# Weatherization

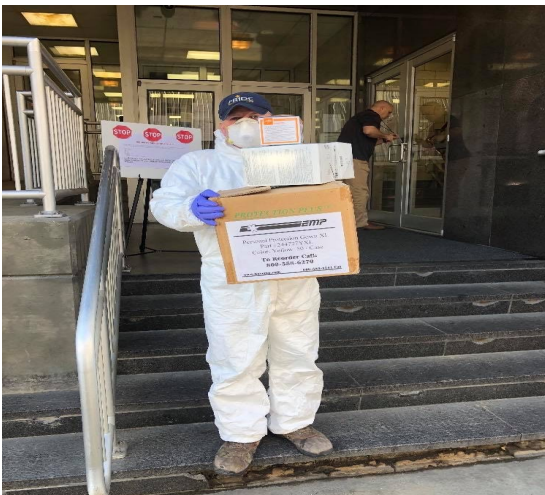
The year 2020 started with some very troubling times. With the COVID-19 pandemic sweeping the nation, and taking a toll on everything and everyone, our Weatherization program came to a screeching halt.

Even though our work to make people's homes more energy efficient had to stop, our Weatherization crew continued working to help our community. Our Weatherization crew quickly transformed from field techs to shoppers, deliverers, and community helpers. We gathered all of the supplies possible to help ensure our most vulnerable clients could have the essentials. We packed food boxes, picked up sanitation supplies, and delivered when necessary. During the most uncertain times, this crew braved the elements to assist the children and aged population served by this agency.

Along with taking care of our community, we are also trying to take care of each other. PRIDE has implemented daily health screenings for each employee. We are taking every precaution to remain safe and protect our co-workers. Daily routines include wearing gloves, masks, and using hand sanitizer around the clock, and when necessary suiting up in Tyvek to ensure the safety of all.

This situation is very different than our typical weatherization process, but our crew has adapted very well. It's not just the Weatherization program here at PRIDE that is making a difference, it's all of our programs. That's what we do at PRIDE; we help our community.

No one knows how long this crisis will last, but we will continue to do what is best for our area. The grateful hearts of those we have served with our food boxes and every day supplies, has been such a blessing. We will overcome this pandemic, and we will prevail.





# Senior Farmers' Market Nutrition Program

## 2020 Income Guidelines

**To be eligible to receive Senior Farmers' Market Nutrition Program coupons, your income may not exceed:**

Household Size	Weekly	Bi-Weekly	Twice-Monthly	Monthly	Annual
1	\$454	\$908	\$984	\$1,968	\$23,606
2	\$614	\$1,227	\$1,329	\$2,658	\$31,894
3	\$773	\$1,546	\$1,675	\$3,349	\$40,182
4	\$933	\$1,865	\$2,020	\$4,040	\$48,470

GROSS INCOME – before taxes

West Virginia  
Department of Agriculture  
Kent Leonhardt, Commissioner  
1900 Kanawha Boulevard East  
Charleston, West Virginia 25305  
304/558-2210

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

Private Sector Representative

### Howard Jemerison

Low-Income Sector Representative

### Tonya Williamson

Woodforest Bank

### Donna Williams

Low-Income Sector Representative

### John Turner /Treasurer

Logan County Clerk

### Dwight Williamson

Logan County Magistrate

### Angela Dingess

Private Sector Representative

### Joseph Mendez

Logan County Magistrate

### Kathleen Mounts/Vice President

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.

- Kathy Ooten / 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/ Director

**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 / 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.

- Brandi Browning / Director

**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@loganpride.com](mailto:pride@loganpride.com)

**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.