



the Shining Star



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Important Dates

Over the last several months, PRIDE's Aging staff members have worked hard through the changes caused by this pandemic. Due to the required modifications, our beloved seniors have not been able to attend our congregate feeding sites or socialize with their friends at the centers. All of congregate participants have transitioned to other meal options available through our programs. PRIDE is currently serving meals options through our home delivered, grab-and-go, and senior summer feeding programs. Any senior 60 or older may sign up for meals with these three options. PRIDE's staff are still insuring that each senior receives nutritional meals and we're still adding participants to our meal routes daily.

Before the pandemic, PRIDE served approximately 3,787 meals per month. Since the pandemic, our meal delivery has increased to approximately 6,604 meals per month and those numbers continue to grow each month. In 7 months, 38,454 meals have been served by PRIDE's Aging team. This group has went above and beyond to prepare and deliver these meals to the seniors of Logan County. Thank you for your dedication; not only to our agency, but to the seniors in Logan County!



In-Home Programs

In-Home Services assists the elderly and disabled in achieving activities of daily living. This includes assistance with personal hygiene, nutrition, feeding, and environmental support functions. Additional information about PRIDE's In-Home Services is listed in the chart below.

<u>Program</u>	<u>Eligibility</u>	<u>Services Provided</u>
Lighthouse	<ul style="list-style-type: none"> • Must be 60+ years of age; • Meet medical eligibility based on an evaluation completed by the agency RN; • Financially eligible, determined by a sliding fee schedule 	Provides support in four areas, including: personal care, mobility, nutrition, and environment
FAIR & IHIE	<ul style="list-style-type: none"> • The person receiving care must have a diagnosis; • Must have an unpaid caregiver 	Provide care & activities for individuals with Alzheimer's disease or a related dementia; and give family caregivers a break
Medicaid Personal Care	<ul style="list-style-type: none"> • Must have three deficits in areas of daily living; • Must have Medicaid card 	Perform activities of daily living
Aged & Disabled Waiver Program	<ul style="list-style-type: none"> • Must first meet the criteria for both financial and medical eligibility; • Must have needs in at least five deficits in areas of activities of daily living 	Case Management; Personal Attendant; Skilled Nursing; and Non-Medical Transportation
VA Program	<ul style="list-style-type: none"> • Must go through VA Program and be referred to PRIDE 	Personal care services & help with activities of daily living.

Job Well Done!



PRIDE Community Services would like to recognize our ***Direct Care Providers*** for the awesome care they provide. During these uncertain times, the direct care providers have worked tirelessly on the front lines each day making sure the needs of our clients are being met. They have taken extra precautions to keep clients as safe as possible while still providing the care they need.



We recognize that the safety of our clients and staff are of the utmost importance. PRIDE has implemented the guidelines set forth by the CDC, in an effort to keep everyone safe and healthy. In-Home practices daily health and temperature checks as part of our safety plan.

Our team of direct care providers have stepped up to the plate to ensure members are not without services when another team member is unavailable. We are very proud of each one and their efforts do not go unnoticed. ***Thank you for a job well done!***

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.



Congrats Paul!

Paul Wiley is a husband and father from Logan County. Paul expressed interest in the BuildJobs Initiative program due to his place of employment shutting down and the need to continue providing for his family.

Paul began his on-the-job training in March of 2020 with our partner contractor, Trumpet Heating and Cooling in Lincoln County. Paul was previously working in the heating and cooling field, but had an expired HVAC technician card. The BuildJobs Initiative program provided payment for his recertification card, and Paul was offered full-time employment with our partnered contractor.



Child and Adult Care Food Program

Samurai Banana Sushi Roll

INGREDIENTS:

- 100% whole wheat flour tortilla, small
- 1 large banana
- 2 tablespoons peanut butter

DIRECTIONS:

1. Have children work together to make this fun snack.
2. Give each a tortilla with the peanut butter & let them spread it using the back of a spoon.
3. Place peeled banana at one end roll it up.



(Slice into 8 pieces)

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.



Our Trunk-or-Treat event was a little different this year. All children stayed in their vehicles as they drove through and were treated by PRIDE employees dressed in costumes and masks. Although a different celebration this year, a good time was had by all.

Family Stabilization

Five Money Saving Tips for Low Income People

Saving money when you make minimum wage is certainly hard but can be done. It's important to understand what your priorities are, and create a values-based spending and saving plan. Once you do, you'll be smarter and savvier with how you spend money and ultimately, be able to save more.

Tackle High-Interest Debt First

In order to start saving more, you have to tackle your debt head-on. Specifically high-interest rate from personal loans, or credit cards, because they force you to pay outrageous fees and interest charges. When paying off debt, you need an attainable, yet challenging plan to pay it off. Start by prioritizing your debt so you're paying off the ones with highest interest first. Then, as you go forward, avoid accumulating any more high interest debt, especially credit cards.

Cut Down Your Biggest Expenses

Trying to save money when you have low income can be very difficult. Sometimes it feels impossible to cut down even a dollar or two every month. Aside from the usual money-saving ideas, like cooking meals at home and canceling your cable bill, what more you can do? Instead of trying to cut back your small expenses, focus on the larger ones so you can make more of a significant impact. For most people, housing costs tend to be biggest part of their expenses. If you're renting, consider downsizing to a smaller home or living with roommates. If you own your home, take a look at whether or not refinancing your mortgage for a lower rate would be beneficial. You can also rent out a room or parking spot for additional income.

Take Advantage of Free Money

Take advantage of "free money" when you can. As a family with low income, you may qualify for the earned income tax credit (EITC). According to the IRS website, the EITC, can be a large refund on your taxes, helping you keep more of what you earned. Sometimes even as much as a few thousand dollars.

Keep Your Budget Lean

To save more, you have to take control of how much you spend. Choose the categories you want to indulge in, and keep the rest of your budget as lean as possible. You'll have to make sacrifices but it's not impossible. Just learn to spend in moderation. For instance; cut back on *how often* you dine out. You can still enjoy a nice meal at a restaurant, just not multiple times a week.

Start a Side Hustle

If you can't cut costs anymore than you already have, consider diversifying your income by starting a side hustle to earn extra money. Aside from your full-time job, you can get a job on the side to provide another income source. Many side hustles can be done right from your own home in your spare time. Think about what you're good at doing, what kind of hobbies can earn money, or what you already enjoy that can be turned into a side job. Popular side hustles include freelance writing, data entry, and graphic design.

**More tips can be found at Moneying.com*

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

Head Start Program



Tall Tal presents to HS staff on social-emotional development at Word of Life Church.



August 2020

- Savanna Cantrell, Natasha Burns, and Amber Rogers started ACDS 2nd semester.
- Head Start staff returned from summer break and participated in pre-service professional development. Most sessions were completed virtually. The sessions that were in person consisted of social distancing and masks.
- Families participated in home visits, parent orientation, and started completing family assessments.

September 2020

- All children enrolled in Head Start and Universal Pre-K started receiving Distance Family Engagement Services.

October 2020

- Families who chose for their students to attend in-person started sending children to school in the blended model – 2 days of in-person class and 3 days of distance family engagement occur each week.
- Families participated in pumpkin carving/decorating, one of the program's family engagement activities.



Human Resources Department

Kathy Ooten has worked at PRIDE Community Services for 11.5 years. Kathy was hired as a Personal Care Provider in 2009. About a year later, Kathy moved to the position of In-Home Programs Administrative Assistant and later promoted to Director of In-Home Programs. In February 2020, all senior programs were moved under Kathy's direction and she was named Director of Senior/In-Home Services.

Kathy lives in Logan with her fiancé Buddy and their children (Bryonna, Andrew, Jasmine, Madison and Zachariah). She is the daughter of the late Wayne Miller and Ms. Wilma Miller. Kathy graduated from Matewan High School and is currently attending Southern WV Community and Technical College.

When asked what Kathy liked about working at PRIDE, Kathy said it's the pleasure of helping others, reaching out to those in need and touching lives in many different ways. She loves contributing to a smile on someone's face and giving a kind word. Those small actions can go a long way.



During all the uncertainties this year has brought, our PRIDE family has continued to serve our community from our Head Start students and families, our seniors, and those in between. Without the help of those behind the scenes, we could not accomplish all that we do.

One of those people is Brooke Mollett. Brooke came to PRIDE in March 2020 as a Financial Literacy Coordinator through AmeriCorps/LifeBridge. Brooke has been a huge blessing to our agency and is always willing to help in any aspect needed. She truly has a heart for what PRIDE stands for.

Brooke resides in Chapmanville WV with her mother Pam Mollett. She is a graduate of Logan High School and WV State University where she earned a Bachelor's degree in Biology. Her future plans are to attend WVU to pursue a Bachelor's degree in Nursing. Brooke states "I really like serving here at PRIDE. All the staff are really nice and welcoming. I think it's great that PRIDE helps those who are in need."

SSVF Program

On July 15 2020, SSVF staff completed an intake at Mr. Robinette's residence. The place he was staying wasn't very stable and he was behind on his electric bill. The SSVF program was able to help him get caught up on his electric bill. They also checked into the new Logan Landing Facility in downtown Logan.

About a month later, Mr. Robinette's family offered a place for him to stay. Mr. Robinette stated he preferred to stay in the community where he had been living and this would allow him to be near family also.

A few weeks later, SSVF staff checked in with him to see if he needed any additional assistance. Mr. Robinette stated that he was doing good and back on track with his electric bill. He thanked us for the work we do and said he is going to tell all his friends and family about PRIDE and the SSVF program.



Michael Adams contacted the SSVF Program when his landlord gave him an eviction notice. Michael and his family had very little income and were in the threat of becoming homeless. During the intake process, Michael explained he was receiving HUD assistance. As we explained, he was eligible for HUDVASH, but unfortunately it was not available in Logan County at the time. Michael was enrolled in the Prevention Program through SSVF. Soon, Michael found a trailer to rent in Chapmanville. After receiving a copy of the signed rental agreement, SSVF was able to provide the security deposit needed for the family to move in. We were able to assist Michael and his family with rent and utilities for several months.

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

Weatherization

As we continue to fight through the pandemic, the Weatherization crews and Pride Community Services Inc. are forging a path to continued success. We had the distinct opportunity to provide services to a Vietnam War veteran and Navy Seal, who desperately needed our services. With his power bill skyrocketing, the Coordinators spoke to Mr. Salyars about what we could do for his home. After explaining the benefits of weatherization, Mr. Salyars was more than happy to let us perform an energy audit.

During the audit, it was noticed that the home had zero insulation in the attic and underneath the home had many air sealing opportunities. The home was in desperate need of energy improvements, and we were happy to provide our expertise.

The team was motivated to work for a Vietnam Veteran and it showed in their performance. The team leader, Mike Adkins, quickly assessed the situation and prepared his team for multiple tasks. While blowing and filling the ceiling with insulation, Mike directed other team members to perform air sealing task throughout the home which also include a clean and tune of the HVAC system. After each step was completed, the team leader inspected all task to ensure completion.



With COVID-19 still a major issue with everyday life, we will remain vigilant in our duty to practice safe work ethics and be as clean as possible. We don masks and gloves, and keep social distancing in the forefront of our minds. We are leading the way to ensure the safety of ourselves and our clients. Furthermore, we spoke with Mr. Salyars and he couldn't be more satisfied. He was really impressed with how respectful the crew was, and how hard everyone worked with strong dedication. His home is way more energy efficient, and on these colder fall nights his family can relax and be assured that their home is now more energy efficient.



Important Dates to Remember

November 16	Policy Council @ 10:30 AM—Virtual Attendance Available
November 16	Healthy Grandfamilies @ 4:30 PM—Virtual Attendance Available
November 23-25	OS Day—No School
November 26-27	Thanksgiving Holiday—PRIDE Closed
November 30	Healthy Grandfamilies @ 4:30 PM—Virtual Attendance Available
December 7	Healthy Grandfamilies @ 4:30 PM—Virtual Attendance Available
December 14	Healthy Grandfamilies @ 4:30 PM—Virtual Attendance Available
December 21	Healthy Grandfamilies @ 4:30 PM—Virtual Attendance Available
December 23	Winter Break—No School
December 24	Christmas Eve—PRIDE Closed
December 25	Christmas Day—PRIDE Closed
December 28	Healthy Grandfamilies @ 4:30 PM—Virtual Attendance Available
December 28-29	Winter Break—No School
December 31	New Year's Eve—PRIDE Closed
January 1	New Year's Day—PRIDE Closed
January 4	School Resumes
January 4	Healthy Grandfamilies @ 4:30 PM—Virtual Attendance Available

**A VERY SPECIAL
“THANK YOU”
TO OUR
DEDICATED EMPLOYEES!**



Did you know...

Amazon donates to
Pride Community Services Inc. when
you shop @AmazonSmile.
<http://smile.amazon.com/>
#YouShopAmazonGives

Choose PRIDE Community Services
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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.

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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.