



the Shining Star



Contents:

Page 1
From the Executive
Director's Desk

Page 2
SSVF Program

Page 3
CACFP

Page 4
Head Start

Page 5
Head Start pt. 2

Page 6
ERRP

Page 7
Human Resources

Page 8
Senior/In-Home
Services

Page 9
Weatherization

Page 10
Important Dates

While the COVID-19 pandemic has prevented us from interacting face-to-face with most of our clients this past year, we have worked hard to continue building relationships and serving the community. This story is about one of the clients that we have gotten to know during this time.

In February, our program received a phone call from Mr. Kelvin Moody of Amherstdale, about getting assistance with food. Health problems had made it extremely difficult for him to go out and get food for himself, and none of the local food banks he had contacted were able to deliver food to homes. At the time, he was very worried about how he was going to get food, and he was disheartened because of how difficult it was to find help during his time of need.

After speaking to Mr. Moody, we delivered several frozen meals and food boxes containing shelf-stable foods to his home. Mr. Moody was very appreciative of the food that PRIDE delivered to him and called it lifesaving. He also said, "What you do there is amazing. You all have a heart and actually care about people's wellbeing." Helping those in need is certainly one of the best parts of the job, and it is very rewarding to know we've made a small difference in someone's life.

Our Family Stabilization program provides assistance to participants based on his/her circumstances. Beneficiaries of our Family Stabilization program are primarily the people of Logan County who find themselves in emergency situations without needed available resources.



*If you are in need of assistance, please contact our
Family Stabilization program at 304-752-6868.*

Supportive Services for Veteran Families



Mr. Bailey, shortly after arriving at PRIDE for assistance



Mr. Bailey, the day he moved in to his new residence

Mr. Earl Bailey came to PRIDE, seeking assistance in December 2020. It was a couple days prior to Christmas and 23 degrees outside. Eddie Thompson, SSVF Coordinator, met with Mr. Bailey and completed an intake on him. At that time, Eddie found that Mr. Bailey was homeless and eligible for the SSVF program. Eddie secured Mr. Bailey a room at Candlewood Suites Hotel in Logan. Mr. Bailey was able to stay there until February 8th when he moved to his new residence.

Eddie worked with Mr. Bailey, exploring several avenues of residence and care. Eddie contacted the Huntington VA Medical center and connected Mr. Bailey with a representative there that takes care of the "Veteran's Foster Care" Program. Mr. Bailey met all the needed criteria to be in the program. Mr. Bailey was a lonely man that doesn't like to be by himself, so the "Veteran's Foster Care" program worked great for him. After some searching, a residence for Mr. Bailey was found in Charleston.

Mr. Bailey was very appreciative of the assistance PRIDE provided to him. He stated "I could never repay for all you've done for me!"

*If you know a Veteran in need of assistance,
please contact Eddie Thompson 304-752-6868*

CACFP

INGREDIENTS

- 1 3/4 cup Brown rice, long-grain, regular, dry
- 1 1/2 tsp. Salt-free chili-lime seasoning blend
- 1/4 tsp. Granulated garlic
- 1 Tbsp. Fresh cilantro, chopped
- 2 Tbsp. Canola oil
- 1 cup Fresh onions, peeled, diced
- 4 cups Cooked fajita chicken strips
- 3 1/2 cups Fresh butternut squash, peeled, seeded, diced 1/2"
- 1/2 cup Fresh red bell peppers, seeded, diced
- 1 cup Frozen corn, thawed
- 1/2 cup Canned diced green chilies
- 1/2 cup Canned low-sodium diced tomatoes
- 1/2 tsp. Ground black pepper
- 3/4 tsp. Ground cumin
- 1/4 tsp. Garlic powder



Preparation Time: 30 minutes; Cook Time: 1 hour

*3/4 cup stir-fry and 1/2 cup brown rice provides
1 1/4 oz. equivalent meat, 3/4 cup vegetable, and 1 oz.
equivalent grains (Makes 6 servings)*

INSTRUCTIONS

1. Combine brown rice and 4 1/2 cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Sprinkle with 1/2 tsp. salt-free seasoning blend, granulated garlic, and cilantro. Mix well. Keep warm.
2. Heat canola oil in a large skillet or a wok. Cook onions for 2 minutes or until translucent.
3. Add chicken, squash, and remaining salt-free seasoning blend. Stir-fry over high heat for 10 minutes or until squash is tender.
4. Add red peppers, corn, green chilies, tomatoes, pepper, cumin, and garlic powder. Stir-fry over medium-high heat for no longer than 2 minutes so vegetables will remain crunchy. Do not overcook. Reduce heat to low and let simmer 2 minutes. Serve hot.

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.

Head Start

Laura Herndon's journey started with Head Start almost 13 years ago, when she left her job working in home health and started working as a Family Service Worker with PRIDE's Head Start program. Laura noted being nervous not only to start a new job, but also recognizing that the shift from in home health to working with children and families was quite drastic. Laura anxiously started in June 2008, not really knowing what to expect. She was excited for a change. She loved children, but, at that time, had no plans to have any of her own. (Stay tuned for the plot twist.) Laura explains that working as a Family Service Worker truly opened her eyes to what families go through, specifically when they are lacking education and knowledge of local resources within the community. She also mentioned that



working so closely with families and the children really showed her what she was missing out on with regard to motherhood. She notes, "I learned so much from the families on my caseload."

While working full-time, Laura also became a new mom in March 2014, and completed her Associates Degree in April 2014. Through conversation, it was quickly apparent that lifelong learning is something Laura values. She continued increasing her job-related knowledge. In 2017, Laura completed the National Head Start Association Family Services Credential, and in August 2020, with a specific desire to better support co-workers, children, and families, she completed her Bachelor's Degree.

Laura worked as a Family Service worker until November 2015, when she had the opportunity to apply and interview for the Health Services Manager. This is where Laura has found her true



passion and notes that she has no regrets about changing roles within the Head Start program. She still works directly with families and builds relationships with them, but she also helps ensure that children with diagnosed disabilities are linked to the services they need and the resources and materials they need to be successful in the classroom.

In 2018-2019, Laura's daughter, Kaylene, enrolled in Universal Pre-K, a collaboration between Logan county Schools and PRIDE Community Services, Inc. Head Start. Kaylene attended her homeschool, Omar Elementary, with Head Start teaching staff, Angie Reagan and Annette Burns and, according to Laura, fell in love with the teachers from the first day.

Laura reflects on her first experience with Kaylene going to school, "Bill (Kaylene's dad) was in tears. He didn't want her to go to school. But from the very first day when we went to registration at the school, Mrs. Angie approached Kaylene, who is a huge daddy's girl, and asked if she 'wanted to go see the classroom.' (cont. next page)

Head Start Program cont.



Kaylene didn't even hesitate to take Angie's hand, leaving daddy behind but reassuring him, 'It's okay daddy. I'll be back.' Her teachers, both Angie and Annette, really MADE her experience. They started building a relationship from that first point of contact....and it continued. She walked into the classroom on the first day of school into open, welcome arms from the teachers.

She learned so much and grew so much, not only academically, but also socially. She loved the school, her friends, and her teachers so much that when it came time for the school year to end, she was not happy. She didn't want to go to Kindergarten and leave her friends and teachers. She thought she would be coming back to the same classroom. If I had it to do over, I would have started Kaylene when she was three years old instead of four, to give her another year in the program." When asked what advice Laura might give other potential Head Start parents who may be apprehensive about sending their child to school at only three years old, Laura explains, "I was in their shoes. I know where they are coming from. With mine, who is an only child, it seemed impossible to let go. Overall, the best thing for me to do for her was to make sure that she was school ready – and the Head Start program did JUST that. She changed so much, and I kept thinking, 'Where did my baby go? She's a little girl now.' It was the most wonderful feeling. She developed so much independence. In one sense, it hurts, but it was so worth it."



Additional Head Start News



Man Elementary Head Start children explored nature and practiced their fine motor skills on a brand new dry erase table.

Emergency Repair & Replace Program

As we continue to fight through the pandemic, PRIDE Community Services Inc. continues to excel in the face of adversity. We recently had the opportunity to provide services to Freda Hensley of Holden, WV. Mrs. Hensley had been using small heaters loaned to her from PRIDE Community Services Inc. to heat her home during the winter. The home was in desperate need of a complete heat system upgrade, and we were happy to provide her with the new unit.

Trumpet Heating and Cooling, a trusted contractor of PRIDE Community Services Inc., was chosen for this job. The team installed a 3 Ton split HVAC system, floor registers, all new duct work underneath the home, new thermostat, and smoke detectors. Mrs. Hensley was very complimentary of the Trumpet HVAC team, declaring that they worked very hard to provide her a top notch heating and cooling system. The ERRP coordinator also provided Mrs. Hensley with a Weatherization application, explaining in detail the benefits of the program.

With COVID-19 still a major issue in 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 our clients and our team.



Human Resources Department

As we ended our first quarter of 2021, our PRIDE family grew by adding eight new employees. Michael Altizer and Anita Thomas joined as Direct Care Workers. Joshua Ball, Fernando Bryant, Brandon Lowe, and Jeremiah Swims joined our WX Crews. Rachel Grimes and Tonya Guyton joined our Senior Services program. We would like to welcome them and wish them much success.

As many have been struggling and continue to struggle during the COVID-19 pandemic, we take great pride in what our agency and staff have accomplished and the hundreds of clients we serve. We truly have a wonderful staff with caring hearts here at PRIDE Community Services, Inc. As we continue to serve our children, seniors, and community, we look forward to what the future has in store for our agency, as we continue our mission of serving.



Senior Services Program

The Senior Services Program here at PRIDE Community Services continues to serve our community through the COVID Pandemic. Unfortunately, our congregate sites do remain closed at this time. We miss our seniors, but we're hopeful there will be an end to the restrictions soon.

In the meantime, we continue to do our best at meeting the needs of our seniors. We continue to provide nutritious meals prepared by our hard working Senior Services staff. We currently offer meals through our Grab-N-Go, Summer Feeding Program and our Home Delivered Meals Program. From January - April 2021, a total of 15,785 meals were distributed through our Home Delivered and Grab-N-Go Programs. An additional 575 meals were distributed through our Summer Feeding Program.

Recently, our Senior Services program received a new Ford Explorer, which is being used daily to deliver meals.

If interested in our meal services, seniors age 60 or older should call PRIDE for more information.



In-Home Programs

Ms. Judy Jude has been receiving services from PRIDE through our Lighthouse and FAIR Programs since 2020. She says the services have been of great benefit to her and have helped her immensely over the past year. Judy lives in Mingo County and was born and raised in Ned's Branch. Judy was born into a family of 10 children. She helped her mother cook and became a wonderful cook herself. She is well known in her family for having the most savory and flavorful dishes of potato salad, slaw, gravy and biscuits, as well as many desserts. She often reminisces about growing a garden and helping her dad tend to it. She says when she helped cook they would have extra large baking pans in order to feed all the family.



Judy did not have any children of her own, but helped her sisters and brothers with their own children by babysitting over the years. Her family lovingly refers to her as "Sis." Judy enjoys attending the Riverview Freewill Baptist Church where she sings and attends ladies aid. Her hobbies include gardening, latch hooking, crocheting, and watching cooking shows.

Weatherization

Mrs. Grimmiett reached out to the Weatherization program in desperate need of air sealing and insulation. With the burden of her high energy bill, she applied and submitted all the needed documentation. A date was setup to inspect her home and find the main cause of the overly high utility bill.

During the inspection of the home, the attic space was assessed and allowed PRIDE's team to diagnose the reason behind Mrs. Grimmiett's high electric bill. The lack of insulation and air sealing were major problems. The Weatherization crew made notes and collected information needed to run an audit on the Weatherization Assistant program. Mrs. Grimmiett was eager to find out the measures recommended by the audit to make her home more energy efficient and lower her high energy bill.

The first thing the WX crew started was prepping the attic for air sealing and to be blown with insulation. Once the attic was prepped, it was ready to be blown with cellulose insulation with a depth of R-38. Next, the WX crew was ready to start installing smoke and CO detectors to state standards. It's a comfort knowing that each client has working smoke and CO alarms in their house. The hot water heater was wrapped and light bulbs were changed to much more energy efficient lighting. With a nice blown attic and exhaust fans venting to the outside of the home, Mrs. Grimmiett could already tell a difference in her home.

The WX crew also installed batt insulation underneath the home and sprayed two-part foam for air sealing measures. The crew finalized the job with an installment of an Ashrae Fan and switch, which will improve the quality of air in Mrs. Grimmiett's home. During the follow-up with Mrs. Grimmiett, she shared how thrilled she was with the services provided and how well the crew had done. She applauded their hard work and dedication to completing the job to a high standard.



Important Dates to Remember

May 21	Head Start Menu Planning Meeting—12:00 PM (PRIDE)
May 25	PRIDE Board of Director's Meeting—12:00 PM (PRIDE)
May 31	PRIDE Closed—Memorial Day
June 4	Virtual Family Fun Times—PRIDE's YouTube Channel
June 8	Students last day of school
June 14-18	Head Start Self-Assessment Team Meetings—9:00 AM (PRIDE)
June 20	WV Day
June 21	PRIDE Closed—WV Day Holiday Observed
July 4	Independence Day
July 5	PRIDE Closed—Independence Day Holiday Observed

2021-2022 Logan County Universal Pre-K Online Registration

How do I register my child?

1. Scan the attached QR Code
2. Visit www.loganpride.com
3. Visit <https://boe.logank12.wv.us>

****If registering online presents challenges,
contact PRIDE or any Logan Co. Elementary School**



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
(#NY927) for your
Kroger Community Rewards

Board of Directors

Jeff Valet / President

Valet & Associates

Michael Johnson

Private Sector Representative

Vacant

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

John Earles

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

- Administration for Children & Families (ACF), Dept. of Health & Human Services (DHHS)
- Appalachian Regional Commission
- Community Works West Virginia
- Dept. of Energy (DOE)
- Dept. Of Health and Human Resources (DHHR)
- Unicare
- United States Dept. of Agriculture (USDA)
- United States Dept. of Veteran Affairs (VA)
- WV Bureau of Medical Services
- WV Bureau of Senior Services (BOSS)
- WV Community Action Partnership
- WV Department of Education
- WV Dept. of Health & Human Resources (WVDHHR)
- WV Development Office—Community Advancement & Development (WVCAD)
- WV Housing Development Fund
- West Virginia Metro Area Agency on Aging (Metro AAA)

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.

- Brandi Browning / Director

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.

- Kirsten Chafin / 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

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 web-site.

You are also welcome to volunteer your time to see our programs up close and personal. Contact the Human Resources Dept. for volunteer opportunities.