



the Shining Star



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Jeremy's Journey

SSVF Coordinator, Eddie Thompson received a message from a lady named, Pam, who provides backpacks for "literally homeless" Veterans. The backpacks are prepared to help the "literally homeless" Veterans have necessities, especially during the colder months. Each backpack contains approximately \$150 of necessities. Pam started this project to honor her nephew, Jeremy, who was a homeless Veteran, at one time. His life was cut short at the age of 31 due to an ATV accident. Jeremy was a US Army Veteran, Combat Engineer, 37th Engineer Battalion, and he served one tour of duty in Iraq during Operation Iraqi Freedom. After returning home to the states, he became homeless and needed assistance.

After he passed away from the accident, Pam began sharing these backpacks in his memory. SSVF Coordinator, Eddie Thompson, was able to meet with Pam and obtain 3 backpacks that she had prepared for the Veterans. Thankfully, we don't have a lot of "literally homeless" Veterans in Boone, Logan, or Wyoming counties, but Eddie shared information with other Veteran programs in WV. Within 3 days of receiving the backpacks, a neighboring SSVF program located 2 men in Kanawha County who were literally living on the streets. Eddie delivered the backpacks to the case manager who passed the backpacks on to the 2 men. Additionally, there was a woman who was living on the street in the northern part of the state and Eddie delivered that back to her.

In less than a week, the backpacks were shared and helped those in need. A very special "Thank You" goes out to Pam. Just from contacting our program, 3 lives have been touched.

Below are pictures of the backpacks with goodies inside.

(continued on page 6)



BuildJobs

BuildJobs Initiative *PRIDE Community Services, Inc.*

Are you seeking a new skill?

Are you a laid off coal miner?

Is your unemployment expiring?



Join our BuildJobs Initiative today!

The program is 16 weeks on-the-job training. Hands-on learning in any area you choose. \$50 per day stipend provided.

We currently have three positions open. Must have a valid ID and social security card.

Apply in person at 699 Stratton Street, Logan, WV.
Call Brandi Browning at 304-752-6868 for more information.

Choose from:
Plumbing
Electrician
Residential Contractor
HVAC

Become licensed and certified.

Available to residents in the following counties:

Boone
Logan
Mingo

Lincoln
McDowell
Wyoming



Child & Adult Care Food Program



Zoe's Roasted Sweet Potato Sticks Snack Crediting for Ages 3-5

Total Time: 45 minutes

Serving Size: 1/2 sweet potato

Servings: 4

Creditable toward these Meal Components:

Meat/Meat Alternate, Vegetable

Ingredients:

- 2 large sweet potatoes
- 2 tbsp. olive oil
- Salt
- 1 cup plain hummus

Directions:

1. Using a sharp knife, slice the potatoes into thin pieces.
2. Toss with olive oil and sprinkle with a dash of salt.
3. Spread the sweet potato sticks on a baking sheet in a single layer. Roast at 425° F for 25 minutes. Turn the sticks over and cook for another 15 minutes.
4. Serve with 1/4 cup of plain hummus.

Resource: <https://www.cacfp.org/2020/12/29/zoes-roasted-sweet-potato-sticks/>

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

Family Stabilization

Five Ways to Save on Utilities in the Coming Colder Months

** Keep your thermostat set on a specific temperature. AEPs recommendation is to keep the thermostat set between 68-70 degrees. AEP talks about leaving the temperature set to a specific temperature to assist in reducing costs due to temperature fluctuation. Especially if you are out of your home for extended times.*

** Use weather stripping where needed in your house. Place in windows, doors, and areas where breeze can come through. One way to check windows and doors is to take a flashlight and hold it up to the seals; Have someone go outside to see if they can see the light. If they can see light, your window or door needs weather stripping. Another way to check is also to use a candle. Light a candle in front of the area, if the flame flickers, you may have a breeze coming through. This also means you may need weather stripping.*

** Check the temperature on your water heater. Most people have theirs running too high. This will cause a rise in your energy bill. Water heaters run 24/7; by lowering the temperature a few degrees, you can be cost efficient without much of a difference to be noticed.*

** Check your ceiling fans. They have reverse switches most people do not know about. This can help circulate air in your home more. This can cause the heat to be more evenly distributed throughout your home and reduce the need to mess with the thermostat.*

** Check your light bulbs. When you change your light bulbs to energy efficient bulbs, this cuts down on the energy your home uses. LED light bulbs can save up to 75% on your electricity. They also last 3x longer than regular bulbs, resulting in buying less light bulbs.*

Emergency Repair and Replacement Program

PRIDE Community Services Inc. continues to excel with the installation and repair of HVAC systems for our clients. Recently, we had the opportunity to provide services to Frances Tomblin of Brushy Fork, WV. The home was in desperate need of a complete heat system upgrade with all new duct work, and we were happy to provide her with the new unit.



PRIDE Community Services Inc.'s ERRP team, led by James Dowdy, completed the install. The team installed a 2.5 Ton package HVAC system, floor registers, all new duct work underneath the home, new thermostat, and smoke detectors. Mrs. Tomblin was very complimentary of the install crew, stating that they were very professional and she was happy that there is someone in the community that looks out for the people of Logan County.



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.

Head Start

August events included:

- Staff Pre-Service training
- Well-Child on Wheels events
- Logan Center playground getting a facelift with new rubber mulch



September events included:

- Fishing with Families at our Back to School Bash
- The first day of school
- Child Plus training scramble in Las Vegas



October events included:

- Field trip to the fire department for the Logan Center
- Trunk or Treat at McDade Hall
- Leadership Retreat at Cass Scenic Railroad
- Policies and Procedures revisions at The Retreat
- HOTS training completed with Head Start families



SSVF (cont. from cover)

Jeremy's Journey

Hello, my name is Pam. I would like to tell you about my nephew, Jeremy. He was a little blond headed boy with a lot of energy. As a child he played basketball, baseball, football, and was in Boy Scouts and Karate. He loved to hunt and fish. Jeremy enlisted in the United States Army, Combat Engineers, 37th Engineer Battalion, assigned to Fort Bragg, NC. He served one tour of duty during Operation Iraqi Freedom. He later became homeless. On May 27, 2013 Jeremy died as a result of injuries received in an ATV accident. He was 31 years old.

You have received this backpack in Jeremy's memory. I hope the things inside will be of help to you. I don't know you nor do you know me, but please know that I care about you. More importantly, God cares about you and loves you. He is always by our sides even when we think nobody cares and life seems hopeless. He is there any time of the day or night. All we have to do is call on Him. He wants to be a part of our lives. Please read the Bible inside to help you in your life. God sent his Son to this Earth to die for our sins. "For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." (John 3:16)

I have asked God to bless the person receiving this backpack. That would be YOU. Thank you for your service to our country.

Letter included in the backpacks from Jeremy's aunt, Pam.

Human Resources Department



As we came to a close of the 3rd Quarter of 2021, our staff continue working extremely hard for our agency. We would like to take this opportunity to thank two of our staff members for meeting a milestone with our agency. Peggy Barker, Head Start Teacher's Assistant, has been a dedicated employee with our agency for 35 years. Lindell Ooten, Custodian, has been a dedicated employee with our agency for 30 years. All of us here at PRIDE would like to extend our sincere thanks for your many years and continued service to our agency. Your hard work and dedication has not gone unnoticed. You have made a tremendous impact on countless lives that you have touched through these many years of service.



As a token of our appreciation, both ladies were honored at our Employee Appreciation event held on Friday, October 29, 2021 with a years of service certificate, pin, gift card, and plaque. We, as an agency, look forward to many more years of service to our children, seniors, community, and we are excited as to what the future may hold for us.

THANK YOU FOR YOUR YEARS OF DEDICATION!

In-Home Services

November is Alzheimer's Awareness Month



There are over 6 million Americans living with this disease. Alzheimer's is a progressive brain disorder that is NOT a normal part of aging. It erodes the process of being able to think and care for one's self independently. Some examples include increased forgetfulness, confusion, and asking the same questions over and over. Alzheimer's patients have a hard time completing daily task. Talk to your doctor if you or a loved one have any questions about Alzheimer's disease.

PRIDE Community Services, Inc. would like to raise awareness of this challenging disease. We stand committed to helping families who are caring for loved ones. Providing care can be emotionally exhausting and physically demanding when trying to do it alone. We are here to help! Our FAIR Program was specifically designed to provide assistance to families caring for their loved ones. By having a Direct Care Worker in the home, family caregivers can have time to do the things they need to do to care for themselves. The FAIR Program can allow the family caregiver time to do what some folks take for granted, like going to the store or going for a walk. If you are caring for a loved one with dementia we would like to help. Please call IN-HOME SERVICES and let us discuss this program with you.

<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 and instrumental 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; Personal Emergency Response System provided
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.

Senior Services

PRIDE Community Services Senior Services Department has continued to thrive. Our focus has been making our seniors feel comfortable and safe through this COVID pandemic. Thankfully it has not stopped our seniors from participating, not only in our Home Delivered program but also Grab and Go and Congregate Sites. When our congregate sites first reopened in June 2021, PRIDE had three sites to open including Tracy Vickers Community Center, Chapmanville Towers and McDade Hall. To show our appreciation to all participants that chose to come in to socialize and of course eat our yummy lunches, we had weekly drawings at each site for a \$10.00 Wal-Mart Gift Card. If you came five days a week then you got five entries. This went on for a few months. We had many excited winners.



In September 2021, our McDade Hall site offered a Walk with Ease Program. We had 12 participants. Walk with Ease is a six week program where you walk at least three times a week for at least 10 minutes a day. We had warm ups and breathing exercises before and after each walk. This program was to help with any arthritis issues they may have and to encourage healthy living. Our six weeks wrapped up in October 2021. Everyone that participated received a T-shirt, water bottle, and towel with PRIDE's logo for a job well done. We can't wait to

start another session soon where all 3 sites could be included.

On October 25th, our congregate sites started Halloween week off with carving pumpkins. Pumpkins were provided by PRIDE and our seniors enjoyed it immensely. After the pumpkins were carved, they were taken to the Pumpkin House on Stratton Street for display. On October 28th our Congregate sites had their first party since re-opening. It was a wonderful success. Each site enjoyed Halloween decor, spooky music, cake and dressing up in their costumes. At McDade Hall we had a 1st, 2nd and 3rd place winners for best dressed costumes. Our seniors also passed out candy to the children in the Head Start program during Trunk-or-Treat. It was a wonderful treat for everyone.



Other big news is on October 12th we started our Home Delivery back 5 days a week. We distribute 2,421 hot meals monthly to homebound participants and our goal is to continue adding more participants. Our Grab and Go continues to grow as well with 1,123 hot meals distributed monthly. A great big thank you to all our Senior Services staff, the drivers who get our meals out, the cooks who prepare the food and our wonderful senior participants! We appreciate all of you!

If you are 60 or older and in need of help call PRIDE Community Services at 304-752-6868.

Weatherization



Mr. Dawson contacted PRIDE Community Services at a good time, our Home Repair Program had available funding to repair his home. Mr. Dawson's home had major leaks causing bad water damage to the ceiling and water was leaking down around the windows, rotting the frames. The roof and windows were in desperate need of being replaced, so no further damage could be done to Mr. Dawson's home. During the Energy Audit, it was noticed that his only source of heat was a little electric wall heater and only source of cooling was a window AC unit. Mr. Dawson applied for our ERRP Program and was approved for a brand new heating and cooling unit. Before beginning any Weatherization measures, the roof, windows, and heating and cooling unit needed to be installed.

After the heating and cooling unit was installed, the new roof and windows were next. Mr. Dawson was thrilled to see all the hard work to make his home more comfortable and energy efficient.

After the home repair services were completed on Mr. Dawson's home, we were able to start the weatherization process. The home was lacking insulation, and the belly in the crawlspace was non-existent. The Weatherization team worked extremely hard to install a new belly and blow insulation. Working in the crawlspace area was a real challenge for our WX crew, but they always manage to complete the task at hand. Mr. Dawson's home was very leaky and was in need of air sealing; the guys sprayed two-part foam and caulked a lot of areas.

All the work that was completed to Mr. Dawson's home really made a huge impact on his daily living. His home was much more energy efficient and safe. It's a great feeling to serve the community of McDowell county. Mr. Dawson was beyond pleased with the overall outcome, and said, "He would highly recommend PRIDE to anyone." It's stories like these, that keep us energized, and going above and beyond for every job.



Important Dates to Remember

November 25	Thanksgiving Day—PRIDE Closed
November 26	PRIDE Closed
November 30	PRIDE Board Meeting—at PRIDE - Noon
December 3	Annual Winter Conference—PRIDE Closed
December 24	Christmas Eve—PRIDE Closed
December 27	Christmas Day Observed—PRIDE Closed
December 31	New Years Eve—PRIDE Closed
January 3	New Years Day Observed—PRIDE Closed
January 17	Martin Luther King Day—PRIDE Closed

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



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Valet & Associates

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Logan County Clerk

Dwight Williamson

Logan County Magistrate

Douglas Bratcher

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.

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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 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.