



the Shining Star



Contents:

Page 1
Weatherization

Page 2
BuildJobs/UniCare

Page 3
CACFP/ Human Resources

Page 4
ERRP/SSVF

Page 5
Head Start

Page 6
In-Home Services

Page 7
Emergency Services

Page 8
Senior Services

Page 9
Thank you!

Page 10
Important Dates

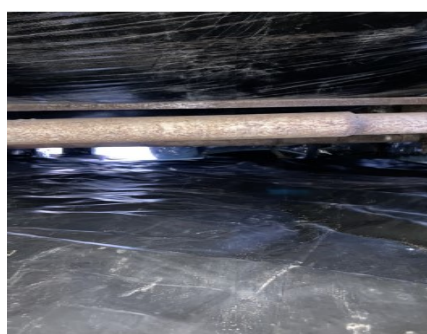
Ms. Roberts contacted PRIDE Community Services asking about our weatherization program. Her electric bill was increasing and she was struggling to find ways to maintain warmth in her home. After she was approved, Ms. Roberts was scheduled for an energy audit on her home to see what Weatherization measures were needed. Upon arrival, we noticed insulation was hanging and appeared to have not been installed correctly underneath the home; therefore, serving no purpose and having a major impact on the home's energy efficiency.



After completing the audit and reviewing some energy education with the client, we were informed there was no heating source inside the home. This was a big concern. The diagnostic testing was completed and we were able to see where air sealing was needed to make the home more energy efficient. Additionally, the audit called for a new heating and cooling unit. Ms. Roberts was so happy to be getting heat in her home before the harsh winter months. Especially, in McDowell county where winter conditions can be much tougher than they are in other parts of the state.

The Weatherization crew worked hard to insure all recommended measures were completed and done to the best of their ability. After the new unit was installed, it was time to air seal, install a new belly and batt wings underneath the home and blow insulation. Ms. Roberts could almost immediately notice a difference in her home, and was thankful with how everything was coming along. The crew did other energy saving and health and safety measures to make the home much more comfortable and to save money on her energy bill. After the Weatherization work was completed, Ms. Roberts was very thankful and thrilled with the overall outcome. She was amazed by the hard work and dedication everyone contributed to make sure her home was safe and warm before old man winter set in.

Our Weatherization crew is happy to hear of the savings clients experience with the services provided. They know how important those savings are to the families we help, because that extra



money can go toward other living expenses. It's really a great feeling to help people not only in our hometown, but to serve other communities as well. Everyone in our program takes PRIDE in their work and serving others is what gives us the most gratification.

BuildJobs/UniCare

BuildJobs

PRIDE's BuildJobs Initiative provides on-the-job training. This training can be in one of the following industries; residential contracting, electrical work, HVAC and plumbing. The participants receive hands-on training from PRIDE personnel or are placed with a local contractor. The program is open to eligible participants in Boone, Lincoln, Logan, McDowell, Mingo and Wyoming counties. Our current BuildJobs participants are working on two outpost building for the Logan County Sheriff's Office. During this project, participants will receive hands on training in their specified field. PRIDE is accepting applications for three additional participants to complete this project.

UniCare

PRIDE Community Services and UniCare have recently developed a relationship that has been very beneficial to the people in our area. The funding provided by UniCare has improved the health and safety of nineteen families through home repair and Weatherization services. Additionally, the funding has allowed five participants the opportunity to receive free on-the-job training that will prepare them for steady employment at pay rates above the living wage.

PRIDE's Weatherization Program assists in reducing energy use for low-income families by improving the energy efficiency of clients' homes while ensuring their health and safety. Due to the Weatherization program only allowing small repairs, many times our Weatherization clients are deferred due to the large expense of needed repairs to their home. Recently, two homes in McDowell County were in desperate need of new roofs due to major leaks. The funding received from UNICARE allowed PRIDE to install new roofs on both homes. After the roofs were installed, our Weatherization team was able to complete an energy audit was and then provide other necessary repairs to ensure each home was energy efficient.

Additional UniCare funding was used to provide seventeen homes in Logan and McDowell counties with health and safety improvements. The improvements included new furnace filters, updated heating registers, DWH discharge pipes, vapor barriers under the floors to lock out moisture, carbon monoxide and smoke detectors, and dryer vent kits.

When clients apply for assistance through any program at PRIDE Community Services, an overall assessment of their needs is completed. Not only were the clients assisted through UNICARE funding, they also received referrals to other programs and community resources that will assist with all of their needs.



Child & Adult Care Food Program

BEEF VEGETABLE SOUP

Ingredients:

- ¾ cup of 7 oz. Raw ground beef (no more than 10% fat)
- 2 cups or 16 oz. Low-sodium beef broth
- 2 cups or 13 oz Canned no-salt-added diced tomatoes, undrained
- ½ cup or 2 oz. Fresh celery, chopped
- ½ cup or 2 oz. Fresh onions, chopped
- ½ tsp Salt
- 1/8 tsp Ground black pepper
- 1 tsp Onion powder
- 1 tsp Salt-free seasoning
- 2 ¼ tsp Garlic powder
- 1/8 tsp Dried parsley
- 2 ¼ tsp Ancho Chili Powder
- ¾ cup or 3 oz. Frozen corn
- 1 cup or 5 oz. Frozen peas and carrots
- ¾ cup or 2 oz Frozen green beans

Directions:

1. Place ground beef in a large pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
2. Critical Control Point: Heat to 165 degrees F or higher for at least 15 seconds.
3. Remove meat from heat.
4. Drain beef in a colander.
5. Add beef broth, tomatoes, celery, onions, salt, pepper, onion powder, salt-free seasoning, garlic powder, parsley and ancho chili powder. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.
6. Add corn, peas and carrots, and green beans.
7. Cover and simmer over medium heat for 15 minutes or until vegetables are tender.
8. Critical Control Point: Heat to 165 degrees F or higher for at least 15 seconds. Pour soup into a large soup bowl.

CACFP Home Childcare Crediting Information

1 cup (8fl oz. ladle) provides ¾ cup vegetable (1/4 cup red/orange vegetable, 1/8 cup other vegetable), and 1 oz. equivalent meat.

**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.**

Human Resources Department

WOW!!! What a year 2021 was for our agency. We had many ups and downs, but our PRIDE family stuck together and came out stronger than ever. As we started into the second year of the COVID pandemic, our agency was able to help many people in our community, and we added twenty-five new faces to our PRIDE family during the year. We wish them many happy years working with us.

During the 4th quarter, we had our annual Winter Conference. We were blessed with a beautiful, sunny day on December 3rd. Our conference was held at the Chief Logan Conference Center. Their staff prepared a delicious lunch for us, provided snacks throughout the day, and catered to our every need. We enjoyed our guest speakers and the games and prizes. All staff were gifted a PRIDE jacket and a retention bonus was distributed to eligible staff on December 30th. Both were greatly appreciated by all.

As always, we look forward to what 2022 will bring to our agency and what our agency can do for our community, staff, children, and seniors.

Emergency Repair and Replacement Program

On January 26, 2022, PRIDE Community Services Inc. ERRP crews began the installation of Mrs. Laws' new heating and cooling system. The team was met with plenty of challenges during this installation to include cold weather, low crawl space and complete restructure of floor grills. This job was difficult, but was performed, as always, in a professional and timely manner.



During the three-day install, the ERRP crew started the task by removing old duct work and installed new boots, trunk line and flex duct. After modifying the floors to fit new registers, the team applied power to the unit and certified that the package heat pump performed up to specifications. Mrs. Laws stated that the ERRP crews were very professional and worked quickly to restore heat to her home. She was very pleased with the new unit, and will no longer have to use her stove to help heat the home.

Many hours went in to this installation, but the crews remained motivated to finish the task and excelled in providing heat to another client. As we continue to perform HVAC installations in our designated counties, we will continue to use PPE to protect our clients and ourselves.

SSVF



Aaron Blankenship came into the SSVF program in July 2021. He had been incarcerated and was released into a step-down home under parole supervision. He had only a month or so before he was eligible to be released from the step-down home and into his own, personal housing. During the time he was living in the step down home, he found a job in Logan and was ready to begin his new life.

Aaron is was one of those guys who just wanted to change and do better for himself. Part of Aaron's new start, he began attending services at a local church and support meetings for the lifestyle changes he was making. He was a determined young man.

SSVF Coordinator, Eddie Thompson connected Aaron with a local landlord that had a rental unit available. Aaron went into his rental unit the first week of August and by December he was already self-sufficient. The SSVF program helped with his housing deposit, rent, utility deposits and utilities for a few months and he was ready to move on. During their last visit, Aaron hugged and thanked Eddie Thompson for everything. He was thankful for the assistance provided by PRIDE.

Head Start

November 2021

New Policy Council Officers were elected for 21-22 school year.
Congratulations to: Chairperson – Carrie Ellis, Man Elementary Pre-K



December 2021

Children work on learning to play together
in the Head Start classroom at Logan Elementary.



Congratulations to Elaine Ellis on her
retirement!

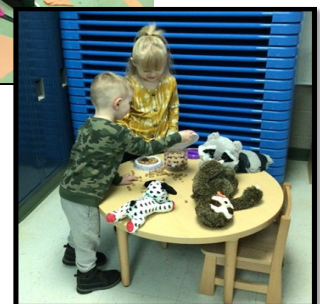
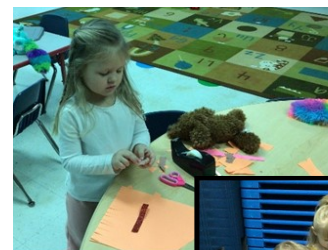


January 2022

BOE Pre-K staff and Head Start staff join forces
in the facilitated e-Pyramid modules,
Hosted by Valerie Morgan and Angie Reagan.



Man Elementary Head Start has been studying pets. At the end of January, they had an adoption day. The children chose their new pet and gave it a name. They made a collar for their pet in the art center. They have been feeding and giving their pets medical attention in the dramatic play area of the classroom.



In-Home Services

Anna M. Matney has been employed with PRIDE Community Services as RN Supervisor for ten years. Prior to that she was our Case Manager from 2009 to 2011. She serves our clients in the In Home Services Department. Anna earned her bachelor's degree in nursing from Mountain State University in 2008. She is also a 2002 graduate of McDowell Career and Technical Center, practical nursing program.

Ms. Matney lives in Gilbert, WV with her husband Lum Matney. She has two daughters McKenna Brown and McKayla Rodriguez. When asked about working at PRIDE she replied, "It's like no other place I've ever worked." "Everyone at PRIDE is dedicated and committed to serving our clients." In her free time Anna enjoys traveling to Fremont Ohio to visit her daughters, gardening, crafts, and playing with her three dogs.



<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.

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 above.

If in need of services, please contact Kathy or Anna at 304-752-6868.

Emergency Services

Five Tips to Save Money on Groceries

With the rising prices of groceries, we have included 5 tips to help you save money when you go to the grocery store.

1- **Do not go grocery shopping hungry!** If you go to store with an empty stomach, you will leave with a full shopping cart. Everything that looks good to you, you most likely will buy. Even if you just have a small snack before going, it will help you from buying unnecessary food.

2- **Switch to generic brands when you can.** Most generic brands are 20-25% cheaper than name brands. Most times if you compare the ingredients from the generic brand to the name brand, they will be the exact same. Studies show you can save up to \$3,000.00 a year on grocery shopping just by switching to the cheaper brand!

3- **Try clipping coupons and using store loyalty cards.** A lot of times, you can find coupons to clip, and the store will also have a sale on the item if you use their card also. Kroger and Walgreens stores are good examples of store loyalty programs. You can often save money just by swiping your store card, or entering your phone number on their device. Most stores will release a preview of the coming sale in the newspaper or online. You can plan what coupons to use with what items will be on sale by the store.

4- **Go shopping with a list and stick with it!** Before you leave home, check your pantry to see if you have anything to use for making meals. You may just need to purchase items to go with what you already have. When you make a list of what you need, and stick to it, you will not waste money on food you may already have at home. Also, if you stick to the list, you will not buy unnecessary food.

5- **Use rebate apps on your phone.** Two most common used are Ibotta and Fetch. Around Thanksgiving the last two years, Ibotta has had a deal where you bought most of your Thanksgiving dinner items that they list, and after you submit your receipt on the app, they refund you the money you spent. You got most of your dinner for free-including the turkey! On the Fetch app, you submit your receipts from stores you purchase from. You build points to turn into free gift cards. This is free money just by scanning your receipts of items you would be purchasing anyway!

If you are in need of assistance, please contact our Emergency Services program for more information.

304-752-6868 or

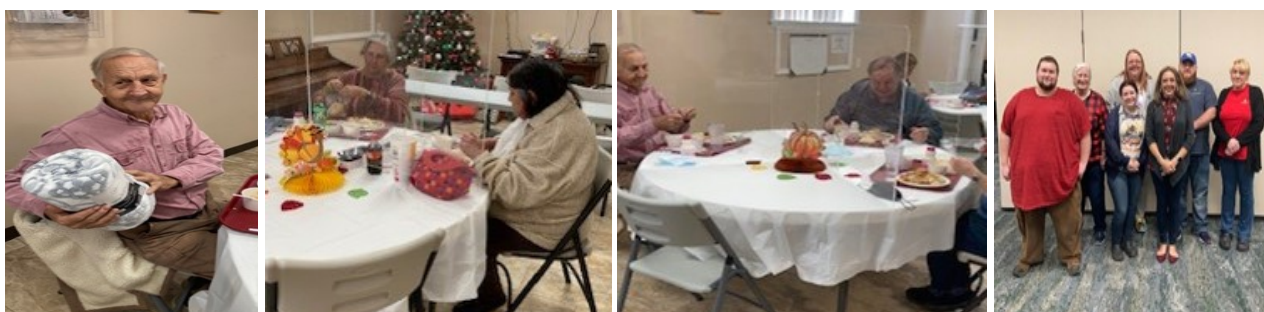
Ashley.Barker@loganpride.com



Senior Services

PRIDE Community Services Senior Services Department has continued to flourish. Our focus continues to be on making our seniors feel comfortable and safe through the COVID pandemic. Our Home Delivered program, Grab and Go and Congregate Site participation continues to grow. We have two Congregate Sites that offer lunch between 12-1, McDade Hall and Tracy Vickers Community Center. Our Grab and Go continues at three sites, McDade Hall, Tracy Vickers Community Center and Chapmanville Towers between 11-11:45. In addition, our home delivered meals program is still going strong. All three options are offered five days a week.

On November 24, 2021 our Thanksgiving Lunch was served. Not only did we celebrate Thanksgiving, but it was a special lunch to show appreciation to all our seniors. We served turkey and dressing, mashed potatoes and gravy, green beans, fruit, roll and a special dessert, pecan pie. McDade Hall congregate participants shared what they were Thankful for during the Thanksgiving holiday. As a special surprise, we had a lucky plate that the dessert was served on and our winner was Mr. Andrew Stollings. He won a warm, cozy blanket. It was a blessing to share a Thanksgiving meal with all of our seniors.



On December 22nd, McDade Hall along with Chapmanville Towers congregated for a special Christmas party. We started with crafts, Holiday music, and another yummy dinner and desserts. Hot chocolate, coffee, cupcakes and cookies were also served. Afterward everyone that participated in the party received a special Christmas gift. The evening was wrapped up by taking a trip with transportation provided to see the Christmas lights in the park. Additionally, all of our Grab and Go and home delivered participants received a gift as well.

Our Christmas luncheon was served on the 23rd of December was just as special as our Thanksgiving luncheon. Ham, mashed potatoes with gravy, corn, fruit, roll were served, along with an apple pie as a special treat. The Senior Services staff worked extra hard on the two Holiday lunches. A special thank you to our cooks and drivers. Without them it would not have been possible.

PRIDE Community Services also made a generous contribution to Chapmanville Towers with Apples and Oranges so they could make up a Christmas treat for their residents. Jeff Martin and Patricia Dingess accepted the donation.



A Special Thank You!

To My Beautiful PRIDE and Head Start Family

It would be next to impossible for me to express my fullest heartfelt thanks and praise for the special group of God fearing, compassionate friends and co-workers who have been by my side over and over. First – during my heart surgery last year and for each day since I arrived here (at Mill Creek) in January 2015. My memories of all these days hold a special place in my heart. I've said many times, I've had many jobs and met a lot of people in my 76 years and few could match this family – The Pride Family!!

I especially want to honor each of you individually if that were possible but I'll try to say what I feel to you collectively. During these recent days of experiencing the stay of My Precious Sharon and myself in the hospital at Boone Memorial Hospital and later (for Sharon) an extended stay at Pikeville Medical Center –we cannot say enough how you cared for us sincerely.

The prayers, the emails, the phone calls, the cards, the hugs and tears, flowers, kind gifts of every description, the Facebook posts, words of encouragement, your presence at Sharon's funeral and on and on are unprecedented in my opinion. We have been made to feel as if we were the first family to ever lose a loved one.

To each of you who stood in line for so long to speak to us at the viewing and to each one who attended the funeral, we were humbled and honored by the sacrifice of your time. Sharon would've felt so loved by your presence even though she did not relish being in the limelight. Her life was one of sacrifice and putting others first. It's times like these when the best comes out of people and your faith in mankind is revived. She lived a life of full trust in her God and prepared herself for this day of passing.

May God bless.

I love you all
-Mr. Sherry

(Some the material in this story was plagiarized by me from My Precious Sharon's writings)



Important Dates to Remember

March 1	Parent Curriculum Meeting—Fountain Place Cinema 8
March 13	Daylight Savings Time Begins
March 20	Spring Begins
March 29	PRIDE Board Meeting— PRIDE Senior Dining Room 12:00 PM
April 15	Good Friday
April 17	Easter
April 17	Spring Break Begins
April 26	PRIDE Board Meeting—PRIDE Senior Dining Room 12:00 PM
May 8	Mother's Day
May 30	Memorial 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

Board of Directors

Jeff Valet / President

Valet & Associates

Dr. 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

Douglas Bratcher

Private Sector Representative

Joseph Mendez / Secretary

Logan County Magistrate

Kathleen Mounts / Vice President

Early Education Advisor

Carrie McGraw

Head Start Policy Council

Lois Moses

Mayor Town of Logan Representative

Vacant

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
- 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.

- Lisha Whitt / Interim 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.