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While SSVF Coordinator, Eddie Thompson, was at the Chapmanville Inn checking on an SSVF client, the front desk clerk shared about a couple that had been staying in their vehicle. Once Eddie was able to track down their names, he discovered that he knew one of them, Mr. Allen Sewell. Eddie knew the gentleman was a Veteran and could possibly be helped by the SSVF program. Eddie tracked down the man's phone number and reached out to him. The gentleman said he had heard that PRIDE could possibly help him, but he had not been able to reach out for assistance yet.

Eddie made an appointment to meet with the man at PRIDE, where they discussed the couple's situation. The gentleman did not have a copy of his DD-214, so Eddie had to verify the man's Veteran status. After confirming his Veteran status and an intake was completed, Eddie was able to get the couple a room at the Chapmanville Inn.

After 2 months in temporary housing, Eddie located a rental unit for Mr. Sewell. It was a onebedroom house, by the river, which the couple loved. Eddie helped them get moved in and everything set up. In March 2022, Eddie helped Mr. Sewell get connected with a case worker from the VA, and she was able to get him evaluated and finally awarded his benefits. Mr. Sewell was also eligible to receive HUDVASH (HUD for Veterans), which allowed him to pay only a portion of his rent.

Mr. Sewell has become an advocate for the SSVF program. He stated that the SSVF Program changed his life, because he really didn't know what he was going to do until he and Eddie were able to connect in July 2021.

## **Human Resources**

## WELCOME TO OUR TEAM!

During the third quarter of 2022, our agency staff was extremely busy preparing for our upcoming school year and welcoming our new students and new staff. Our PRIDE family is happy to add seven new staff members. Sabrina Bragg joined our Head Start program as a teacher. Shelly Collins, Patricia Fleming, and Deanna Hannah joined our In-Home Services program as Direct Care Workers, Shelbi Conley as Case Manager, and Carla Lukacs as RN Supervisor. Michael Stamper joined our Weatherization program as a HVAC/Field Tech. We would like to wish them all the best of luck and many happy and fulfilling years with our agency, and we look forward to working with them for many years to come.

## Interested in joining our team?

# WE'RE HIRING!

Current positions available:

- Direct Care Worker
- Case Manager
- Head Start Bus Driver/Custodian
- Head Start Teacher
- Head Start Teacher's Assistant
- HVAC Crew Leader
- Weatherization/HVAC Field Tech

- ✓ COMPETITVE WAGES
- HEALTH & OTHER INSURANCES
- **RETIREMENT INSURANCES**
- PAID STATE & FEDERAL HOLIDAYS
- GENEROUS PTO POLICY

More information about available positions may be found at: www.loganpride.com.



# **Child & Adult Care Food Program**

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what fruits to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

#### Include fruit at breakfast

Top cereal with your favorite seasonal or frozen fruit, add bananas or chopped apples to pancakes, or mix raisins into hot oatmeal.

#### Take fruit on the go

Fruits like oranges, bananas, and apples are great portable snacks. You can also bring along a can of mandarin oranges or pineapple chunks packed in water.

#### Make your own trail mix

Combine one or two favorite breakfast cereals with dried cranberries and raisins. Bring for a snack in a small sealable bag or container.

#### Enjoy fruit as a snack

Make fruit kabobs using melon chunks, bananas, and grapes. Top with a light yogurt sauce for a fruity snack or side dish.

### Add fruit at dinner

Chop up a combination of tropical or seasonal fruits to make a fruit salsa to top fish or chicken, or add fruit like grapefruit sections, apple wedges, or grapes to a tossed salad.

### Keep fruit on hand

Cut up fruit and place in a bowl in the refrigerator. Put the bowl at the front of the shelf so that it's the first thing you see when you open the door.

Source: USDA Food and Nutrition Service

If you are interested in becoming a CACFP provider, contact Brandi Browning at 304-752-6868.



## **Emergency Repair and Replacement Program**

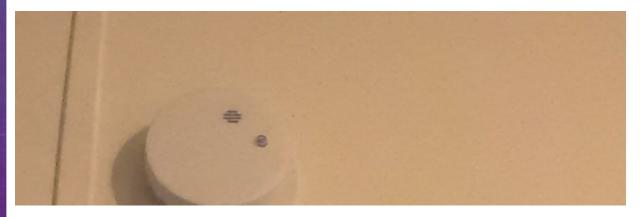
On July 22, 2022, ERRP crews from PRIDE Community Services, Inc. began the installation of Mr. McNeely's new heating and cooling system. This job was a system change out with minimal duct repair. During the install, the ERRP crew installed a brand-new furnace with an A-coil on the inside of the home and installed a 2.5-ton energy efficient heat pump outside. The team also sealed the vent boots, installed new registers and provided the homeowner with brand new smoke alarms.



Mr. McNeely stated that the crew from PRIDE performed "flawlessly" and worked quickly and efficiently to restore heating and cooling to his home.

The team finished the job in one day, but plenty of planning and personnel management went into this installation. As we continue to perform HVAC installations in our designated counties, we will continue to use PPE to protect our clients and ourselves.





### **Empowering Lives. Strengthening Communities.**



## **In-Home Services**

#### IN THE SPOTLIGHT

It is so nice when our clients share with us how much they appreciate our services. Wilma Miller is on our Lighthouse Program. Seven years ago, she was in a horrible automobile accident that left her unable to care for herself. She was traveling to her jobsite where she had worked 25 years as a CNA when the accident occurred. Ms. Miller suffered severe injuries including a fractured spine. She was unable to care for herself. She says her beloved husband worked tirelessly taking care of her during that time. Sadly, Mr. Miller passed away in 2017. Ms. Miller's health continued to decline from other chronic health conditions. With no one else to assist her she had to relocate to Logan, WV to be cared for by her daughter. Her daughter works full-time and she had no one else to assist her. That is when she reached out to PRIDE Community Services. She says, "PRIDE stepped in when I needed them most." "They have been so helpful to me." Because of her Lighthouse services she has regained her independence and is able to live on her own again. She added, "I tell everyone that needs help that you all are wonderful!" Jennifer Spaulding is her Direct Care Worker and Miss Miller is not short on words when asked to describe her. "SHE IS THE BEST!" Ms. Miller has come a long way and we are very proud of being part of her success. Thank you, Ms. Miller for allowing us to serve you!

Program	<u>Eligibility</u>	Services Provided
Lighthouse	<ul> <li>Must be 60+ years of age;</li> <li>Meet medical eligibility based on an evaluation completed by the agency RN;</li> <li>Financially eligible, determined by a sliding fee schedule</li> </ul>	Provides support in four areas, including: personal care, mobility, nutrition, and environment
FAIR & IIIE	<ul> <li>The person receiving care must have a diagnosis;</li> <li>Must have an unpaid caregiver</li> </ul>	Provide care & activities for individuals with Alz- heimer's disease or a related dementia; and give family caregivers a break
Medicaid Personal Care	<ul> <li>Must have three deficits in areas of daily living;</li> <li>Must have Medicaid card</li> </ul>	Perform activities of daily living and instrumental activities of daily living.
Aged & Disabled Waiver Program	<ul> <li>Must first meet the criteria for both financial and medical eligibility;</li> <li>Must have needs in at least five deficits in areas of activities of daily living</li> </ul>	Case Management; Personal Attendant; Skilled Nursing; and Non-Medical Transportation; Personal Emergency Response System provided
VA Program	• 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.

For more information, please contact Carla Lukacs or Kathy Stidham 304-752-6868.

# Weatherization

NATIONAL HEALTHY HOMES MONTH

# THE HEALTH BENEFITS OF WEATHERIZATION

The Weatherization Assistance Program plays a key role in making homes more livable and healthy for at risk families, decreasing doctors visits and improving health outcomes relating to respiratory and other health issues.

### ASTHMA

- 65% reduction in the mean number of hospital visits for asthma patients
- Decline in annual Medicaid costs per year and fewer Medicaid claims

## SAVING FAMILIES MONEY

Average of \$514 saved per household in out-of-pocket medical expenses after weatherization

\$4.50

in benefits for every DOE WAP dollar spent

## ALLERGIES

 Fewer sinus infections, colds, and allergies observed after weatherization





## HYPERTENSION

 Less hypertension reported by residents after weatherization

## MENTAL HEALTH



### 48% reduction in the number of days in the past month residents reported poor mental health



- Net decrease in days absent from work or school
- Fewer hospital visits after weatherization for individuals with asthma or COPD



in non-energy benefits including health and safety \$1.72

in energy savings, which become usable income for other necessities





SOURCE: OAK RIDGE NATIONAL LABORATORY, WEATHERIZATION.ORNL.GOV



# **Logan County Resource Guide**



## Logan County Community Services Resource Guide

699 Stratton Street • Logan, WV 25601 304-752-6868 • Fax: 304-752-1047 pride@loganpride.com

#### Note: All numbers are 304 area code unless noted otherwise

ADOPTION/FO	STER CARE
KVC	.752-8974 or 752-8972
NECCO	
WV DHHR	
COUNTY AGEN	CIES/SERVICES
Logan Co.	
Child Advoca	cy Center 792-6261
Logan County	
Waste Manager	ment 752-0008
Libraries:	
-	
Logan County C	
Logan Family	
	work 792-2016
	Vehicles 792-7190
	ion 792-8565
United Mine W	
America Heal	th & Retirement Funds
	800 291-1425 Option 2
COUNTY COUR	800 291-1425 Option 2 THOUSE
COUNTY COUR Assessor	800 291-1425 Option 2 THOUSE 
COUNTY COUR Assessor Circuit Clerk	800 291-1425 Option 2 THOUSE 
COUNTY COUR Assessor Circuit Clerk County Clerk	800 291-1425 Option 2 THOUSE 792-8520 792-8550 792-8560
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COUNTY COUR Assessor Circuit Clerk County Clerk County Commis Family Law Cou Judges Magistrate	800 291-1425 Option 2 THOUSE 792-8520 792-8550 792-8550 792-8600 rt
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COUNTY COUR Assessor Circuit Clerk County Clerk County Commis Family Law Cou Judges Magistrate Prosecuting Att Sheriff's Tax Off CONSUMER PR Attorney Gener	800 291-1425 Option 2 THOUSE 792-8520 792-8550 792-8600 rsion
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COUNTY COUR Assessor Circuit Clerk County Clerk County Commis Family Law Cou Judges Magistrate Prosecuting Att Sheriff's Tax Off CONSUMER PR Attorney Gener Utility Complair Commission.	800 291-1425 Option 2 THOUSE 792-8520 792-8550 792-8550 792-8600 300 792-8626 rt792-7038 792-8570 & 792-8580 792-8570 & 792-8580 792-8651 orney792-8651 orney792-8650 800 CTECTION ral800-368-8808 hts-Public Service 
COUNTY COUR Assessor Circuit Clerk County Clerk County Commis Family Law Cou Judges Magistrate Prosecuting Att Sheriff's Tax Off CONSUMER PR Attorney Gener Utility Complair Commission . COUNSELING/I Highland Hospit Kanawha Pasto	800 291-1425 Option 2 THOUSE 792-8520 792-8550 792-8560 rt792-8660 rt792-8626 rt792-7038 792-8570 & 792-8580 792-8570 & 792-8580 rt792-8651 orney792-8670 fice792-8680 OTECTION al800-368-8808 hts-Public Service 800 642-8544 MENTAL HEALTH tal926-1600 ral
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COUNTY COUR Assessor Circuit Clerk County Clerk County Commis Family Law Cou Judges Magistrate Prosecuting Att Sheriff's Tax Off CONSUMER PR Attorney Gener Utility Complair Commission . COUNSELING/I Highland Hospit Kanawha Pasto Counseling Logan/Mingo A Mental Healt	800 291-1425 Option 2 THOUSE 792-8520 792-8550 792-8550 rt
COUNTY COUR Assessor Circuit Clerk County Clerk County Commis Family Law Cou Judges Magistrate Prosecuting Att Sheriff's Tax Off CONSUMER PR Attorney Gener Utility Complair Commission . COUNSELING/I Highland Hospit Kanawha Pasto Counseling Logan/Mingo A Mental Healt	800 291-1425 Option 2 THOUSE 792-8520 792-8550 792-8550 rt792-8660 rt792-7038 r792-8570 & 792-8580 r792-8570 & 792-8580 r792-8570 & 792-8580 r792-8570 & 792-8680 res rts-Public Service 800 642-8544 res
COUNTY COUR Assessor Circuit Clerk County Clerk County Commis Family Law Cou Judges Magistrate Prosecuting Att Sheriff's Tax Off CONSUMER PR Attorney Gener Utility Complair COMSELING/I Highland Hospit Kanawha Pasto Counseling Logan/Mingo A Mental Healt ResCare CRISIS INTERVE	800 291-1425 Option 2 THOUSE 792-8520 792-8550 792-8550 rt792-8660 rt792-7038 r792-8570 & 792-8580 r792-8570 & 792-8580 r792-8570 & 792-8580 r792-8570 & 792-8680 res rts-Public Service 800 642-8544 res

Alcoholics
Anonymous 800-333-5051
National Domestic
Violence Hotline 800 799-7233
Narcotics Anonymous
National Runaway
Switchboard 1 800-RUNAWAY
Resolve Family Abuse
Suicide Prevention
Lifeline 800-273-8255
WV Substance Abuse and Mental
Health Hotline
(844 435-7498)
WVU Behavioral Medicine/Psychiatry
WV Coalition to End Homelessness
Intake833-722-2014
DAY CARE CENTERS & SERVICES
Totally Kidz752-5477
LINK Child Care
Resource & Referral752-3932
PRIDE Child & Adult Care
Food Program752-6868
PRIDE Head Start Program752-6868
DENTURES
Donated Dental Services (Oral Health
Program) 800-642-8522
DIAPERS/BABY SUPPLIES
Logan County Baby Pantry601-9278
Gabriel Project
DISABILITY SERVICES
FAST
PRIDE Head Start752-6868 Mountain State Centers for
Independent Living
Trinity Healthcare Services752-8723
WV Div. of
Rehabilitation792-7060 DISASTER SERVICES
American Red Cross
Office of Emergency
Management
Salvation Army
DOMESTIC VIOLENCE/ABUSE
Logan Child
Advocacy Center
National Domestic Violence Hotline

Updated October 2022

Resolve Family
Abuse Program
Tug Valley Recovery Shelter
(Domestic Violence)
WV DHHR:
Abuse Hotline800-352-6513
EDUCATION/TRAINING
Adult Basic Education/GED (Southern
WV Community College)792-7098
Apprenticeship for
Child Development
Specialist
Beth-Haven
Christian School946-4447
PRIDE Head Start752-6868
Heritage
Christian School784-3098
Logan County
Public Schools752-1550
Ralph R. Willis Vocational & Technical
School752-4687
Southern Community &
Technical College792-7098
WVU Extension Service752-8690
EMPLOYMENT
Workforce WV752-7010
EMERGENCY NUMBERS
Non-Emergency
Fire, Police & Ambulance
Sheriff
State Police
Poison Control
Adult/Child Abuse800-352-6513
L.E.A.S.A./
County Public Rescue
FINANCIAL
ASSISTANCE/COUNSELING
Consumer Credit Counseling of
Southern WV
Logan County DHHR
Salvation Army
Social Security
Unemployment Compensation Office
Logan
FOOD/NUTRITION
First Presbyterian
Neibert Memorial

# Logan County Resource Guide cont.

Methodist Church	752-7931
Goshen Project, Inc	688-9781
PRIDE Aging Program	
Priority Delivery	
Salvation Army	
WIC	
WV DHHR/Food Stamps	
WVU Extension Service	792-8690
HEALTH CARE/CLINICS/HOS	
CAMC Coalfield Health Center	348-5432
DaVita Dialysis Fresenius Dialysis (Man)	
Harts Valley Health	
Logan County	000-4090
Health Department	792-8630
Logan Regional	752-0030
Medical Center	831-1101
Logan Wildcat Clinic	
Man Community Southern V	
Systems	
Med Express	
Tiger Clinic	
Valley Health Stepptown	
WV Health Right	343-7000
HEALTH ORGANIZATIONS	
AIDS Hotline 800	642-8244
Alzheimer's Association	343-2717
American Cancer Society	746-9950
Blind Physically	
Handicapped Services	558-4061
D'alastas Assas d'att'as 000	
Diabetes Association 800	
Easter Seal Society 800	-677-1390
Easter Seal Society 800 Heart Association	-677-1390 720-9001
Easter Seal Society 800 Heart Association Lung Association	-677-1390 720-9001 342-6600
Easter Seal Society 800 Heart Association Lung Association Lupus Support Group	-677-1390 720-9001 342-6600 529-0506
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Easter Seal Society	-677-1390 720-9001 342-6600 529-0506 ce 752-6868 -376-4903 414-5935 nce -982-2447 752-6018 414-4405 583-8692 855-4764
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#### HOUSING

Mingo Housing Authority475-4663
Buffalo Creek Apartments583-2114
Chapmanville Towers
Julia Apartments
Lana Kay Apartments
USDA Rural Development
Logan Landing
LEGAL SERVICES
Legal Aid752-4178
WV Lawyer Referral 800-642-3617
Family Court
Senior Legal Aid
NURSING HOMES
Genesis Health Care752-2273
Patty's Home
Trinity Health Care
RECREATION
Chief Logan State Park
Chief Logan Lodge &
Conference Center
Harts Community Center855-3166 Hatfield & McCoy Convention
& Visitor's Bureau
Lake Community Center752-1388 SENIOR SERVICES
PRIDE Senior Services
SHELTERS
Patchwork (Youth)
Recovery Group
of Coutherry MAL COT 7000
of Southern WV687-7903
Tug Valley Recovery Shelter
Tug Valley Recovery Shelter Domestic Violence235-6121
Tug Valley Recovery Shelter Domestic Violence235-6121 SUBSTANCE ABUSE SERVICES
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Tug Valley Recovery Shelter Domestic Violence235-6121 SUBSTANCE ABUSE SERVICES Alcoholics Anonymous

Logan VA Medical Clinic
Lenore office752-8355
Williamson office235-2187
PRIDE SSVF752-6868
Veterans Benefits
Assistance792-7055
Veterans Transportation Coordinator
WorkForce Vets
WEATHERIZATION
PRIDE Weatherization
Services752-6868
WV STATE SERVICES/AGENCIES
Adult and Child Abuse
Hotline
Children w/ Special Health Care Needs
Child Support Hotline800-249-3778
Client Services (DHHR)800-642-8589
WV Advocates
WV Birth to Three752-1710
WV DHHR792-7095
WV Div. of Rehabilitation792-7060
WVU Extension Office792-8691
WV Public Service
Commission
YOUTH SERVICES
Children's Home Society
(June Montgomery Harless Children's
Home)239-2470
Early Intervention Program 792-1166
Healthy Families Mountain
State752-0411
Kanawha Valley Center
(KVC)752-8972
NECCO752-7830
WV DHHR792-7095

Special thanks to the Logan County Family Resource Network and WV 211 for their assistance.

After hours just dial 3 numbers ... 211 to connect with the Statewide Information and Referral. They operate 24/7 365 days a year.



Get Connected. Get Help.™

## **Empowering Lives. Strengthening Communities.**

## **Important Dates to Remember**

November 8 November 11 November 24 November 25 November 29 December 23 December 26 December 30 January 2 January 16 January 31

Thanksgiving Day—PRIDE Closed Thanksgiving Holiday—PRIDE Closed PRIDE Board of Directors Meeting—Main Office Christmas Eve Observed—PRIDE Closed Christmas Day Observed—PRIDE Closed New Year's Eve Observed—PRIDE Closed New Years Day Observed—PRIDE Closed Martin Luther King Day—PRIDE Closed PRIDE Board of Directors Meeting—Main Office
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## A VERY SPECIAL **"THANK YOU"** TO OUR DEDICATED EMPLOYEES!

SALE

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

Choose PRIDE Community Services (#NY927) for your Kroger Community Rewards

### **Board of Directors**

Jeff Valet / President

Valet & Associates

Kathleen Mounts / Vice President

Early Education Advisor Joseph Mendez / Secretary

Logan County Magistrate

John Turner / Treasurer

Logan County Clerk

Lois Moses

Mayor—City of Logan Representative

Dwight Williamson

Logan County Magistrate

Judge Christopher Workman Family Court

Amber Blankenship

Low-Income Sector Representative

Carrie Ellis

Head Start Policy Council

Pat Lykens

Senior Advisory Representative

Lisa Sigmon

Low-Income Sector Representative

Donna Williams

Low-Income Sector Representative

Douglas Bratcher Private Sector Representative Dr. Michael Johnson Private Sector Representative

**Tonya Williamson** 

Woodforest Bank

### **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 reemployment 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.

Shelbi Conley / 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.

Chanda Elkins / 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 Stidham / 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 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.