



# the Shining Star



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As a mother, it's instilled in you that every decision you make will impact your child. The thing is, will these decisions help or hurt them in the long run? Are they old enough? Will someone care for them as I would? The answer to the last question is no because there's nothing like a parent's love, but at Head Start in Chapmanville, we found two blessings in women that are pretty close.

Meet Olivia. Olivia was diagnosed with level one autism just prior to her third birthday in June 2022. She is a child who was forced into isolation due to a pandemic she clearly did not understand and was not able to interact, play or speak with other children her age. Despite this large factor, she is kind, has a sweet soul and loves hard, loves to learn and has big feelings. She completed the birth to three program with speech and developmental therapies from the age of two. There, we were counseled on options of the "unknown" of what to do next to best help our girl to flourish. One option was outpatient therapies and the other option we considered was Head Start through PRIDE. We ultimately chose Head Start, and we couldn't be happier with our decision.



What many are unaware of is Head Start students are not required to jump in head first with a full five day schedule. Olivia underwent an evaluation through their trained team to form an individual education plan (IEP), just for her, which was discussed in detail and agreed upon by all parties involved. We went through a home assessment, set both short and long term goals for her, and have received ongoing encouragement through her journey. Olivia began Head Start with the goals of increasing comfort with social interaction, especially among her peers, speech and communication enhancement and safe separation from parents as we were, and will always be, her safe place. However, it should be noted that gradual separation to increase self help skills and to develop individually is healthy. What better way than to work up slowly, in school, within a safe, controlled environment?

Olivia increased to three days per week prior to winter break as she flourished with the structure Mrs. Ashlee and Mrs. Amber provided with the addition of her special services of developmental and speech therapies. Her demeanor, communication, listening skills, and overall content that she was learning was shocking to say the least.

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# Human Resources



During the first quarter of 2023, our agency added 15 new staff members. Head Start added Amanda Brown, Haley Chambers as Substitute Assistant Teachers. Head Start also added Brandi Compton, Traci Hale, and Kendra Hall as Assistant Teachers. Malina Ramirez joined the Head Start family as a Family Advocate, and Earnest Shaw as a Bus Driver/Direct Care Worker. PRIDE's In-Home Program welcomed Carla Fillinger, Jolisha Jenkins, Amanda Marcum, and Allan StaMaria. Our ERRP and Weatherization Programs welcomed David Curry, Jason Horn, and Kenneth Spencer, and Joseph Curry joined us as an IT Specialist. Our PRIDE family would like to welcome all of them. We wish them much success and many years of happiness with our agency, and we look forward to working with each and every one of them.

We're hiring! If you're interested in joining our team, visit [www.loganpride.com](http://www.loganpride.com).

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## Child and Adult Care Food Program

Using food as a reward or punishment not only encourages children to eat outside of meal and snack times or when they're not hungry, but also may create a lifelong habit of rewarding or comforting themselves with food. This practice can undermine healthy eating messages and reinforce unhealthy eating habits. Food, even healthy options, should never be used as a reward or punishment.

Below are some Non-Food Reward Ideas to try instead of using food as a reward.

**Choose a Prize** – Pencils or erasers; Stickers; Books; Entering a drawing or raffle for a bigger prize; Earning Tokens or points towards a prize.

**Get Moving** – Lead a special physical activity break; Host a special event such as a dance or kite-flying party; Provide extra recess or PE time; Turn on the music and let students dance for a few minutes; Give students the opportunity to lead an activity.

**Shake up Your Routine** – Let the student choose a special activity; Provide a few extra minutes of extra free time; Allow student to select a special book; Let student go first on an activity; Give a “no homework” pass; Host a special dress day where student can wear hats or pajamas.

**Show Recognition** – Give out certificates or ribbons; Post recognition signs around the school or on a prominent bulletin board; Give a shout-out in the morning announcements; Call or send a letter home to a parent.

*Sponsored by: Alliance for a Healthier Generation; National CACFP Sponsors Association*



# Senior Services

Over the last couple of months, PRIDE's Senior Centers have engaged in several different activities such as puzzles, Tai Chi, popcorn, and movies. Dana Wright with WVU Logan Extension Service completed Dining with Diabetes workshop with the Tracy Vickers Center. Lac-risha Ramirez with Humana had a fun day playing bingo with the seniors at the Earl Jarvis Center. Sheila Ganoë with the Visions Program at WV Division of Rehab Services also stopped by the Earl Jarvis Center and spoke to our group. As always, the seniors at PRIDE's congregate centers love to get out and enjoy some fun. Seniors from all three centers attended *Southern Fried Nuptials* and *Always Patsy Cline* performed by the The Aracoma Story, Incorporated. As warm weather approaches the centers look forward to engaging in more activities each month.

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# Weatherization



Mrs. Hall contacted our Weatherization program after getting a new heat pump installed by the ERRP program. She was really concerned about her high energy bill and her home having some air leaks. After all the documentation was submitted and Mrs. Hall was approved, we conducted an energy audit on the home to see if we could perform any weatherization measures. During the energy audit, no deferral reasons were present, so we were able to move forward with the audit. We noticed that underneath the home there was hardly no insulation and the belly was in bad shape. This was a huge concern and needed to be corrected. There was also some moisture under the home and no vapor barrier was anywhere in sight. With moisture comes mold and mildew, which is an immediate concern. Moisture needs to be taken care of right away to protect the home from any damage. Inside the home, we collected

a lot of information to see what recommended measures were needed to improve the energy efficiency of the home. During the audit we conducted the GPM (gallons per minute) test on the client's shower head. Anything that is using over 2.5 GPM gets replaced with a water saving shower head. After the data collection was completed, we discussed the proposed measures with Mrs. Hall. Mrs. Hall was so thankful and eager to see the weatherization measures that would be completed on her home.

Once the audit was completed, we could generate a work order, and Weatherization could begin. The guys were excited and ready to start! The crew started by focusing underneath the home, where a lot of air was escaping. Two-part foam was used to seal up all the gaps and holes, and then a new belly was installed and insulation was blown. The new belly and batt wings held 16 bags of insulation, and a difference was starting to show. After the new belly and batt wings and insulation was installed, the crew put down a new roll of vapor barrier to stop any moisture from the home. The weatherization crew also wrapped and tapped piers to prevent any water damage. Inside the home, the water heater tank required insulation wrap; this is an energy saving measure that really helps on the monthly bill. When a tank is wrapped it doesn't kick on and off as much. Mrs. Hall was extremely happy and could already feel a big difference in her home!

During energy education, Mrs. Hall was informed of daily tips she could do to save energy and water. She was very thankful and just overwhelmed with excitement of everything that was completed in her home.



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## Cover Story cont.

She was counting, matching colors, writing her name with assistance, modeling communication, and responding more to structure at home. She had less outbursts due to a reduction in her breakdown in communication.

Olivia progressed to four days a week after winter break and the arrival of another sibling which occurred during the break. It was expected that some regression would be noticed because of the change in the home status with the addition to the family. However, even though regression was present, she did better on the days she went to school. She had an outlet to expend her energy, spend time with peers, and maintain some form of normalcy when her home flow had changed. Because of this stability for her, we are eternally grateful. Also, because of this growth, she will be progressing to a full time, five day a week student.



Olivia's attention went from short in span to being able to sit through someone reading her a story. She enjoys drawing, learning new things, especially through music, and the feeling of accomplishment when she learns something new produces a smile we will always cherish. She will continue to progress rapidly due to the consistency she gets to maintain through another year of Head Start with the same faculty, in the same environment, with everyone after the same goals. Also, because they have made learning fun and made Olivia so comfortable in her environment away from home, Mrs. Ashlee and Mrs. Amber have produced a three year old child with autism who is not being defined by her diagnosis; they are continuing to help produce a child who is thriving. She is the epitome of everything Head Start is meant to target. She is a success!

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## Weatherization cont.

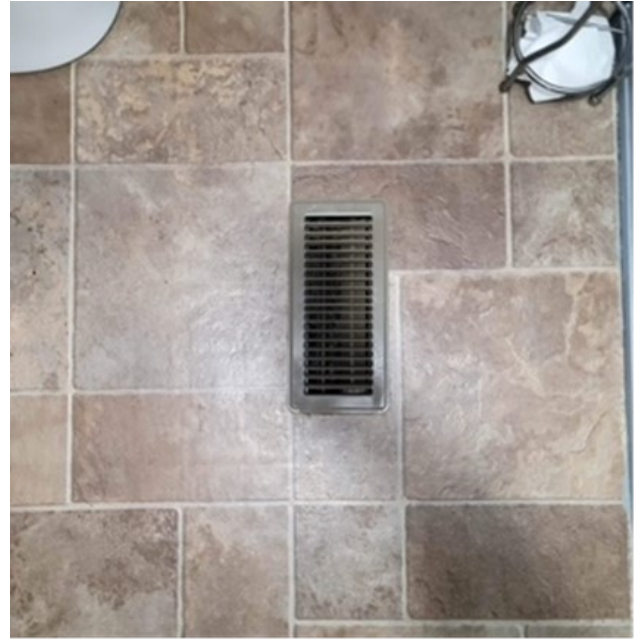
Following up with Mrs. Hall she had a decrease on her monthly energy bill. It's such a great feeling to get positive feedback from clients, and to know how much of an impact weatherization has made on their home. It is experiences like these that make us take PRIDE in our work, and to serve the community to the best of our ability.





# Emergency Repair and Replace Program

On April 25, 2023, PRIDE Community Services ERRP crew began the installation of Mrs. Conley's new heating and cooling system. This job was a complete replacement of an old system that had been nonfunctional for some time.



During the install, the ERRP crew repaired the duct system that was in place, installed a new package heating and cooling system and replaced the thermostat. The crew also replaced all necessary floor registers and boots to ensure proper air flow through the home. Mrs. Conley stated the crew worked quickly to restore the heat to her home.

Many hours went into the planning and installation of the unit, but the crew 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.



# In-Home Services

## PRIDE's In-Home Services Welcomes New Case Manager

Shana Workman is a new Case Manager with PRIDE's In-Home Services. She holds a bachelor's degree in human services and counseling. She cares deeply about helping people. She began her work with PRIDE as a Head Start teacher and transitioned to Case Manager in February 2023.

Shana is married to Steven Workman and enjoys a quiet life at home with her husband. In her spare time she enjoys music, church, and participating in a good debate.



## In-Home Services Available

In-Home Services assist the elderly and disabled in achieving activities of daily living including assistance with personal hygiene, nutrition, feeding, and environmental support functions. The In-Home Services programs include Lighthouse, FAIR, III-E, Medicaid Personal Care, Medicaid Aged and Disabled Waiver, Medicaid Aged and Disabled Waiver Case Management, and VA Personal Care.

<u>Program</u>	<u>Eligibility</u>	<u>Services Provided</u>
<b>Lighthouse</b>	<ul style="list-style-type: none"> <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
<b>FAIR &amp; III-E</b>	<ul style="list-style-type: none"> <li>• The person receiving care must have a diagnosis;</li> <li>• Must have an unpaid caregiver</li> </ul>	Provide care & activities for individuals with Alzheimer's disease or a related dementia; and give family caregivers a break
<b>Medicaid Personal Care</b>	<ul style="list-style-type: none"> <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.
<b>Aged &amp; Disabled Waiver Program</b>	<ul style="list-style-type: none"> <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
<b>VA Program</b>	<ul style="list-style-type: none"> <li>• Must go through VA Program and be referred to PRIDE</li> </ul>	Personal care services & help with activities of daily living.

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



# Emergency Services

## 6 Ways to Embrace Self-Sufficiency and Sustainable Living

### 1. Grow Your Own Fruits & Vegetables

*If you have garden space, use it to your advantage. You can grow almost anything, from cucumbers and bell peppers to tomatoes and strawberries.*

### 2. Plan and Cook Your Meals

*Planning and cooking your meals will not only save you money from constantly eating out but also limit your package waste.*

### 3. Preserve Food to Reduce Waste

*Preserving food is one way to prevent food waste. Without effective preservation practices, you'll find yourself constantly throwing food out sending it straight to the landfill.*

### 4. Practice Composting

*If you want to take your food waste reduction a step further, you can compost organic waste.*

### 5. Repair and Mend Clothes

*One of the reasons some people throw clothes away is wear & tear. When you mend your torn clothes, you're actually extending the item's life.*

### 6. Purchase with Purpose

*Self-sufficient & sustainable living embraces living within your means, reducing your purchases, & living simpler. Purchase with a purpose means participating in a more circular economy, only buying what you truly need, & supporting small companies.*

## Senior Services cont.

PRIDE Community Services, Inc. in partnership with the West Virginia Bureau of Senior Services and Coalfield Health Center, has provided several free vaccination clinics in Logan county recently. Clinics were open to anyone age 5 and up, with incentives being offered to those 60 & over who received the COVID vaccination. In total, 194 seniors received a COVID vaccination and over \$13,350 was paid out in incentives.





# Head Start

The Head Start Program helps children get ready to succeed in school and in life through learning experiences tailored to their current needs and abilities.

**Head Start provides:**

## Children's Services

### ***Early Learning and Development***

- We build strong relationships as the foundation of early learning.
- We support learning through play, creative expression, and guided activities.
- We support children's social and emotional development.
- We promote early math and science concepts.
- We promote language and literacy development.

### ***Health and Wellness***

- We promote physical development, both indoors and outdoors.
- We serve breakfast, lunch, and health snacks.
- We provide hearing, vision, and behavioral screenings.

## Family Partnerships and Well-being

- We provide parent and family services.
- We help families find assistance in challenging times.
- We help families identify and reach their goals, including goals related to housing, employment, education, and parenting.
- We invite parents to share information and insights about their child.
- We invite parents to offer ways to improve children and families' experience in the program.

## Disability Services

- We build on children's strength.
- We individualize experiences to meet the needs of each child.
- We collaborate with parents and community agencies when further assessment is needed.

## Mental Health Services

- We help families understand and support their child's needs.
- We can assist with mental health services for children and families, if needed.

For more information about our Head Start Program or to begin enrollment for your child, please call Tara Rogers at 304-752-6868, ext. 351 or begin a pre-enrollment using the QR code below.



### Important Dates to Remember

May 29	PRIDE Closed—Memorial Day Holiday
May 30	Board of Director's Meeting—Noon
June 8	Last day of Pre-K
June 19	PRIDE Closed—Juneteenth Holiday
June 20	PRIDE Closed—West Virginia Day
July 4	PRIDE Closed—Independence Day
July 25	Board of Director's Meeting—Noon

**ARE YOU A LOW INCOME VETERAN FACING HOMELESSNESS?**

Contact Eddie Thompson

**Call Us at (304)752-6868 or (304)784-0677**

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



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#YouShopAmazonGives

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



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### **Dr. Michael Johnson**

Private Sector Representative

### **Tonya Williamson**

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## Funding Sources

- Administration for Children & Families (ACF), Dept. of Health & Human Services (DHHS)
- Dept. of Energy (DOE)
- Dept. Of Health and Human Resources (DHHR)
- 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)
- West Virginia Metro Area Agency on Aging (Metro AAA)

## Services Offered:

**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.

- Kathy Stidham / Director

**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: Emergency Repair and Replacement Program (ERRP) 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

**Senior Services:** Offers services to persons with disabilities and the aging population of Logan County.

- 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.**

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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.