



the Shining Star

HAPPY 101 BIRTHDAY MR. HARVEY MILLER!

Harvey Miller, a senior of PRIDE’s Chapmanville Towers Congregate site, turned 101. He was born August 11, 1922, in Turtle Creek, WV. Mr. Harvey is currently known as the oldest resident in the Chapmanville area.



Mr. Miller recalls at the beginning of World War II, his family moved to Hillsboro, Oregon, where they remained until the end of the war. His first job while in Oregon was at a shipyard. Although Mr. Miller did not serve in the war, he did his part by working at jobs that sent food across seas to the soldiers. After working in the shipyard, he and his brother took a job raising chickens and turkeys that would then be canned and sent across seas. Eventually that job was given back to the original worker when he came back from the war. Mr. Miller then went to work for Carnation—originally for two days, to fill a large order that would be sent to the soldiers. After the order was filled, Mr. Miller was offered a lifetime job with Carnation. However, at the end of the war in 1945 his family moved back to WV, where they remained.

Throughout his lifetime Mr. Miller has had several jobs. His first public job was at a sawmill at the age of 15. Mr. Miller recalls working for a furniture store and a service station. He also worked as a concrete mixer at Austin Powder Company, a diesel fuel truck driver at Ashland Petroleum and many other jobs throughout his years. When asked what

his favorite job was, he said driving the diesel truck. Mr. Miller has been a hard worker his whole life, with very little stopping him. Mr. Miller recalled a surgery he had in 1968. He said there was a tumor that was removed from his chest— it was eight inches in diameter, but that didn’t stop him for long. He continued working in the public until he was 87 years old. After his initial retirement, Mr. Miller started working with a man doing scrapping, cutting firewood and working on riding lawn mowers until 2014, at the age of 92.

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Human Resources

During the second quarter of 2023, our agency was happy to welcome Denise Hudgins as a Direct Care Worker. We would like to welcome her to our PRIDE family, and we wish her many years of happiness. We look forward to working with her in our In-Home program.

WE'RE
HIRING

DIRECT CARE
WORKERS
&
HEAD START
BUS DRIVERS

Visit www.loganpride.com to apply.

Child and Adult Care Food Program

Fall Apple Pumpkin Oatmeal

Ingredients:

- 1 cup quick cooking oats
- 1 1/2 cup water
- 2 cups applesauce
- 1 cup pumpkin puree
- 1 tsp vanilla extract
- 4 bananas

Directions:

1. Add first 5 ingredients to a medium saucepan.
2. Cook on medium-high heat until liquid is almost nearly absorbed by the oats.
3. Serve 2/3 cup of oatmeal with 1/2 banana, sliced to each participant immediately while still warm.



One serving provides 1/2 oz eq grains and 1/2 cup combined fruit and vegetable.

Recipe from National CACFP Sponsors Association

Supportive Services for Veteran Families



Mr. George Stacy contacted us around mid June, requesting information about the SSVF Program. His mother had previously been in contact with SSVF Coordinator, Eddie Thompson regarding his living situation at the time. Mr. Stacy came in on June 26th to complete an intake. He worked with our SSVF team to get an apartment that was available for him at the beginning of July. Once Mr. Stacy was stably housed—SSVF Coordinator, Eddie Thompson worked to get his utility deposits pledged.

As of this time, Mr. Stacy is doing good. He remains eligible for SSVF until he can transition to HUDVASH through the VA. Mr. Stacy is also now taking college classes and should gain more stability over the next few months.

SUPPORTIVE SERVICES FOR VETERAN FAMILIES

DID YOU KNOW... SSVF is a program funded by the federal government, U.S. Department of Veteran Affairs. It provides low-income families with services aimed at preventing homelessness and improving their stability.

THESE SERVICES MAY INCLUDE:

- Case management
- Transportation assistance
- Housing counseling
- Financial planning
- Legal services
- Employment search
- Temporary financial assistance
- Assistance getting VA and other public assistance

To receive supportive services from the program, you must be:

- ◇ A member of a Veteran family
- ◇ Classified as very low-income
- ◇ Homeless or at imminent risk of becoming homeless.

For more information about the program, contact SSVF Coordinator:

Eddie.Thompson@loganpride.com
304-752-6868 Office
304-784-0677 Cell

Weatherization



Ms. Adams submitted her application after hearing about it from previous Weatherization clients. After submitting all documents needed, an Energy Audit was completed. No deferral reasons were discovered, so the home passed inspection. During the inspection, it was discovered that there were several large holes in the belly and existing insulation was exposed. This can be a big concern, considering that in addition to the belly being in poor condition, there was also an inadequate vapor barrier underneath the home. These issues can cause insulation to become damp and allow mildew or mold to form underneath the home—negatively affecting the health and well-being of the occupants inside. This was something that needed to be addressed as soon as possible. Also, it was discovered that a dryer vent was not properly vented to the outside. Improper dryer venting could lead to a house fire, so this was a priority for our team. Several things needed to be addressed inside as well, such as the water heater had no tank wrap, there were no existing CO monitors, and the blower door reading was relatively high.



Once the audit was completed and all necessary information was gathered, a work order was generated for inside and outside repairs. Upon arriving, part of the team began working underneath completing required measures while other team members worked inside.



The water heater was wrapped, and all the seams were taped up to ensure the energy burden of the water heater was lowered. Additionally, two smoke/CO monitors were installed on both ends of the home and the dryer was properly vented to improve health and safety. Meanwhile, underneath the home, the crew worked to seal the plumbing and wire penetrations with two-part foam, wrap any exposed water pipes, blow Insulsafe insulation to fill the void in the belly and outriggers, and lay new vapor barrier. The crew also patched all holes in belly/outriggers, wrapped all piers, and taped anywhere the ground was exposed, to ensure no moisture would penetrate the freshly insulated and repaired belly.

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Cover Story Continued

Mr. Miller said he took care of his own house and cut his own grass until he moved to the Towers at Chapmanville in 2014. Mr. Miller got married at the age of 42 and remained married for 44 years until his wife's death. The two never had any children.

When asked what he loves about WV he says, "it's home". Mr. Miller said his favorite things to do are hunting and fishing. When asked what it takes to live a long life, Mr. Miller said hard work, and commented further, he didn't drink, smoke, or use bad language. Mr. Miller continued that when people ask him what to do to get this old, he tells them, if I told you, you wouldn't do it anyways, then he tells them—HARD WORK.

HAPPY BIRTHDAY

MR. MILLER!

Weatherization cont.

We later followed up with Ms. Adams about the energy saving measures that had been completed on her home. Ms. Adams commented not only about the difference she noticed with the inside temperature of her home, but also how the energy burden seemed to be lowered with the Weatherization measures. She was also very pleased with all the steps taken to improve the health and safety of her home.

The crew takes great PRIDE in the tasks they perform to make a home more energy efficient and safer. It gives all of us a sense of accomplishment and community. We are always happy and eager to serve the community to the best of our ability.



Emergency Repair and Replace Program

On July 26, 2023, Trumpet Heating & Cooling, Inc. crews completed the installation of Mr. Conley's new heating and cooling system. This job was a replacement of an old system that had stopped working.



During installation, the crew at Trumpet repaired all damage to the existing ductwork, installed a brand-new package heating and cooling system, and replaced the thermostat. To ensure proper air flow throughout the home, the crew also repaired and installed new (where needed) floor registers that were damaged. Additionally, smoke alarms were installed to make the home safer.



Mr. Conley stated the crew at Trumpet did excellent work and was very pleased to once again have a working heating and cooling unit.

Many hours went into this installation, but the contractors 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



Direct Care Workers are the driving force of any In-Home Services department. Direct Care Workers are responsible for providing assistance to those who struggle with activities of daily living such as mobility, bathing, cooking, cleaning and other abilities many of us take for granted. This

job is rewarding and meaningful to many. During COVID, there became a shortage of workers throughout the state. From the COVID crisis to a direct care worker shortage, many are left with a lot unknowns. Seniors and disabled individuals who are in need of assistance with their daily living activities are going without the much-needed help. Individuals who cannot get paid caregivers, must rely on family and friends to help them with daily tasks, but not everyone has those people available.

At PRIDE, we are doing all we can to meet the growing demand. With our dedicated Direct Care Workers, we will continue providing care and support to our aging population. Our Direct Care Workers are the heart and soul of our In-Home Program and we are so thankful for them!

<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 & IIIIE	<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.

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

Emergency Services

Summer is winding down, so now is the time to prepare your home for the Fall season. Here are a few tips to help with that preparation:

1. **CHECK WINDOWS:** Check your window seals for any cracks or leaks and reseal them with silicone-based latex caulk. If windows need replaced, do so as early as possible to prevent cold air from coming in. Also check your weep holes (tiny holes at bottom of window that allow for water drainage). You can use an unbent paper clip to ensure there is no debris.
2. **UPDATE YOUR ENTRYWAY:** Add slip-proof mats for wiping off shoes when you enter. Also, make sure you have a spot to store wet umbrellas.
3. **CHECK YOUR DOOR LOCKS:** Spray door locks with powdered-graphite lubricant to ensure your door lock won't stick or freeze.
4. **DEEP CLEAN CARPETS:** Thoroughly clean carpets to remove dirt and debris and rid your flooring of moisture before fall/winter begins.
5. **CHECK INDOOR LIGHTING:** Daylight hours are getting shorter, so the nights will be longer. Consider replacing your old light bulbs with energy-efficient LED lights. Not only will they last a long time, they can help you save money.
6. **TEND TO HVAC:** Replace your filter to avoid damage to your HVAC and reduce your energy bill. Replacing your filter regularly will help maintain your heating and cooling system. Also, fall tends to bring more dust and allergens into the home, so having a fresh filter will help collect a lot of those irritants.
7. **PREPARE YOUR FIREPLACE:** Use a dust broom, dustpan and bucket to clear out any dust or remnants that have set dormant there through spring and summer.
8. **TREAT YOUR HOME FOR PESTS:** Pests will seek cover when the outdoor conditions begin to change. Check your home for any cracks or crevices, critters may be able to get through.
9. **FLUSH HOT WATER HEATER:** Sediment can build up over time. Draining your hot water heater can flush out any built up minerals or debris that can cause your water heater to malfunction.
10. **COMPLETE PIPE MAINTENANCE:** Adding foam rubber or fiberglass sleeves to your pipes can decrease the chances of your pipes freezing. Also, adding insulation to your walls and ceilings for extra warmth can help keep the pipe close to the water temperature inside the pipe.
11. **REPLACE DETECTOR BATTERIES:** Sometimes battery replacement can get pushed back until the end of the year. Make it a priority to check the batteries in your smoke detector and carbon monoxide detectors to stay safe throughout the holiday season.

*For information regarding PRIDE's Emergency Services Program,
contact Brandi Browning 304-752-6868 or brandi.browning@loganpride.com*

Head Start

On May 5, 2023, PRIDE Community Services Head Start hosted our largest Family Engagement event of the year. Family Fun Day is an annual event that we hold for all Head Start and Universal Pre-K children and families. The event was held at Chief Logan State Park and included four bounce houses/inflatables operated by Quantum Party Rentals from Charleston, WV, a rock painting station, a sno-cone station, and a temporary face tattoo station. The Logan County Shrine Club was on hand to grill hotdogs, which were served to everyone with chips and a beverage.

Family Fun Day is also where we facilitate our silent auction. Parents and volunteers are given a “check” for the hours they have volunteered in the classroom or read to their child at home. They then can use this “check” to bid on any number of prizes. The prizes include patio furniture, bicycles, PlayStation, grills, etc. We also allowed parents and staff to vote on our Program Expectations for the oncoming year. This year’s winners were Be Safe, Be Kind and Be Respectful.

This years Annual Family Fun Day had over 520 people present with over 1300 hot dogs being served and countless amounts of chips, water, pop and sno-cones.



HAPPY RETIREMENT

Sharon Szucs
(left)
Teacher
34 Years

Carnella Simmons
(right)
Cook
17 Years



Important Dates to Remember

September 4	Labor Day (PRIDE Closed)
September 26	PRIDE Board Meeting—Noon
October 9	Columbus Day (PRIDE Closed)
October 31	PRIDE Board Meeting—Noon
November 10	Veterans Day (PRIDE Closed)
November 21	PRIDE Board Meeting—Noon
November 23 & 24	Thanksgiving Holiday (PRIDE Closed)

ARE YOU A LOW INCOME VETERAN FACING HOMELESSNESS?

Contact Eddie Thompson

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

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EMPLOYEES!



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Senior Advisory Representative

Lisa Sigmon

Low-Income Sector Representative

Crystal Rogers

Senior Advisory Representative

Dana Wright

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)
- 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.