



McDowell County FACES Newsletter

The FACES of HOPE

August , 2011

facesfrn.com

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What's In A Month?

Birth Stone: onyx



Flowers: poppy



Healthy Families Healthy Children

Monthly Meeting

August 24, 2011

10:00 a.m.

FACES Community Room

Multiple programs to empower families to become strong.

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National Immunization Awareness Month

August is National Immunization Awareness Month. This observance provides the opportunity to remind the community of the importance of immunization. Make sure that your family and friends are up-to-date on their immunizations.

In August, parents are enrolling children in school, older students are entering college and adults and the health care community are preparing for the upcoming flu season. This makes August a particularly good time to focus community attention on the value of immunization.



Vaccines are responsible for the control of many infectious diseases that were once common in this country. Vaccines have reduced and, in some cases, eliminated many diseases that once routinely killed or harmed tens of thousands of infants, children and adults.

The viruses and bacteria that cause vaccine-preventable diseases and death still exist and can infect people who are not protected by vaccines. Vaccine-preventable diseases have a costly impact, resulting in doctors' visits, hospitalizations and premature deaths. Sick children can also cause parents to lose time from work.

Maintaining high immunization rates protects the entire community by interrupting the transmission of disease-causing bacteria or viruses. This reduces the risk that unimmunized people will be exposed to disease-causing agents. This type of protection is known as community or herd immunity, and embodies the concept that protecting the majority with safe, effective vaccines also protects those who cannot be immunized for medical reasons.

In McDowell County immunizations can be obtained through the following:

1. Health Department—304-448-2174.
2. Tug River Health Association—304-448-2101.
3. Health Providers

August is National Children's Vision & Learning Month



August was declared National Children's Vision & Learning Month in 1995. The goal of this national observance is to help educate parents and educators about the critical link between vision and learning.

What is optometric vision therapy? What is the link between vision & learning? This year, COVD is talking about the link between vision and learning with a book written to help parents whose children are struggling with reading and learning issues. *Jillian's Story: How Vision Therapy Changed My Daughter's Life*.

Vision is More Than 20/20

Unfortunately, parents and educators often incorrectly assume that if a child passes a school vision screening, then there is no vision problem. However, school vision screenings often only test for visual acuity. In reality, the vision skills needed for successful reading and learning are much more complex. A child who can see 20/20 can still have a vision problem.

Vision is a complex process that involves over 20 visual abilities and more than 65% of all the pathways to the brain. One in four children has an undiagnosed vision problem which can interfere with learning and lead to academic and/or behavioral problems. However, it is important to know that these children frequently do not report symptoms because they think everyone sees the same way they do.

Often a child with a vision-based learning problem has excellent verbal skills, causing parents and educators to think the child must be lazy, have ADD/ADHD, or is learning disabled. The possible misdiagnosis can be due to similar symptoms, but the causes are not the same.

A comprehensive vision exam with an optometrist is the first step in uncovering the link in a child's vision and learning.

How Vision Problems Can Interfere with Learning

o "25% of students in grades K-6 have visual problems that are serious enough to impede learning." - American Public Health Association

o "When vision problems go undetected, children almost invariably have trouble reading and doing their schoolwork. They often display fatigue, fidgeting, and frustrations in the classroom—traits that can lead to a misdiagnosis of dyslexia or other learning disabilities." - American Optometric Association

o "It is estimated that 80% of children with a learning disability have an undiagnosed vision problem." - Vision Council of America

o "Early diagnosis and treatment of children's vision problems is a necessary component to school readiness and academic learning; and that vision screening is not a substitute for a complete eye and vision evaluation by an eye doctor. Comprehensive eye and vision examinations ... are important for all children first entering school and regularly throughout their school-aged years to ensure healthy eyes and adequate visual skills essential for successful academic achievement." - National PTA Policy Statement 2005, Elements of Comprehensive Health Programs

o "Early testing for vision problems is key to preventing learning disabilities or, in some cases, significant visual impairment in children." - Ned Calonge, MD, MPH, Task Force Chairman, Chief Medical Officer and State Epidemiologist at the Colorado Department of Public Health and Environment.

o "A three year study of 540 children found that those children who had visual perceptual and eye movement difficulties did poorly on standardized tests." - Dr. Lynn Hellerstein, FAAO, FCOVD, Developmental Optometrist and Past President of COVD.

August is "What will be your legacy?" Month

What Will Your Legacy Be Month is a month for people to reflect on their past and present actions and vow to make positive changes that will affect generations. We have to remember the seeds, whether positive or negative, that we plant in our children's lives. This observance is about making the right choices so our children and their children will make the right choices. Everything we do will grow and reflect our teachings. So teach your children well. "Other things may change us, but we start and end with family". Anthony Brandt

What legacy do you leave for your time spent on earth, in WV, in McDowell County, in your town or city, in your family, in your marriage, in other relationships, in your church, in your clubs, in your children? Only you can answer this and how this is answered is how your obituary will read when you are gone.

August is 'Happiness Happens Month'

August 8 is Happiness Happens Day? The Secret Society of Happy People has declared all of August "Happiness Happens Month." Suggested activities include:

- ⇒ Wear your silver shades, donate your silver coins — pay someone's toll, bus or subway fare, buy a soda, or take up a donation for your favorite charity — or pass out silver kisses. Why silver? Because not-so-secretly happy people have a way of finding the silver lining in even the darkest clouds
- ⇒ Send a text message that says: Celebrate Happiness Happens Month with me
- ⇒ On Facebook, make a post every day in August that says: Happiness Happen when ..." (and list your happy moment of the day)
- ⇒ On Twitter, make a post every day in August that says: "Happiness Happens when ..." (and list your happy moment of the day)
- ⇒ Make a Happy Treasure Chest — a box full of the things that bring smiles to your face
- ⇒ Take the Happy Challenge: see how many words you can find to describe happiness or types

of happiness.
⇒ Lead a Happiness Happens Celebration Activity at work.

In McDowell County, we have a tendency to be depressed, glum, unenthused, disconnected, etc. This is a month where we can make a stand to be happy. Being happy makes you feel so much better and it is infectious. A smile can make someone's day much brighter. A hand shake can connect people. A thoughtful phone call can reach someone that has been sad and cheer them. A visit to a shut in can make them feel like someone cares.

Happiness can get people involved in making changes in their families and communities. As we have no special holidays in August, take the time to spread happiness.

For those of you that have strong faith, you know that it goes hand in hand with happiness. In July, my mother became very ill, my brother's in-laws became ill, another brother had surgery, and my son's family all got a virus. I had to miss a lot of work to help out with mom, missed Vacation Bible School where I was the director, and missed some lazy days of sum-

mer but guess what: though it is very difficult to deal with it all, faith will see me through it and I maintain my happiness because while things are tough, I still have each one alive and many, many friends have stepped up and said how can we help. There is always someone that you can reach in your darkest hours.

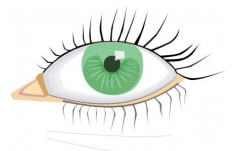
Personally: A strength for me has always been my husband Paul. Our anniversary is August 1 and we will be married 30 years. He has always been a friend, companion, and helps keep me focused on the positive when the negative sometimes wants to overpower me. I am a stronger person because of him. I have one son, Daniel; a wonderful daughter-in-law, Mary; and three beautiful grand children, Cloie, Chay, and Makayla. Not my sons but regarded as such is Mark Foster, who passed away in 1998, and Phillip Oxford.

Be happy and help make others happy.



August is National Cataract Awareness Month

According to the American Academy of Ophthalmology, cataracts are the leading cause of visual loss in Americans 65 and older. Nearly half of adults by age 80 will develop cataracts, or clouding of the lens. This month, learn how to recognize the symptoms, find treatment, and educate others on this common (but treatable) eye condition. It is important to note that small cataracts may not cause any noticeable changes in your vision, but as the condition tends to develop slowly, it will eventually get worse. For some people, their close-up vision will improve, but this is only temporary. It is important to see a doctor for signs of a cataract or other eye conditions. An ophthalmologist, a doctor who specializes in eye care and surgery, should be seen to diagnose and help treat eye conditions.



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FACES Meeting: 2nd
Thursday of each month at
noon—open to the public.

HOPE Meeting: 4th Monday at
10:30 a.m.—open to the public.

This newsletter
brought to you by funds
from the WV DHHR.

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**August is Back To
School Month**



As school is quickly ap-
proaching we need to
keep our children

I pledge to eliminate
distractions when I am
driving especially in
school zones.



**Health Opportunities for
Positive Education Coalition**

McDowell County Healthy, Happy, Lifestyle Challenge

Planning continues for the McDowell County Lifestyle Challenge to be conducted during September and October. The HOPE Coalition is sponsoring the challenge. The winner of the challenge will receive an all-expense paid vacation (details to be announced).

The current plans include that those participating in the challenge will form up to five-member work place or home-based teams, which will receive points for every activity they perform as part of the challenge. All the particulars of the challenge will be announced late August and the challenge will run for 60 days during September and October.

WATCH the papers for additional details.

Breast and Cervical Cancer

Circle of HOPE meetings continue across the county to discuss breast health, set up clinical breast examinations, and offer up to 10 mammogram certificates.

Bonnie’s Bus will be at the Tug River Clinic, Gary September 30 and at the McDowell Health Department, Wilcoe, October 6.

The annual “pancake breakfast” is scheduled for September 24 at the Sterling Drive Inn. Proceeds are used to assist women in WV and many in McDowell with diagnostic and treatment services.

Other Initiatives

Other initiatives of HOPE Coalition stakeholders include the in-home visitation program scheduled to begin in August, Fatherhood initiatives currently in planning, Community Collaborative Team Health Initiatives, Healthy Families, Healthy Children Coalition, Southern Coalfields tobacco prevention and cessation programs, Prevention without Borders substance abuse prevention, Appalachian Regional Commission “Keep A Clear Mind”, SADD Chapters, and Dining with Diabetes.

If you are interested in any of these initiatives, please feel free to contact FACES at 304-436-5255, visit our web site at facesfrn.com, email us at facesfrn@yahoo.com, or attend the HOPE Coalition meetings on the 4th Monday of each month at 10:30 a.m.—12:00 noon, 25 Bank Street, Welch, WV.