



McDowell County FACES Newsletter

The FACES of HOPE

December , 2011

facesfrn.com

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Merry Christmas From FACES



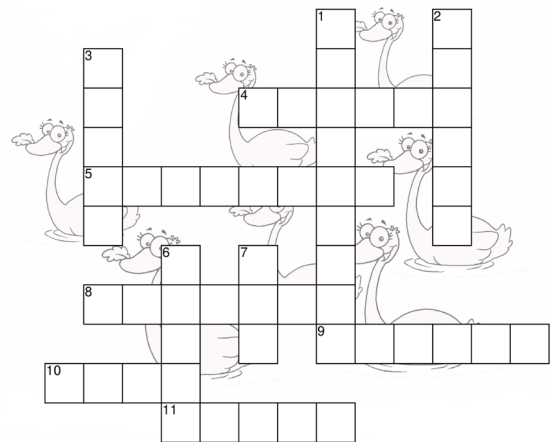
Christmas or Christmas Day is a holiday generally observed on December 25 (with alternative days of January 6, 7 and 19) to commemorate the birth of Jesus, the central figure of Christianity. The exact birthday of Jesus is not known, and historians place his year of birth sometime between 7 BC and 2 BC. Narratives of his birth are included in two of the Canonical gospels in the New Testament of the Bible.

The date of Christmas, chosen by the Roman Catholic Church in the 4th century, may have initially been selected to correspond with either the day exactly nine months after Christians believe Jesus to have been conceived, the date of the Roman winter solstice, or one of various ancient winter festivals. Christmas is central to the Christmas and holiday season, and in Christianity marks the beginning of the larger season of Christmastide, which lasts twelve days.

Although nominally a Christian holiday, Christmas is celebrated by an increasing number of non-Christians worldwide, and many of its popular celebratory customs have pre-Christian or secular themes and origins. Popular modern customs of the holiday include gift-giving, music, an exchange of Christmas cards, church celebrations, a special meal, and the display of various decorations; including Christmas trees, lights, garlands, mistletoe, nativity scenes, and holly. In addition, several figures, known as Saint Nicholas, Father Christmas, and Santa Claus, among other names, are associated with bringing gifts to children during the Christmas season.

Because gift-giving and many other aspects of the Christmas festival involve heightened economic activity among both Christians and non-Christians, the holiday has become a significant event and a key sales period for retailers and businesses. The economic impact of Christmas is a factor that has grown steadily over the past few centuries in many regions of the world.

The Twelve Days of Christmas
www.KidsCanHaveFun.com



Across

- 4. Two _____ doves.
- 5. Ten _____ drumming.
- 8. Ten Lords A-_____
- 9. _____ Pipers Piping.
- 10. Five _____ rings.
- 11. Seven _____ A-swimming.

Down

- 1. A _____ in a pear tree.
- 2. Three _____ Hens.
- 3. Four Calling _____
- 6. Twelve _____ A-milking.
- 7. _____ Geese A-laying

Healthy Families Healthy Children

Monthly Meeting

December 28, 2011

10:00 a.m.

FACES Community Room

Multiple programs to empower families to become strong.

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“TIE ONE ON FOR SAFETY” Holiday Campaign

December is National Drunk and Drugged Driving Prevention Month, a time to raise awareness about the consequences of driving under the influence of alcohol and drugs.

Tie One On For Safety is MADD’s (Mothers Against Drunk Driving) longest running and most visible public awareness project. MADD asks holiday drivers to tie MADD red ribbons to visible locations on their vehicles, or place window decals on their vehicles’ windows. The red ribbons represent drivers’ pledges to drive safe, sober and buckled up, reminding other drivers and passengers to do the same. How can the public participate in Tie One On For Safety?

This holiday season, individuals can demonstrate their commitment to eliminate drunk driving in several ways: Display a red ribbon in a visible location on your vehicles. Red ribbons and red ribbon window decals are available through local MADD affiliates. Host parties responsibly by offering mock-tails and other non-alcoholic beverages, and by providing alternate transportation or accommodations for guests who have been drinking. Designate a sober driver before drinking begins.

This year MADD is also offering the gift we can all give each other – the gift of a safe and sober ride home—the Gift of a Designated Driver™. If you are looking for a cost effective, yet thoughtful gift to give your family or friends, offer to be their DD this holiday season.

For more information visit: madd.org

The Attack on Pearl Harbor

On Sunday morning, December 7, 1941 America's naval base in Pearl Harbor, Hawaii was attacked by the forces of the Empire of Japan. More than 2,400 Americans were killed and more than 1,100 were wounded. The attack sank four U.S. Navy battleships and damaged four more. It also damaged or sank three cruisers, three destroyers, one minelayer and damaged 188 aircraft.

The day after the attack, the United States declared war on Japan and entered World War II. President Franklin Roosevelt, in a speech to congress, stated that the bombing of Pearl Harbor is "a date which will live in infamy".

Memorials have been built to remember the day and its events. The USS Arizona memorial in Pearl Harbor is a marble memorial over the sunken battleship USS Arizona, which was dedicated in 1962. The memorial remembers all military personnel who were killed in the Pearl Harbor attack. Another memorial is that of the USS Utah, a battleship that was attacked and sunk in the attack. A memorial to honor the crew of the USS Utah was dedicated on the northwest shore of Ford Island, near the ship's wreck, in 1972. The ship was added to the National Register of Historic Places and declared a National Historic Landmark in 1989. In 1991, which marked the 50th anniversary of the attack on Pearl Harbor, Congress established the Pearl Harbor Commemorative Medal. This is also known as the Pearl Harbor Survivor's medal and can be awarded to any veteran of the United States military who were present in or around Pearl Harbor during the attack. The medal can be awarded to civilians, who were killed or injured in the attack.



Talking to your Teen about Prescription Drug Abuse

Helpful hint to keep in mind when talking to youth about this and other



drug-related topics: ***Keep the discussion open and the mood relaxed, so that your child does not feel defensive or afraid to share his/her feelings.***

YOUTH: I have heard so much hype over these pain meds. I just want to try it once. It's not a big deal.

PARENT: With all the recent attention on pain meds, I can understand your curiosity. But it is important to know that even experimenting with these medications can bring about dangerous consequences. These pain meds (also known as opiates) can cause a number of short-term side effects like nausea, constipation, fatigue and confusion.

Long-term use can lead to physical dependence and addiction on the drug. Once addicted, both the body and mind crave more of it...leading a person down a dark path. And if opiates are taken with alcohol, antihistamines (found in cold medicines) or other substances that slow the central nervous system, it can be a fatal situation, even with first use. So using medicines for a high is a big deal.

YOUTH: I know it's not "ok" to use drugs, but at least it's a medicine prescribed by a doctor, which is better than an illegal drug off the street.

PARENT: You're right on your first point, it's absolutely not ok to use drugs (make clear your stance). And I understand why you would think a medicine prescribed by doctors is safer than illegal street drugs. But the fact is legal does not equal safe (reference the short and long term side effects of Rx pain meds in the above scenario). Medicines have a system which controls who can get them and when. That system is there for a reason: to protect us.

YOUTH: This medicine helped my friend's mom with her back pain, so there is nothing wrong with borrowing a few pills to help with my ankle injury.

PARENT: While it may appear that your injury or the pain you are suffering is similar, there are many other things a doctor takes into consideration when prescribing a medication to an individual including: medical history, allergies and other side effects, a person's weight for appropriate dosage, interactions with other medicines being taken, etc.

By borrowing or sharing a prescribed medication you are risking making the health condition gravely worse for yourself or someone else. Bottom line - this is when sharing is not a good thing.

YOUTH: If a small dose of my prescription helped me feel good, a little more will make me feel even better.

PARENT: Familiarize your child with the Point of Diminishing Returns. To put it in youth terms, try this analogy. "You are hungry, you

eat one cheeseburger, you then feel satisfied. If you eat two cheeseburgers or even three cheeseburgers, will that make you feel even more satisfied? No - You are more likely to feel overstuffed and sick (because you've hit the point of diminishing returns). The same holds true for prescription medication. Your doctor prescribes just the right amount of a given medicine to help you achieve the greatest results. Go beyond that amount and the side effects can be dangerous and at times, even deadly. More is not always better.

There are many different scenarios that could be discussed. We encourage you to come up with more. The important thing is that you are talking. Because talking with children about the risks of prescription drug abuse can positively impact their attitudes and empower them to make healthy, substance-free lifestyle choices.

For resources and information on combating prescription drug abuse visit [The Generation Rx Initiative](#).

Sources: [DrugFree.org](#), [Business-Dictionary.com](#), [Prevention Research Institute](#): [PRIME for Life for Parents](#)



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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.

Community Collaborative
Team: 4th Monday at 12:00
noon —open to the public.

Location: FACES Office

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

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New Online Tool Helps West Virginia Residents Connect with Local Public Services

McDowell County FACES, the County Family Resource Network, partners with One Economy to give residents easy access to employment, housing, healthcare and education information <http://beelocal.info>.

One Economy's tool "BeeLocal" will serve as an information hub that West Virginia residents can access through an easy-to-use website from their desktop computer or mobile device. Local resources ranging from free tax filing and after school programs, to employment services and food assistance, are all available on BeeLocal.

McDowell County residents will be able to work with FACES, the local FRN, to learn how to use BeeLocal to improve their lives. Users will also have the ability to add new resources, comment on listings, and engage with other members of the community through BeeLocal.

Inclement Weather Policy

For County meetings
hosted by McDowell
County FACES or the
HOPE Coalition:

If school is cancelled,
meetings are cancelled.
However if school is on
a two-hour delay, meet-
ings will be held as
scheduled and each in-
dividual uses their best
judgment for making
trips to attend the meet-
ings.

Stay safe during bad
weather.



Community Collaborative Team Happy Healthy Lifestyle Challenge

January 16, 2012—March 11, 2012.

McDowell County Happy Healthy Lifestyle Challenge is an opportunity for residents to take positive steps to improve their lives. Through a team competition and grand prize for the winning team, the Challenge provides motivation and support for residents to begin and continue making a wide range of changes that will support their physical, emotional, and mental health, with benefits for the community as well. The Challenge is a joint project of the Community Collaborative Team, a program of the WV Community Development Hub, and the McDowell County Health Opportunities for Positive Education (HOPE) Coalition.

Watch for press releases and community information meetings coming soon to the four districts of the county.

Contact persons for the event will be David Rudolph, Chair Community Collaborative Team and Donald Reed, Chair, HOPE Coalition.