



# McDowell County FACES Newsletter

## The FACES of HOPE

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## POINSETTIAS AND MISTLETOE



**Poinsettia** is a shrub or small tree, bears dark green dentate leaves and colored bracts—which are most often flaming red but can be orange, pale green, cream, pink, white or marbled—are often mistaken for flower petals because of their groupings and colors, but are actually leaves. The flowers of the poinsettia are unassuming and do not attract pollinators. They are grouped within small yellow structures found in the center of each leaf bunch, and are called cyathia. The poinsettia is native to Mexico. There are over 100 cultivated varieties of poinsettia.

Today it is known in Mexico and Guatemala as "Noche Buena", meaning Christmas Eve. The plant's association with Christmas began in 16th century Mexico, where legend tells of a young girl who was too poor to provide a gift for the celebration of Jesus' birthday. The tale goes that the child was inspired by an angel to gather weeds from the roadside and place them in front of the church altar. Crimson "blossoms" sprouted from the weeds and became beautiful poinsettias. From the 17th century, Franciscan friars in Mexico included the plants in their Christmas celebrations. The star-shaped leaf pattern is said to symbolize the Star of Bethlehem, and the red color represents the blood sacrifice through the crucifixion of Jesus. In Spain it is known as "Flor de Pascua", meaning "Easter flower". In both Chile and Peru, the plant became known as

"Crown of the Andes". Poinsettias are popular Christmas decorations in homes, churches, offices, and elsewhere across North America. They are available in large numbers from grocery, drug, and hardware stores. In the United States, December 12 is National Poinsettia Day.

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**Mistletoe** plants grow on a wide range of host trees, and commonly reduce their growth but can kill them with heavy infestation. Mistletoe was often considered a pest that kills trees and devalues natural habitats, but was recently recognized as an ecological keystone species, an organism that has a disproportionately pervasive influence over its community. A broad array of animals depend on mistletoe for food, consuming the leaves and young shoots, transferring pollen between plants, and dispersing the sticky seeds. In western North America their juicy berries are eaten and spread by birds. As the plants mature, they grow into masses of branching stems which suggest the popular name "witches' brooms". The dense evergreen witches' brooms formed by the dwarf mistletoes of western North America also make excellent locations for roosting and nesting of the northern spotted owl and the marbled murrelet. The Navajo name for mistletoe is "basket on high."

When Christianity became widespread in Europe after the 3rd century AD, the religious respect for the mistletoe plant was integrated. In some way that is not presently understood, this may have led to the widespread custom of kiss-

ing under the mistletoe plant during the Christmas season. The earliest documented case of kissing under the mistletoe dates from 16th century England, a custom that was apparently very popular at that time.

Mistletoe is commonly used as a Christmas decoration, though such use was rarely alluded to until the 18th century. Phoradendron is used in North America and according to custom, the mistletoe must not touch the ground between its cutting and its removal as the last of Christmas greens at Candlemas; it may remain hanging through the year, often to preserve the house from lightning or fire, until it is replaced the following Christmas Eve. The tradition has spread throughout the English-speaking world but is largely unknown in the rest of Europe.

According to ancient Christmas custom, a man and a woman who meet under a hanging of mistletoe were obliged to kiss. The custom may be of Scandinavian origin. It was described in 1820 by American author Washington Irving in his "The Sketch Book of Geoffrey Crayon":

"The mistletoe is still hung up in farmhouses and kitchens at Christmas, and the young men have the privilege of kissing the girls under it, plucking each time a berry from the bush. When the berries are all plucked the privilege ceases."



# BONNIE'S BUS

Bonnie's Bus is a program of Cancer Prevention and Control at the Mary Babb Randolph Cancer Center in partnership with WVU Healthcare and is equipped with state-of-the-art digital mammography equipment. Bonnie's Bus performs breast imaging procedures according to the regulations, standards and guidelines set forth by the American College of Radiology Mammography Accreditation Program and the Mammography Quality Standards Act of the Food and Drug Administration. Bonnie's Bus is accredited by the American College of Radiology and certified by the Food and Drug Administration. Bonnie's Bus is a mobile mammography unit that travels across West Virginia, offering breast cancer screening in a comfortable, convenient environment. In 2011, Bonnie's Bus provided mammograms in 95 screening days with an average of 16 women screened per day. A gift from Jo and Ben Statler, the Bus serves women who have private insurance, Medicaid, and Med-

icare, and uninsured women who are participants in the WV Breast and Cervical Cancer Screening program. With funding from grants and donations, mammograms are provided for women without coverage, so that no woman over the age of 40 is ever turned away; age 40 is the recommended age to begin screening mammograms. Bonnie's Bus works in close partnership with the West Virginia Breast and Cervical Cancer Screening Program (WVBCCSP) which provides screening services to uninsured or underinsured women whose income, by federal guidelines, is at or below 200% of the national poverty level.

Bonnie's Bus was created in honor of Bonnie Wells Wilson the mother of Jo Statler, who succumbed to breast cancer in a remote area of the state with no access to screening mammography. Bonnie's Bus has a mission to provide breast cancer screening services to women in West Virginia, especially those in

rural parts of the state with limited or no access to screening mammography.



## Bonnie's Bus In McDowell

**County – December 14, 2012 –  
8:00 a.m. – 4:00 p.m.**

If you need an appointment for the bus, contact McDowell County Health Department at 304-448-2174. The event is co-sponsored by Mary Babb Randolph Cancer Center, WVU Healthcare, McDowell County Health Department, McDowell County FACES HOPE Coalition and support for the mammograms comes through Susan G. Komen for the Cure.

## MCDOWELL COUNTY TOY DRIVE



WV State Police, Welch Detachment, DHHR, Stop the Hurt, FACES, Reconnecting McDowell, and Beverly Slagle have teamed up to provide toys this year for local children. The annual WV Troopers for Needy Children is now in its 22nd year.

The remainder organizations have teamed up to support the Troopers initiative to provide financial support and toy collections, wrapping, and delivery of toys to families. The United Methodist Church at Welch has donated space for the distribution. HSTA students and agency volunteers will take names, purchase, sort,

and distribute the toys.

Donations can be taken to the State Police Headquarters and must be new, unwrapped items. Families can call Stop the Hurt and register for the toys at 304-436-1600. If you have questions or need additional information contact the State Police at 436-2101 or Stop the Hurt.



# WHAT IS THIS THING CALLED CHRISTMAS

When we think about Christmas, what comes to our minds first? The memory of getting up and finding piles of toys under the tree, the dinner that we stuffed ourselves on, or how upset to find we didn't get what we wanted? For me:

I remember living in a big "cold" house that had no heat upstairs and a coal furnace for the downstairs. When Christmas time came around, we really didn't make lists of things we wanted but the Sears catalog was always out on the table in full view for mom and dad. Any Christmas morning you would never have to be told to get out of bed. When mom and dad came out of their room they would find us lined up on the stairs, shivering not from the cold but from excitement. There was no sneaking around looking in packages because there were no presents under the tree to tempt us with. Everything came out on Christmas Eve and was rarely wrapped.

Starting with the youngest and working upwards we would find out which present was ours and at most there may be two, but mostly one. It was always something we had mentioned in passing but mom always paid close attention, somehow she remembered each and every one.

They always gave us time to play with our gifts and then dinner would start. Right before eating we would all be gathered around the table in the kitchen, all 11 children and dad and mom. Pray-

er would be given for Jesus who was born for us, our food, family, and health. We always went outside to play no matter what the weather was. If snow, the better because that meant snow cream.

We tried to visit relatives several times but because of the curves we always got sick and so we stopped traveling. Sometimes I remember mom and dad entertaining friends from Church and when that happened we were for the most part already in bed. Sometimes snacks would be left for us for the next day.

I don't ever remember fighting amongst the family, anyone ever being drunk or on drugs. Everyone was happy and it didn't matter how big or small the gift was. One time I remember paper dolls, but they were the best you could get especially since most our paper dolls were cutting out pictures from Sears and McCalls. We knew we received what could be afforded. The memories of those types of settings are what we try to pass on through our children and grandchildren. When my grandchildren help with the tree, I tell them why my ornaments mean so much to me. They may represent a trip we took, something we made as a family, something that I found that reminded me of one that is gone, an ornament

made from a shirt of a loved one, baby shoes, pictures in Christmas frames. But whatever the ornament, garland, angel, is they are more special if the stories are told.

I will always cherish Christmas for many reasons: first for Jesus, second for my family, and third to share blessings and take time out to reflect what life is because of the loved ones we share it with.

For some children in our County Christmas means another night without their parents, a home, food, etc. It means hearing fighting, cursing, the sound of bottles and paraphernalia. It means another year gone without any toy or sign of a Christmas. It means broken promises and hearts. Our children should be able to have wonderful memories, memories filled with joy and laughter. How can we make a difference in the lives and hearts of these children?



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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.

**McDowell  
County Day At  
The Legislature  
Planning  
Meeting**

**January 8, 2013**

**5:00 pm**

**County  
Commission  
Building**

**Call 436-3833  
For More  
Details**

## **MCDOWELL SIX PART SUBSTANCE ABUSE STRATEGY**

McDowell County, in conjunction with the Governor's Task Force on Substance Abuse, County Commission, Southern Highlands, FACES, HOPE Coalition, Welch Community Hospital, Horne Lumber, have been working on strategies for addressing the substance abuse issues in our County. There are currently six components to the plan:

Screening Brief Intervention and Referral to Treatment (SBIRT) is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders. Primary care centers, hospital emergency rooms, trauma centers, and other community settings provide opportunities for early intervention with at-risk substance users before more severe consequences occur.

Still pending is the 10 bed female 90-day treatment facility scheduled to break ground soon and located in Welch. This process began in 2005 and money has been made available however location has been the hold up in getting this built.

Southern Highlands is in the process of bring a Suboxone Clinic to their location in Welch. It is anticipated that the clinic will start with a smaller number of clients to determine the success and demonstration of a need to increase caseloads.

McDowell County is in the process of applying for a Detoxification—Crisis Stabilization Unit. This is in the earliest opportunity stage and no definite determinations have been made. We will keep postings as or if this develops.

McDowell FACES and the HOPE Coalition have also initiated a Next Generation Ambassadors for Change program to work with 10 youth ages 16-17 to become orientated to prevention coalition work in hopes that they will view service provider organizations as an opportunity for their future. These youth will be trained in True Colors and the Strategic Prevention Framework (Assessment, Capacity, Planning) and will be mentored by several agencies in the County. They will complete a community project demonstrating their willingness to give back.

The HOPE Coalition, Sheriff's Office, and DEA have completed four Prescription Drug Take Back days in McDowell County where 190 pounds (yes pounds) of narcotics have been turned in for disposal to the DEA. Because of this success, a permanent disposal box is being built to be placed at the Sheriff's Office where individuals may drop off old or unused medications on a regular basis without question. This will assist in reducing crimes related to substance abuse such as home break ins and prevent these drugs from potentially ending up on the streets.

Get involved in these initiatives. You are welcome at the HOPE Coalition table where these and many other issues are addressed for solutions. We assess the county, build the capacity of the partners, plan for gaps in services, mobilize the community around the plan, implement and evaluate the process.