



McDowell County FACES Newsletter

The FACES of HOPE

December, 2014

facesfrn.com

email: facesfrn@yahoo.com

McDowell Commission on Aging: Banfield Grant

Lisa Sanderson, Executive Director with the McDowell County Commission on Aging would like to thank Banfield Charitable Trust for helping homebound seniors feed their beloved pets for the past three years. This grant has brought peace of mind to many of McDowell County seniors knowing that they will have enough food to take care of their pets.

Banfield Charitable Trust is a public charity focused on keeping pets and their families together. Their mission is to facilitate solutions so that no one must ever face the heartbreaking decision of having to surrender a pet. Working hand in hand with the Meals on Wheels Association

of America, The Banfield Charitable Trust funds hundreds of local pet food distribution programs each year. This program ensures that



pets, like their homebound pet parents, are receiving the nutrition they need.

Tens of thousands of people are confronted with financial hardship

or serious medical conditions that force them to make the difficult decision to give up their pets. Seniors are most at risk of being separated from their animal companions yet a growing body of scientific research shows physical and mental health benefits to people with pets in their lives.

Among the top ten animal and pet-related nonprofits, Banfield Charitable Trust is the only organization that is solely focused on preventing the surrender of pets.

For more information contact Lisa Sanderson at 304-436-6588.

Elderly in the Winter



As the winter months set in on our County, please don't forget the elderly. They are at a greater risk of falling on ice and snow, get colder due to medications and the simple aging process, are more apt to turn the small space heaters on, and are more lonely and depressed as the daylight is shortened and they are required to stay indoors for more hours.

As you move about your busy lives, take time to check on them, take them meals, make sure they have sufficient heat and blankets, and spend time with them to ease the loneliness.

Scriptures tell us to honor our father and mother so our days may be longer on the earth. I believe how we treat them in their last years will come back to us whether good or bad. Plus your heart will be blessed by simply spending time with them and you will receive memories for a lifetime.

"Love your Parents and treat them with Loving Care. For you will only know their value when you see their empty chair."



GraceUnplugged.com

National Pearl Harbor Day

National Pearl Harbor Remembrance Day, which is observed annually on December 7, is to remember and honor all those who died in the attack on Pearl Harbor on December 7, 1941. On August 23, 1994, United States Congress, by Pub.L. 103–308, designated December 7 of each year as National Pearl Harbor Remembrance Day. National Pearl Harbor Remembrance Day is also referred to as Pearl Harbor Remembrance Day or Pearl Harbor Day. It is a tradition to fly the Flag of the United States at half-staff until sunset in honor of dead patriots. On Sunday morning, December 7, 1941 America's naval base at Pearl Harbor, Hawaii was attacked by aircraft and submarines of the Imperial Japanese Navy, killing 2,403 American military personnel and civilians and injuring 1,178 others. The attack sank four U.S. Navy battleships and damaged four more. It also damaged or sank three cruisers, three destroyers, and one mine-layer. Aircraft losses were 188 destroyed and 159 damaged.

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."

It is not a federal holiday. Government offices, schools, and businesses do not close. Some organizations may hold special events in memory of those killed or injured at Pearl Harbor.



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 1990, leading up to 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 was awarded to anyone who was in the U.S. Armed Forces and who was present in Hawaii on December 7, 1941 and participated in combat operations that day against the attack. The medal was also awarded to civilians who were killed or injured in the attack. A

few years later, Congress amended the law to allow any person who was present in Hawaii on December 7, 1941 and was involved in combat operations against Japanese military forces attacking Hawaii to receive the award. In both instances, there was a limited time period to apply for the award, and it is no longer issued.

The National Park Service and the U.S. Navy will host a joint memorial ceremony commemorating the 73rd anniversary of the attack on Pearl Harbor on Sunday, December 7, 2014 on the main lawn of the Pearl Harbor Visitor Center, looking directly out to the USS *Arizona* Memorial, at the World War II Valor in the Pacific National Monument.

The ceremony will be attended by more than 2,500 guests, including Pearl Harbor survivors and WWII veterans, and will be broadcast live via webcast so that those who cannot travel to Hawaii can still participate and honor the sacrifices made by the "Greatest Generation." The webcast will include a special behind the scenes look at the ceremony and will feature live interviews with Pearl Harbor Survivors.

Online registration to view the event is required. All those interested in watching are encouraged to visit the following link to sign-up: <http://bit.ly/LiveBroadcastDec7>.

Let us never forget those killed, wounded, lost, and heroes of that day!

2015 Meeting Dates



McDowell County FACES

January 8, 2015

February 12, 2015

March 12, 2015

April 9, 2015

May 14, 2015

June 11, 2015

July 9, 2015

August 13, 2015

September 10, 2015

October 8, 2015

November 12, 2015

December 10, 2015

All meetings are at 12:00 noon at FACES Office, 25 Bank Street. The meetings are typically over by 1:30 –2:00 p.m. The bold quarterly months are for Board meetings which we address items specific to FACES. The rest are community meetings where we may have a guest speaker, complete assessment, have issues brought to the table that affect the county. All meetings are open to the public.

This meeting is where anyone can come and identify a concern that can be addressed by providers, community, and families. The board is made up of 51% family and community members so we make sure the family has a voice on the issues facing our county. The Board creates a strategic plan to work on these issues and networks with stakeholders across the county to implement the plan as well as evaluate the process.

For more information contact Kathie Whitt at 304-436-5255.



McDowell County HOPE Coalition

January 26, 2015

February 23, 2015

March 23, 2015

April 27, 2015

May 25, 2015

June 22, 2015

July 27, 2015

August 24, 2015

September 28, 2015

October 26, 2015

November 23, 2015

December 28, 2015

All meetings are 10:30 a.m.—12:00 noon at FACES Office, 25 Bank Street. The meetings are open to the public. The HOPE Coalition has five Task Force Groups:

Health and Wellness: Jennifer Farmer and Nathan Acosta, Co-Chairs;

Chronic Disease: Donald Reed and Shelia Muncy, Co-Chairs;

Family: Jay Wilson and Karen Wilson, Co-Chairs;

Child Abuse/Domestic Violence: Rosie Jackson and Dee Ann Heptas Co-Chairs;

Alcohol, Tobacco and Other Drugs: Ginger Day

The Task Force groups are where the work gets done. For contact information, call Donald Reed at 304-436-9001 or Kathie Whitt at 304-436-5255.

Join McDowell CHOICES on Pinterest!



With the aim of connecting McDowell Countians to even more healthful living resources, McDowell CHOICES has launched a presence on Pinterest. On the free social network, users create “pins” which are visual bookmarks for the best stuff on the web.

“As a fitness and health fanatic I have found that Pinterest is the perfect asset to my lifestyle. With Pinterest I have endless access to healthy recipes, fun new workout routines, and an incredible amount of motivation to keep me going!” said Chelsey Lambert, McDowell CHOICES Zumba Instructor at Mt. View Middle/High Schools.

Content is organized into the following boards (as of 12/1/2014 — more coming soon!):

- Health Conscious Recipes
- Holiday Fitness

- Motivation & Fitness
- Potluck Ideas
- Physical Activity
- Zumba

“We are seeing success with this already, although we just launched Pinterest recently. We are averaging 450+ daily impressions and our pin about “[49 healthy & fit stocking stuffers](#)” was seen more than 400 times. I hope this is just the start,” said McDowell CHOICES Project Director Nathan Acosta.

Visit McDowell CHOICES’ on Pinterest at:

<http://www.pinterest.com/mcdowellchoices/>

For more info contact Nathan at nathan.acosta@mail.wvu.edu.

River View High School SADD Chapter: Rookie of the Year Award



Recently the WV State SADD Conference was held in Ripley, WV at the Cedar Lakes Conferencing Center. SADD Club members from all over the state attended the three day event where they listened to keynote speakers and participated in workshops focusing on Leadership Skills and Public Speaking, Cyber Safety, Overcoming Bullying, Drug Recognition, Suicide Prevention, Tobacco; The Facts, The Solution and Relationship and Dating Violence.

River View High School SADD Club was one of the many new clubs to attend in which they received an award for “Rookie of the Year”. This award was given to a new club that showed excitement and enthusiasm to SADD and its mission. Those students who were present and accepted the award on behalf of River View High SADD were: Steven Matney, Dylan Swarbrick, Roger Bolen, Jonathon

Watkins, Lakyen Rash, Sarah England, Savannah Cline and Tori Conyers



SADD Chapter, Continued



Recently, thirty six students at Riverview High School took a pledge to recognize there are many potentially destructive decisions they face every day. Each student committed to do everything in their power to avoid making decisions that would jeopardize his/her health, safety and overall well-being. By pledging their best effort to remain free from alcohol and other drugs; will never drive under the influence; will never ride with an impaired driver; and agree to always wear a seat belt.

By joining SADD, (Students Against Destructive Decisions) students will be given the education and resources needed to understand the dangers associated with the use of alcohol and other drugs and the destructive behaviors often associated with impairment.

“Originally, the mission of the SADD chapter was to help young people say “No” to drinking and driving. Today, the mission has expanded. Students have told us that positive peer pressure, role modeling and environmental strategies can prevent other destructive decisions and set a healthier, safer course for their lives. And that is why SADD has become a peer-to-peer education, prevention, and activism organization dedicated to preventing destructive decisions, particularly underage drinking, other drug use, risky and impaired driving, teen violence, and teen suicide”, said Advisor Ginger Day.



River View SADD Club showing their true colors when it comes to bullying by caring about safe and supportive schools and communities and making their color ORANGE on **Unity Day October 22nd**. Students came together—in schools, communities, and online—and sent one large ORANGE message of support, hope, and unity.

River View SADD Club held events all week handing out literature, resources and pamphlets on Bullying Prevention. “This is a serious problem, one that many kids are subjected too. We as the SADD Club want all students to know we stand together against bullying and believe in the mission of SADD. If any student feels they are being bullied we encourage them to report any and all abuse to

the necessary channels”, stated Club President, Steven Matney. “We hope to make great strides in changing this issue not only at school but in our communities as well”.

For more information on joining SADD or how to start a chapter in your community or school contact Ginger Day at 304-436-5255.

McDowell County Meetings

Wastewater Treatment Coalition Celebration Luncheon

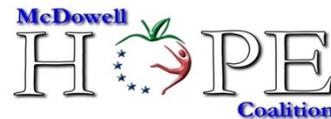
December 12, 2014
12:00 noon
McDowell Public Library
RSVP: 304-436-6556

SAFE/SHED Board Meeting

December 9, 2014
4:30 p.m. Starland Heights
Community Room

McDowell County
FACES
December 11, 2014
12:00 noon

Refreshments will be provided,
Please RSVP to 304-436-5255



McDowell County HOPE Coalition

Will not meet in December due to the holidays however will resume in January.

Reconnecting McDowell Partner Meeting

December 9, 2014
Charleston, WV
9a.m.-1:00pm

For more information contact Debra
Elmore at 304-552-5766

Region IV Summit

December 5, 2015
10:00a.m.—12:00noon
Oakhill DHHR

Partnership meeting of Providers,
DHHR, and FRNs

McDowell County FACES would like to take this opportunity to say Merry Christmas and to thank all those that have worked so hard during 2014 to identify and address children and families needs and issues; to all residents of the County; and to those that work in our County but live outside. A special thank you to the faith teams that assist with food, clothing, housing, utility assistance, and other needs as well as spiritual and emotional support to families and children.