



McDowell County FACES Newsletter

The FACES of HOPE

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facesfrn.com

email: facesfrn@yahoo.com



Youth Leadership Month

February is Youth Leadership Month. I found this article from "Moms Choice Awards" and felt it was very worth sharing.

There's a lot that kids can learn at a young age about leadership. Leading their baseball team to become league championships; running for class president at school; teaching a younger sibling a new skill (a 7 year-old teaching a 4 year-old to assemble a puzzle); or starting a new initiative such as a school newspaper or after-school activity club.

Leadership is an essential life-long skill and fostering leadership skills can start when your child is, well, a child! Whether your child is a natural born leader or one that needs a little push, leadership is a tool and lesson that'll stick with them throughout their entire lives...how priceless is that?!?

Start small. If your son/daughter isn't a natural born leader, the most important thing to do is get them involved in something. They don't have to be the leader right away, but maybe after they are in student council for a year or two as a support position, they'll become more interested and motivated to step it up and run for "office." The important thing is not to push too

hard, as being involved in anything is a step in the right direction. Simply gauge how they are doing and if they are enjoying it and go from there. You can subtly suggest to them that they can grow their skills in the "club" by running for an office or taking on a committee lead role.

Teach them about great leaders.

As a first step, consider talking to your children about what leadership is and give them examples of several people in history and in their lives that were/are great leaders. You can start large with national, state, regional or local people and even bring it closer to home by sharing you and your significant other's leadership examples. "Remember how mommy plans the fundraising event for your school? That's an example of mommy being a leader," you can say.

Try several activities. It's important to gauge what your son or daughter is interested in "leading" because, at the end of the day, it has to be fun and worthwhile to them. Here are some ideas:

School play: Perhaps year one, they try out for the chorus. If they enjoyed it, suggest that next year they try out for a speaking role.

Sports teams: Leading a team can be incredibly rewarding. We know in high school there are of course

team captains, but even in grade school there are often unofficial team leaders.

After school club: If your child shows an interest in chess club or karate, get them involved and later look for leadership opportunities.

Church, synagogue or local worship center. No matter what your religion is another great place to get involved is at your family's worship center. It could be organizing a food drive, being a part of Sunday school or volunteering to help with services.

Volunteer: Perhaps your son or daughter would benefit from a regular volunteer position (weekly or monthly) at a local food shelter or "Boys and Girls Club" type organization. It could be serving food or even just playing with other kids their age. This can be a good eye opening experience full of life-long learning lessons.

Boy Scouts and Girl Scouts: An obvious choice, these organizations have several years to prove how vital and important the skills they teach can be for a young boy or girl in their formative years. Remember, the idea of being a leader may come easily for one of your children while it may not come as easily for others. Everyone is different; so find a good starting ground for each child and work towards helping them find leadership in their lives.

River View High School SADD Chapter

We are pleased to present SADD Shines: The Power of You from February 1 through February 7, 2016. SADD Shines 2016 is a SADD National Core Program designed to guide teens, parents, and communities in prevention strategies to celebrate SADD's 35th anniversary and highlight the important issue of personal health and safety.

SADD Shines Day was created in 2013 as a means for SADD Chapters to celebrate the positive impact that teens are making across the country. Since then, SADD Shines has evolved to a nationwide celebration of SADD

and a platform to address student personal health and safety, SADD's third core issue area that includes depression, anxiety, bullying, violence, and more.

River View High School SADD

Club will host an event February 6th at the Town Hall Park located on Main Street in Bradshaw. Each member will place a handmade lantern around the gazebo in Honor of the fallen officers in our communities. "This is the second year River

View's SADD Club has participated in this event. It is an honor and a privilege for us as students to let the community see how the youth will let our light shine for goodness and honor the memory of the special heroes in our small town" said Micah Adair; SADD's Youth Leader.



SADD Chapters Build Youth Leadership

As the SADD Chapters move into the other schools including Mount View High, Mount View Middle, Sandy River Middle, and Southside K-8, it is a good opportunity to increase the leadership skills of those youth participating. River View has over 100 students participating. Sandy River Middle has over 60 youth participating.

For 35 years, SADD has been the leading organization committed to saving lives by empowering teens to stand strong against destructive decisions.

Since its foundation in 1981, SADD has impacted the lives of millions: students, friends, parents, school & community leaders, law enforcement officials, and more! The strong connections that these groups built with SADD has resonated and grown into a brand that is recognized across the nation as a remarkable experience, equipping teens to become leaders and role models in their home communities and across the nation. Because motor vehicular crashes remain the number one killer of teens today, until statistics change, SADD's core focus will remain traffic safety; however, the issues that teens face on a daily basis have expanded. In 1997, SADD expanded its mission to include other emerging issues, such as substance abuse, suicide, depression, bullying, violence, body image, and more. SADD does its best to equip students with the best, most effective resources to take the lead on the issues that matter to them.

February 2016: Heart Month



This American Heart Month, the Centers for Disease Control and Prevention (CDC) and Million Hearts—a national effort to prevent 1 million heart attacks and strokes in the United States by 2017—are encouraging Americans to know their blood pressure, and if it's high, to make control their goal.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure

checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

Work with your health care team to make sure you meet your blood pressure goal. Make Control Your Goal. If you know you have high blood pressure, take these steps to help get it under control

- Ask your doctor what your blood pressure should be..
- Take your blood pressure medicine as directed.
- Quit smoking.
- Reduce sodium intake.

African American Men: Take Note

While heart disease doesn't discriminate, your gender, race, ethnicity, and where you live can increase your risk. African American men are at the highest risk for heart disease. About 2 in 5 African Americans have high blood pressure, but only half have it under control. A recent article in the American Journal of Preventive Medicine also showed that Americans aged 30 to 74 who live the

Southeast—specifically, Indiana, Kentucky, West Virginia, Oklahoma, Arkansas, Tennessee, Louisiana, Mississippi, and Georgia—are at higher risk of developing heart disease over the next 10 years than people who live in other parts of the country. Many of these states have a large African American population.

Resources to Help You and Your Loved Ones Make Control the Goal. More information about high blood pressure is available at CDC's High Blood Pressure website.

Local resources include all health care providers: McDowell Health Department; Tug River Health Association; Welch Community Hospital and all private providers. The biggest thing is to have your blood pressure checked, know your goals, work with your physicians, get exercise, quit smoking etc.

Another key factor in high blood pressure is stress. Find out what your stress issues are and decrease them. Get your stress levels under control.

McDowell County FACES Resource Directory Updates

As you know I have been telling you that we are going to reprint the Resource Directory this year. We are currently making corrections, additions, and subtractions etc. to the directory. If you would please go on line and/or use your current directory and contact me via email at facesfrn@yahoo.com, facebook me under Kathie Whitt, or call me with any changes I need them early in January. I will begin in January making calls to all the current entries if I do not hear from you. Thank you in advance for always being willing to help update this directory to keep agencies and families informed.

Meetings/Events of Interest



McDowell County FACES Community/Board 2016 Meetings Schedule

January 14, 2016—Community Meeting
February 11, 2016—Community Meeting
March 10, 2016—FACES Board
April 14, 2016—Community Meeting
May 12, 2016—Community Meeting
June 9, 2016—FACES Board
July 14, 2016—Community Meeting
August 11, 2016—Community Meeting
September 8, 2016—FACES Board
October 13, 2016—Community Meeting
November 10, 2016—Community Meeting
December 8, 2016—FACES Board

All meetings begin at noon here at the office (25 Bank Street). Simple lunches are provided. During the Community Meetings, agenda items are open to providers for discussion topics and round robin for community engagement.

Southside K-8 Community Schools Meeting

**February 1, 2016
4:00 p.m.
Southside K-8**

South Central Com- munity Collaborative

February 18, 2016

McDowell DHHR

**10:00 a.m.—12:00
noon**

McDowell County HOPE Coalition

February 22, 2016

**10:30 a.m.—12:00
noon**

**25 Bank Street
FACES Community
Meeting Room**