



McDowell County FACES Newsletter

The FACES of HOPE

January , 2013

facesfrn.com

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GET ORGANIZED MONTH

If you've been saying to yourself, "I really should get more organized," consider this: American women spend 55.2 minutes, per day, looking for lost or misplaced items, according to study conducted by the magazine Real Simple in 2003. Just think, if you cut that time in half, you would save 27.6 minutes per day. Still not convinced? If you get organized and never misplace another item again, you'll save 55.2 minutes per day, or 14 days per year! Could you use fourteen extra days this year?

Identify all the benefits getting organized can have in your life. There's those two extra weeks we just talked about, but that's only the beginning. Being organized contributes to a higher quality of life, too. Organized people experience lower stress, a greater sense of control, and even higher pay. Plus, they have more time to do the things in life that matter most to them, like spending quality time with friends and children, enjoying hobbies and other leisure activities.

Second, decide where you will start. Which area of your life is the most chaotic? Is it your desk at work? Is it the stack of mail, bills, and reading material that has taken over the dining room? What things



are you always looking for? Find the area in your life that is really causing you the greatest stress, and start there.

Third, figure out who will do the work. Is getting organized something that you have the time and energy to tackle on your own? Do you have the skills? There are a number of great organizing books available at your local bookstore or on the web. These books can help you identify a process for getting organized and give you tips and solutions to get started. If you're not the do-it-yourself type, consider enlisting the help of a professional organizer. A professional can help you focus on the organizing project, break it down into manageable pieces, and help you make decisions about paring down belongings or assist in setting up an efficient filing or time management system.

Fourth, decide when you will work on getting organized. Finding the time to get organized can often be one of the hardest parts. Let's face it, if you had ample time on your hands, you'd probably be organized to begin with, right? To tackle this problem, look at your schedule and see what things you can put aside for the time being. Is there a TV show you can skip for a few weeks? Can you take a couple of days off work? Sounds grim, but just remember those fourteen days you're trying to get back.

Once you've decided where to start, who will do the work and when it will get done, it's simply a matter of tackling the organizing projects step by step. Remember, your life and spaces didn't get chaotic overnight. More likely it was a gradual, almost unnoticeable process. So as you whittle away at the cluttered and disorganized areas in your life, you can look forward to an extra 55.2 minutes per day to sit back and enjoy! Good luck! Kids Stuff Organized Easy.



LONG TERM DISASTER RECOVERY MEETING

The Region V Long Term Disaster Recovery Group (LTDRG) that serves Nicholas, Fayette, Greenbrier, Raleigh, Summers, Monroe, Mercer, Wyoming and McDowell Counties needs your input!

A Long-Term Recovery Group is a cooperative body that is made up of representatives from faith-based, non-profit, government, business and other organizations working within a community to assist individuals and families as they recover from disaster.

Here's how you can help:

Come to a meeting February 6, 2013 - 1 p.m.

The Dream Center - 224 Pinewood Drive - Beckley, WV 25801

Invite others whom you think will be interested/should be involved

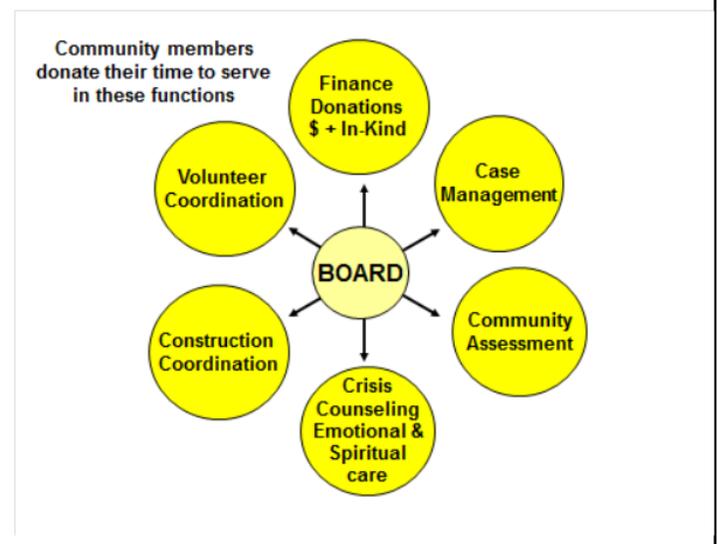
LTDRGs are as varied in their structure as are the communities in which they work.

The personality and operation of each group is unique and reflects

- local needs
- available resources
- cultural diversity
- leadership style
- community support

Our goal: to unite recovery resources with community needs in order to ensure that even the most vulnerable in our communities recovery from disaster.

WHICH PIECE OF THE PUZZLE CAN YOU SEE YOURSELF FITTING INTO



Health and Human Services To Re-launch Health Care Website

The U.S. Department of Health and Human Services (HHS) will re-launch its HealthCare.gov website with the "Health Insurance Marketplace" in an effort to draw in the millions of uninsured people needed to make the new health care reform law work when open enrollment in state and Federal health care exchanges begins in October 2013.

Every health insurance plan in the new Marketplace will offer comprehensive coverage, from doctors to medications to hospital visits. People can compare all of their insurance options based on price, benefits, quality, and other features that may be important, in plain language that makes sense.



YOU'RE INVITED!

**EARN IT. KEEP IT.
SAVE IT!**
with the Earned Income Tax Credit



West Virginia EITC Awareness Day

Friday, January 25, 2013 | 11:00am

West Virginia State University
Wilson University Union - Room 135/136 | 301 Washington Avenue | Institute, WV

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This event, which is being held as part of National EITC Awareness Day, will serve as the official opening of free tax preparation sites across the state. EITC is a federal tax credit for hard-working families. Families could be eligible for THOUSANDS of dollars back from the IRS!! Join us to find out how this important program for low-to-moderate income families impacts their lives and the state's economy.

Volunteers will be on-hand for a limited time to prepare basic tax returns.

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 **Please RSVP no later than January 18th by emailing jthacker@te-associates.com or call 304-342-6972**



West Virginia Alliance for Sustainable Families
PO Box 1925 | Charleston, WV 25327
304-342-6972 | www.wvasf.org

The VITA /EITC Program in West Virginia is funded by:

CLAUDE WORTHINGTON BENEDUM FOUNDATION

 **IRS**

 **WEST VIRGINIA Department of Health & Human Resources**

WV State Tax Department

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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 29,
2013**

5:00 pm

**County
Commission
Building**

**Call 436-3833
For More
Details**

GOVERNOR'S TASK FORCE ON SUBSTANCE ABUSE

REGION 6: Webster, Pocahontas, Nicholas, Fayette, Greenbrier, Raleigh, Summers, Monroe, Wyoming, Mercer, McDowell

Prevention Team Priorities:

Data: Integration and sharing of data/statistics within the provider community.
Resources: Sufficient, sustainable state funding for substance abuse, including pursuing options such as lottery funding; Increase taxes on alcohol and tobacco to support substance abuse programs; Sustainable funding for local drug prevention efforts such as anti-drug coalitions.

Access:

Workforce: Make electronic prescription-writing mandatory.

Legislative:

Early Intervention Team Priorities:

Data: Better collaboration and communication across provider network and between organizations; Community involvement in assessment and planning.

Resources: Sufficient, sustainable state funding for substance abuse, including pursuing options such as lottery funding; Sustainable funding for local drug prevention efforts such as anti-drug coalitions.

Access: Educate the community about addiction so that they see it as a disease; Educate the public so that they are more aware of the dangers of substance abuse. Educate the community about what services are currently provided in their areas. Educate children at a younger age as part of a preventative strategy; Partnerships with the Department of Education to incorporate evidence-based prevention curriculum into all schools.

Workforce: Need stronger accountability for doctors and pharmacists.

Legislative: Need stronger accountability for doctors and pharmacists.

Treatment Team Priorities:

Data: Better collaboration and communication across provider network and between organizations.

Resources: Increase taxes on alcohol to support substance abuse programs.

Access: More treatment and intervention options.

Workforce: Require certification (ADC) but provide more access to training and have it mean something (financially) i.e. license.

Legislative: Earmark taxes for SA Treatment specifically.

Recovery Team Priorities:

Data: Need task forces to investigate doctors over-prescribing prescription narcotics.

Resources: Drug courts in each county.

Access: Assistance for people trying to transition from prison to the working world.

Workforce: Faith-based outreach, encouraging and educating churches to get involved in this issue.

Legislative: Legislation to address job discrimination based on substance related non-violent incarceration.