



McDowell County FACES Newsletter

The FACES of HOPE

January, 2014

facesfrn.com

email: facesfrn@yahoo.com

NATIONAL THANK YOU MONTH

After the National Whiners Day of December 26, I thought we would start the New Year on an upbeat with **National Thank You Month**.



Throughout the days we tend to go onto autopilot. We forget gratitude, we forget to say thank you. January is National Thank You Month, and a perfect time to remind yourself to say thank you all those people who are important to you, and even to strangers on the street. Everyone needs a bit of thankfulness in their lives. Say Thank You for All You Have

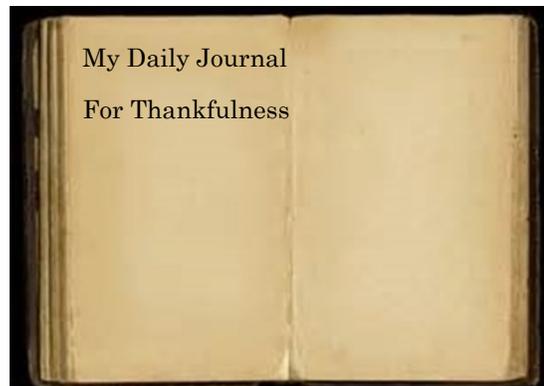
January is National Thank You Month, and as such, we should use this time to count our blessings and feel gratitude for what we have. January is often a sad month. It's after all the fun and excitement of the holidays. We make resolutions that are nearly impossible to keep, then feel depressed when we fail at them. The winter blues really hit, and we just start feeling sad and lonely. What a perfect time to start being aware of just how lucky we are. January is a great time to say thank you to your friends, your family, and everything wonderful in your life.

Teach your children to begin the New Year by personally writing a thank you note to those that gave them something for Christmas, including Santa. This begins teaching them about gratitude. It also teaches them how to write simple and complex thank you notes.

As adults, we need to be thankful for many things as well. We can start the year with an "I AM THANKFUL JOURNAL" with notes such as:

1. I am thankful to be healthy.
2. I am thankful to feel focused right now.
3. I am thankful for grace.
4. I am thankful that I have time to do what I need to do.
5. I am thankful to be loved and supported.
6. I am thankful for the skills I have developed over my life.
7. I am thankful for doing my artwork.
8. I am thankful for making emotional deposits.
9. I am thankful for remembering that I am loved.
10. I am thankful for today.
11. I am thankful for seeking to understand.
12. I am thankful for the choices I have made.
13. I am thankful for forgiveness.

If each of us begin a journal and put something in it each day, whether 2 sentences or a page doesn't matter, but by the end of the year, you can look back and see how much you really do have to be thankful for. You will be less depressed. You will feel your worth. You will be happier. Give it a try and see where you are by Christmas 2014. Then spend the holidays reading and sharing your blessings with family, friends, and anyone else.



Human Trafficking?

HUMAN TRAFFICKING AWARENESS DAY JANUARY 11th



free-international.org



This article is hard to read but we need to be aware of it if for no other reason than to protect our families. Some things you may not know about Human Trafficking:

Approximately 75-80% of human trafficking is for sex.

There are an estimated 27 million adults and 13 million children around the world who are victims of human trafficking.

Human trafficking not only involves sex and labor, but people are also trafficked for organ harvesting.

An estimated 30,000 victims of sex trafficking die each year from abuse, disease, torture, and neglect. Eighty percent of those sold into sexual slavery are under 24, and some are as young as six years old.

A human trafficker can earn 20 times what he or she paid for a girl.

More than 80% of trafficking victims are female. Over 50% of human trafficking victims are children.

UNICEF estimates that 300,000 children younger than 18 are currently trafficked to serve in armed conflicts worldwide.

Human traffickers are increasingly trafficking pregnant women for

their newborns. Babies are sold on the black market.

More than 30% of all trafficking cases in 2007-2008 involved children being sold into the sex industry.

Lady Gaga's "Bad Romance" video is about human trafficking. In the video, Gaga is trafficked by a Russian bathhouse into sex slavery.

Human trafficking is the only area of transnational crime in which women are significantly represented—as victims, as perpetrators, and as activists fighting this crime.

Over 71% of trafficked children show suicidal tendencies.

Most human trafficking in the United States occurs in New York, California, and Florida.

According to United Nations Children's Fund (UNICEF), over the past 30 years, over 30 million children have been sexually exploited through human trafficking.

Sex traffickers use a variety of ways to "condition" their victims, including subjecting them to starvation, rape, gang rape, physical abuse, beating, confinement, threats of violence toward the victim and victim's family, forced drug use, and shame.

Fifty-two percent of human trafficking recruiters are men, 42% are women, and 6% are both men and women.

Women and girls from racial minorities in the U.S. are disproportionately recruited by sex traffickers in the U.S.

Sex traffickers often recruit children because not only are children more unsuspecting and vulnerable than adults, but there is also a high market demand for young victims. Traffickers target victims on the telephone, on the Internet, through friends, at the mall, and in after-school programs.

Human trafficking has been reported in all 50 states, Washington, D.C., and in some U.S. territories.

The FBI estimates that over 100,000 children and young women are trafficked in America today. They range in age from nine to 19, with the average being age 11. Many victims are not just runaways or abandoned, but are from "good" families who are coerced by clever traffickers.

Human trafficking victims face physical risks, such as drug and alcohol addiction, contracting STDs, sterility, miscarriages, forced abortions, vaginal and anal trauma, among others. Psychological effects include developing clinical depression, personality and dissociative disorders, suicidal tendencies, Post-Traumatic Stress Syndrome, and Complex Post-Traumatic Stress Syndrome.

According to the U.S. State Department, human trafficking is one of the greatest human rights challenges of this century, both in the United States and around the world.

-- Posted January 2, 2011

Human Trafficking Hotline is 1-888-373-7888

MCDOWELL INITIATIVES

Community Schools Initiative at Southside K-8

A community school is both a place and a set of partnerships between the school and other community resources. Its integrated focus on academics, health and social services, youth and community development and community engagement leads to improved student learning, stronger families and healthier communities. Community schools offer a personalized curriculum that emphasizes real-world learning and community problem-solving. Schools become centers of the community and are open to everyone – all day, every day, evenings and weekends.

Using public schools as hubs, community schools bring together many partners to offer a range of supports and opportunities to children, youth, families and communities. Partners work to achieve these results: Children are ready to enter school; students attend school consistently; students are actively involved in learning and their community; families are increasingly involved with their children's education; schools are engaged with families and communities; students succeed academically; students are healthy - physically, socially, and emotionally; students live and learn in a safe, supportive, and stable environment, and communities are desirable places to live.

As meetings progress and details are worked out, we will keep you posted on this initiative. It is my hope that families and community get connected with this, support it, and it becomes a model for the rest of the county.

Leadership Academy

The McDowell County EDA wrote and received a Flex-E Grant to create a Leadership Academy to build leaders in McDowell County. Currently, curricula is being developed, partnerships being formed, specific details for participants, etc. This has potential to reach all ages with skills and resources necessary to become the leaders for tomorrow. We will keep you posted.

KATHIE'S CORNER: COMPASSION VS JUSTICE

Over the past year, I have learned a lot about compassion and justice. I have seen individuals extend compassion to others even when it could have costs them the most and even when justice would have been easier.

To look at another human being and say I can look past your mistakes, flaws, idiosyncrasies, choices, and problems to offer you compassion, love, acceptance, or loyalty is the true character of what I think God intended for us.

When we see someone struggling with addiction, depression, anxiety, anger, etc., what is our first instinct: to look at them and say change this and get over it. We forget that with the chance of one decision, one mistake, one wrong choice, we could be exactly where they are today. We should be able to look at another human being and say, I may not understand why you are where you are but I can still love you, like you, pray for you etc.

We should never think ourselves above the status of any other individual. When you see someone, say hello, shake their hand, tell them to have a nice day because you never know what these simple acts of kindness can do for someone else.

Glen Campbell wrote “**Try A Little Kindness**”, and it is still appropriate today.

*If you see your brother standing by the road
With the heavy load from the seeds he sowed
And if you see your sister falling by the way
Why don't you stop and say:
You're on the wrong way!*

*And don't you walk around the down and out
Just lend a helping hand and settle down
And the kindness that .you show every day
It's gonna help someone along life's way*

*But you've got to try a little kindness
You show a little kindness
But you shine your light for every one to see
But if you try a little kindness
Then you'll overlook the blindness
Of the narrow minded people
On the narrow minded street*

Give compassion a try, justice should be left to authorities.

Wintertime Blues



Do you get depressed in the winter, feel tired, over eat, are sadder than normal? You could be suffering from Seasonal affective disorder (SAD), also known as winter depression, winter blues, summer depression, summer blues, or seasonal depression, was considered a mood disorder in which people who have normal mental health throughout most of the year experience depressive symptoms in the winter or summer.

In the Diagnostic and Statistical Manual of Mental Disorders DSM-IV and DSM-5, its status was changed. It is no longer classified as a unique mood disorder, but is a specifier for recurrent major depressive disorder called.

With seasonal pattern that occurs at a specific time of the year and fully remits otherwise. Although experts were initially skeptical, this condition is now recognized as a common disorder, with its prevalence in the U.S. ranging from 1.4% in Florida to 9.7% in New Hampshire.

The U.S. National Library of Medicine notes that "some people experience a serious mood change when the seasons change. They may sleep too much, have little energy, and may also feel depressed.

Though symptoms can be severe, they usually clear up." The condition in the summer can include heightened anxiety.

There are many different treatments for classic (winter-based) seasonal affective disorder, including light therapy with sunlight or bright lights, antidepressant medication, cognitive-behavioral therapy, ionized-air administration, and carefully timed supplementation of the hormone melatonin.

Signs and symptoms: Symptoms of SAD may consist of difficulty waking up in the morning, morning sickness, tendency to oversleep and over eat, especially a craving for carbohydrates, which leads to weight gain. Other symptoms include a lack of energy, difficulty concentrating on or completing tasks, withdrawal from friends, family, and social activities, and decreased sex drive. All of this leads to depression, pessimistic feelings of hopelessness, and lack of pleasure which characterize a person suffering from this disorder. People who experience spring and summer depression show symptoms of classic depression including insomnia, anxiety, irritability, decreased appetite, weight loss, social withdrawal, and decreased sex drive.

Cause: In many species, activity is diminished during the winter months in response to the reduction in available food and the difficulties of surviving in cold weather. Hibernation is an extreme example, but even species that do not hiber-

nate often exhibit changes in behavior during the winter. It has been argued that SAD is an evolved adaptation in humans that is a variant or remnant of a hibernation response in some remote ancestor. Presumably, food was scarce during most of human prehistory, and a tendency toward low mood during the winter months would have been adaptive by reducing the need for calorie intake. The preponderance of women with SAD suggests that the response may also somehow regulate reproduction.

Management: There are many different treatments for classic (winter-based) seasonal affective disorder, including light therapy, medication, ionized-air administration, cognitive-behavioral therapy and carefully timed supplementation of the hormone melatonin.

Physical exercise has shown to be an effective form of depression therapy, particularly when added on in addition to another form of treatment for SAD.

Just realize that it may not be something wrong with you this time of the year, but simply the winter blues. One way I cope is to play board games with the grandchildren or we take a ping pong ball and gather around the kitchen table and roll it to each other just trying to keep it going without falling off the table. Everyone laughs a lot, get to make a lot of noise, and simply have fun. Visit an elderly person, talking, and realize they are alone too, you can help them beat the winter blues as well.

McDowell County FACES
 P.O. Box 426
 25 Bank Street
 Welch, WV 24801
 Phone: 304-436-5255
 Fax: 304-436-5256
 Email:
 facesfrn@yahoo.com
 Web: facesfrn.com

FACES Meeting: 2nd
 Thursday of each month at
 noon —open to the public.

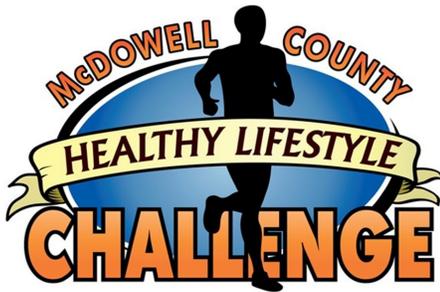
HOPE Meeting: 4th
 Monday at 10:30 a.m.—
 open to the public.

Location: FACES Office

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

2014 Annual Meeting Dates FACES & HOPE

FACES	12:00 noon	HOPE	10:30 a.m.	Remember, if school is cancelled during the winter, the meetings are cancelled. If school is on delay, the meeting will take place as usual. Use your judgment when traveling to meetings as no business is more important than the members taking care of themselves and being safe.
January 9		January 27, 2014		
February 13		February 24		
March 13		March 24		
April 10		April 28		
May 8		May 26		
June 12		June 23		
July 10		July 28		
August 14		August 25		
September 11		September 22		
October 9		October 27		
November 13		November 24		
December 11		December 22		



On January 7, 2014 at 10:00 a.m. the HOPE Coalition members will meet to organize the 2014 Healthy Lifestyle Challenge. If you are interested in participating in the organization of the challenge feel free to attend the meeting at 25 Bank Street (FACES). If you are thinking about being a participant in the challenge, start thinking of your team members. Last year, we had 7 (34 participants) teams complete the challenge; 2,828 servings of vegetables were eaten during the Challenge; 2,366 servings of fruits were eaten during the Challenge; 182 (frequency) religious services

Healthy Lifestyle Challenge

were attended during the Challenge; 79 (frequency) education workshops were attended during the Challenge; 80 (frequency) community events were attended during the Challenge; 18 people took their medications as prescribed during the Challenge; 15 people helped a child with their homework during the Challenge; 136 Hours of community service were conducted by participants during the Challenge; 32 (frequency) government meetings were attended during the Challenge; 89 (frequency) visits to 'new businesses' were conducted by participants during the Challenge; 45 referrals to the West Virginia Tobacco Quit line were made during the Challenge; 35 referrals to the West Virginia Rx Abuse Quit

line were made during the Challenge; 16 participants made their car emergency response kits during the Challenge; 14 participants made their home emergency response kits during the Challenge; 23 participants helped with some form of a youth group during the Challenge; 11,328 ounces of water were drank by participants during the Challenge; During the Challenge, 12 participants participated in a workshop on budgeting; During the Challenge, 11 participants participated in a workshop on Parenting; During the Challenge, 10 participants participated in a workshop on Healthy Marriages; During the Challenge, 3 PAPs or Prostate Exams were completed by participants; During the Challenge, 2 participants had mammograms or took a friend to have one.