



McDowell County FACES Newsletter

The FACES of HOPE

January, 2017

facesfrn.com

email: facesfrn@yahoo.com

Start The New Year By Helping A Child In Need



When a child has suffered abuse or neglect, or when a family is facing a mental health challenge, KVC West Virginia is there with the support needed to move through difficult times. KVC is a private, non-profit child welfare organization that provides a diverse array of services including foster care, adoption, and in-home family preservation services. We are committed to enriching and enhancing the lives of West Virginia children and families.

KVC West Virginia is a nonprofit behavioral healthcare and child welfare organization that provides support when a child has suffered abuse or neglect. We also provide treatment and therapy services for families facing mental health challenges.

New children enter the foster care system each year. It's KVC West Virginia's mission is to find compassionate families who can help children in need by fostering or adopting. We guide those interest-

ed families every step of the way by providing training, resources and much more.

In addition, KVC West Virginia provides two types of therapy which families receive right in their homes: medically-necessary services and socially-necessary services. Medically-necessary services are therapies that give children and families the tools needed to maintain healthy, stable relationships and are administered by a professional therapist using the latest advancements in treatment approaches. Socially-necessary services provide individualized parenting training, life skills, transportation and more for individuals.

Not everyone is called to become a foster parent, and others who are open to the idea may not be completely ready to foster at this time. Yet, when the statistic is mentioned that about 427,000 children are in foster care in the U.S., you might think that not being a foster parent means there's not much you can do

about it. This couldn't be further from the truth. There's plenty you can do!

Here are a few ways you can help children in foster care in minutes, some of which you can accomplish without even turning your screen off.

Share/Like Posts on Social Media

Mention Helping Children in Foster Care at a Community Meeting

Learning About Foster Care

While you may be able unable to foster, there are tons of ways you can help children in foster care in minutes. Among the various ways listed above, you can help children in foster care in West Virginia right now as well!

More than 100,000 U.S. children in foster care are waiting to find permanent, loving families. KVC West Virginia has offered adoption services since 2012. Adoptive families provide a safe and nurturing home for children who cannot safely return to their birth family. Most children who are adopted through KVC are adopted by their foster parents or a relative who has been providing care.

For more information go to:

<https://westvirginia.kvc.org>

HPV Vaccine and Immunization Schedules

CDC now recommends 11 to 12 year olds get two doses of HPV vaccine—rather than the previously recommended three doses—to protect against cancers caused by HPV. The second dose should be given 6-12 months after the first dose. For more information on the updated recommendations, read the press release at <https://www.cdc.gov>

Why does my child need HPV vaccine?

HPV vaccine is important because it protects against cancers caused by human papillomavirus infection. HPV is a very common virus; nearly 80 million people—about one in four—are currently infected in the United States. About 14 million people, including teens, become infected with HPV each year. HPV infection can cause cancers in both men and women.

When should my child be vaccinated?

The HPV vaccine is recommended for preteen boys and girls at age 11 or 12 so they are protected before ever being exposed to the virus. HPV vaccine also produces a more robust immune response during the preteen years. Finally, older teens are less likely to get health check-ups than preteens. If your teen hasn't gotten the vaccine yet, talk to their doctor or nurse about getting it for them as soon as possible.

Who else should get the HPV vaccine?

All kids who are 11 or 12 years old should get the series of HPV vaccine to protect against HPV. Teen boys and girls who did not start or finish the HPV vaccine series when they were younger should get it now. Young women can get HPV vaccine through age 26, and young men can get vaccinated through age 21. The vaccine is also recommended for any man who has sex with men through age 26, and for men with compromised immune systems (including HIV) through age 26, if they did not get HPV vaccine when they were younger.

Along with the HPV vaccine, I thought it was a good time to review the immunizations our children must have in WV and at what ages these occur. According to information, there are no exemptions for these vaccinations in WV. The schedule to the right gives the age and immunization:

Immunization Schedules for Children ages Birth—12 years

Child's Age	Shot
Birth	Hep B
1-2 months	Hep B
2 months	DTaP IPV Hib PCV RV
4 months	DTaP IPV Hep B (if needed) Hib PCV RV
6 months	DTaP Hib (if needed) PCV RV (if needed)
6-18 months	Hep B IPV
6 months-18 years (yearly)	Influenza
12-15 months	Hib MMR PCV Viricella
12-23 months	Hep A
15-18 months	DTaP
4-6 years	MMR DTaP IPV Varicella
11-12 years	MCV Tdap HPV

The names of these include Hepatitis B and A; Diphtheria, Tetanus, Pertussis; Polio; Haemophilus Influenzae Type B; Pneumococcal Disease; Rotavirus; Influenza; Measles, Mumps, and Rubella; Chickenpox; Meningococcal; and Human Papillomavirus.

For additional information, contact the McDowell County Health Department at 304-448-2174 or your provider of choice.

National Handwriting Day and the Loss of Cursive Writing

National Handwriting Day is an opportunity to reintroduce yourself to a pen or pencil and a piece of paper. In this day of computers, more and more information, notes, and letters are sent back and forth via a keyboard and cyberspace. According to the Writing Instrument Manufacturers Association (WIMA) website "The purpose of National Handwriting Day is to alert the public to the importance of handwriting. According to WIMA, National Handwriting Day is a chance for all of us to re-explore the purity and power of handwriting."

Some of the available documentation we read, suggests concern by stationary, paper companies, and pen and pencil manufacturers that the electronic world will shrink demand for their products. But, indeed, statistics show that pen(or pencil) and paper are alive and well, with a growing demand. Participate in National Handwriting Day by writing a note or letter to someone. Love letters are cool. Notes to people who are ill or incapacitated will be well received. National Handwriting Day was established by the Writing Instrument Manufacturers Association in 1977. Their motive is obvious...to promote the consumption of pens, pencils, and writing paper.

January 23rd was chosen because this is the birthday of John Hancock. John Hancock was the first person to sign the Declaration of Independence.

I response to our inquiry, WIMA informed us that they did not obtain a presidential proclamation or an act of congress when designating the day. An official "National" day requires an act of congress. Along with the National Handwriting

Day let's look at where we are going with cursive writing. The Huffington Post provided the following comments regarding this.

For the past 20 years, schools have been continually de-emphasizing the teaching of cursive writing to students. The argument for most of this is that cursive writing is no longer necessary. In today's high-tech world of smartphones, tablets and computers, many people feel that cursive writing is no longer needed.

Unfortunately, there are many side effects of this kind of thinking. One of the immediate fears is the inability of this and future generations will not be able to read the Declaration of Independence, the Constitution and the Bill of Rights. These are the documents that we live by. They will only be able to read transcriptions of the original.

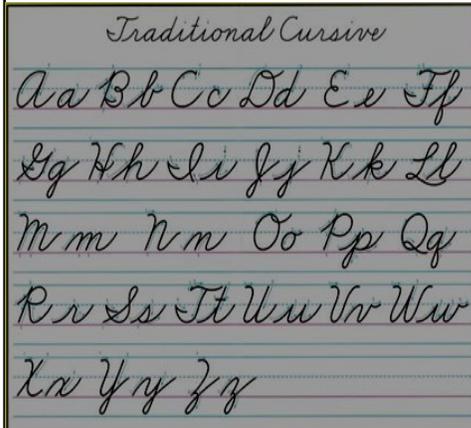


In order to read personal documents, such as diaries, journals, cards, letters; future generations will need to have someone transcribe them into a word-processing document. Unfortunately, they'll miss the subtleties in the handwriting to indicate feelings and emotions while writing. They won't see the hard pen strokes of anger, and they won't be able to see the beautiful flowing handwriting of happi-

ness. Much is lost in the translation.

This and the next generations will not read or write cursive, they won't be able to even sign their names. They write everything, including their own names, in block letters. Signing your name has been a proof of identity for hundreds of years. Those who could not sign their names would have to make their mark in front of witnesses. Contracts, mortgages, wills and all manner of other legal documents require our signature. What will the future bring for people who cannot put their signatures to documents?

What can you do to keep this tragedy from happening? You can contact your local school committee and encourage them to continue providing instruction in cursive writing to their students. The Common Core Curriculum does not ban the teaching of cursive writing; it simply does not include it. Several states have already taken the initiative to include cursive writing. Until then, there is nothing to prevent you from teaching your own children and grandchildren how to read and write using cursive.



National Drug and Alcohol Facts WeekSM



National Institutes of Health National Institute on Drug Abuse

2017 National Drug & Alcohol Facts WeekSM: Monday, January 23rd through Sunday, January 29th.

What is National Drug & Alcohol Facts WeekSM? National Drug & Alcohol Facts WeekSM links students with scientists and other experts to counteract the myths about drugs and

alcohol that teens get from the internet, social media, TV, movies, music, or from friends. It was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction. The National Institute of Alcohol Abuse and Alcoholism became a partner starting in 2016, and alcohol has been added as a topic area for the week. NIDA and NIAAA are part of the National Institutes of Health.

What happens during National Drug & Alcohol Facts WeekSM? National Drug & Alcohol Facts WeekSM is an opportunity for teens to SHATTER THE MYTHSTM, SM about drugs and drug use. In community and school events all over America, teens, scientists and other experts come together to ask experts questions about how drugs affect the brain, body, and behaviors.

How can I plan an event for National Drug & Alcohol Facts WeekSM? Check out the National Drug & Alcohol Facts WeekSM Website for more information. NIDA offers online toolkits with lots of suggestions on how to plan events, how to find experts who can participate, and how to connect with NIDA staffers who can help.

The site also tells you how to register your event, and how to get free materials for teens, including the National Drug & Alcohol IQ Challenge quiz, and our popular SHATTER THE MYTHSTM, SM booklet. Toolkits explain how to focus events on all drug use, or specific drugs. There is also a toolkit en Español.

Why Celebrate National Drug & Alcohol Facts WeekSM?

Looking at past month drug use among high school seniors, more than 5% misuse prescription drugs; more than 20% smoke marijuana, and 35% use alcohol. Many teens are not aware of the risks to their health, to their success in school and the dangers while driving under the influence. When teens are given the scientific facts about drugs, they can be better prepared to make good decisions for themselves and they can share this information with others.

Who are the Federal Partners for National Drug & Alcohol Facts WeekSM?

NIDA and NIAAAA have many federal, state and local partners working together to get the facts about drugs to teens in communities all over America. Partners include the Substance Abuse and Mental Health Services Administration, the White House Office of National Drug Control Policy, the Office of

Safe and Healthy Students in the U.S. Department of Education and the Drug Enforcement Administration in the U.S. Department of Justice.

For more information on National Drug & Alcohol Facts WeekSM visit the Web site: <http://teens.drugabuse.gov/national-drugalcohol-facts-week> , email us at drugfacts@nida.nih.gov or call 301-443-1124 .

To view the 2016 Teens Chat notes please go to the following link: <https://teens.drugabuse.gov/national-drug-alcohol-facts-week/chat-with-scientists/search?year=2016>.

Any of these links can be cut and pasted into the browser.

To schedule or talk to Ginger Day regarding this, call 304-436-5255 or her home at 304-967-5449; or her cell at 304-888-8142. Ginger will be more than happy to assist in any way she can.

The 2017 Chat Day Registration is open NOW. Go to: <https://www.nidachat.org/register.aspx>

Teacher material and lesson plans can be obtained here:

<https://teens.drugabuse.gov/teachers/lessonplans#/questions>

Get Involved: Shatter the Myths!

Meetings/Events of Interest

McDowell County FACES Community Meeting

**January 12, 2017
12:00 noon**

FACES Office

ATOD Meeting January Meeting will be Cancelled!

**Contact Ginger:
304-436-5255**

South Central Community Collaborative

**January 19, 2017
10:00 a.m.**

CPR Classes

Southside K-8

**January 24 and 26,
2017**

**Contact Sarah Muncy
for additional details at
304-320-5607**

Southside Community Schools Meeting

January 9, 2017

4:00 p.m.—6:00 p.m.

Southside School Partners Meeting

Call Sarah Muncy

304-320-5607

McDowell County HOPE Coalition

January 23, 2017

10:30 a.m.—noon

**FACES Meeting
Room**

Southside Game Night

January 6, 2017

6:00 p.m.

**Weather Permitting (in
case of closing it will be
moved to 1/13/17).**

**Contact Sarah Muncy
for Details at
304-320-5607**

Southside Movie Night

February 3, 2017

6:00 p.m.

**Weather Permitting (in
case of closing, it will be
moved to 2/10/17)**

**Contact Sarah Muncy
for details at 304-3520-
5607.**

