



# McDowell County FACES Newsletter

## The FACES of HOPE

July , 2011

facesfrn.com

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### What's In A Month?

Birth Stone: Ruby



Flowers:

Larkspur &



Water Lily



### Healthy Families Healthy Children

Monthly Meeting

July 13, 2011

10:00 a.m.

FACES Community Room

Multiple programs to empower families to become strong.

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## Independence Day



**Independence Day**, commonly known as the Fourth of July, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from the Kingdom of Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches and ceremonies, and various other public and private events celebrating the history, government, and traditions of

the United States. Independence Day is the national day of the United States.

During the American Revolution, the legal separation of the Thirteen Colonies from Great Britain occurred on July 2, 1776, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia. After voting for independence, Congress turned its attention to the Declaration of Independence, a statement explaining this decision, which had been prepared by a Committee of Five, with Thomas Jefferson as its principal author. Congress debated and revised the Declaration, finally approving it on July 4. A day earlier, John Adams had written to his wife Abigail: The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more.

Adams's prediction was off by two days. From the outset, Americans celebrated independence on July 4, the date shown on the much-publicized Declaration of Independence, rather than on July 2, the date the resolution of independence was approved in a closed session of Congress. Historians have long disputed whether Congress actually signed the Declaration of Independence on July 4, even though Thomas Jefferson, John Adams, and Benjamin Franklin all later wrote that they had signed it on that day. Most historians have concluded that the Declaration was signed nearly a month after its adoption, on August 2, 1776, and not on July 4 as is commonly believed.

In a remarkable coincidence, both John Adams and Thomas Jefferson, the only signers of the Declaration of Independence later to serve as Presidents of the United States, died on the same day: July 4, 1826, which was the 50th anniversary of the Declaration. Although not a signer of the Declaration of Independence, James Monroe, the Fifth President of the United States, died on July 4, 1831. Calvin Coolidge, the Thirtieth President, was born on July 4, 1872, and thus was the only President to be born on Independence Day.

# Underage Drinking: Age 21 Minimum Legal Drinking Age

## Public Health Problem

- ⇒ Excessive alcohol consumption contributes to more than 4,600 deaths among underage youth, that is, persons less than 21 years of age, in the United States each year.
- ⇒ Underage drinking is strongly associated with many health and social problems among youth including alcohol-impaired driving, physical fighting, poor school performance, sexual activity, and smoking.
- ⇒ Most underage youth who drink do so to the point of intoxication, that is, they binge drink (defined as having five or more drinks in a row), typically on multiple occasions.
- ⇒ Current drinking during the previous month among persons aged 18 to 20 years declined significantly from 59% in 1985 to 40% in 1991, coincident with states' adopting an age 21 minimum legal drinking age, but increased to 47% by 1999.
- ⇒ The prevalence of current drinking among persons aged 21 to 25 also declined significantly from 70% in 1985 to 56% in 1991, but increased to 60% by 1999.

## Relationship between Youth and Adult Drinking

- ⇒ Binge drinking by adults is a strong predictor of binge drinking by college students living in the same state.
- ⇒ There are approximately 1.5 billion episodes of binge drinking among persons aged 18 years or older in the United States annually, most of which involve adults age 26 years and older.
- ⇒ More than half of all active duty military personnel report binge drinking in the past month, and young adult service members exposed to combat are at significantly greater risk of binge drinking than older service members.
- ⇒ More than 90% of adult binge drinkers are not alcohol

dependent.

## What Can YOU Do To Prevent Underage Drinking?

- ⇒ Host safe, alcohol-free activities and events for youth.
- ⇒ Refuse to supply alcohol to children or allow drinking in your home or on your property.
- ⇒ Be at home when your teenager has a party.
- ⇒ Make sure your teenager's friends do not bring alcohol into your home.
- ⇒ Talk to other parents about not providing alcohol at youth events.
- ⇒ Take the pledge below with your teenagers:

I Pledge to encourage youth to be substance-free by:

1. Hosting only alcohol, tobacco and other drug-free parties for them.
2. Not allowing my children or their friends to possess or consume alcohol, tobacco and other drugs on my property.
3. Discouraging my child(ren) from attending unsupervised parties.

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Print Name

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Signature

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Date

## FACES OF LEADERSHIP: SHAPING TOMORROW TOGETHER

Volunteerism

Community Service

Service Learning

This conference brings together people from across the state who are ready to look beyond the differences that can bring action to a standstill. These are people who have a passion for moving their community toward a brighter future and who feel optimism while surrounded by problems.

**Conference Dates:** August 9-11, 2011 {8:00 a.m. registration}.

**Location:** Charleston Civic Center

Governor's Service Awards Banquet: Wednesday August 10, 2011 at 6:30 p.m. Scholarships available.

Contact Moya Doneghy at [Moya.Doneghy@wv.gov](mailto:Moya.Doneghy@wv.gov) or call 304-558-0111.

## The Hospice Compassus Culture

Hospice Compassus is a community based organization focused on providing comprehensive care. We are committed to clinical and professional excellence. We open our hands and hearts to our patients and provide comfort and care for the patient-on a physical, spiritual & emotional level to those with a life limiting illness -with a prognosis given them of 6 months or less to live.

Hospice addresses the physical, spiritual and emotional needs of a patient and the difficulties they encounter through the course of their final journey. We have licensed social workers who provide emotional support & and they provide any needed resources, volunteers offer social support, chaplains who provide spiritual support and social workers who provide pre bereavement counseling to the patient & bereavement services to the family for up to 13 months after the patient's death.

Hospice provides a team of care so that you & your family do not have to make this difficult journey alone. We are there for you & your family 24 hours a day with an answering service who will take your call and provide you with a nurse at

any time of the day or night. Our highly trained advanced nursing care team is always there to offer the patient pain and symptom management so that their last days are pain free and enjoyable. Hospice was created by Cicely Saunders in 1967 so that no one would have to spend their last days in pain or distress-and no patient is ever turned away for their inability to pay. Our goal is for the patients last days to be enjoyable, meaningful, comfortable & pain free.

Volunteers are a force and the lifeblood of the hospice agency-there to provide emotional support to not only the patient-but the family as well. Hospice is an agency that is funded and therefore highly regulated by Medicare. Medicare requires that 5% of the patient care hours that are worked must come from volunteers. If this requirement is not met then Hospice is non compliant with Medicare requirements. Monthly there is a calculation made of patient care hours that are worked by the chaplain, social worker, nurse & home health aide. After this calculation is made then the amount of volunteer hours is determined.

There are many ways in which a

Hospice Volunteer may serve. They may work in the office doing clerical work, make patient visits in the home or in a facility, offer caregiver relief in the home, or they may do outside activities, such as volunteer recruitment or making crafts for the patients. Volunteers may work as many-or as little hours a month as they choose- doing whatever activity they enjoy. They may contact the Volunteer Coordinator and let him-or her know what hours are convenient for them to work, working out a schedule that easily fits into their life.

We are a family of volunteers who work closely together toward a common goal. We laugh together & sometimes cry together. As volunteers we strive to make every endeavor one that is positive and meaningful to all of those around us. There is a common thread in the Hospice Compassus volunteer, and that is the desire to make a positive difference in the world in which we live. Come and be a part of our volunteer family- I can guarantee it will be one of the toughest jobs you will ever love!

## McDowell County FAIR July 19-23, 2011

Tuesday— Friday 5pm to 10pm

Saturday— 4pm to 10pm

For Info Call 304-436-4260

Advance Tickets Available

Shuttle Service Available



Entertainment: Joe Ford, Delbert Kiser, Adam Crabb, The Bowling Family, Miss Behavin, Southern Edge, Muddy Bottom Boys, 2nd Generation, Black Water Outlaws, and Shenandoah.

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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.

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

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## Using Social Media for Community Development

Harnessing the  
Power of Facebook,  
Twitter, LinkedIn &  
More

Info Flyer-  
[www.prevnet.org/  
docs/2011-07-  
SocialMedia.pdf](http://www.prevnet.org/docs/2011-07-SocialMedia.pdf)

\$35 training fee / \$15  
CEU certificate fee

Thursday, July 21<sup>st</sup>  
from 9 am – 3 pm  
@ the WVPRC in  
Dunbar



## Health Opportunities for Positive Education Coalition

**Fitness Challenge:** The McDowell HOPE Coalition and the Community Collaborative Team will be conducting a “Healthy Lifestyles Challenge”. The initial meeting approved the following ingredients to a successful challenge:

- promoting healthy eating,
- exercise,
- health knowledge,
- stress management,
- physical activity,
- Tobacco cessation,
- future goal setting and action plans,
- participation in community events

The Challenge will be presented to county in late August, will last 60 days (September and October), have weekly meetings, 5 person teams. The big prize will include a vacation package. The next planning meeting for the challenge will be July 25, 2011 at 10:30 a.m. at the FACES Community Room.

**Circle of HOPE:** As the Circle of HOPE Breast Health Campaign kicked off in April, Shelia has completed 4 Circle meetings, 19 home visits, and recruitment for other areas in the county. If your Church or community group would be interested in hosting a Circle of HOPE meeting where Shelia will present on breast health, contact her at 304-967-5243.

**Prevention Without Borders:** The new Prevention without Borders grant begins July 1, 2011 and the initiatives will include the following:

- Prescription Drug Take Back Day
- SYNAR Compliance Assessment
- Building Strong Coalitions
- Teen Court
- Identify and Evaluate Innovative Practices in Prevention
- Support WV Substance Abuse Specialist Team

**Dining With Diabetes:** WVU Extension Services continues to provide “dining with diabetes” classes across McDowell County. If interested in being a host site contact Dana Lester at 304-436-9003.

**“Keep A Clear Mind”:** Evidence based curriculum will be introduced into the 6th grade classes in McDowell County in the next school year to provide materials and opportunities for children to communicate with their parents and caregivers about substance abuse issues they face. More information to follow.

If you are interested in any of these initiatives, please feel free to contact FACES at 304-436-5255, visit our web site at facesfrn.com, email us at facesfrn@yahoo.com, or attend the HOPE Coalition meetings on the 4th Monday of each month at 10:30 a.m.—12:00 noon, 25 Bank Street, Welch, WV.