



McDowell County FACES Newsletter

The FACES of HOPE

July, 2013

facesfrn.com

email: facesfrn@yahoo.com



AVAILABLE WORKSHOPS

Peer Recovery Coach Rescheduled

Where: Raleigh County Board of Education

When: July 26th, 2013

Time: 10:00-12:00 noon

Lunch is provided. There is NO registration fee

The Trainer for this event will be: David Sanders Office of Consumer Affairs and Community Outreach Bureau for Behavioral Health & Health Facilities

For more information call: (304) 913 - 4956 or (304) 872- 4707

Right From the Start

Brenda Johnson, RN, RCC, Region I - Right From The Start, will be on the agenda for the July 11, 2013 McDowell County FACES meeting at 12:00 noon on 25 Bank Street.

Council of the Southern Mountains will be at the meeting as well as the McDowell County Service Provider.

The Right From The Start Project is a government sponsored program providing in home education and assistance to prenatal women and infants from birth to age 1. We have a staff of Registered Nurses and Licensed Social Workers who perform in-home visits providing education, support and a link to other community agencies to assist clients in obtaining services or

items that you as a client may be able to utilize.

Sky's The Limit

Summer Program

July 8—August 14

Monday, Tuesday & Wednesday

Keystone City Hall/Park

A fun interactive program for youth designed to develop leadership skills, practice healthy lifestyles, and promote civic engagement. You can participate as long as you are between the ages of 8-16 with a signed permission slip.

For more information or to register call Vondelere at 304-862-2239 or stop by Keystone City Hall.

Tug River Announces New Hours and Programs

River View Clinic opened June 24-July 26 for the community and students starting at 8:30 a.m.—2:00 p.m. Students for 7th and 12th grades can get their DTAP shots. Physicals for sports can be obtained as well.

Tug River is also offering the following at Gary:

First 15 to sign in by 2:00 p.m. will be seen by staff by end of business day.

Women's Wednesday: for women's health, walk-ins accepted.

Men's Monday: men's health, walk-ins accepted.

Contact 304-448-2101 for more details.

Summer Food Service Program

Breakfast and Lunch to be served and open to all children ages 18 years and under who would like to participate.

Breakfast 8:00 –9:00 a.m.

Lunch 12:00—1:00 p.m.

Bradshaw Elementary 6/24-7/19

Kimball Elementary 7/8-7/19

Fall River Elementary 7/8-7/19

Southside K-8 7/8-7/19 and 8/5-8/9

Welch Elementary 7/8-7/19

Career and Tech 6/17-7/2

Mount View Middle 6/17-6/28

River View High Athletics 6/17-6/28 and 8/5-8/9

Mount View High Athletics 6/17-6/28 and 8/5-8/9

Sandy River Middle 8/5-8/9

For more information call 304-436-441

CIRCLE OF HOPE: BREAST CANCER AWARENESS GRANT



The West Virginia Affiliate of Susan G. Komen for the Cure® has awarded a \$35,000 grant to McDowell County FACES for the Circle of HOPE Breast Cancer Project.

The grant from Komen for the Cure will support The Circle of HOPE Project, an initiative to provide a contract coordinator to reach 300 women through circle meetings and 30 women in their homes. The Circle meetings and home visits concentrate on breast health, encourages clinical examinations and mammograms. Through the Circle meetings 50 women will be encouraged to complete clinical breast examinations at targeted locations and 25 women will be provided referrals for mammograms with certificates to cover the cost through Bonnie's Bus and locally when the bus is not available. Throughout the year volunteers will encourage breast cancer prevention and awareness through events, walks, celebration dinners etc. Opportunities will be provided for women and families

of women that enter, stay in, and progress through the continuum of care.

Susan G. Komen for the Cure is the world's largest breast cancer organization, and the West Virginia Affiliate is one of 125 Affiliates on the front lines dedicated to ending breast cancer in their communities. Komen Affiliates fund innovative programs that help women and men overcome the cultural, social, educational and financial barriers to breast cancer screening and treatment.

"At the Komen West Virginia Affiliate, we conducted a needs assessment of our community and discovered particular gaps in service across the state," said Rebecca Newhouse, Past President of the West Virginia Affiliate's Board of Directors and Grant Committee Member. "We are confident that through the 2013-2014 grantees' projects these needs will be addressed and West Virginia women will benefit as a result."

McDowell County FACES, as the Family Resource Network, co-

to share stories and the number of women conducting clinical examinations and mammograms will increase while barriers to services will decrease. The project will increase the number

established the Health Opportunities for Positive Education (HOPE) Coalition to address health, youth, at-risk youth, and substance abuse prevention. FACES began working with Komen in 2002 and coordinates with the McDowell Health Department, Bonnie's Bus, WVU, Kelly Medical, Welch Community Hospital, and WV Breast and Cervical Cancer Screening Programs to provide the services for women in McDowell County.

About Susan G. Komen for the Cure® and the Komen West Virginia Affiliate

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever, and in 1982, that promise became Susan G. Komen for the Cure. The West Virginia Affiliate is part of the world's largest and most progressive grassroots network fighting breast cancer. Through events like the Komen West Virginia Race for the Cure, the West Virginia Affiliate has invested more than \$275,000 in community breast cancer programs across the state for the 2013-2014 grant cycle. Of the net proceeds generated by the Affiliate, up to 75 percent stays in West Virginia; the remaining 25 percent funds national breast cancer research. For more information on Komen, call 304-556-4808 or visit www.komenwv.org.

For information about the Circle of HOPE Project, to request circle meetings, etc., contact Shelia Muncy at 304-967-5243 or FACES at 304-436-5255.

TEENS AND SUMMER DRINKING

In a [June 25, 2013, interview](#) for HHS HealthBeat, Dr. George Askew, of the Administration on Children and Families (ACF), points out that teens are more likely to take their first drink in the summer and tells parents, “Make sure that they know that you’re there to answer their questions and that there’s no question that’s inappropriate.”



and Human Services, I’m Ira Dreyfuss with HHS HealthBeat.

Teenagers are most likely to take their first drink in the summer. But parents can help to steer them away from it by talking with them, so everyone agrees on ground rules. At HHS’ Administration for Children and Families, Dr. George Askew advises this approach, for younger teens: “Make sure that they know that you’re

According to a [2012 report](#) based on the Substance Abuse and Mental Health Services Administration’s National Survey on Drug Use and Health, on an average day in June, July, or December, more than 11,000 youth used alcohol for the first time; in other months, the daily average ranged from about 5,000 to 8,000 new users per day. ACF is a member of the [Interagency Coordinating Committee on the Prevention of Underage Drinking](#). HHS HealthBeat is a production of the U.S. Department of Health and Human Services.

The Basics

Talk to your child about the dangers of

tobacco, alcohol, and drugs. Knowing the facts will help your child make healthy choices.

What do I need to say? When you talk about tobacco, alcohol, and drugs:

- Teach your child the facts.
- Give your child clear rules.
- Find out what your child already knows.
- Be prepared to answer your child’s questions.
- Talk with your child about how to say “no.”

From the U.S. Department of Health

there to answer their questions and that there’s no question that’s inappropriate.”

Askew says that agreeing on expectations when a teen is young – and parents setting the right example – helps the teen grow into an identity as a non-drinker. Askew says the rules and consequences should be clear. But he says that if a teen needs help, like a ride home because of drinking, help should come first and consequences should wait until everyone is calmer.

Learn more at healthfinder.gov.

Connecting People to Public Issues

Please join us for our **17th Annual Civic Life Institute**

Connecting People to Public Issues

July 30-31, 2013

**University of Charleston
Charleston, West Virginia
(July 30 from 10 am to 5pm; July 31 from 9 am to 4 pm)**

Learn a process for moving from community dialogue to action.

Learn how to moderate community discussions of public issues. Discuss strategies for organizing community dialogue initiatives.

Network with others who are working to build strong communities.

Engage in deliberation of issues important to our state.

\$95 registration fee includes meals and materials. Limited number of scholarships available.

Please complete the [registration form](#) and mail fees or provide billing information by **July 25**. Space is limited, so early registration is advised.

For more information, contact--

Jean Ambrose

304-679-3970

ambrose@wvcivicliflife.org

Betty Knighton

304-344-3430

knighton@wvcivicliflife.org

Or visit www.wvcivicliflife.org

McDOWELL EXPO



What: McDowell EXPO

When: October 4-5, 2013

Where: Welch Armory

For a long time, McDowell County has struggled with economic devastations, high unemployment, poverty, poor statistics, and loss of people. There are 22,000 citizens of McDowell County that have not left, quit, or lost hope.

Agencies and government have

consistently worked on improving the County and it is time that we **show off what we have** in the Wonderful County of McDowell.

On October 4-5, government, quasi-government, agencies, organizations, nonprofits, providers, companies, etc., are coming together to showcase the County.

On October 4-5, the EXPO will provide county residents an opportunity to come in, look around, participate in activities.

Everything is in the planning stages, however we know we will have a jobs fair, health screenings, information booths, entertainment, and other activities.

Plan to attend, get to know your County, get involved in the future of the County, and enjoy the event.

Early bird registration will save you some money and hopefully re-

serve a good spot. Electricity, tables with skirts, chairs, and drapes will be provided.

If you are interested in obtaining a booth or need a contract or information, contact Peni Adams at the EDA at 304-436-3833.

If you want to help with planning etc., please call and let Peni know asap.



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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.

Happy Birthday

Paul Whitt
15th

Cloie McGhee
22nd

Makayla Whitt
14th

Darrie Foster
31st



Change The Future, WV

Making Healthy Changes in McDowell County

Entering a convenience store gives you an overwhelming amount of snack and meal options. However, very few of these options are healthy. Many common convenience store choices like hot dogs, candy bars and soft drinks are rich in calories but low in healthy nutrients. Fortunately, there are a handful of convenient stores in McDowell County who have taken on the responsibility of offering healthy foods for customers to choose from the next time hunger hits you on the road.

Partnering with Change the Future WV, locally owned and operated by Delbert Kiser, 3 Way Super Stop has joined in the efforts to fight the enormous obesity problem plaguing McDowell County.

When speaking with Mr. Kiser, he stated, “Since making changes to my store by offering healthier options such as yogurt, whole grain granola bars, fruits, beef jerky, a variety of salads, bottles of water and 100 % juice. People have really taken notice and the response has been great!”

Studies show by making small changes in diet and exercise not only increase metabolism and “the way you feel” but decreases obesity and chances for chronic diseases such as Type 2 Diabetes.

Change the Future is a state-wide initiative designed for people who want to improve opportunities for healthy eating and physical activity in their communities. It focuses on changing local environments in ways that make it easier for people to choose healthy options.

If you would like more information on Change the Future WV please contact Ginger Day, Program Coordinator serving McDowell, Mercer and Wyoming counties at 304-436-5255.

