

McDowell County FACES Newsletter

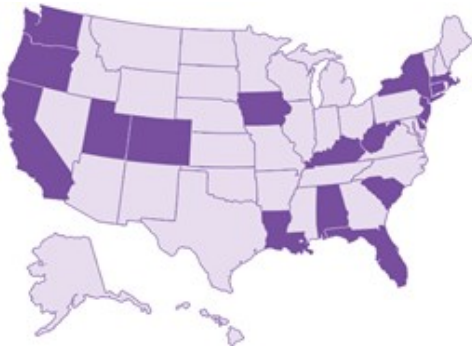
The FACES of HOPE

March , 2013

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WV JOINS THE HELP ME GROW INITIATIVE



Help Me Grow (HMG) connects families with young children to community-based services and support. Through the *HMG* system, statewide partners and communities are mobilized to build collaboration across service sectors, including child health care, early care and education and family support. Ongoing data collection and analysis helps *HMG* state affiliates identify gaps in and barriers to services. The *HMG* philosophy and model align well with the Strengthening Families mission and protective factors.

Parental Resilience: *HMG* fosters parental resilience and family strengths by meeting families where they are and partnering with them in identifying and prioritizing issues. Families are helped to recognize early signs of developmental/behavioral risks and to successfully find needed programs and services. Parents become better equipped to respond effectively to family crisis situations.

Social Connections: Through *HMG* care coordination, families are linked to a wide array of formal and informal services and supports such as family events, children's play groups, parent/family networks and educational programs. These experiences all help to facilitate mutual support, friendships and partnerships.

Knowledge of Parenting and Child Development: *HMG* supports families as their children's first observers, teachers and advocates for optimal healthy development. Through a variety of informational materials and community resources, families acquire knowledge and skills related to child development, behaviors and milestones. Families are further assisted in using observational tools and effective parenting strategies to best support their children.

Concrete Support in Times of Need: The *HMG* system connects families to services, programs and opportunities where they live. Care coordinators build relationships with families, helping them understand available resources, how to access them, specific questions to ask and, if needed, assistance with completing service application packages. *HMG* further acts as a care coordination service for child health care, early care and education and family support providers,

thus promoting an ongoing cycle of concrete support.

Social and Emotional Competence of Children: *HMG* care coordination and service referrals are provided for children and families at every level of need: developmental, behavioral or social-emotional problems, Birth to Three, Title V special health care needs and special education. By linking families to community-based programs such as child care, Head Start and family resource centers, *HMG* supports positive early learning and peer socialization experiences that strengthen children's social-emotional abilities, school readiness and school success.

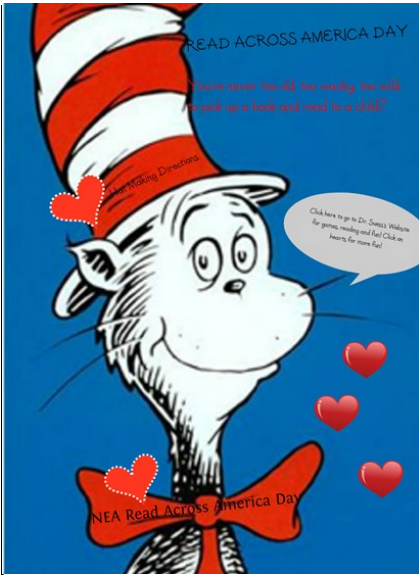
Visit the Help Me Grow National website

(www.HelpMeGrowNational.org) to learn about

HMG efforts in your state and to watch the HMG video: "Making the Connection: Help Me Grow The Connecticut Experience."

Additional information and information meetings will begin some time in March or April. FACES will keep you posted and provide these information meetings.

READ ACROSS AMERICA DAY: MARCH 2



Read Across America Day promotes reading, particularly for children and young adults. Many schools, libraries, and community centers across the United States participate in the day by bringing people together to take part in reading books. Various reading activities and events are held across the country on this day. For example, some students take part in a Read Across

America channel designed to showcase student and educator videos around the country. Others make reading pledges, organize book fairs, or read aloud to groups of people.

Read Across America Day an observance and is not a federal public holiday in the United States.

In 1997 an organization known as the National Education Association (NEA), pushed for a special day to celebrate reading throughout the United States. This idea proved to be a popular one so it was not long before the first Read Across America Day was held on March 2, 1998. This nationwide observance coincides with the birthday of Dr Seuss (Geisel), an American writer best known writing children's books. Some of his books include *Green Eggs and Ham*, *How the Grinch Stole Christmas!*, and *The Cat in the Hat*.

Why is it important to Read to Children?

1. Build a lifelong interest in reading. "Getting kids actively involved in the process of reading, and having them interact with adults, is key to a lifelong interest in reading," said BeAnn Younker, principal at Battle Ground Middle School in Indiana.
2. Children whose parents read to them tend to become better readers and perform better in school, according to the National Center for Education Statistics.
3. Reading to kids helps them with language and speech development.
4. It expands kids' vocabulary and teaches children how to pronounce new words.
5. Reading to toddlers prepares them for school, during which they will need to listen to what is being said to them (similar to what they do while being read to).
6. Reading to older kids helps them understand grammar and correct sentence structure.
7. Kids and parents can use reading time as bonding time. It's an excellent opportunity for one-on-one communication, and it gives kids the attention they crave.
8. Being read to builds children's attention spans and helps them hone their listening skills.
9. Curiosity, creativity and imagination are all developed while being read to.
10. Being read to helps kids learn how to express themselves clearly and confidently.
11. Kids learn appropriate behavior when they're read to, and are exposed to new situations, making them more prepared when they encounter these situations in real life.
12. When read to, children are able to experience the rhythm and melody of language even before they can understand the spoken or printed word.

PARENT ADVISORY COUNCIL

The Parent Advisory Council (PAC) is a group of family and community members who meet monthly to learn and share new information concern-ing McDowell County Schools. PAC Members provide input to the district leaders to support planning and pro-program modifications. The PAC is open to any parent or family member who would like to join. There are representatives from all schools. The agendas are determined by the needs of the PAC. Special trainings are scheduled based on the Title I Parent Survey results given each Spring. Community resources are also shared with the PAC to provide support for their child's educational experiences. The PAC Members are currently learning through a book study together to help prepare their children for success in school and life.

Next meeting for the PAC is March 7th, 2013 at Mount View High School Auditorium from 11:00am-2:00pm - All parents are welcome to attend!

SPRING

Spring is one of the four conventional temperate seasons following winter and preceding summer. The specific definition of the exact timing of "spring" varies according to local climate, cultures and customs. At the spring equinox, days are close to 12 hours long with day length increasing as the season progresses. Spring and "springtime" refer to the season, and also to ideas of rebirth, rejuvenation, renewal, resurrection, and regrowth.



Unstable weather may more often occur during spring, when warm air begins on occasions to invade from lower latitudes, while cold air is still pushing on occasions from the Polar regions. Flooding is also most common in and near mountainous areas during this time of year

Spring is seen as a time of growth, renewal, of new life (both plant and animal) being born. The term is also used more generally as a metaphor for the start of better times, as in the Prague Spring.

While spring is a result of the warmth caused by the turning of the Earth's axis, the weather in many parts of the world is overlain by events which appear very erratic taken on a year-to-year basis. The rainfall in spring (or any season) follows trends more related to longer cycles or events created by ocean currents and ocean temperatures. Good and well-researched examples are the El Niño effect and the Southern Oscillation Index.

because of snowmelt, accelerated by warm rains. In the United States, Tornado Alley is most active this time of year, especially since the Rocky Mountains prevent the surging hot and cold air masses from spreading eastward and instead force them into direct conflict. Besides tornadoes, supercell thunderstorms can also produce dangerously large hail and very high winds, for which a severe thunderstorm warning or tornado warning is usually issued. Even more so than in winter, the jet streams play an important role in unstable and severe weather in the springtime in the Northern Hemisphere.

In recent decades season creep has been observed, which means that many phenological signs of spring are occurring earlier in many regions by a couple of days per decade.

Mike Foster: Made A Difference

Johnny Michael Foster was born in War, WV and graduated from Big Creek High School. He worked at Island Creek and when they laid off, he moved his family to Connecticut. Mike and his wife Crystal began taking in foster children (28 children total) and adopted two. These children were special because they were special needs children but more specifically drug affected children. When you take on this responsibility, you never know what you will encounter throughout the years but we know that Mike and his family made a difference in these children's lives. They showed them love and care and the knowledge that someone loved them unconditionally.

Mike passed away in December at the age of 58 and while our hearts are saddened, we know that throughout his years he was kind, considerate, loving, strong, a wonderful husband and father, and friend to anyone. When he found he had cancer, he never thought of himself but spoke to anyone that would hear him about his love for Jesus and their need to be saved. He never lost faith and only said that he prayed that through him, there would be something good to come out of it. These are the kind of hero's that make a difference in the lives of children—they are the answer to "what do we do for children of drug addiction".



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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.

SAFE

Presentations

Sandy River Middle
March 5, 2013 at 3:20
p.m. Topic: Teen Da-
ting Violence and
SAFE Transitional
Housing

Elkhorn Headstart
March 19, 2013 at
1:00 p.m. for parents.
Topic: Domestic Vio-
lence and SAFE Tran-
sitional

Southside. Thurs
March 28, 2013 at
2:00 p.m. for parents.
Topic: Domestic Vio-
lence and SAFE Tran-
sitional Housing.

McDowell County Commission on Aging News

MCCOA will be celebrating its 40th anniversary in July of this year. We are looking for information or employees who have worked or who know the history of the Commission on Aging. Please stop by 725 Stewart Street in Welch or call 436-6588.

Also, any senior who needs help with Medicare can contact Marjorie at ext. 23

Community Transformation Initiative

McDowell County FACES has entered into a contract with the Kanawha-Charleston Health Department to place a Prevention Coordinator at the Welch location to serve McDowell, Wyoming and Mercer Counties. The Coordinator will begin implementing the work plan for the Community Transformation Grant (CTG) initiatives in March utilizing existing or establishing new Health Coalitions in the three counties. In McDowell County the HOPE (Health Opportunities for Positive Education) Coalition has been selected. The Coordinator will contact the Family Resource Networks in Mercer and Wyoming Counties to identify their Health Coalition options.

The CTG initiative will provide programs designed to prevent or control chronic disease, network with local health care providers, reach out to local communities to promote healthier lifestyles and to promote policy changes to improve the physical activity and nutrition environments.

CTG is working to create healthier communities by making healthy living easier and more affordable where people work, live, learn, and play. Tobacco-free living, active living and healthy eating., and clinical and community preventive services to prevent and control high blood pressure and high cholesterol.

The initiative may also focus on disease prevention and health promotion, including social and emotional wellness (i.e., facilitating the early identification of mental health needs and access to quality services) and healthy and safe physical environments.

Examples of community interventions include: Increasing access to physical activity through quality physical education instruction in schools. Increasing access to healthy foods by supporting local farmers and developing neighborhood grocery stores. Protecting people from secondhand smoke exposure. Promoting improvements in sidewalks and street lighting to make it safe and easy for people to walk and ride bikes.

For more information regarding this initiative, please call 304-436-5255.