

McDowell County FACES Newsletter

The FACES of HOPE

March , 2011

facesfrn.com

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What's In A Month?

March stone is aquamarine and bloodstone. These stones mean courage.



The March flower is Daffodil.



Horoscope Signs are

Aries 

And Pisces 

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Spring Into Action!

March 11, 2011 • 10am - 2pm • Marquee Cinemas
DIABETES & BREAST CANCER AWARENESS

The HUB (Community Collaborative Team) of McDowell County will host a health information, education, and entertainment event at the Marquee Cinemas, Welch, WV, on March 11. Registration begins at 9:30 a.m. There is **no cost** for the event. **Lunch will be provided.** Come join us by calling and registering for the event to Ginger Day at SAFE at 436-6181 by March 4, 2011.

Diabetes: Cindy Fitch, Ph.D., RD, Associate Professor, WVU Extension Service and Human Nutrition and Foods Director, Families and Health Programs, WVUES. Cindy is a Registered Dietitian. She is the director of Families and Health Programs for WVU Extension Service. In this role, she works with Extension specialists and county agents to provide evidence-based educational across the. She directs the diabetes education program for Extension. That includes the community-based Dining with Diabetes program and an annual diabetes symposium and workshop.

Motivational Speaker: Elaine Blue, Artist and Poet

More than anything, Elaine Blue, Clarksburg native and Huntington resident, is an observer of life. She takes her observations, personal experiences, and private thoughts and uses them to create unique, expressive works of art. She uses her talents as therapy, and feels they are a gift from God. Blue states that "my goal as an artist is to connect with the viewer at a level where they can be part of the creative process." Blue is also a well known poet, playwright, public speaker and founder and former director/producer of the Huntington Theatrical Ensemble. Her artwork has been exhibited in various states and shared in Africa.

Breast Cancer: Jaunita Conaway, Manager, WV Comprehensive Cancer Program, Bureau for Public Health. In her capacity as program manager, she holds a seat on the Mountains of Hope Cancer Coalition Steering Committee. Additionally, she has served on the American Cancer Society's Kanawha County Leadership Council and numerous event planning committees and currently serves as the Grants Committee Chair on the WV Affiliate of Susan G. Komen for the Cure Board of Directors. While coordinating a breast health support program at a nonprofit organization for seven years, she acquired extensive experience in the field of community health education and realized how rewarding such work can truly be.

Come Learn Latest Information

World Water Day

World Water Day has been observed on March 22 since 1993 when the United Nations General Assembly declared March 22 as World Day for Water.

This day was first formally proposed in Agenda 21 of the 1992 United Nations Conference on Environment and Development (UNCED) in Rio de Janeiro, Brazil. Observance began in 1993 and has grown significantly ever since.

The UN and its member nations devote this day to implementing UN recommendations and promoting concrete activities within their countries regarding the world's water resources. Each year, one of various UN agencies involved in water issues takes the lead in promoting and coordinating international activities for World Water Day. Since its inception in 2003, UN-Water has been responsible for selecting the theme, messages and lead UN agency for the World Day for Water.

In addition to the UN member states, a number of Non-Government Organizations (NGOs) promoting clean water and sustainable aquatic habitats have used World Day for Water as a time to focus public attention on the critical water issues of our era. Every three years since 1997, for

instance, the World Water Council has drawn thousands to participate in its World Water Forum during the week of World Day for Water. Participating agencies and NGOs have highlighted issues such as a billion people being without access to safe water for drinking and the role of gender in family access to safe water. In 2003, 2006 and 2009, the UN World Water Development Report was launched on the occasion of the World Water Day. The fourth Report is expected to be released around March 22, 2012.



American Red Cross Month



The American Red Cross was established in Washington, D.C. on May 21, 1881, by Clara Barton, who became the first president of the organization. Barton first organized a meeting on May 12 of that year at the home of Sen. Omar D. Conger (R, MI). Fifteen people were present at this first meeting, including Barton, Conger, and Rep. William Lawrence (R, OH) (who became the first vice-president).

Jane Delano (1862–1919) founded the American Red Cross Nursing Service on Jan. 20, 1910

The American Red Cross (also known as the American National Red Cross and Cruz Roja Americana in Spanish) is a volunteer-led, humanitarian organization that provides emergency assistance, disaster relief and education inside the United States. It is the designated U.S. affiliate of the International Federation of Red Cross and Red Crescent Societies.

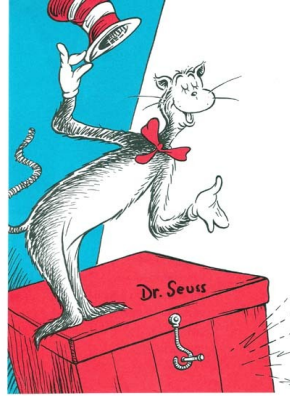
Today, the American Red Cross is headquartered in Washington, D.C. and in addition to domestic disaster relief, the American Red Cross offers services in five other areas: community services that help the needy; communications services and comfort for military members and their family members; the collection, processing and distribution of blood and blood products; educational programs on preparedness, health, and safety; and international relief and development programs.

Read Across America

Read Across America is an initiative on reading created by the National Education Association. One part of the project is National Read Across America Day, an observance in the United States held on March 2, the birthday of Dr. Seuss. Theodor Seuss Geisel, commonly known by his pen name Dr. Seuss.

Dr. Seuss was an American writer and cartoonist most widely known for his children's books written under the pen names Dr. Seuss, Theo LeSieg and, in one case, Rosetta Stone. He published 44 children's books, which were often characterized by imaginative characters, rhyme, and frequent use of trisyllabic meter. His most celebrated

books include the bestselling Green Eggs and Ham, The Cat in the Hat, One Fish Two Fish Red Fish Blue



Fish, Horton Hatches the Egg, Horton Hears a Who!, and How the Grinch Stole Christmas. Numerous adaptations of his work have been created, including eleven television

specials, three feature films, and a Broadway musical.

Geisel also worked as an illustrator for advertising campaigns, most notably for Flit and Standard Oil, and as a political cartoonist for PM, a New York City newspaper. During World War II, he worked in an animation department of the U.S Army, where he wrote Design for Death, a film that later won the 1947 Academy Award for Documentary Feature.

Geisel's birthday, March 2, has been adopted as the annual date for National Read Across America Day, an initiative on reading created by the National Education As-

Community Collaborative Team of McDowell County

In 2001-2005 a group of 27 individuals participated in a three-year training in Community Collaborative Sustainable Communities Consortium. This team learned how to assess the county utilizing cross-system theory and identified multiple projects that needed to happen to sustain McDowell County for generations to come.

In 2006-2007 eight of these individuals were provided a second round of training called Blueprint Communities. Through this training and support we now have our Blueprint Communities Strategic Plan for McDowell County. A copy of this document is on the facesfrn.com website and though fragmented in implementation much has been accomplished on the plan.

This year McDowell was given an opportunity to participate in the

HUBCap Community Collaborative Team training in which we have completed the "accomplishments" for the Blueprint Community Strategic Plan, identified **health** as a need for forming a Performance Agenda (PA). This PA will guide the Team in identifying strategies to improve McDowell County's wellness by focusing on nutrition, exercise, preventive health care and health insurance.

Goals for the PA include:

1. By May, 2012 a community wellness center will be opened. This is the Algoma site.
2. By December 2013, 50 individuals will use the wellness center at least 3 times per week.
3. Introduce formalized physical activity programs into McDowell County.
4. Revitalize Blueprint Community health goal.

The Algoma site is currently under engineering phase for renovations. A roof has been placed on the structure and money has been secured to ensure moving forward. The Team hosted two health assessments through HOPE and FACES and a health forum with agencies and providers. The Team has begun initial contacts with county officials for fitness programs. The Team has revitalized Blueprint Communities by completing the "progress" and bringing health to the forefront for the HOPE Coalition.

The outcome of this team is to revitalize the HOPE Coalition and its initiatives.



Colorectal Cancer Awareness Month

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Among cancers that affect both men and women, colorectal cancer—cancer of the colon or rectum—is the second leading cause of cancer-related deaths in the United States. Colorectal cancer also is one of the most commonly diagnosed cancers in the United States.

The risk of developing colorectal cancer increases with advancing age. More than 90% of cases occur in people aged 50 or older.

Colorectal cancer screening saves lives. However, many people who are at risk for the disease are not being screened according to national guidelines.

It is estimated that as many as 60% of colorectal cancer deaths could be prevented if all men and women aged 50 years or older were screened routinely. In most cases, colorectal cancer develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests also can find colorectal cancer early, when treatment works best.

Currently there are no sites in McDowell for colorectal cancer screenings.

Daylight Savings Time (To Observe or Not to Observe)

Daylight saving time (DST)—also summer time is the practice of temporarily advancing clocks during the summer-time so that afternoons have more daylight and mornings have less. Typically clocks are adjusted forward one hour near the start of spring and are adjusted backward in autumn. Modern DST was first proposed in 1895 by George Vernon Hudson. Many countries have used it since then; details vary by location and change occasionally.

The practice has been criticized. Adding daylight to afternoons benefits retailing, sports, and other activities that exploit sunlight after working hours, but causes problems for farming, evening entertainment and other occupations tied to the sun. Its effect on health and crime is less clear. Although an early goal of DST was to reduce evening usage of incandescent lighting, formerly a primary use of electricity, modern heating and cooling usage patterns differ greatly, and research about how DST currently affects energy use is limited or contradictory.

In a typical case where a one-hour shift occurs at 02:00 local time, in spring the clock jumps forward from 02:00 standard time to 03:00 DST and that day has 23 hours, whereas in autumn the clock jumps backward from 02:00 DST to 01:00 standard time, repeating that hour, and that day has 25 hours. A digital display of local time does not read 02:00 exactly at the shift, but instead jumps from 01:59:59.9 either forward to 03:00:00.0 or backward to 01:00:00.0. Clock shifts are usually scheduled near a weekend midnight to lessen disruption to weekday schedules. A one-hour shift is customary, but Australia's Lord Howe Island uses a half-hour shift. Twenty-minute and two-hour shifts have been used in the past. Start and end dates vary with location and year.

Blue demonstrates where DST is observed. Tan demonstrates where DST is no longer observed. Red demonstrates where DST was never observed.