



McDowell County FACES Newsletter

The FACES of HOPE

May, 2016

facesfrn.com

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National High Blood Pressure Education Month 2016

Sponsored by the CDC, a US government health organization, National High Blood Pressure Education Month raises awareness about the impact high blood pressure can have on health.

Written as two figures, blood pressure is measured as the pressure when the heart has pumped (systolic) and when the heart is in between beats (diastolic).

When the heart pumps blood, blood pressure is higher than when it is in between beats. The systolic measurement will be higher than the diastolic measurement.

Normal Blood Pressure Levels:
Systolic < 120mmHg Diastolic > 80mmHg

At Risk Blood Pressure Levels:
Systolic 120-139mmHg Diastolic 80-89mmHg

High Blood Pressure Levels:
Systolic 140mmHg or higher
Diastolic 90mmHg or higher

Health Risks Of High Blood Pressure

Also known as hypertension, high blood pressure increases the risk of serious diseases and conditions such as heart disease and stroke. In the US, heart disease is the most common form of

death whilst stroke is the third leading cause. Other risk factors of high blood pressure include congestive heart failure & kidney disease.

High blood pressure can have a huge impact on a person's life. During 2007, over 46 million people in the US visited a health care provider about this condition.

Overall, the incidence of high blood pressure is about the same in men and women. However, there are gender differences between age groups. In people under the age of 45, the incidence of high blood pressure is higher in men whilst in the over 65 year age category it is higher in women. There are also race differences; it is more common among African Americans than Caucasians and less likely to occur in Mexican-Americans.

In the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms.

Reducing High Blood Pressure

High Blood Pressure Education Month encourages people to look at various lifestyle factors which may be contributing to high

blood pressure. It is well documented that high levels of sodium (salt) is linked to high blood pressure. In the US, the majority of people consume more than twice the level of recommended sodium intake. Guidelines recommend up to 2,300mg of sodium per day for an adult.

Those at higher risk should consume even less (up to 1,500mg of sodium a day). Higher risk groups include those who have diabetes, kidney disease, existing high blood pressure and African American people. It is also recommended that people eat potassium rich foods which help lower blood pressure. Potassium rich foods include fish, green leafy vegetables, bananas, citrus fruits and potatoes.

Lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight (check with our [BMI Calculator](#)), regular exercise, quitting smoking and following a healthy low sodium diet rich in fruit and vegetables. There are many affordable blood pressure monitors available for the consumer making it convenient to monitor your blood pressure at home.

Annual Drug/Violence Free Awareness Week: May 2-7, 2016

Drug/Violence Free Day = May 7 @ MVHS starting at 10:30 a.m.

Presenting this year is Morris Morrison.

Why is there so much energy and buzz with Morrison Global Brands? It's simple, top organizations in the world such as Microsoft and The National Basketball Association, and many top colleges & universities - have experienced the story of a global brand that sounds like a script that was written in Hollywood!

After being born in New York City, Morris Morrison was orphaned by the death of his birth parents. As a teen, he found himself on his own once again after the loss of his adoptive parents. After finding a way to transition through the adversity that he faced early in life, Morris Morrison learned a secret: the secret advantage that you develop after experiencing tough challenges - Motivation! Morris used this motivation to shape his mindset towards personal and professional development. After he received his Bachelors and Master's Degrees from Fairmont State University and West Virginia University, Morris Morrison continued his learning and development as he successfully navigated the ranks of some the world's top corporations such as Equitable Resources, BB&T Bank, and Pfizer Inc. - in professional roles spanning from HR and Talent Management to Sales and Business Development.

Spring Into Health

FREE!
FAMILY FUN
Happy
Mother's Day

Tug River Health Association will host their Spring Fling on

Saturday, May 7, 2016

Linkous Park, Welch, WV

1:30 p.m. — 5:00 p.m.

Bring Your Own Chair!!!!

Health Screenings

Train Rides

Antique/Muscle Car Show—Road Angels

Elvis Impersonator and Music

Games/Bouncy/House for the Children

Zumba Party at 2:00

Healthy Foods and Hydro Gardening

Characters include: PBS Super Way! Darth Vader and More

Food Vendors

Vendors—Beauty, jewelry etc.

Parking
Through-
out
Welch



Building Bridges for Community Impact

May 5 @ 9:00 am - 4:00 pm
Raleigh County Committee on Aging,
1614 S. Kanawha Street
Beckley, WV

The Building Bridges for Community Impact regional workshop will engage participants in interactive learning experiences to increase understanding, capacity and action around regional collaboration. Participants will better understand the importance of collaboration in general and specifically leveraging new partnerships to reach common desired outcomes and gain support from funders. The session will address the following:

- Nuts and bolts of collaboration
- Importance of working together
- The “collective impact” approach
- Prioritizing regional strategies
- Visioning for future impact
- Engaging in collaborative team work throughout the region

WHO SHOULD ATTEND: Staff and volunteers of nonprofit organizations interested or involved in community change.

FACILITATOR:

Bruce E. Decker, founder and owner of Collective Impact, LLC, is a skilled strategic planner, trainer, community coach, technical assistant, leader and facilitator. For nearly 20 years, he has provided capacity building consulting services for a broad range of clients at the local, regional, and state level.

PRESENTER:

Jake Lynch is the Director of Network Communications at the West Virginia Community Development Hub. Jake Lynch joined the Hub in 2015 following a 15-year career in community journalism and nonprofit communications. West Virginia’s trail and recreation community may know Jake from his previous role with Rails-to-Trails Conservancy, where from 2010 until 2014 he led the national trail development organization’s media and marketing efforts. Telling the stories of America’s trail communities was a natural progression from his work as a journalist and newspaper editor here in the United States and in his native Australia. At The Hub, Jake’s experience in tapping into what interests and motivates community members and leaders is being put to good use in our efforts

to generate a broad and powerful narrative about the terrific community development work being done in West Virginia. Jake’s focus is very much on boosting the communications capacity of the wide network of Hub partners across the state and creating new and innovative ways to help the community development sector use communications to expand their impact.

WVU School of Social Work Continuing Education Certificate in Nonprofit Management – 1.25 hour Service Provision – Core Area – Program/Organizational Design & Evaluation, 1.25 hours Electives/ Special Topics, 2.5 hours Service Provision – Core Area – Program/Organizational Design & Evaluation or Core Area Service Provision – Rural Community Service

For registration or additional information go to the link below:

<http://wvnpa.org/events/category/wvnpa/>



Project Graduation 2016

May 27, 2016
 6:00 PM - 11:00 PM
[River View High School Graduation](#)

As both of our High Schools are preparing for Project Graduation, 2016 it is good to support their efforts by donating time, talents, money, gifts etc. Traditionally youth are more likely to be involved in celebratory activities that have in the past ended in tragedy.

May 28, 2016
 1:00 PM - 11:00 PM
[Mount View High School Graduation](#)

Project Graduation is an opportunity for our youth to have a night filled with fun and games while protected from alcohol and drugs. Show our youth we care by getting involved. Show them we love them by helping however you can.

Partnerships for Success News

Opioid Overdose Rates

Source: WV Health Statistics Center, Vital Statistics System, Drug Overdose Database, March 2016

2015 Data (*not finalized through the WV Health Statistics Center. Numbers may increase slightly once all deaths are coded, but numbers were close enough to publish.

McDowell County

- 20 Opiate-related overdose deaths
- Ranked 9th in WV by number of deaths
- 97.8 deaths per 100,000
- Ranked 1st in WV by deaths per capita

Mercer County

- 35 Opiate-related overdose deaths
- Ranked 5th in WV by number of deaths
- 56.6 deaths per 100,000
- Ranked 6th in WV by deaths per capita

Wyoming County

- 15 Opiate-related overdose deaths
- Ranked 10th in WV by number of deaths
- 66.4 deaths per 100,000
- Ranked 3rd in WV by deaths per capita

So, there were 70 opioid over-

dose deaths in 2015 in these three counties (Project Renew focus area). There were 153 deaths throughout Region 6, and 598 deaths in WV. Over 1/4 of all WV deaths (25.5%) were in Region 6.

Project Renew is an initiative of Community Connections and provides education in McDowell and other counties for community leaders, families, law enforcement and emergency medical personnel on addiction, overdose, naloxone and recovery. For more information contact Erica at erica@strongcommunities.org.



River View High School SADD Chapter will participate in the DEA Prescription Drug Take Back at Goodsons on April 30. They are working with the Drug Free Violence Free Day on May 7 and the Berwind Lake Fish Day on May 14. They will have their family picnic event in May as well.

Mount View High School SADD Chapter is currently recruiting members and will have their first meeting May 16.

Sandy River Middle School SADD Chapter is currently introducing the All-Stars Curriculum.

Social Host Ordinance is now passed in McDowell County. McDowell is the 2nd County in the State to officially adopt the social host ordinance which places legal ramifications on those who host and/or provide alcohol or drugs to minors while in their home.

For details, contact Ginger Day at 304-436-5255.

**Fewer KIDS use
when ADULTS
REFUSE**

FREE Movie Nights:
As we enter into warmer days, we have the ability to provide movies and light refreshments (popcorn and drinks) for your youth groups. Contact Ginger Day for scheduling.

Customers in War, West Virginia—Free Computer Classes



Posted April 27, 2016

Intimidated by all of the technology surrounding you? Conquer your fears with computer classes FOR FREE!

With a commitment to bridge the digital divide through digital literacy training, OTT Communications is underwriting Adult Ed courses for its customers in War. The course is a series of six computer classes covering the basics, and thanks to the financial support of OTT, the class is free.

This course begins on May 26th at 4 pm and will run for six consecutive Thursdays at the Southside K-8 School at 13509 Rocket Boys Drive.

The class is designed to be a friendly, informal introduction suited to adult students who are completely new to computers or have dabbled a little.

The 6 week program offers sessions that cover Introduction to Computers, Google and E-mail Basics, Exploring the Internet, and Keeping Your Kids Safe Online and In Social Media.

All classes are free, but space is limited.

PRE-REGISTRATION IS REQUIRED

Class size is limited to 15 and registration is required. Please contact Sarah Muncy at 320-5607 to register.

Berwind Lake Kids Fish Day

May 14, 2016

8:00 a.m.—2:00 p.m.

Meetings/Events of Interest

McDowell County FACES Community Meeting

May 12, 2016
12:00 noon

FAFES Office

HOPE Coalition ATOD Meeting

May 16, 2016
4:00 p.m.

Sterling Drive Inn

Southside K-8 Community Schools Meeting

April 11, 2016
4:00 p.m.

Southside K-8

Energy Express

Grades PK-4

June 27-July 29

Contact your school for
an application.

4-H Camp

Ages 9-18

July 18-22

Applications: contact
WVU Extension at

Donald.Reed@mail.wvu.edu

South Central Com- munity Collaborative

May 19, 2016

Location: Welch
DHHR

10:00 a.m.—12:00
noon

May 27, 2016

6:00 PM - 11:00 PM

[River View High School
Graduation](#)



May 28, 2016

1:00 PM - 11:00 PM

[Mount View High
School Graduation](#)



Graduation

McDowell County HOPE Coalition

May 23, 2016

10:30 a.m.—12:00
noon

25 Bank Street
FACES Community
Meeting Room