



McDowell County **FACES** Newsletter

The **FACES** of HOPE

November, 2013

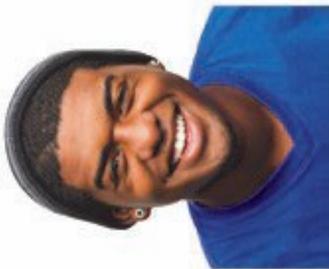
facesfrn.com

email: facesfrn@yahoo.com

BLUE SHIRT DAY FOR BULLYING PREVENTION: NOVEMBER 20, 2013



Southern WV
will
**STAND
UNITED FOR
BULLYING
PREVEN-
TION!**



Students, Par-
ents, Teachers,
Grandparents,
Neighbors,
Businesses,
Churches,



Politicians... will
wear **BLUE**
on



November
20th to show
support for
**Bullying
Prevention!**
It is **EVERY-**

ONES' responsibility to keep our youth safe at home, at school and in the community!

Bullying is when someone hurts or scares another person repeatedly. The behavior is never appropriate and is intentional. This repeated and hurtful act includes: name calling, inflicting physical pain, exclusion, public humiliation, hurtful pranks and defacing one's property. Bullying involves an imbalance of power. The innocent one being bullied feels alone, depressed and scared and feels they have nowhere to turn.

Bullying includes:

- Calling someone hurtful and derogatory names
- Spreading lies and bad rumors about someone
- Being mean and teasing someone
- Hitting, punching, shoving, spitting and physically hurting someone
- Social exclusion or isolation ... not including someone is a group
- Getting certain kids or teens to "gang up" on others
- Having money or other things taken or damaged
- Being threatened or being forced to do things

Bullying also can happen on-line or electronically. Cyberbullying is when kids or teens bully each other using the Internet, mobile phones or other cyber technology. This can include:

- Sending mean text, e-mail, or instant messages
 - Posting nasty pictures or messages about others in blogs or on Web sites
 - Using someone else's user name to spread rumors or lies about someone
- Stealing someone's password and spreading rumors about someone else making it seem like that person is the Cyberbully

McDOWELL COUNTY FACES CQI REPORT

As many of you know McDowell County FACES notified you that a CQI (Continuous Quality Improvement) Survey was being collected by our DHHR State Office. The following were their findings.

Strengths:

High response rate – 47.56% - and stability of involvement with the FRN – overall positive results.

92% agree McDowell County FACES involves families to identify needs.

95% agree McDowell County FACES advocates for local, state and federal policy changes that will promote better services for families.

95% agree McDowell County FACES with local, public and private service providers to assess gaps in services and design plans to address those gaps.

87% agree McDowell County FACES adapts to the changing needs of families and the community.

95% agree McDowell County FACES provides information or presentations on activities, events and services within the community.

The survey shows strong participation from agency representatives and community members.

Five board members responded to the survey.

Areas where improvement or additional focus might be needed:

The survey shows McDowell County FACES could have more information available on Legal/Financial Services and Immigration.

Only one survey taker identified themselves as a family member although McDowell County FACES was rated high in family and parent engagement.

The majority of survey takers identify long

term involvement. The FRN might want to consider a balance of new involvement with seasoned involvement.

Recommendations:

Consider your family involvement. §49-6C-2 requires the FRN to have non-providers, which include family representatives and other members who are not employees of publicly funded agencies, as the majority of the members of the governing body, and having family representatives as the majority of the non-providers. Be creative in making sure the family voice is represented in the assessment of the FRN.

Review the results of this report with your executive board as well as your larger network and community. Transparency and feedback will only improve participation in the survey in the future. To avoid data fatigue, review only one or two questions at a time. Do the results correspond with your expectations? As you consider these results, think about ways you want to use them. Are there one or two areas the FRN can improve upon and celebrate? CQI is about not only improvement, but the pat on the back of a job well done!

Additional Comments

Kathie Whitt is the model FRN. She knows her community, respects the community, and works to fill the gaps of families in need. I would also state that she is one of the smartest people I know.

The Executive Director of FACES is dedicated to helping families learn about and utilize community resources which in turn will help the children of McDowell County to become our future leaders.

FACES McDowell does a lot of good in our community.

Kathy is an incredible advocate for our community. She has our best interest at heart. I cannot imagine that there is a better person for her job or that anybody does the same job as well.

FACES members Donald Reed and Kathie Whitt, I think, do a great job in their respective roles.

It is refreshing to work with such a competent organization that is committed to strong, honest relationships in a rapidly changing environment. The director/coordinator is a highly skilled and dedicated professional. McDowell County and all of WV is lucky that she chooses to exercise those talents with us.

They do a very good job.

If FACES could be more in the public eye and media. A lot of people are not aware of FACES and what services are offered through them; especially people that do NOT receive federal assistance (i.e. welfare, WIC, etc...) And there is ALOT of working poor in McDowell County!

How blessed to have caring and supporting agency in McDowell County my hat is off to the warm and kind staff.

I believe FACES plays a critical role in moving McDowell County forward!

Get the McDowell County area more involved in their area not outside areas. I think the more interaction you have in the area's people are from the more attendance you would have and let people know when the events are going to happen and have it posted in several areas so that people can see what events are going to happen. Thank you.

FACES works really hard to have the community involved, and to make the community aware of happenings in the county...

This organization does an amazing job, and we are a better county, because of them.

This is a much needed system for our county.

I believe that McDowell County FACES is a wonderful organization. They provide valuable information and resources to the community. I know that every member of FACES is passionate and dedicated to the families in McDowell County. I know some people in this community would have been lost without them. Thank you for all of the great work you do.

Thank you everyone that responded!

HEALTH AWARENESS MONTH



Health awareness is a year long and continuous cycle. However, November has been designated as Health

Awareness Month. Long before the holiday season arrives with its joyous parties and family get-togethers arrive, it is suggested that you pay attention to the needs of your body. If a person would take stock of the most important aspects of their life, personal health would be at the top of the list.

On the list for the month of November is that set up by the **Alzheimer's** Association. Their web site is loaded with valuable information for those that are affected by this disease or associated with it.

American **Diabetes** Association also lays claims to the month of

November. Their slogan is "Cure, Care, and Commitment." Their web site explains the various types of Diabetes and is very educational to the understanding of this dreaded disease.

November is also **Hospice and Palliative Care** month. You can get more information at their site www.nhpco.org. The end of life care is a vital area to many individuals and their families. One of their main programs that helps to raise money is their "Run to Remember" program. Although it takes a break during the holiday season, it is a program that runs the year around.

It is also National **Healthy Skin** Month set up by the American Academy of Dermatology. In recent years, skin cancer awareness has become very important to many individuals.

Pulmonary Hypertension Month is also in November. You can check blood pressure before and after fitness workouts.

TMJ Month stands for Temporomandibular Joint, You have two. One in front of each ear. It is estimated that over 1 million individuals have problems with this part of their body.

Lastly November is also **Respiratory Care** Month. There is also a strong awareness of Prostrate Cancer during the month of November. Tests are highly recommended for men getting physical exams before the holidays.

So long before the holidays arrive, give yourself an early present and get a checkup. Also, remember that these associations need funds and volunteers to succeed.



Be In Control Of Your Health!



Article by **Reconnecting McDowell**.

The ribbon-cutting ceremony took place outside the former Big Creek High School gymnasium. In addition to Governor Tomblin and representatives from the NFGFC, the Coca-Cola Company, city and county officials, and other McDowell County residents were in attend-

Southside K-8 Live Positively Fitness Center

ance, several Southside students donned blue NFGFC shirts during the ceremony, before venturing over to the facility to try out the new strength training equipment and cardio fitness machines. Southside K-8's principal Flo McGuire sees a lot of opportunity in the new fitness facility. Principal McGuire comments that "The Live Positively Fitness Center will enable the P.E. teachers to bump up their level of instruction by provid-

ing state-of-the-art fitness tools," says McGuire. "In addition, this grant may help to attain future funding that will be needed to create an after-hours community center in our town."



School Mentoring Program

Catholic Charities and McDowell County Schools are working together to create and implement a School-Based Mentoring Program for youth in your area as part of the Reconnecting McDowell Project.

As with most programs in your area, your support is greatly appreciated and needed to make this program and others like it a success. We are currently looking for dedicated individuals such as yourselves to take advantage of this opportunity.

Mentors in your area are greatly needed and we are inviting you to participate in our program to work with an at-risk youth. This year we are focusing on 6th grade only. This program will be held at Mount View Middle School one day per week, for 2 hours. We will also be providing training before and during the mentoring process. Due to the situations and hardships

that these youth have already had to endure we are requiring at least one year commitment but prefer two years.

The Mentoring Coordinator will always be on site to assist in any way possible. Mentoring in a school setting provides a safe and secure environment for you as a mentor and the youth in the program.

Please consider this opportunity to help a youth in need in your area. The youth have been selected and are waiting for compassionate, dedicated people such as yourselves to become an important and beneficial part of their lives.

For more information please contact Catholic Charities at **(304)425-4306 (M-F 8:30am to 4:30pm)** or the Mentoring Coordinator, Jami Clark, at **(304)320-6828. (M-F 1:00pm to 7:00pm)**

PAC Meeting

November 7, 2013

The Parent Advisory Council (PAC) Meetings will be held at the Phoenix Center in Welch, WV beginning at 10:30am and ending at 1:00pm unless otherwise announced. For more information, please contact Amanda Fragile - Title I Director at 304-436-8441 or afragile@access.k12.wv.us

AGENDA

Welcoming/ Team Building Activity

“A Christmas Carol” by Hampstead Theatre Company

Leading through Mentoring by Children’s Home Society

Fractured Fairy Tales by Title I Team

Book Bingo by Family Literacy Assistants

Lunch

Change Your Health

Eat less CRAP:

C - carbonated drinks

R - refined sugar

A - artificial sweeteners & colors

P - processed foods

Eat more FOOD:

F - fruits & veggies

O - organic lean proteins

O - omega 3 fatty acids

D - drink water

McDowell County FACES

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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.

Location: FACES Office

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

HOPE Coalition News: 78 Pounds

On October 26, 2013, the HOPE Coalition partnerships: McDowell County Sheriff's Office, FACES, and Big Creek People In Action, hosted the 8th DEA Prescription Drug Take Back Day in McDowell at the Kimball Walmart and BCPIA in Caretta.

With the day starting off at 28 degrees and a tent that wasn't cooperating, a fellow vendor at Walmart shared one of their tents with us. Helping each other place their tents, it wasn't long before individuals began turning in prescriptions. The wind picked up during the morning and lifted our tents off the sidewalk but through perseverance, we were able to collect 78 pounds of prescription drugs throughout the day at both locations.

Thank you to the citizens that came out to make this another successful DEA Prescription Drug Take Back. Every drug we incinerate is another drug our children do not have access to and lessens risk of the crimes of theft.



Kathie's Corner: We are Thankful For?



Again this year my family has had some major health concerns. While we started the year with the loss of my brother Mike we rapidly moved into the year with miracles. My brother Jim had surgery and healing for his infection in the skull area. Josh, my nephew, is home in record time, with a double lung transplant and no signs of rejection. My great nephew Adam has recovered from a second surgery on his head to repair his skull. My sister Penny is getting her diabetes under control. My brother Randy had a successful by-pass and stent surgery. My great nephew Xavier just this week has been in the hospital with a hole in his lung however was sent home today saying it is normal and he is doing well.

If the physical issues weren't enough, our family suffered from

multiple emotional disasters that I will keep to myself.

While many will say wow, how much can happen to a family, I say **WOW** how many blessings can a family have. Sickness and disasters press us down but we continue to be strong, love one another, share the blessings, and support each other during these times.

As we move into this Thanksgiving Season, take a look at your life, see how blessed you are, share those blessings with others. And if you truly want to receive happiness, do something good for someone that isn't expecting it. It doesn't have to be material things, have you thought how lonely our neighbors are that are in nursing homes, at home without anyone coming by to say hi and you are loved. Have

you ever simply spoke to someone on the street just to let them know someone sees them. You never know when your kindness will make a difference in their lives. And sometimes, you will lighten their load and you will feel the warmth of love that only comes from giving.

Have you ever thought of being a foster or adoptive parent. My mother was adopted and our family has had 47 or more children that were not blood born into our family however they are loved equally. Some were through foster care and adoption. You couldn't pick out which was which. When we do family reunions, sometimes we actually have to introduce ourselves because of what I call imports, exports, and by-products. We share one thing: love of family.