



McDowell County FACES Newsletter

The FACES of HOPE

October, 2013

facesfrn.com

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MAKING A DIFFERENCE: SUSAN G. KOMEN FOR THE CURE



Moving into the third quarter of the Susan G. Komen Grant, the HOPE Coalition initiatives for October will include a variety of events.

To kick off everything, the Health Department and HOPE Coalition, with Shelia Muncy as contract, brought Bonnie's Bus to the Kimball Walmart on Sept. 27th and completed 17 mammograms.

Led by Shelia Muncy and the Pink Brigade, on October 3rd they will set up at the River View Homecoming Parade to hand out breast health educational material.

The group will set up again at the Bradshaw Fall Festival on October 5th to pass out literature and talk to the ladies about mammograms.

They will be set up at River View High School on October 8th for Breast Cancer Awareness at the volley ball game and on October 14th we will be set up at Sandy River Middle volley ball game for Breast Cancer Awareness.

On October 11th there will be Breast Cancer Awareness at the River View High School football game including a ceremony at halftime recognizing survivors and honoring those who lost their battle. They also be giving out educational material that night and answering questions concerning mammograms. They will share how Susan G. Komen funds can help if the women have no insurance.

Bonnie's Bus is scheduled to return to McDowell County at the Health Dept. on October 18th. Shelia Muncy will be available to provide mammogram certificates as needed.

On October 19th they will have a Breast Cancer Walk starting at 1:00 p.m. at Bradshaw Church of God and walking to River View High School. At the school we will recognize survivors, and have them walk a survivors lap. They will honor those who have lost

their battle with breast cancer. They will have some of the survivors speak, have activities, and a balloon release.

A Survivor's Dinner is being planned as well with details to follow.

Over the past few years, the HOPE Coalition, utilizing the Susan G. Komen For The Cure funding, has provided information to thousands of women, assisted hundreds in obtaining clinical breast examinations and mammograms. Literature has been distributed through multiple venues and local Churches have been key stakeholders for the Circle of HOPE meetings and clinical breast examination days. Without their support we would not have been able to reach nearly as many women.

If you know of someone that could benefit from these services, contact Shelia Muncy at 304-967-5243.



DOMESTIC VIOLENCE AWARENESS MONTH



Domestic Violence Awareness Month evolved from the first Day of Unity observed in October, 1981 by the National Coalition Against Domestic Violence. The intent was to connect battered women advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became a special week when a range of activities were conducted at the local, state, and national levels.

These activities were as varied and diverse as the program sponsors but had common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

In October 1987, the first Domestic Violence Awareness Month was observed. That same year the first national toll-free hotline was begun. In 1989 the first Domestic Violence Awareness Month Commemorative Legislation was passed by the U.S. Congress. Such legislation has passed every year since with NCADV providing key leadership in this effort.

In October 1994 NCADV, in conjunction with Ms. Magazine, created the "[Remember My Name](#)" pro-

ject, a national registry to increase public awareness of domestic violence deaths. Since then, NCADV has been collecting information on women who have been

killed by an intimate partner and produces a poster each October for Domestic Violence Awareness Month, listing the names of those documented in that year.

The Day of Unity is celebrated the first Monday in October. NCADV hopes that events in communities and regions across the fifty states will culminate in a powerful statement celebrating the strength of battered women and their children.

SAFE Domestic Violence Shelter

During the FY 2012-2013 SAFE assisted 1,992 domestic violence victims. Of these, 1,239 were new to the services of SAFE. Advocates in McDowell County assisted with 180 domestic violence petitions in Magistrate and Family court. The Criminal Justice Advocate assisted in 72 domestic violence criminal cases in Magistrate court.

Domestic violence in our community has been on the rise with the associated complications of drug abuse and other crimes. Although drug abuse is not the reason for the abuse it contributes to the increase of numbers and the severity of the abuse.

Another area of domestic violence SAFE has become actively in-

involved in is Elder Abuse. McDowell County was one of two counties in the state chosen to participate in a grant award from U.S. Department of Justice Office on Violence Against Women. The grant was applied for through the West Virginia Coalition Against Domestic Violence. West Virginia is one of 12 states in the nation to receive this grant.

Improving Working Relationships
Friday, October 11th
6:00pm
Starland Heights

Domestic Violence Memorial Service
Friday, October 18th
6:00pm
SAFE Gym
Guest Speaker: Roger Lockridge

Silent Walk
Wednesday, October 30th
6:00pm
Starting at the Bridge Entering Welch
Weather Permitting

For information contact:
Shanita Evans
SAFE Executive Director
PO Box 669
Welch, WV 24801
(304) 436-8117 ext.22



4TH ANNUAL PANCAKE BREAKFAST HELD



Host of volunteers to serve the pancake breakfast (Peni Adams taking picture).



For the fourth time, the Sterling Drive Inn has provided an opportunity to host the Annual Pancake Breakfast on behalf of the WV Breast and Cervical Cancer Screening Program and the Health Opportunities for Positive Education (HOPE) Coalition.

The breakfast was held on September 28, 2013 from 7:30 a.m. - 11:00 a.m. A total of \$830 was raised, which will go directly to the WV Breast and Cervical Cancer Screening Fund to help women get diagnosed and treated for cancer.

Not one penny of this money goes to administrative cost - it all goes directly back into the community to help women and their families in the hour of need.

Without the support of this event by the members of the Coalition, the Sterling Drive Inn, and family and friends of Coalition partners, the event could not take place.

The Sterling Staff offers their expertise in hospitality, Sterling owners Harold & Vickie McBride provides yearly support, Doug Pauley and Harold McBride cook, all the

volunteers give up their time to work, however it is the citizens of McDowell County who always show up and support the event.

For more information about the WV Breast and Cervical Cancer Screening Program, contact Thelma Workman at (304) 324-2841.

For information about the HOPE Coalition or to get involved in the work of the Coalition which includes health, youth, at-risk youth, and substance abuse prevention, contact sponsor McDowell County FACES at 436-5255.

Elder Abuse

As elders become more physically frail, they're less able to stand up to bullying and or fight back if attacked. They may not see or hear as well or think as clearly as they used to, leaving openings for unscrupulous people to take advantage of them. Mental or physical ailments may make them more trying companions for the people who live with them.

Many seniors around the world are being abused: harmed in some substantial way often by people who are directly responsible for their care.

In the U.S. alone, more than half a million reports of abuse against elderly Americans reach authorities every year, and millions more cases go unreported.

Where does elder abuse take place? Elder abuse tends to take place where the senior lives: most often in the home where abusers are often adult children, other family members such as grandchildren, or spouses/partners of elders. Elder abuse can also occur in institutional settings, especially long-term care facilities.

The different types of elder abuse Abuse of elders takes many different forms, some involving intimidation or threats against the elderly, some involving neglect, and others involving financial chicanery. Some are: physical, emotional, neglect and abandonment, financial exploitation, sexual, healthcare fraud.

Protect our Seniors





This Isn't The Only Way To Be Robbed!

Long-Term Parking: Some people left their car in the long-term parking at San Jose while away, and someone broke into the car. Using the information on the car's registration in the glove compartment, they drove the car to the people's home in Pebble Beach and robbed it. So I guess if we are going to leave the car in long-term parking, we should NOT leave the registration/insurance cards in it, nor your remote garage door opener.



GPS: Someone had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen

from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents. Something to consider if you have a GPS - don't put your home address in it. Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

Cell Phones: This lady has now changed her habit of how she lists her names on her cell phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet, etc., was stolen. 20 minutes later



when she called her hubby, from a pay phone telling him what had happened, hubby says 'I received your text asking about our Pin number and I've replied a little while ago.' When they rushed down to the bank, the bank staff told them all the money was withdrawn. The thief had actually used the stolen cell phone to text 'hubby' in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account. Moral of the lesson: (a.) Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc. (b.) And very importantly, when sensitive info is being asked through texts, CONFIRM by calling back. (c.) Also, when you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet 'family and friends' who text you.



Purse In The Grocery Cart Scam: A lady went grocery-shopping at a local mall and left her purse sitting the children's seat of the cart. While she reached something off a shelf her wallet was stolen and she reported it to the store personnel. After returning home, she received a phone call from the Mall Security to say that they had her wallet and that although there was no money in it, it did still hold her personal papers. She immediately went to pick up her wallet, only to be told by Mall Security that they had not called her. By the time she returned home again, her house had been broken into and burglarized. The thieves knew that by calling and saying they were Mall Security, they could lure her out of her house long enough for them to burglarize it.

Be smart about your technology, don't give anyone the opportunity to rob you!

Change The Future, WV

National Food Day



Food Day is a nationwide celebration and a movement for healthy, affordable, and sustainable food. Food Day takes place annually on October 24 to address issues pertaining to food and health. The current state of the American diet contributes to premature deaths due to heart attack, stroke, diabetes, and cancer each year. Much of this comes from the types of foods that are cheaply available – salty, overly processed packaged foods, high-calorie sugary drinks, and fast-food. No matter what our budget or life circumstance, healthy food on the table is possible! Celebrate this day with me but committing to provide a healthy family dinner at least 3-5 times per week. Accomplish this by following these tips:

Create & stick to a meal plan

Create & stick to a shopping list

Make sure you have all of your ingredients for your meal

Plan enough time to cook

My budget is tight. I can't afford fresh healthy food. There's a great article available about fresh versus canned/frozen produce and here's some great advice:

“There is an idea among consumers that if it isn't fresh, it doesn't count,” Christine M. Bruhn, PhD, tells WebMD. Bruhn is a co-author of the study and director of the Center for Consumer Research at the University of California-Davis.

“People need to be encouraged to eat more fruits and vegetables, whether they be fresh, frozen, or canned — whatever form best fits their lifestyle and their pocketbook.”

“I don't have time to meal plan”. Sign up for the Food Nanny Meal plan. Everything is there for you. If that doesn't work, find something else that does. Think creatively. I've seen people gather 10-15 favorite meals and rotate those throughout the month. It's ok to repeat food you like. Many grocery stores also have some type of meal plan available with in-store products that are on sale. Take advantage of these.

“I need quick, ready-to-make meals”. Spend 1-day per week cooking for the week/month. Store your meals in zip-lock bags so they'll be ready to be heated up when you need them in a rush. You can also plan on casseroles that can be made ahead of time and popped in the oven when you get home. My Cheese Enchiladas with Red Sauce (p.117) work well.

“But I love the convenience of fast-food. I love junk food”. It's ok to love going to fast-food restaurants or loving junk food. It's the frequency of putting these types of foods into our body. If you frequently do this and want to change your habits, try cutting back one day at a time until you get down to the frequency that you desire.

We can do it! Go back to basics and back to wholesome, healthy foods!

Partnering with farmer's markets, convenience stores and grocery stores plays a key role in Change the Future WV's initiative to improve access to fresh fruits and vegetables. It helps to improve the health of WV residents by promoting healthy eating. For more information, contact Ginger Day, Prevention Coordinator at 304-436-5255