

McDowell County FACES Newsletter

The FACES of HOPE

October, 2010

facesfrn.com

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What's In The Month:

October's birthstone is the opal. Its birth flower is the marigold. The Zodiac sign for those born in this month is either Libra or Scorpio, depending on which day you were born.



October is commonly associated with the season of autumn in the Northern hemisphere and spring in the Southern hemisphere, where it is the seasonal equivalent to April in the Northern hemisphere and vice versa.

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Domestic Violence Awareness Month (DVAM) is October!

In 1995, the National Resource Center on Domestic Violence (NRC DV) convened several national domestic violence organizations - the Family Violence Prevention Fund, the National Coalition Against Domestic Violence, the National Domestic Violence Hotline and later the National Network to End Domestic Violence - to launch a new effort to support domestic violence programs' awareness and education efforts for Domestic Violence Awareness Month (DVAM), observed annually in October. The collaborative effort became the Domestic Violence Awareness Project (DVAP).

Today, the DVAP is a diverse and unique partnership of local, tribal, state and national domestic violence organizations and networks. The DVAP collaborates to collect, develop and distribute resources and ideas relevant to advocates' ongoing public and prevention awareness and education efforts not only in preparation for DVAM, but also throughout the year.

The work of the DVAP strives to creatively bring to life its statement of purpose:

The Domestic Violence Awareness Project (DVAP) supports the rights of all individuals, especially women and girls, to live in peace and dignity. Violence and all other forms of oppression against all communities and families must be eliminated. The purpose of the DVAP is to support and promote the national, tribal, territorial, state and local advocacy networks in their ongoing public education efforts through public awareness campaigns, strategies, materials, resources, capacity-building and technical assistance.

These strategies include campaigns that address the victimization of women throughout their lifespan. The voices, leadership and expertise of women who have been battered are acknowledged as critical and necessary components of these campaigns. To change belief systems and practices that support violence and abuse that disproportionately affects women, and other marginalized people, the DVAP recognizes and promotes the participation of the entire community in building social intolerance towards domestic violence. We will use our diverse and collective voice to promote safe, respectful, and equitable relationships; increase survivor's access to support systems that are culturally and linguistically appropriate; and foster programming that is responsive to the needs of the LGBTQ community, as well as survivors of abuse in later life.

Oct 1–31. Commemorated since 1987, this month attempts to raise awareness of efforts to end violence against women and their children. The Domestic Violence Awareness Month Project is a collaborative effort of the National Resource Center on Domestic Violence, Family Violence Prevention Fund, National Coalition Against Domestic Violence, National Domestic Violence Hotline and the National Network to End Domestic Violence.



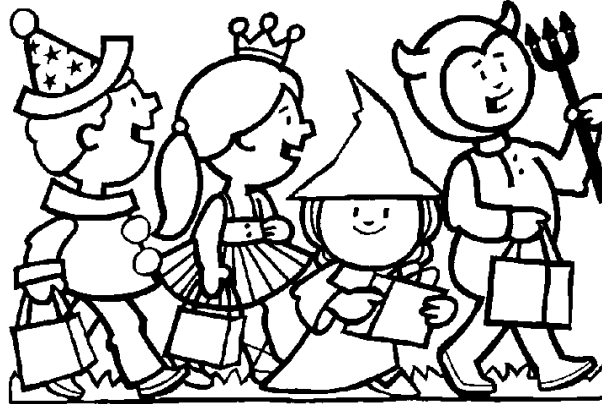
Halloween

Halloween is an annual holiday observed on October 31. It has roots in the Celtic festival of Samhain and the Christian holiday All Saints' Day, but is today largely a secular celebration.

Trick-or-treating is a customary celebration for children on Halloween. Children go in costume from house to house, asking for treats such as candy or sometimes money, with the question, "Trick or treat?" The word "trick" refers to a (mostly idle) "threat" to perform mischief on the homeowners or their property if no treat is given. In some parts of Scotland children still go guising. In this custom the child performs some sort of trick, i.e. sings a song or tells a ghost story, to earn their treats.

Trick or Treating Rules For Children

Children should always be accompanied by a responsible adult. If you have a group of kids going, the parents should choose two or three of them to go along



and keep an eye on things. Let them know that they should stay together as a group if going out to Trick or Treat without an adult.

Some towns set a curfew for trick or treating which makes it easier for townsfolk to know who's coming to their door. Stick to the curfew times.

Plan a safe route so parents know where their kids will be at all times. Set a time for their return home.

Make sure your child is old enough and responsible enough to go out by themselves. Make sure kids have a cell phone.

Let your children know not to cut through

back alleys and fields if they are out alone. Make sure they know to stay in populated areas. Let them know to stay in well lighted areas with lots of people around.

Explain to them why it can be dangerous for kids not to do this. If they are going out alone what can happen to them if they get in a bad situation and how to stop it from happening.

Instruct your child not to eat any treats until they bring them home and have them checked.

Instruct your child never to go into the home of a stranger or get into their car.

Explain why this is not a good idea and what to do if someone approaches them and tries to talk to them.

Make sure your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.

Make sure the kids have a cell phone if available

Beckley VA Medical Center Rural Health Team

The Team is hitting the roads of southern West Virginia, and will be traveling into counties to help our veterans. The six-member Rural Health Team – comprised of social worker, pharmacist, dietician, registered nurse, and a benefits advisor – is focused on improving health care for veterans in rural areas through identification of veterans, and effective communication of benefits.

The Team is partnering with local health care providers and community leaders to ensure veterans receive all the benefits available to them. Veterans are eligible for many new benefits including the new G.I. Bill, housing assistance for disabled veterans, troops and families, family assistance and incentives for businesses to hire recently discharged unemployed veterans. If you have questions about benefits, the Team can help you get signed up or put you in touch with the proper contact.

The Rural Health Team covers eleven counties including; Clay, Fayette, Greenbrier, McDowell, Mercer, Monroe, Nicholas, Pocahontas, Raleigh, Summers, Wyoming. If you are a resident in one of these counties I encourage you to visit one of the stops listed below to get registered and have your questions answered in person.

Beckley Rural Health Team Schedule: September 25th, Princeton Autumn Festival (10 a.m. to 7 p.m.) October 23rd, Gun and Knife Show at Brushfork Armory (9 a.m. to 5 p.m.) November 11th, Mercer Mall (10 a.m. to 5 p.m.)

If you have questions about registering, please call or visit a VA Medical Center, health clinic, or Veterans Center listed here: Beckley – 877-902-5142; 304-255-2121 or Huntington – 800-827-8244; 304-429-6741

Breast Cancer Awareness Month (BCAM)

Also referred to in America as **National Breast Cancer Awareness Month (NBCAM)** is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention and cure. The campaign also offers information and support to those affected by breast cancer.

As well as providing a platform for breast cancer charities to raise awareness of their work and of the disease, BCAM is also a prime opportunity to remind women to be breast aware for earlier detection. AstraZeneca, which manufactures breast cancer drugs founded the National Breast Cancer Awareness Month in the year 1985. The aim of the NBCAM from the start has been to promote mammography as the most effective weapon in the fight against breast cancer. In 1993

Evelyn Lauder, Senior Corporate Vice President of the Estée Lauder Companies founded The Breast Cancer Research Foundation and established the Pink Ribbon as its symbol, though this was not the first the ribbon was used to symbol-

ize breast cancer.

In the fall of 1991, the Susan G. Komen Foundation had handed out Pink Ribbons to participants in its New York City race for breast cancer survivors.

October is Breast Cancer Awareness Month - it is the month when people become more educated about the signs of breast cancer, its symptoms, and how to help prevent it.

Out of every seven women, one will develop breast cancer at some time during her lifetime (USA), compared to just one in twenty during the 1960s.

Holly Ford, of the Susan G. Komen Foundation, is asking people to wear pink as a sign of support for breast cancer awareness. She says that by wearing pink you will help create awareness.

Here are some facts about breast cancer:

- It is the most common malignancy in women
- It is the second cause of cancer death

-- It is three times more common than all gynecologic malignancies put together

-- 211,000 new cases of invasive breast cancer are diagnosed in the USA each year

-- 43,000 women die from breast cancer in the USA each year

-- 1 in every 100 breast cancer patients is male

-- 50% of all invasive breast cancers are diagnosed in women over 65.

-- Breast cancer is much more aggressive when it develops in younger women

What puts a woman at risk of developing breast cancer?

Here is a list of risk factors:

- If your mother, and/or sister(s) and/or daughter(s) had/have breast cancer
- Age - the older you are the higher your risk
- Never having given birth
- Your first menstrual period occurred at an early age
- You have a history of benign breast disease that required biopsies
- You have had lobular carcinoma in situ or atypical hyperplasia
- Smoking

National Guard Junior Special Forces

Beginning in November the NGJSF program will begin to recruit youth grades 9-10 to participate in the program. Each youth must be enrolled in the McDowell County Board of Education, be able to do physical activities, commit to the entire program, and maintain a minimum of a C grade. The Guard will come to the county to do presentations late October, early November and the program should begin in early February. If you are interested in more details, please feel free to contact Kathie Whitt, 304-436-5255 or go to our Website facesfrn.com to view the details and pictures.

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Healthcare Reform – check it out on the site—<http://www.healthcare.gov>

IT'S A NEW DAY FOR HEALTH CARE CONSUMERS

Several important provisions of the health care reform came into effect September 23, including strong consumer protections and more choices in health care.

INSURERS CAN'T:

Deny coverage to kids with pre-existing conditions

Put lifetime limits on benefits

Cancel your policy without proving fraud

Deny claims without a chance for appeal



CONSUMERS CAN:

Receive cost-free preventive services

Keep young adults on a parent's plan until age 26

Choose a primary care doctor, ob/gyn and pediatrician

Use the nearest emergency room without penalty

FACES: New Location

At the end of October, McDowell County FACES will be moving its location to the Payne Building on Bank Street. Phones, internet, etc. may be disrupted for a few days but I have emailed my cell to those needing it. I will also be checking emails from my home.

The office will be located on the ground floor in the Community Room area between Council on Aging and the Restaurant. We will have two small offices and one larger one. Our Board, Community, and HOPE Coalition meetings will be at that location as well. Parking is available in two lots close to that building.

The address for FACES will change to a P.O. Box however we do not have that at this point and will forward it to all of you via email as soon as possible.

HOPE Coalition Happenings

1. **National Youth Leadership Initiative:** an opportunity for 5 youth to become involved in substance abuse prevention and leadership. Youth on a Mission is taking lead on this initiative and are recruiting now.
2. **Prevention Without Borders:** is an initiative through FACES and the HOPE Coalition to do American Medicine Chest Education and medication disposal date. This initiative will also allow us to extend the number of Prescription Drug Abuse Forums to Neighborhood Watch Programs and to revisit the communities where forums happened to allow dialogue to move to action.
3. **Diabetes:** FACES will be working with Mountains of Hope to look at diabetes issues for vulnerable populations.
4. **Breast Cancer Education:** Shelia continues to do the Circle of HOPE Breast Cancer Education classes throughout the county and will be doing four clinical breast exam dates soon. If you are interested in scheduling a Circle of HOPE meeting contact her at 304-967-5243.
5. **Health Forum:** is scheduled for October 28, 2010 at 10:00 a.m. at the St. Peter Catholic Church followed by lunch. The purpose of the forum is to get energized around this issue and develop multiple initiatives that will promote healthy lifestyles, nutrition, and in the long term reduce the potential years of lives lost in our citizens.