



# McDowell County FACES Newsletter

## The FACES of HOPE

September , 2011

facesfrn.com

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### What's In A Month?

September is National Preparedness Month: Prepared for Emergencies

September 11 is Patriot Day

Hispanic Heritage Month is celebrated from September 15 to October 15.

Labor Day is a United States federal holiday observed on September 5.

### Healthy Families Healthy Children

Monthly Meeting

September 14, 2011

10:00 a.m.

FACES Community Room

Multiple programs to empower families to become strong.

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## September is Recovery Month

In 2009, 4.3 million people aged 12 or older received treatment for a substance use disorder and 30.2 million adults aged 18 or older received mental health services, thus beginning their recovery. Help spread the word that recovery from substance abuse addiction is real by participating in the national Recovery Month observance this September.

Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Center for Substance Abuse Treatment (CSAT), this public health campaign is designed to highlight the societal benefits of substance abuse treatment and to promote the message that recovery from substance abuse in all its forms is possible. To help community organizations plan a Recovery Month event or campaign, SAMHSA along with the Recovery Month planning partners have developed the Recovery Month Toolkit.

The Recovery Month toolkit includes printed materials to support event organizers in their planning and outreach to local leaders and community audiences. The toolkit changes each year based on the Recovery Month theme. This year's theme, "Join the Voices for Recovery: Recovery Benefits Everyone," emphasizes that all Americans have the opportunity to access provisions within the Affordable Care Act and Mental Health Parity and Addictions Equity Act (MHPAEA), aimed to improve physical and emotional health while ensuring people will receive the care they need at a more reasonable cost. The theme showcases how public awareness will increase access to those in need of essential substance use and mental health services and how these legislative changes will improve the overall health and well-being of people in the United States.

Since CADCA is one of the Recovery Month planning partners, all CADCA members will receive a copy of the 2011 toolkit via mail.

The online version of the 2011 Recovery Month Toolkit is available at <http://www.recoverymonth.gov/Recovery-Month-Kit.aspx>.



# Tobacco Cessation Training

A three-hour course designed to present healthcare providers with evidence-based recommendations and resources to assist patients in tobacco cessation. This training is being offered in conjunction with the RIDING THE WAVE 25<sup>th</sup> Annual Mid-Atlantic Conference on Worksite Wellness offered by the Wellness Council of West Virginia.

Target Audience: Physicians, Dentists, Dental Hygienists, Nurses, Nurse Practitioners, Physician Assistants and Respiratory Therapists.

This course has been approved for continuing education for disciplines listed above. Additional information regarding continuing education will be provided in program brochures, along with registration information, coming soon.

**WHAT:** Tobacco Cessation Training for Healthcare Providers

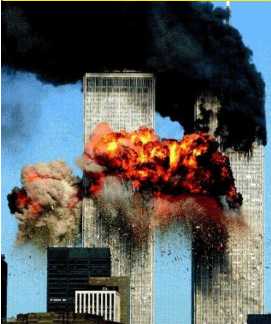
**WHERE:** Embassy Suites Hotel, Charleston, WV

**WHEN:** September 28, 2011

6:00 – 9:00 p.m. Registration begins @ 5:00 p.m. Dinner will be provided.

This course is offered free of charge thanks to generous funding from the WV Dept. of Health and Human Resources Division of Tobacco Prevention.

## Patriot Day



In the United States, Patriot Day occurs on September 11 of each year, designated in memory of the 2,977 killed in the September 11, 2001 attacks. Most Americans refer to the day as "Nine-Eleven (9/11)," "September Eleventh," or some variation thereof. Initially, the day was called the Prayer and Remembrance for the Victims of the Terrorist Attacks on September 11, 2001.

U.S. House of Representatives Joint Resolution 71 was approved by a vote of 407–0 on October 25, 2001. It requested that the President designate September 11 of each year as "Patriot Day."

President George W. Bush signed the resolution into law on December 18, 2001 (as Public Law 107-89). It is a discretionary day of remembrance. On September 4, 2002, President Bush used his authority created by the resolution and proclaimed September 11, 2002 as Patriot Day.

On this day, the President directs that the American flag be flown at half-staff at individual American homes, at the White House, and on all U.S. government buildings and establishments, home and abroad. The President also asks Americans to observe a moment of silence beginning at 8:46 A.M. (EDT), the time the first plane struck the North Tower of the World Trade Center on September 11, 2001.



## Become a Raze Adult Advisor

Raze is a group of teens who are tearing down Big Tobacco's lies with passion, power and people like you – supportive adults from the community. Thanks to funding made possible by the West Virginia Department of Health and Human Resources and the American Lung Association of West Virginia, we are offering \$1,000 grants to adults who work with youth to form teen Raze crews in communities around the state. That's \$500 for Raze activities and \$500 for approved advisors!

Adult Advisors will be making a difference in these teens' lives and planting a seed for their promising and healthy future. For more information check out: [www.RazeWV.com](http://www.RazeWV.com). If you have questions, please feel free to contact the American Lung Association of West Virginia at (304)342-6600 or e-mail [cfields@lunginfo.org](mailto:cfields@lunginfo.org)

## Wallet Risks



**What you keep in your wallet will determine how at risk you are for identity theft in the chance you lose it. Here are 10 items experts suggest keeping at home.**

**Social Security Card:** "You may carry it around thinking you need a back-up source of ID, but these days you don't really need it," says Maria Lin, editor in chief at Learnvest. If your Social Security card gets in the wrong hands, someone could open a credit card, apply for a loan, or even buy a car with the information. It's nine digits, just memorize it.

**Your Passport:** If you're traveling internationally, of course you can't leave your passport at home, but you can leave it in the hotel safe. When you are abroad, make a photocopy of your passport to have in your wallet for identification along with your driver's license. "If you lose your passport or get mugged in a foreign country, it's such a horrible hassle," says Lin. "You have to go to the embassy, and it's a vacation nightmare." If you're traveling in the U.S., use your driver's license instead. "Your passport is such a primo document for your identity, if someone gets a hold of it, you can really put yourself at risk for identity theft," says Lin.

### Passwords/Pass codes

Although most PIN numbers are only four digits long, some people still write them down so they don't forget. "If you store any type of ATM password or even a code for your home alarm in your wallet, you have basically gifted a thief with access to your life," says Lin. If you absolutely can't remember important pass codes, store them digitally on a password-protected phone, but never write them down and leave them in your wallet or purse.

### A Non-Password Protected Phone

Today, many people have smart phones that allow them instant access to bank accounts, PayPal accounts, medical records, and more. Even if your phone only accesses e-mail, a thief could easily search for banking or ATM passwords or addresses, according to Lin. "Think about all the things you have digitally stored on your phone. You have to have it behind password protection. This way a thief can still erase your phone's memory and use it for themselves, but they won't have access to your data."

### Your Checkbook

"As innocuous as it seems, your checkbook has your bank account number and routing number on it, your address, and possibly imprints of your signature," says Lin. Lin says that if you know you're going to need to write a check one day, peel off one check out of your book and take it with you. If you know you're going to need to write multiple checks in one day, go ahead and take your checkbook, but don't get into the habit of carrying it around with you all the time, Lin says. "You want to prevent someone's ability to just start writing out your blank checks and cashing them."

### Too Many Credit Cards

"A lot of people put all their cards in their wallet and carry them with them at all times," says Lin. "But if your wallet gets lost or stolen, that means you're going to have to sit and cancel every single one, and wait a week without any credit cards before you receive a replacement." Only carry the one or two cards you use on a daily basis and a backup, and leave others at home. Also make sure you keep photocopies of the front and back of each card at home, Lin advises. The 1-800 number to call and report a lost or stolen card is very often on the back of your card -- which doesn't do you a lot of good once the card is no longer in your possession.

### Too Much Cash

Lin offers the following rule of thumb

when it comes to carrying cash: Bring only as much with you as you're willing to lose. "It's good to have a little cash on you at all times for emergencies, but you don't want to carry so much that you're going to feel a real hit if your wallet gets stolen." For people on a "cash diet," Lin recommends bringing only as much cash to cover the day's expenses.

### Gift Cards/Certificates

"A lot of people carry these around thinking, 'I never know when I'm going to be passing this store,' but chances are, you're going to forget about it anyway, and if your wallet gets stolen, it's one of the first things thieves are going to use," Lin says. Gift cards and gift certificates are just like cash -- they don't require ID for use. "Try to leave it at home and take it with you only when you are consciously going to shop at that store," Lin says. "Make it a special excursion; it's a treat to have free money to spend."

### Jewelry or USB Devices

"It may sound silly, but if you're changing earrings or heading from a business meeting, it's very possible you may forget and toss these things in the zipper compartment of your wallet," says Lin. USB devices can be bad news in the hands of thieves if they contain confidential files. "It would be horrible to get your wallet stolen any day, but if you're also losing your grandmother's earrings or a presentation you've been working on for months, it's even worse!"

### Receipts

Sometimes receipts can have your credit card information on them, as well as your signature, which thieves could do a lot of damage with. "If you're planning to use your receipts for expense purposes at work, those few hundred dollars of business receipts can just vanish and your employer might not be so understanding," says Lin. "Get in the habit of taking out your receipts every night instead of carting them around with you."

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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.

Community Collaborative  
 Team: 4th Monday at 12:00  
 noon —open to the public.

**Location: FACES Office**

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

[facesfrn.com](http://facesfrn.com)

**Blackwolf Links  
 Golf Course  
 Pro Shop  
 Grand Opening  
 Ribbon Cutting.**

September 8 at 10am

Green fees waived for  
 the day!

Refreshments will be  
 served!



**Health Opportunities for  
 Positive Education Coalition**

**Breast and Cervical Cancer**

Circle of HOPE meetings continue across the county to discuss breast health, set up clinical breast examinations, and offer up to 10 mammogram certificates.

Bonnie’s Bus will be at the Tug River Clinic, Gary September 30 and at the McDowell Health Department, Wilcoe, October 6.

The annual “**pancake breakfast**” is scheduled for September 24 at the Sterling Drive Inn from 8:00 to 11:00 a.m. Proceeds are used to assist women in WV and many in McDowell with diagnostic and treatment services.

**McDowell County Healthy Happy Lifestyle Challenge**

The challenge will run from September 12, 2011—November 7, 2011.

1. A team will consist of 3 to 5 members.
2. All team members must either live or work in McDowell County, WV.
3. All team members must consult physician before implementing any lifestyle changes that are a part of this project.
4. All team members must agree to participate voluntarily and release the HOPE Coalition and its affiliates from any liability concerning this project.
5. Each team must chose a captain. The captain is the leader of the group and is the person responsible for turning in all required paperwork to the HOPE Coalition.
6. Each team must hold weekly meetings to assess individual and team progress.
7. All paperwork is due to the HOPE Coalition by November 14, 2011. Each team member’s forms must be mailed to: McDowell County HOPE Coalition, c/o McDowell County FACES, P.O. Box 426, Welch, WV 24801. It is the responsibility of the team captain to assure the HOPE Coalition has the forms by the deadline.

Media will be place shortly to give sign-up dates and locations.

**Water Festival**

September 30, 2011 at RD Bailey Lake:  
 5th grade students from Bradshaw and Iaeger  
 Elementary Schools and other Wyoming  
 County schools will be participating.

The event is sponsored by the Wastewater  
 Treatment Coalition of McDowell County,  
 Upper Guyandotte Watershed Association,  
 WV Department of Environmental Protec-  
 tion. Students participate in hands on activi-  
 ties to learn about the environment and the  
 water issues we face.

**Rain Stick Making**

**You'll Need**

