

# Mineral County Family Resource Network Newsletter

## August 2013



"Education is the most powerful weapon which you can use to change the world."

**The MCFRN  
Board of Directors**

### Our 12th Annual Parenting Fair

The Mineral County Family Resource Network held its twelfth annual parenting fair in conjunction with the Energy Express open house on Wednesday, July 24 organizations that serve families with children in Mineral County provided information about services that they offer. Many of the organizations also provided some type of hands-on activity or give-away along with a door prize that was given during the fair.

These organizations included Automated Health Services, Burlington United Methodist Family Service (BUMFS), Court Appointed Special Advocates (CASA), Catamount Children's Center, Change the Future WV, Children's Home Society, Department of Health and Human Resources, Developmental Center and Workshop, Dr. Romaine and Associates, Eastern WV Community Action, Emmanuel Pentecostal Church, Family Preservation Services of WV, Keyser EMT, Keyser-Mineral County Library, Keyser Police Department, Mineral County Health

Department, Mountain State Psychological, Potomac Highlands Guild Substance Abuse Prevention Program, Potomac State College, Region 8 Foster Grandparents Program, Region 8 Senior Employment Pro-



gram, Right from the Start, Retired Senior Volunteer Program, Telamon, Regional Tobacco Prevention, WIC, WVU Center for Excellence and Disabilities, WVU Extension Services & 4-H Robotics Demo, WVU Extension Nutrition Program, Region VIII Adolescent Health, and the DHHR-Adoption Unit.

There was Popcorn given away, marble painting, and Lynn Robinson was also there face painting along-

side the Girl Scouts of America.

Both vendors and parents alike had nothing but good things to say about the event. Of the one-hundred and six families present, many of them made remarks such as "the event gets better and better every year". The vendors had similar remarks such as "There was a friendly atmosphere and open communication between vendors," "We were thankful to be a part of this event," and "we look forward to going for years to come."

Vendors that serve regionally all agreed that "Mineral County does things bigger and better than any of their other counties"

For more information about the Parenting Fair, Energy Express, or the Mineral County Family Resource Network please contact Gerri Mason at (304)788-9099 or Margaret Miltenberger with WVU Extension at (304)788-3621.

**Gina Spriggs: President/  
Community Rep**

**Ajay Root: Vice President/Health  
Dept. Rep**

**Helen Cullen: Treasurer/Family  
Rep**

**Stephanie Price: Secretary/Family  
Rep**

**Sue Radko: DHHR Rep**

**Tom Denne: Min. Co. Schools Rep**

**April House: Behavioral Health  
Rep**

**Annette Francis: Community Rep**

**Sarah Burke: Community Rep**

**Donna Alt: Community Rep**

**Patty Sites: Community Rep**

**Shirley Bland: Family Rep**

**Andrea Clay: Family Rep**

**Vacant - Family Rep**

**Gerri Mason:**

**MCFRN Executive Director**

**Dayla Harvey:**

**AmeriCorps VISTA  
Leader w/ UWCWV**

**AmeriCorps VISTA Members:**

**Lauren Borho,**

**Courtney Haggerty**

**Brent McKee:**

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## CASA Corner

21st Judicial District Judge Phil Jordan recently led the swearing in ceremony for three new advocates who will report to the court in future cases involving abused children.

These volunteers attend home visits, court hearings and many other activities that affect the child. They do this entirely on a volunteer basis and are not paid for their efforts.

The volunteers are Kim Piefer, Gina Spriggs and John Schmidt. These members completed 30 hours of training in addition to courtroom observations before joining Court Appointed Special Advocates of Mineral County West Virginia.

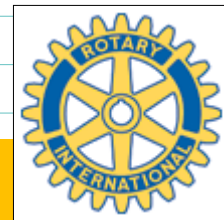
CASA has made a long-standing difference in this county and many others.

CASA volunteers serve as a judge's eyes and ears outside of the courtroom during cases involving children removed from their home due to abuse or neglect.

For more information about CASA or the next opportunity to attend training classes, contact (304)788-0068 or visit: <http://mineralcasa.org/>



## Keyser Rotary Club



## Upcoming Activities

Keyser Rotary Club meets every Thursday at 12pm at the Candlewyck Inn & Restaurant.

*Keyser area intra club banquet is scheduled for **August 7<sup>th</sup>** at Davis Hall at Potomac State College.*

**August 8th: Kevin Tephabock, American Cancer Society**

**August 15th:** Tim Michael will be talking about his visit to the Galapago Islands

**August 22nd:** John Delsignore doing a Food Handler training.

*The Annual Picnic will be held on the Second Thursday of September at the West End Park*

**Rotary Micro Project: Please bring in school supplies to be distributed locally!**

*Read about other Rotary clubs and events in the district newsletter by going to the address:*

<http://www.directory-online.com/Rotary/Accounts/7360/Newsletter>

**Current Club President:**

Mandi Rader: (304)788-6634

# Check Out Our AmerCorps VISTA



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## Community Trust Foundation

*For Good. For Ever.*  
*Growing Better, Stronger, More Vital Communities*

The Community Trust Foundation (CTF) is continually striving to make aiding the community as easy as possible. The foundation was created so that anyone and everyone can aid a program or cause that they are truly passionate about. Everyday, we are taking steps to show our investors what they are helping to make possible. Currently, we are working on grant histories which aid investors in being able to truly see the changes that they are making. Our first grant history, which showcased the preservation of the B&O Museum, has just been completed. This history includes copious amounts of information side-by-side with photos from the site itself. We are so pleased with how this new feature, soon to be displayed on our website, is truly highlighting how our community investors are making a difference in their own backyard. To learn more about these Grant Histories, or to learn about CTF contact us at (301) 876-9172.

Brent McKee, AmeriCorps VISTA serving with the Community Trust Foundation



## Mineral County Family Resource Network

Since beginning of my term as a VISTA I have done so many new things. The MCFRN site is truly a lot to walk into. Within the past 6 months I can honestly say that I have learned more than I ever would have at another site. A few of our current projects at the site include:

The unveiling of our brand new website [www.mineralcountyfrn.org](http://www.mineralcountyfrn.org). This should be soon, so make sure you visit the site to see all of its easy to use features and plentiful resources.

Our Circle of Parents groups will soon be forming. This is an awesome opportunity for parents to aid each other in the day-to-day stresses that children provide.

We will be aiding Mineral County in understanding the Affordable Health Care Act. Thank Goodness that I have a well trained supervisor (Ms. Gerri) who will be doing all of the trainings!

We are unpacking our last few boxes in the new office, finally. If you haven't had a chance to see the new office, you are truly missing out. I wish that we had taken before and after photos to show everyone how beautiful the office has become!

All of these events are still in the works, but these are not the only things that we are currently involved in. If you would like to know more about us, or about AmeriCorps VISTA contact the MCFRN and Me at (304)788-9099.

Lauren Borho, AmeriCorps VISTA serving with the Mineral County Family Resource Network



ENERGY  
Express



Most people will agree with the phrase "children are our future". By investing in this abundant resource, we will be able to better our lives and theirs. Energy Express, an award-winning summer reading and nutrition program for rural communities, is already taking steps to ensure our children have bright futures. This program began around 19 years ago in Mineral County and has been a well received program since then. Its focus is to strengthen a child's literature skills while also providing them with a background in nutrition during the summer months; when a child is most at risk for falling behind in their curriculum. Unbelievably, kids don't notice that they are involved in a "reading program", they are so caught up in the non-conventional methods of teaching that they can't help but to have a blast. After Speaking to parents, we heard comments like "When I first told the boys that they were in EE they were far from thrilled but after being here for a few days, they were up at 7am waiting for me to bring them to the Bus Stop. They love you guys!" That is the type of energy and love that the AmeriCorps Mentors bring to these children every day. Without this program, many of these children would fall behind in their studies and may not be able to reach their full potential. For more information on Energy Express contact the WVU Extension office at (304)788-0481.

Courtney Haggerty, AmeriCorps VISTA Summer Associate serving with Energy Express

# This Month Is:

## National Immunization Month

We all need immunizations (also called vaccines or shots) to help protect us from serious diseases. To help keep our community safe, the MCFRN is proudly raising awareness about National Immunization Awareness Month.

Shots can prevent serious diseases like measles, diphtheria, and rubella. It's important to know which shots you need and when to get them.

- Contact the Mineral County Health Department to set up an appointment, or go in during their office hours (8am to 4pm) to receive your immunizations for 2013.

work best when they are given at certain ages.

- If you have a child age 6 or



younger, find out which shots your child needs

<http://www2a.cdc.gov/nip/kidstuff/newscheduler/le/>

- Find out which shots you or your teenager needs

<http://www2.cdc.gov/nip/adultImmSched/>

Talk to your doctor or nurse to make sure that everyone in the family gets the shots they need.

For more information, visit your local health department or call (304)788-1321.

Everyone age 6 months and older needs a seasonal flu shot every year. Other shots

Do you know what vaccines you may need for the upcoming school year? Find out here:

<http://www.mineralcountyhealthdepartment.com/immunizations>

## Back-To-School Safety Month

As summer draws to a close, back-to-school season is in full effect. Safety should be a priority for every family as children return to classrooms this fall. It is important for parents to stay up-to-date on the proper safety precautions and share this information with their children to keep them safe throughout the school year. Here are a few things to think about during this upcoming school year:

### Transportation Safety

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they take proper safety precautions.

When *walking to school*, try and first re-view your family's walking safety rules.

-Walk on the sidewalk, if one isn't available walk facing traffic.

-Before crossing the street, stop and look all ways to see if cars are coming

-Never run in front of a car

-Practice makes perfect, try walking with your child to ensure safety behaviors.

When *riding the bus* to school start by

going to the bus stop with your child to teach them the proper way to get on and off the bus.

-Have your child stand six feet away from the curb

-If you and your child need to cross the street in front of the bus, walk on the side of the road until you are at least 12 feet ahead of the bus. You should ALWAYS be able to see the bus driver, and the bus driver should ALWAYS be able to see you.

### School Safety Tips

Many school-related injuries are completely preventable. Follow these steps to ensure your child's safety at school.

Back-pack related injuries are more common than most people think, but are

easily prevented.

-Don't overstuff your child's backpack; it should weigh no more than 10 to 20 percent of your child's weight. For example a child that weighs 60lbs shouldn't carry a backpack heavier than 12lbs.

-Ask your children to use both straps when wearing the backpack to distribute the weight evenly.

**Bullying in Schools is becoming increasingly evident. Look for signs of bullying to ensure your child's safety. For more information visit:**

<http://www.stopbullying.gov/>



# For Your Information!

## ABC Summer of Service Awards-

Deadline: September 1

ABC, in partnership with YSA, is calling on young change-makers to apply for an [ABC Summer of Service Award](#).

The ABC Summer of Service Awards recognize young people who are creating positive change through volunteering and service. Winners receive a \$1,000 award to help make a lasting, positive change in the world. Young change-makers, ages 5-18, nationwide are eligible to apply. Visit [www.YSA.org/ABC](http://www.YSA.org/ABC)

Going above and beyond to lead change in your community? Five exceptional ABC Summer of Service Award winners will receive an additional \$5,000 award to continue their good

work. Winners may be featured on ABC's Good Morning America.

There is no separate application for these awards. Apply for

an [ABC Summer of Service Award](#) through your nearest station to be considered.



## Kids in Need Foundation

2013 Teacher's Grants Program

Deadline: September 30, 2013

Posted: July 30, 2013

Grants of up to \$500 will be awarded to K-12 educators for projects that strengthen creativity, critical thinking skills, and/or core knowledge by engaging students in the learning process.

## Terry Lynn Lokoff/Children's Tylenol National Childcare Teacher's Awards

Deadline: December 6, 2013

Posted: July 28, 2013

Fifty teachers of preschool-age children will be selected to receive grants of \$1,000 in recognition of their dedication to providing high-quality child care.

**Quick Fact: The Mineral County FRN has written approximately 24 grants in this year alone. That is over 1000 hours of grant writing!**



## Let your voice be heard!

WV Early Childhood Planning Task Force invites you to a discussion about issues related to early childhood in West Virginia.

You are invited because we value your opinion.

**When:** *Thursday, September 12<sup>th</sup>, 2013*

**Time:** *10:00 am – 12:00 pm*

**Where:** *Moorefield Presbyterian Church  
109 South Main Street  
Moorefield, WV 26836*

**Refreshments will be provided to those who participate.**

**For more information or to RSVP, contact *Krisinda Heavener, Executive Director, Eastern Regional Family Resource Network, (304) 530-5480 or [erfrndirector@gmail.com](mailto:erfrndirector@gmail.com).***



## Save The Date

### August 24, 2013

Back To School Bash  
Downtown Across the Street  
from Mineral County Courthouse  
For more info contact the  
Chamber of Commerce at  
304-788-2513 or 301-268-4479

### August 27, 2013

"Playground Safety" Training at  
Valley View Day Care Center in  
Romney from 6:15-to 8:15. If you  
are interested in attending this  
FREE 2 hour STARS registered  
training, please e-mail:  
Melodee Price at  
[Melodee.B.Price@wv.gov](mailto:Melodee.B.Price@wv.gov)

### August 28, 2013

Potomac State College Commu-  
nity Fair. Businesses are invited  
to set up booths to meet the stu-  
dents.  
For More Info call PSC at  
304-788-6820

### September 3, 2013

MCFRN Meetings  
Mineral County Health Department  
Board of Directors 10:30 am  
General Membership meets at 12  
noon. (Lunch is Provided)  
For more info call MCFRN at  
788-9099

### September 13

Grandparents & Me  
At Brookedale Farms  
Call the MCFRN for more infor-  
mation space will be limited  
304-788-9099

### September 16, 2013

Medication Administration Train-  
ing at Keyser Wee Care from 5-  
9pm. If you are interested in at-  
tending this FREE 4 hour STARS  
registered training, please e-mail:  
Melodee Price at  
[Melodee.B.Price@wv.gov](mailto:Melodee.B.Price@wv.gov)