

MINERAL COUNTY FAMILY RESRCE NETWORK

NEWSLETTER



April is Child Abuse Prevention Month

I am for the child™

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Dayla Harvey:
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Courtney Haggerty:
AmeriCorps VISTA Member

Lauren Borho:
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Join the Mineral County CASA Program in their commitment to helping victims of child abuse and neglect have a voice, and making sure all children feel safe and loved

Anytime a child is abused or neglected, it's a tragedy – one that all too often scars victims for a lifetime. The latest statistics from the U.S. Department of Health and Human Services are sobering:

Child Protective Services agencies across the United States received some 3.4 million referrals of abuse or neglect involving 6.3 million children in 2012.

An estimated 1,640 children died from child abuse or neglect in 2012, nearly three-quarters of them younger than age 3.

In Mineral County, the child abuse rate in 2011 was 14.5 which was lower than the state rate of 16.4.

Studies have shown that children who have suffered abuse or neglect are more likely to struggle in school, have run-ins with law enforcement, experience homelessness or abuse drugs or alcohol. Research also shows that abused children are more apt to grow up to abuse their own kids.

At the Mineral County CASA Program, we help abused and neglected children have a voice so they can live happier, safer lives. Our CASA volunteers – court-appointed special advocates – make sure kids don't get lost in the overburdened legal and social service systems or languish in unsupportive foster homes. CASA volunteers stay with children until their court case is closed and the child is placed in a safe, permanent home.

During National Child Abuse Prevention Month, the Mineral County CASA Program invites this community to learn more about the work they do and consider becoming a CASA volunteer. During the month of April the Mineral County CASA Program will be decorating the town Blue with Pinwheels and Ribbons. Thanks to the City of Keyser each Parking Meter will be decorated with blue bows. The Mineral County Courthouse and several local business will have Pinwheel Gardens and/or Blue Ribbons. There will be weekly articles, presentations, coloring pages sent home with Head Start/Pre K children, electronic signs, promotions, and last but not least there will be the **Annual Children's Memorial Ceremony on April 25th at 12 noon on the front lawn of the Court House.**

Not everyone can be a CASA volunteer, but everyone can be an advocate by taking steps to make our community safer for our children:

- Be mindful of the signs of abuse and neglect in children, such as a lack of adult supervision, extreme passivity or aggression or poor hygiene.
- Be aware of warning signs in parents, such as showing indifference or rarely touching or looking at their child, constant verbal criticism, demands for perfection, blaming the child for family problems or other irrational behaviors.
- If you think a child is in immediate danger, don't hesitate. Call 911.
- If you believe a child is being abused or neglected, report your suspicions confidentially to our state's toll-free child abuse hotline (1-800-352-6513) 7 days a week, 24 hours a day.

Working together, we can end abuse and neglect so that every child has a chance to thrive.

To find out how you can help please contact them at 304-788-0068.

MINERAL COUNTY CASA

The WV Children's Justice Task Force has developed an app: [WV HELP](#). It came out today! **And it is free!**

WV HELP provides instant access to telephone numbers and resources available in West Virginia when you are dealing with a victim experiencing crime, violence, or abuse.

This app is especially helpful to anyone working with child maltreatment. WV HELP provides information for each of West Virginia's 55 counties, and also at the state and federal level. To use the app, simply select your county, choose a resource, and hit call to be connected to the given resource. WV HELP allows you to save resources as your favorite to provide even faster access in the future. This app is strongly recommended for law enforcement, child protective services, prosecutors, victim advocates, teachers and child advocacy centers.

The app is available in the iTunes Store . . . but only for I Phones at the present time. **It will be coming out for Android and Windows phones in the future.** This app will not work on iPhones older than iPhone 4.0 per Apple policies

Here is the link to the app:

WV Help by NICUSA

<https://itunes.apple.com/us/app/wv-help/id827932492?mt=8>



KEYSER ROTARY CLUB



Upcoming Meetings:

April 17th: KHS Jazz Band with Susan Warrick

April 24: Aaron Agnew will speak about his recent hike on the Pacific Crest Trail

May 1st: Senior Classification talks!

May 8th: Mike Imperio, Burlington United Methodist Family Services Planned Giving

May 29: Jessica Mongold

Local Events & Announcements:

- Rotary Relay for Life Scrap Book Event will be held May 2, 3, and 4
- April 27th, Chester Compton Food Pantry Concert at First Methodist Church.
- Katharine Church Award Dinner will be April 30th 6:00 p.m. at the Davis Conference Center at PSC
- InterClub Banquet will be May 22nd, 5:30 p.m. at Grace UMC. Keyser Kiwanis will be the host and the cost is \$12.00.

"I have prepared for death all of my life by the life I lived" Socrates

A Little More About Your Local Rotary

*"We will engage Rotary to change
lives" since 1921*

Rotary members are neighbors, community leaders, and global citizens uniting for the common good. With the local community by our side, every Rotary can accomplish even more.

Discover your local Rotarians in Keyser, WV.

The Keyser Rotary meets every Thursday at the Candlewyck Inn at 12pm.

Spring Child Care Conference

Developing Milestones!

Saturday, April 26, 2014

8:00 AM – 3:30 PM

Potomac State College, Academy Hall

Keyser, WV

Call 304-788-3621 to register.

Event Location:

Potomac State College of WVU

Keyser, WV

The College is located on Rt. 220 in Keyser, WV. The conference will be held in Academy Hall.

Cost:

There is no cost to the conference, bring a bag lunch or visit a local restaurant.

Registration:

Contact the WVU Mineral County Extension Office at 304-788-3621.

Register by Monday, April 14.

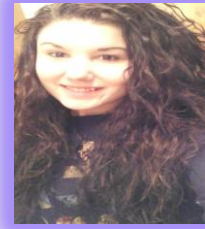
WVSTARS:

Participants attending will receive 6 hours of professional development credit.

Children are our future: the people who care for them make a difference every day.



Check out our new VISTA!



Courtney Haggerty is the new AmeriCorps VISTA for the Mineral County Family Resource Network. She has currently been serving for 2 months and has already helped with several programs. Courtney helped recruit volunteers for Dr. Seuss's birthday and the STEM Festival, both were very successful. She is now helping with Children's Memorial Day, the Community Baby Shower, Energy Express, and a Rodeo/Fundraiser. Courtney is still learning the ropes of the MCFRN. If you have any questions please contact her at (304) 788-9099 or email mcfρνvista@gmail.com.



Grants

Grant Opportunity

The Gloria Barron Prize for Young Heroes

Deadline: April 15

The Gloria Barron Prize for Young Heroes celebrates inspiring, public-spirited, highly diverse young people from all across America. Each year, the Barron Prize honors twenty-five outstanding young leaders ages 8 to 18 who have made a significant positive difference to people and our environment. The top ten winners each receive a \$5,000 cash award to support their service work or higher education. <http://bit.ly/1jhX1vT>

For Your Information...

Energy Express AmeriCorps members needed!

Mentors. After two weeks of training, each mentor works with a small group of children, making reading meaningful in their lives. The mentors also become involved in the community in which they serve by making home visits and completing a community service project. Mentors and children become “like family,” giving youngsters someone who listens to them individually.

Community Coordinators. Community coordinators commit to eight weeks of service and receive valuable training. Coordinators, serving as a member of a site team, connect parents and community organizations to the literacy and nutrition needs of children involved in Energy Express. Coordinators recruit and train volunteers and organize literacy enrichment events in their local communities. Persons applying for this position do not have to be currently enrolled in college. Persons 55 and over can transfer the education award to children or grandchildren.

AmeriCorps* members enjoy Energy Express because they can:

- Have a paid summer service opportunity of \$1,850.
- Earn a Segal AmeriCorps* education award, \$1,175.
- Build lasting friendships and make contacts in the community.
- Learn new skills and build a strong resume.
- Eat free breakfast and lunch in a family-style setting.
- Serve for just 8 weeks in the summer.
- Be part of a national service movement.
- Spend quality time with children.
- Learn teamwork and build team spirit.
- Be unique and have interesting stories to tell.



Currently enrolled college students and graduating seniors at least 18 years of age before June 12th, 2014 are encouraged to apply. Visit the Energy Express website for an application <http://www.energyexpress.wvu.edu/>
For more information call the WVU Extension Service 304-788-3621.

The AmeriCorps program, Energy Express, is under the leadership of the WVU Extension Service 4-H Youth Development Program, and is funded in part by grants from the West Virginia Department of Education and the Arts and Volunteer West Virginia. Volunteer West Virginia encourages West Virginians of all ages to be involved in service to their community.

Why Support Tobacco-Free Recreation?

Supporting tobacco-free parks and recreation areas makes sense because it sends the right message that tobacco use is unhealthy and unnecessary. Children who see adults using tobacco in public places are taught by example that tobacco use is acceptable and a “cultural norm.” Tobacco-free policies encourage young people to make healthy choices and teach them that smoking is not an acceptable behavior.

Most school systems teach kids about the dangers of tobacco use. Most parents encourage their children not to pick up the habit. Yet we send young people a mixed message when they see adults use tobacco, especially adults they may view as positive role models. By eliminating tobacco use in community recreation areas, we are sending young people a consistent message about tobacco.

Smoke-free regulations, public education, and community-based efforts like tobacco-free recreation can help reduce the terrible toll of tobacco use in West Virginia. In the state of West Virginia, tobacco is the leading cause of disease and death and is preventable! Smoking alone kills more WV citizens each year than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined: 4,000 people per year. WV also has the highest adult smoking rate and highest spit tobacco use among males. More than 2,400 WV kids under 18 become new daily smokers this year. 46,000 people who are kids today will die as a result of smoking.

By supporting tobacco-free recreation, you will be encouraging our youth in Hampshire County to never start, protect others from secondhand smoke, and support those who smoke to quit.

The Hampshire County Cancer Coalition would like to encourage the county to move towards a smoke-free community. For more assistance in quitting tobacco use, call the WV Tobacco Quitline at 1-877-966-8784.

**West Virginia
TOBACCO
QUITLINE**
1-800-QUIT-NOW 1-877-966-8784



Open Your Life.
frameworks

Open your Life to Adoption.

Many children in West Virginia are legally eligible to be adopted and are waiting for permanent and loving families. For more information about adoption, contact Mission West Virginia at (866) CALL-MWV (866-225-5698) or email adopt@missionwv.org



Together. We can make a difference!

That's right! Together, we can walk for youth in foster care and make a difference in their lives. Please join us for the 6th Annual Walk with Me... for Youth in Foster Care. By asking your friends and family to sponsor you as a walker, you are helping fund projects and programming that directly benefits youth in foster care. Every dollar you raise goes to brighten the lives of kids!

The walk takes place on May 17th at the WV Power Park in Charleston, WV. Registration/sign-in begins at 9AM and the walk starts at 10AM.

With funds raised by previous walks we have:

- Sponsored a cookout for kids and families in Hurricane, WV and collected school supplies for youth in foster care.
- Held an adoption month celebration at Valley Worlds of Fun in Fairmont, WV. Approximately 200 people joined the celebration and we had a great day!

Granted wishes! The Celebrations! Program is designed to create positive events and memories for children recently adopted or currently in foster care.

Heart Gallery of WV to be in Princeton!

The Heart Gallery of WV will be at Texas Steakhouse in Princeton, WV on **May 5th from 5:30 to 7:30 PM.** Address: 235 Meadowfield Ln. We hope that you join us to learn more about children in WV who are legally eligible to be adopted and meet workers who can answer any questions you may have about adoption. A short program will begin at 6 PM. Waiting children will not be present, but workers will be available to provide more information about each child. The program is open to certified families and those just interested in learning more about adoption.

The Heart Gallery is a traveling exhibit featuring portraits of West Virginia children in foster care eligible for adoption. The Heart Gallery seeks to bring a face and give a voice to children who need and deserve the love of a family. By sharing their stories, the Heart Gallery hopes to touch hearts and find families for these children.

To RSVP or to receive more information, contact Carrie Dawson at 866-CALL-MWV or email cdawson@missionwv.org

For Your Information...

USDA Finalizes Changes to the WIC Program, Expanding Access to Healthy Fruits and Vegetables, Whole Grains, and Low-Fat Dairy for Women, Infants, and Children

Along with a more than 30 percent increase in the dollar amount for children's fruits and vegetables purchases, the changes also:

- expand whole grain options available to participants,
- provide yogurt as a partial milk substitute for children and women,
- allow parents of older infants to purchase fresh fruits and vegetables instead of jarred infant food if they choose, and;
- give states and local WIC agencies more flexibility to meet the nutritional and cultural needs of WIC participants.

WIC provides low-income pregnant, breastfeeding, and postpartum women, infants, and children up to age five with nutritious, supplemental foods. The program also provides nutrition and breastfeeding education and referrals to health and social services. Over 8.5 million participants receive WIC benefits each month. Recent research by the Centers for Disease Control and Prevention (CDC) has identified changes to the WIC food packages as a contributing factor in the decline in obesity rates among low-income preschoolers in many States.



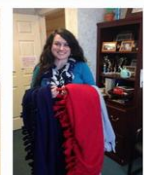
Celebrate Lemonade Day

Lemonade day is a community-wide educational program that teaches youth the entrepreneurial skills necessary to start, own and operate their own business... a lemonade stand. Youth of all ages can register to receive their free yellow backpack and entrepreneurial workbook. You can participate individually with an adult mentor or in a participating school or youth organization. Youth who register are taught 14 lessons from their entrepreneurial workbook with either a parent, teacher, youth organization leader or other adult mentor. At the conclusion of the lessons, they are prepared to open their first business... a lemonade stand. Youth learn the steps and planning necessary to start a business, but just as importantly, learn valuable life skills such as leadership, collaboration, responsibility, and teamwork. Everyone in the community is invited to participate! We need volunteers, mentors, businesses to provide safe stand locations, and customers to buy lemonade from our young entrepreneurs on Lemonade Day. We also need sponsors to underwrite program materials costs since Lemonade Day is a free program to youth. For more information visit LemonadeDay.org.



The Carry-On Campaign

State Correctional Inmates have produced hundreds of fleece blankets and luggage bags for the Carry-On Campaign. Mission West Virginia is thankful to everyone who has been a part of this campaign. Because of their dedication to eliminating garbage bags as luggage for kids in foster care, we have had many opportunities made available to further the success of this campaign. These bags are well made, hold a lot, have a strap so it can be carried like a duffel and fold up small enough to fit in a purse. We also received a generous donation of toiletries from the Spencer United Methodist Church in Hewett, WV this month and those are available as well. Please let us know if your organization would like to receive some of these items and we can arrange for a pick up or drop off of donations. Thank you!



save the date

Gears SuGO

*1st Sunday of every month from 1-4
at GEARS*

Youth can build a SuGo robot and compete in
a tournament.

For More Information Contact the
WVU Ext Office (304)788-3621

Children's Memorial Ceremony

April 25, 2014

Mineral County Courthouse
12 Noon

There will be special guest performances
Special Recognitions
Flag Raising

For More Information Contact
Mineral County CASA: (304)788-0068

MCFRN Meetings

May 6, 2014

Board of Directors at 11:00am (Closed)

General Membership 12 noon (Open)

Lunch provided at no charge

Mineral County Health Department

Special Presentation by

Lorre Burgess, Hospice

For more Info call 304-788-9099

Walk With Me

For Youth in Foster Care

May 17th

Appalachian Power Park

Charleston, WV

Register at: [2014 Walk With Me Event Page](#)

For More Information Contact

Carrie Dawson: (304)562-0723

For more information about the

Mineral County

Family Resource Network

Or

if you would like to be in the next newsletter contact us:

30 Armstrong Street

Keyser, WV 26726

(304)788-9099

mineralfamilyresourcenetwork@gmail.com

Visit us on the Web at mineralfrn.org