

MINERAL COUNTY

FAMILY RESOURCE NETWORK

MCFRN Monthly Newsletter

September 2013

Grandparents & Me Day

Grandparents & Me Day is a special event sponsored by the Mineral County Family Resource Network and Brookedale Farms. This program was originally created to give Grandparents & their Grandchildren information about gardening while simultaneously providing an opportunity for Grandchildren to spend quality time with their grandparents together. Each child registered for the event receives a beautiful plant in a pot along with information on how to take care of it. Along with children and Grandparents will be able to participate in fun hands-on activities taught by the Mineral County Master Gardeners.



You must register for this event, spots fill quickly & are limited

For more information please contact the

Mineral County Resource Network at (304)788-9099.



The MCFRN Board

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/ UWCWW

Lauren Borho & Brent McKee:

AmeriCorps VISTA Members

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Keyser, WV 26726

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Mineralfamilyresourcenetwork@gmail.com

Mineral County Court Appointed Special Advocates



Drug Endangered Children in Schools

It's the end of summer and children are headed back to school. In the classroom, teachers not only provide knowledge and information but also keep watch over children's behavior and attitudes. Educators play a critical role in identifying drug endangered children (DEC) coming into the schools, but may not always know the appropriate intervention steps.

Educators may easily recognize the signs of a child who is living in a drug-filled home. DEC are those children who, for example, have poor attendance rates, are less likely to work up to grade level, are more likely to have behavior and discipline problems, are more likely to be assigned to special education classes, and are less likely to graduate.

There are different types of child abuse and neglect, including physical abuse, neglect, sexual abuse and emotional and mental maltreatment. Children can be subject to multiple types of maltreatment over an extended period of time. Physical neglect can include malnutrition, inadequate clothing, poor hygiene, lack of supervision, and abandonment. Emotional neglect can include lack of nurturing and affection, exposure to family violence and refusal of psychological care. There can be educational neglect with permanent truancy. Here are some of the signs of abuse an educator can look for:

Inappropriate dress Unclean body and clothes Hungry/Tired Poor growth Dental decay Acting out
Needy for attention Incomplete homework Parent disconnected with school Child takes on adult roles

As mandatory reporters of child maltreatment, educators are required to call child welfare and report suspected child abuse or neglect. If you do not know your local or state child welfare number, you can always call Childhelp's National Abuse Hotline: 1-800-4-A-CHILD. The following are some guidelines from Andrea Darr of the West Virginia State DEC Alliance about when and how to report to your local child welfare office.

Always report to child welfare; better safe than sorry You need to report Call it in Do it now Make a record and build a case Be specific

Through the trainings that National DEC conducts nationwide, we are hearing from educators that they often do not know how to recognize drugs that they may find at school. Police departments have drug recognition experts who can help educators identify drugs. To help practitioners recognize drugs, National DEC also has a free downloadable webinar Drug Identification by Sergeant Courtney Pero and our West Virginia State DEC Alliance has an interactive Drug ID website. Here are some articles from our A to Z Resource Center you may find helpful as well:

Trauma informed care for children exposed to violence: Tips for teachers; Learn more about meth: Teachers and child care providers; Risk and protective factors: What schools can do to build protective factors; Children of alcoholics: A kit for educators

If you would like more resources about how to identify and help drug endangered children, recognize signs of child maltreatment or identify illicit drugs, feel free to contact National DEC at atinfo@nationaldec.org.



Keyser Rotary Club

"We will engage Rotary to change lives."

Food For Thought packing will be the **1st and 4th Tuesday's at 2pm and the 2nd and 3rd at 10am** at the Lutheran Parish House

Keyser Rotary is currently collecting canned food items for to aid the local food pantry. You can bring these items to Mandi Rader at the Mane Street Salon located at 93 Main Street in Keyser, WV.

The Annual Rotary Picnic will be held on **September 12th** at the West End Park at **6:00pm**. All are welcome, just need to contact Mandi Rader to confirm number to attend 304-788-6634

The next Rotary Scrapbook Event will take place September 20th, 21st, & 22nd at the American Legion Keyser 66 S Main St starting at 8am on the 20th. To register or for more info contact Mandi Rader at 304-788-6634

Rotary meets Thursdays at 12 noon at the Candlewyck Inn

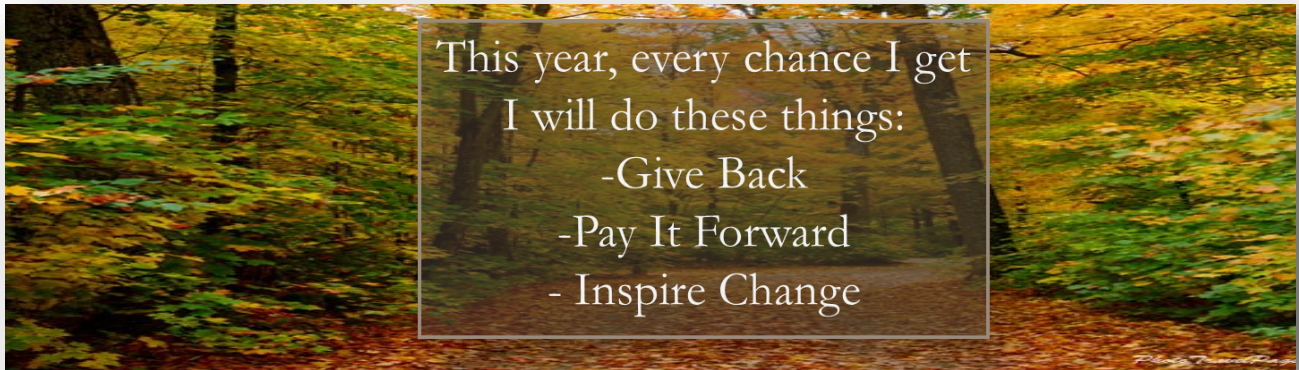
Check Out Our AmeriCorps VISTAs:

Mineral County Family Resource Network

**“Resilience is woven deeply into the fabric of America.
Throw us an obstacle & we grow stronger as a Nation”**

September 1, 2013 marks the 12 year anniversary of the horrid terrorist attacks that brought down the twin towers in NY & parts of the Pentagon. AmeriCorps VISTA's along with millions of others choose to stand up & empower Americans though serving our communities in remembrance of these victims. The MCFRN is in full support of this Nationwide movement to empower individuals in our local area. Our mission, this anniversary, is to teach the community how to prepare for disaster so that in future years, we will be a stronger nation & a more self-sufficient community. We have dedicated a page in this month's newsletter specifically to spread awareness (see next page). For more information on Disaster Planning contact your local Health Department at (304)788-1321.

Lauren Borho, Your MCFRN AmeriCorps VISTA



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

The CTF is still in the process of creating grant histories. Our current grant history entails Symphony Saturdays which is a program operated by the Allegany Arts Council in Cumberland Maryland, and provides opportunities “for children in grades 1-5 to work with professional musicians from the Maryland Symphony Orchestra in order to learn more about the instruments of classical music”. The CTF has assisted this program for a number of years through its Halmos Arts Fund, and most recently (2013) has awarded the program \$2,500. In today's age of videogames and the Internet, CTF feels that children should have ample opportunities to experience classical forms of art in the “real” world. If you would like to donate to the cause please contact us at :

[\(301\)876-9172](tel:(301)876-9172) or email us at info@ctfinc.org

Brent Mckee, Your CTF AmeriCorps VISTA

ARE YOU PREPARED FOR AN EMERGENCY?

A "How To" Guide to Food Storage on a Budget

1. Divide your original monthly Grocery Budget into two budgets. If you have some extra funds, then add those each month. But I know with the state of our economy, many are trying to find a way to still supply or start a food storage on a limited budget. Try using two categories when you shop: Groceries and Food Storage, and try the following percentages. (*Groceries 75% Food Storage 25%*) By regularly using a weekly menu, shopping the loss leader sales in stores, and using a few coupons you can decrease your monthly grocery budget while also building up an emergency food storage! Another thing to remember is to try and make things from scratch, it's normally healthier and will save you money.



2. Decide what you want to include in your monthly budget. If your budget is limited, you may only want to include food in your budget, and not some of the items I listed below. Your goal can range when storing necessary items, but they should last you anywhere from 1 month to 1 year. Make sure you are storing enough paper goods, toiletries, cleaning & laundry supplies and anything else your family may need. Do what

works best for your family, and don't go into debt. Here is what I included in each budget:

Grocery Budget:

Perishable food

Eating out (just me and my 4 year-old)

School supplies, this and that

Food Storage Budget: Canned food and long-term foods (Soups, canned meals, fruits, vegetables, wheat, rice, beans, flour, etc.) **Packaged food** (Cake mixes, boxed potatoes, pudding, breakfast cereal, etc.) **Bottled food** (Fats, oils, condiments, sauces, etc.) **Beverages** (Water, bottled juice, drink mixes, etc.) **Spices, Food storage equipment** (shelves, water containers, totes, wheat grinder, canning supplies, etc.) **Food Garden supplies** (soil, seeds, lumber for boxes, etc.) **Fuel & Light** (Propane, charcoal, batteries, etc.) **Snacks that store well** (try and keep a 3-month supply) **Freezer foods** (a generator will help in power outages) (3-month supply of meats, fruits, vegetables, cheese, butter, breads, ice cream, chocolate chips, etc.) **Toiletries** (3-month supply) **Cleaning & Laundry** (3-month supply) **Paper & plastic goods** (3-month supply) **Emergency supplies** (72 Hour kits, car kits, first aid supplies, etc.)

3. Keep good records. Write the amount of *Groceries* or *Food Storage* you spend on the top of all of your grocery receipts. If you do this weekly, you won't get confused. Total your receipts each month to see how you did. Keeping receipts can also help you update your Inventory sheets.

Emergency Preparedness Fact: 1 in 4 families do not have an Emergency Plan in place.

Helpful Sites For Preparation

<http://72hours.org/>

This site helps you create a 72-Hour Disaster Supply kit that is tailored to your families individual needs.

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

This is a national FEMA website that allows you to download checklists along with preparation guides

<http://emergency.cdc.gov/>

The CDC Emergency Preparedness and Response website is CDC's primary source of information and resources for preparing for and responding to public health emergencies.

https://www.disability.gov/emergency_preparedness#map

This site educates families on how to prepare for a family member with disabilities.

<https://www.osha.gov/SLTC/emergencypreparedness/>

This OSHA site provides information for general businesses and for workers who will respond to the emergency. The information in this section is designed to apply to a wide variety of emergency preparedness and response incidents.

Get to Know How You Can Be Prepared

This Month IS...

Attendance Month

Did you know that missing just 10% of the school year in the early grades can leave many students struggling throughout elementary school? Or that by 6th grade, missing that much school is strongly linked to course failure and even eventually dropping out of high school? That's just 18 days or two to three days per month. Every school day counts, and everyone can make a difference: educators, afterschool programs, mayors, businesses, and parents. Join Attendance Works this September for the launch of the first-ever Attendance Awareness Month. Rally your community around the importance of attendance and its role in academic achievement. Want to get involved? Learn how: <http://bit.ly/1d6Iao8>



Hunger Action Month

September is Hunger Action Month, when the Feeding America nationwide network of food banks unites to urge individuals to take action in their communities. The goal of Hunger Action Month is to mobilize the public to act on behalf of Feeding America and our food bank network.



It is our opportunity to create a movement throughout September that has a real and lasting impact on our mission to help end hunger in America. This September, join Feeding America and Together, We Can Solve Hunger™. As individuals, charities, businesses and government, we all have a role to play in getting food to those in need.

TAKE ACTION TO HELP SOLVE HUNGER

Intergeneration Month

The highly successful annual **Intergeneration Day** worldwide, started in the year 2000, is expanding to a month to allow more time to schedule intergeneration events. **Intergeneration Month** is celebrated every September. Join in planning an event to intentionally connect generations this September, and every September. For More Information

Visit: <http://www.intergenerationmonth.org/?>

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It's All About Health

“Strive for Progress, Not Perfection”



“Around the House” Quickie Exercise

When you go outside to pick up your morning newspaper, take a brisk 5-minute power walk up the street in one direction and back in the other.
For more: <http://www.prevention.com/fitness/fitness-tips/fitness-25-fast-and-easy-ways-fit-10-minutes-exercise#ixzz2bIDEibh2>

Seasonal Recipe: Mashed Cauliflower Seasonal Ingredients- Garlic & Cauliflower

Our savory cauliflower puree makes a perfect low-carb stand-in for mashed potatoes. It gets its fabulous flavor from garlic, buttermilk and a touch of butter and, best of all, it has about one-quarter of the calories of typical mashed potatoes. If you like, vary it by adding shredded low-fat cheese or chopped fresh herbs.

Ingredients

8 cups bite-size cauliflower florets (about 1 head)
4 cloves garlic, crushed and peeled
1/3 cup nonfat buttermilk (see Tip)
4 teaspoons extra-virgin olive oil, divided
1 teaspoon butter

1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes. (Alternatively, place florets and garlic in a microwave-safe bowl with 1/4 cup water, cover and microwave on High for 3 to 5 minutes.)
2. Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 2 teaspoons oil, butter, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining 2 teaspoons oil and garnish with chives, if desired. Serve hot.

Per serving: 107 calories; 7 g fat (1 g sat , 4 g mono); 3 mg cholesterol; 10 g carbohydrates; 0 g added sugars; 5 g protein; 4 g fiber; 339 mg sodium; 288 mg potassium. **Nutrition Bonus:** Vitamin C (150% daily value), Folate (22% dv).

Carbohydrate Servings: 1/2 **Exchanges:** 2 vegetable, 1 1/2 fat

Keyser on the Move was created by a grant received by the Mineral County Family Resource Network that targets women over the age of 30 living in Keyser. There were supportive and organized walking groups that followed designated walking routes throughout the city. The goal was to provide these women with the tools necessary to help them achieve physical health through walking, monthly meetings, educational information/presentations, incentives, and support.

For more information on this and other ways to live a healthier lifestyle, please visit our

[Healthy Coalition](#)

link

For Your Information...

[2013 National Conference
on Citizenship](#)

September 19-20, 2013 -
Washington, DC

[North American Associa-
tion for Environmental
Education Conference](#)

October 9-12, 2013 -
Baltimore, MD

[Habitat for Humanity
Youth Leadership
Conference](#)

November 1-3, 2013 -
Washington, DC

[10th Annual Youth Service
Institute](#)

November 11-13, 2013 -
Baltimore, MD

[National Afterschool
Convention](#)

February 28-March 3,
2014 - New York, NY

[25th Annual National Ser-
vice-Learning Conference](#)

April 9-12, 2014 -
Washington, DC



Summer Meals Matter

Evaluating This Past Summer and Reflecting on Lessons Learned for Future Success

Tuesday, October 1 at 1:00 pm ET

[Register here...](#)

Even though your Summer Food Service Program just came to an end, it's never too early to start planning for next year. State agencies and sponsors see improvement and growth in their programs from year to year, when they work together to evaluate and assess the past year's summer meal program operations. Join us to learn strategies to refocus your work around summer food now, to ensure your most successful program next year.

Childcare Education Classes

Mineral County Family Resource Network (MCFRN) and
West Virginia University Extension Service and Mountain Heart, Inc. Present
Child Care Education Classes.

YOU MUST PRE-REGISTER FOR THESE CLASSES (304)788-3621

Recognizing Child Abuse & Neglect

Check-In from 6:30-7:30 PM

Class Thursday, September 19th from 7-9 PM

Mineral County Technical Center, Keyser

Remedy That Stress!

Thursday October 17th, 7-9 PM

Frankfort High School, Short Gap, WV

WVAHC Regional Training on Enrollment



September 13, 2013

Registration 8:30 AM, Training 9:00 -1:00

Mineral County Health Dept. – Keyser, WV

Lunch will be provided

WVAHC is offering a series of regional trainings designed to develop “community assisters.” The role of community assisters is to educate the public on the new insurance options and how to help uncomplicated cases to enroll in Medicaid and connect the uninsured to more highly trained individuals who can enroll people with even the most complicated situations. **Join us for this FREE training to learn how to enroll West Virginians in Medicaid and private health insurance policies through the Marketplace.**

Register at www.enrollwv.com

Questions? Contact Ashley Adams at ashley.wvahc@gmail.com

WHERE

Burlington United Methodist
Family Services Chapel

Affordable Care Act INFO SESSION

TIME

10:00 A.M.

DATE

September 27, 2013

RSVP

Mary Hamblin, (304) 822-6900
Mary.L.Hamblin@wv.gov
September 23, 2013



Sponsored by: The Upper Potomac Children's Collaborative

Light Refreshments Provided

Save The Date



Grandparents & Me Day

Saturday, September 8th 2:00pm

Come on out & be ready to roll up your sleeves to get dirty & have tons of fun; Rain or Shine! Everyone will receive a potted plant to bring home & a chance to win some really cool prizes. This program is limited to 25 children & spots do fill up quickly, so make sure you RSVP with the MCFRN by calling us at (304)788-9099.

International Day of Peace

Saturday, September 21st

This year, 2013, special activities and celebrations will take place all across the world over the 2013 Peace Day Weekend, including festivals, concerts, a global Peace Wave with moments of silence at noon in every time zone, and much more. The International Day of Peace, a.k.a. "Peace Day" provides an opportunity for individuals, organizations and nations to create practical acts of peace on a shared date. For more information go to:

<http://www.internationaldayofpeace.org/?>

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Fall Feast Off

Sunday, September 29th 2:00pm

The 10th annual Fall Feast Off will be held at Brookedale Farms in Fort Ashby, WV. This is a benefit event for the Ronald McDonald House that has several ways to enjoy the day including, but not limited to live musical performances, a silent auction, a live auction, Cow Chip Bingo, the Corn Maze, Hayrides & so much more. There is also going to be the main event, the Feast Off! During this Feast Off, YOU are the judges. For more information as to how you can enter the Feast Off Contest or any other questions contact Brookedale Farms (304)298-3760 or the Mineral County FRN at (304)788-9099

Mineral County FRN General Meeting

Tuesday, October 1st

Mineral County Health Department

Board of Directors Meeting meets at 10:30 am

General Membership meets at 12pm Noon

A Free Lunch Will Be Provided

For More Information Contact Gerri Mason at (304)788-9099

Serving Meals on Weekends and during School Holidays

Wednesday, October 16 at 1:00 pm

Register here...

Serving holiday and weekend meals ensures access to nutritious meals for the children attending your program during the week and greatly increases the number of meals you can claim for reimbursement to help maintain the financial health of your afterschool program. Join us to learn more about extending your afterschool program service into weekends and over school holidays and how state agencies are assisting sponsors in adding these additional meals to their programs.

Contact Us

Give us a call for more information or if you would like to have your organization or info featured in the next Newsletter!

Mineral County Family Resource Network

304-788-9099