Welcome to the fourth chapter of the CASE WV Head Start Story. As we reflected upon the fifty years of experiences of providing services to children and families it was easy to begin to ask, “Do you remember” and this evolved into an opportunity for comparisons between Head Start program requirements in 1965 and the program requirements in 2015. We want to share a few of them with you.

Federal Family Income Eligibility:
- 1965: Family of Four — $4,000.00
- 2015: Family of Four — $24,250.00

Age of Children Served:
- 1965: Five Years of Age
- 2015: Five Years of Age before September 1st

Teaching Staff Education Requirements:
- 1965: High School Graduate or GED with Priority for employment given to Head Start Parents.
- 2015: Lead Teachers — BS/BA Degrees in Early Childhood Development/Education or in a related field with enough early childhood classes to equal a major in the early childhood discipline.
- Assistant Teachers — CDA (Child Development Associate) or ACDS (Apprenticeship for Child Development Specialist) or an Associate Degree in any field.

The Head Start experience occurs in an evolving world where we are challenged to meet the needs of the community through partnerships and collaborations to best support opportunities for children and families. Our partnership with Concord University made it possible for the teachers to acquire the credentials required by the Office of Head Start and West Virginia State Department of Education’s Policy 2525; the Collaborative Agreement between this Head Start program and Mercer County Board of Education has provided the mechanism for expanded pre-K experiences in our county. Our most recent child care partnerships with Concord Child Development, Imagination Station, and Learning Tree House will increase the numbers of infants and toddlers receiving high quality care in compliance with Head Start/Early Head Start Performance Standards. The child care partnership will also provide Early Childhood Development classes to broaden the knowledge base of the direct service staff who are responsible for the care and well-being of the participant children.

FIFTY YEARS of Head Start experiences have laid the foundation for young children and their families to dream of futures and what they could be and those dreams became aspirations and those aspirations resulted in professions and trades that benefitted communities, cities, counties and states. The CASE WV Head Start story has not ended, the challenges are great but the rewards are greater!! We invite you to visit our classrooms to observe or share your talents with the children; you may even want to become a part of the program and we will say welcome!

Welcome to the fourth chapter of the CASE WV Head Start Story. As we reflected upon the fifty years of experiences of providing services to children and families it was easy to begin to ask, “Do you remember “ and this evolved into an opportunity for comparisons between Head Start program requirements in 1965 and the program requirements in 2015. We want to share a few of them with you. Federal Family Income Eligibility: 1965-Family of Four—$4,000.00 2015-Family of Four—$24,250.00 Age of Children Served: 1965 – Five Years of Age 2015 – Four Years of Age before September 1st Three Years of Age and a diagnosed disability. Three Years of Age before September 1st Pre-natal to Age Three. Teaching Staff Education Requirements: 1965-High School Graduate or GED with Priority for employment given to Head Start Parents. 2015-Lead Teachers—BS/BA Degrees in Early Childhood Development/Education or in a related field with enough early childhood classes to equal a major in the early childhood discipline. Assistant Teachers—CDA (Child Development Associate) or ACDS (Apprenticeship for Child Development Specialist) or an Associate Degree in any field. The Head Start experience occurs in an evolving world where we are challenged to meet the needs of the community through partnerships and collaborations to best support opportunities for children and families. Our partnership with Concord University made it possible for the teachers to acquire the credentials required by the Office of Head Start and West Virginia State Department of Education’s Policy 2525; the Collaborative Agreement between this Head Start program and Mercer County Board of Education has provided the mechanism for expanded pre-K experiences in our county. Our most recent child care partnerships with Concord Child Development, Imagination Station, Kidz at Heart and Learning Tree House will increase the numbers of infants and toddlers receiving high quality care in compliance with Head Start/Early Head Start Performance Standards. The child care partnership will also provide Early Childhood Development classes to broaden the knowledge base of the direct service staff who are responsible for the care and well-being of the participant children.

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Executive Director’s Message: Oraetta Hubbard, Executive Director

Colleagues, it’s been an eventful year to say the least, and its been my pleasure to serve our clients with each and every one of you (250 employees). We have had a number of challenges, through out the year but your courage, determination, hard work and relentless desire to fulfill the CASE WV Promise and the companies objectives has brought us far. The New Year will bring its own mix of successes and challenges, but our direction is clear and we know what we must do. Let’s not forget The Promise of Community Action and what we stand for. During the holiday season, take time to relax and enjoy your families. Wishing you a Happy Holiday from my family to yours. HAPPY HOLIDAYS! Oraetta

CASE WV LOCATIONS
BLUEFIELD
ADMIN. BLDG. 355 Bluefield Ave.

LAW & COMMERCE 307 Federal Street

KENNEDY CENTER 525 Bland St.

CASE CAR CARE 717 Raleigh St.

CASEWV WAREHOUSE 717 Raleigh St.

PRINCETON
SENIORS CENTER 400 Trent Street
SENIORS/HEAD START 215 Thoro St.
HEAD START/NEW HOPE 153 Maple Acres Rd.

UNION MONROE CO. OFFICE 219 Main St.
HINTON SUMMERS CO. OFFICE 216 3rd Ave.
HEAD START 101 2nd Street
RAINELLE RIGHT FROM THE START 400 Main St.

Family Stabilization Centers
Mercer County – Summers County – Monroe County

Limited Crisis Intervention funds will be available January 1, 2016. Due to recent funding decreases, the amount of Crisis Intervention Funds available to assist our eligible clients has been reduced drastically. Clients’ eligibility is determined at time of the completion of the clients’ intake/applications and income is based on the current Federal Poverty Guidelines per our funding source and program guidelines. For eligible clients, Crisis Intervention type assistance may include evictions and utility terminations. Applications/intakes may be completed at the Family Stabilization Centers located in the following locations:

Mercer Co. - 307 Federal Street, Bluefield, WV
Phone # 304-325-3511

Summers Co.-216 Third Avenue, PO Box 205, Hinton, WV
Phone # 304-466-5010

Monroe Co. - Main & Rt. 219, PO Box 403, Union, WV
Phone # 304-772-3381


ABOUT US: CASEWV is your local community action agency providing services that improve the quality of life for our residents through our various programs. With over 250 professional employees and offices in Mercer, Summers, Monroe and Raleigh counties, we service over 8,000 families and individuals per year. Our annual budget of approx. $10,000,000 not only helps our citizens, but stimulates our local economy through employment, ownership of properties and the accomplishments of the programs themselves. We are one of the top ten employers in Mercer County. With services ranging from pre-natal to seniors, our directors facilitate these programs at our state-of-the-art locations. Governed by a Board Of Directors, we have established an excellent record of local, regional and national partnerships. We have been serving southeastern West Virginia since 1964.

Inspiration
You’re a part of a team. Something BIGGER….
When someone is successful, it’s good for the team as a whole.
Everyone is in it TOGETHER!
~Unknown

CASE WV Commission on Aging Fall Festival
CASE WV Commission on Aging hosted the annual Fall Festival on October 28, 2015. Nearly 200 members of the community including seniors gathered at the CASE WV Senior Center located at 600 Trent Street in Princeton for a day of information sharing and fun.

The day began with informational presentations that included the reasons why people should have health screens and a recommended schedule of such screenings. The crowd also learned more about the Appalachian Area Aged and Disabled Resource Center, and the valuable programs the Resource Center provides.

Over thirty-vendors provided booths displaying information and services that are of interest to seniors in Mercer County. Princeton Community Hospital staff took blood pressure readings and discussed the results with the individuals. PCH staff also drew blood for cholesterol screens the results of which will be mailed to the people who took advantage of the service.

The Mercer County Health Department staff was on hand to provide flu prevention vaccines. Many other vendors provided information about services of interest to seniors.

First Community Bank staff took portrait photographs for interested seniors and will distribute the printed portraits free to the seniors. Other fun events included the pumpkin decorating contest and the costume judging.

The next health event is Happy Hearts Day scheduled for February 10, 2016 at the CASE WV Senior Center located at 600 Trent Street.

CASE CAR CARE
Do you need affordable car repair?
We can assist you!
Ask your CASE WV program contact for eligibility and referral information. Or call 304-324-0450 Ext.1302
Qualifying clients and staff will receive a discount.
Service location: 717 Raleigh St., Bluefield, WV
Phone: 304-325-6536 or 276-245-6517

ATTENTION BUSINESS OWNERS!
Call 304-324-0450 x1302
Book Your Conference or Meeting @ Our State of the Art
Video Facility & Conference Center
Or
8 Monitor Computer Lab
audio/visual equipment also available
10 Ways to Save on Energy Cost This Winter

1. **Use the sun for free heat.** That bright orb in the sky should be the focus of temperature control in your residence throughout the year. Open the curtains on your south-facing windows during winter days to bring free heat into your home. Close your window covering when the sun goes down to keep heat inside.

2. **Bundle up with warm accessories.** This is one of the easiest ways to save on your heating bill. Instead of turning the heat up, put on a cozy sweater and warm socks. Keep throw blankets on your couch, and add an area rug to insulate the floor.

3. **Use ceiling fans to your advantage.** Homes that have better ventilation and airflow can be more energy efficient in the summer and winter months. If you have ceiling fans in your home, apartment, you have more control over ventilation than you know. Ceiling fans can be used strategically to achieve better airflow. Counter-clockwise will push hot air up in summer months and clockwise will trap heat inside to keep your room warmer during cooler months. Turn your ceiling fan on a low setting to gently push hot air back down.

4. **Adjust the thermostat at night.** You can save about 10% per year on your heating bills by turning your thermostat down 10 to 15 degrees for eight hours. Consider investing in flannel sheets and a warm comforter for your bed and keep your home or apartment cooler when you sleep.

5. **Only heat the rooms you use.** If you have rooms that you never use, close and seal off the vents in those rooms to be more energy efficient and direct the flow of air to the rooms you most use.

6. **Keep your furnace clean and unblocked.** Keeping your furnace and vents properly maintained will reduce energy consumption and help you save. Change your furnace filter monthly.

7. **Get a humidifier to add moisture to the air.** The air inside your home can become very dry. Moist air feels warmer and holds heat better, so a humidifier can help you feel comfortable when your thermostat is setting at a lower temperature.

8. **Invest in insulation.** Hundred of thousands of dollars in energy cost are lost each year due to escaping heat and cold air in homes without proper insulation. Get some inexpensive insulation from your local home improvement store or contact your local Weatherization Assistance Program to see if you qualify for weatherization assistance at 304-809-3055.

9. **Holiday Season-Decorate with LED lights for the holidays.** The new LED holiday light, which uses at least 75% less energy and also last 25 times longer than older, incandescent lighting.

10. **Only use exhaust fans when necessary.** Exhaust fans in your kitchen and bathroom pull the hot air that rises to the ceiling. Use exhaust fans sparingly, and shut them off when you are done with them.
FAMILY DAY CARE FOOD PROGRAM

This is a very exciting opportunity for those 18 and older who provide registered child care in their home. You can receive a check for the meals you feed the children by signing up for the USDA program and following a few simple guidelines. We offer free, in-home training on how to serve nutritious well-balance meals and instructions on the program policy and regulation. The menus are simple. Meals can also be served to provider’s own children if income eligible. Receive monthly payments to help cover the food cost for children in your care.

We provide service to the following counties:
Mercer, Monroe, Raleigh and Summers

CASE WV – FAMILY DAY CARE FOOD PROGRAM

GET PAID FOR MEALS YOU SERVE TO YOUR DAY CARE CHILDREN AND EVEN YOUR OWN CHILDREN IF YOU ARE INCOME ELIGIBLE

Food is costly to the Provider doing Day Care in their home. The Family Day Care Food Program can help with our FREE Meal Reimbursement Program !!

EASY STEPS TO GET STARTED

1. Call the Family Day Care Food Program: 304-324-0453 OR 1-877-715-6401
2. Answer a few questions to determine our participation with the food program
3. Meet our representative to discuss how to prepare meals according to USDA guidelines, document the meals you serve and submit your monthly paperwork to receive payment.

JOIN OUR PROGRAM TODAY!

HAPPY HOLIDAYS FROM FOOD PROGRAM STAFF!

Tips from “Chef Betty” a new healthy recipes for you to try:

PUMPKIN French Toast Bake:

Main Ingredients

- 3 large eggs
- 3/4 cup Silk Unsweetened Vanilla Almond Milk
- 1/2 cup pumpkin puree
- 2 tablespoons light brown sugar, packed
- 1 tablespoon granulated sugar
- Maple syrup for serving, or your favorite topping

Directions

1. Preheat non-stick skillet over medium heat; set aside
2. In a large mixing bowl, combine eggs milk, pumpkin, sugars, vanilla, pumpkin pie spice, cinnamon, nutmeg and whisk until combined.
3. Butter skillet
4. Dip 1 slice of bread into the coating mixture for about 10 seconds flipping over once, and making sure its well-coated before adding to the skillet. Repeat with all slices of bread until coating mixture is gone.
5. Cook for about 3 to 4 minutes per side, or until browned as desired.
6. Serve immediately with butter and maple syrup or your favorite topping.
TPP's focus in September was on finishing up our 5-year grant and then getting our NEW 5-year grant up and running. We were thrilled to be refunded for another 5 years as we feel like the work we do is very important and feel it's very needed in our area.

Our staff attended a “Change is Good” training in Bridgeport, WV on September 9 where we learned about advocating for change through online communities. On September 16 we attended an “iRespect Training on Bullying” in Lewisburg, WV. We learned how to identify, prevent and avoid cyberbullying and sexting among youth. It was a very informative training and we are now certified to teach this program.

On September 24 we participated in an event that Bluefield State College sponsored to make high school students aware of the dangers and consequences of driving while impaired. The Mercer County Sheriff’s Department brought their DUI simulator and let the students see what it was like to drive while impaired. They also had goggles that the students wore while trying to do field sobriety tests while “impaired”. The deputies also gave talks on the laws and consequences of a DUI. Students were brought in from Princeton High and they really enjoyed the activity. Our educators were on hand to talk with the teens about our program and to answer their questions, we also gave out literature and incentives.

In October we went back into the classroom with lessons at Bluefield Middle School. We started classes at Glenwood Middle that we will finish up in November and we also have scheduled classes at Southside K-8 for November.

PROJECT YES

Encouraging our youth in the community to be drug free and to have healthy relationships is the main focus of this program. Actively participating at schools and fairs throughout our area gives our teens an opportunity to learn how to make good decisions while having fun. We also offer seminars for parents to help educate them on teen issues and develop stronger communication skills for a trusting relationship. Servicing Mercer, McDowell, Monroe, Raleigh, and Wyoming counties. Please call: 304-325-2441
With a very active Senior population in our area we have many great programs to service them. Our Senior Nutrition sites serve a hot lunch, Monday thru Friday, along with the opportunity to enjoy a variety of activities such as bingo, exercise class, crafts, trips and many more special events. Other Senior Services include home delivered meals, caregiver relief, personal-in-home care and transportation. We are dedicated in providing care and services that assist in maintaining a good quality of life. Please call: 304-425-7111

CASE COMMISSION ON AGING
PO Box 1507 * 600 Trent Street
Princeton, WV 24740

As West Virginians are living longer than ever before, our Seniors & Disabled Citizens Program offers a wide variety of services that will help you live better. From socializing to personal support, our agency is dedicated to providing care that assists you in maintaining a good quality of life.

For Seniors 60 and over our cheerful Senior Centers have activities that allow you to participate at your own pace. Monday through Friday you can join our dine-in lunch at 11:30am, meet friends and also choose from a calendar of activities that include bingo, crafts, arthritis exercise, class healthy steps class, fun and fitness class (similar to silver sneakers), line dancing, devotions, play Wii and many more special events.

MARK YOUR 2015 EVENT CALENDAR

Christmas Dinner is on Dec. 16, 2015
Halls Ridge Boys From Johnson Chapel will be here, they are a great group. Come and enjoy the fun and great food. Bring a covered dish or dessert.

Thanksgiving Dinner is on Nov. 18, 2015
Men of Standard Gospel group will be here, they are always good. Come out and enjoy the fun and great food. Bring a cover dish or dessert.

Up coming events
Nov. 18, 2015 Thanksgiving Dinner
Dec. 16, 2015 Christmas Dinner
Feb. 10, 2016 Happy Hearts Day

ALL SENIORS WELCOME
Events Subject to change

Fall Festival was on Oct. 28, 2015 it was a great success! We had free health screenings and educational speakers. We had around 200 people to attend the event.

EVENTS SUBJECT TO CHANGE

ALL SENIORS WELCOME
Senior Nutrition Sites for more info call Jenni Stamper 304-425-9104
CASE Commission on Aging, 600 Trent Street, Princeton, WV 24740, Phone 304-425-7111
CASE Thorn Senior Nutrition Site, 205 Thorn Street, Princeton, WV 24740, Phone 304-431-2882
The 2015-2016 School Year...

Policy Council Officers

President – Marlene Jones
Vice President – Michelle Hendricks
Board of Directors Rep. – Charles Mulkins

Policy Council Meetings are every 2nd Tuesday of the month, at the CASE Administration Building on Bluefield Ave., Bluefield, WV.

Attendance

From the first day of enrollment, a young child’s attendance matters! Good attendance leads to lifelong learning and positive habits necessary for school and work. When young children are chronically absent from Head Start, Early Head Start, or child care, often they are likely to continue to be chronically absent in elementary school.

Thank you to Jaysha and Jason Ellison for representing our Policy Council and our CASE Head Start Parents at the Fall Head Start Conference.

HEAD START/ EARLY HEAD START

This nationwide program is for children ages 0-5 and at risk pregnant women in Mercer and Summers Counties. The program provides comprehensive services to low income children and families as well as prepares children for kindergarten. We also offer early learning opportunities and activities through Creative Curriculum. The program provides services to children with disabilities, links families to community resources, transportation to and from school, and provides screenings and nutritious meals to all participants. To enhance school readiness, each child is given individual assistance to develop their physical, mental and emotional skills. For more information, call 304-487-5770. We have open enrollment!

YOUR LOCAL COMMUNITY ACTION AGENCY

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Family Engagement!

CASE Early Head Start Child Care Partnership is building wonderful relationships with whose children are being served at Concord University, Kidz at Hart, Learning Tree House, Imagination Station, and Creation Station. We are so proud of the family members that have stepped up to be on our Policy Council and attended our joint Policy Council and Board of Directors meetings.

Child Care Partnership Collaboration:

Huge Success with Families!

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YOUR LOCAL COMMUNITY ACTION AGENCY

Affordable Housing Programs

Our goal is to provide safe and affordable housing through rental units and homeownership.
Rental units in Mercer and Summers Counties.
Homeownership opportunities available in Mercer, Monroe, Summers, McDowell, Raleigh, Fayette, Greenbrier, and Nicholas Counties.

Providing Affordable Home Purchase Options to Qualified Buyers

CASEWV is a licensed Lender and Broker working with WV Housing Development Fund’s HOME Program and also CommunityWorks in WV. These programs offer affordable lending options to qualified buyers in Mercer, Summers, Monroe, Greenbrier, Nicholas, McDowell, Raleigh and Fayette counties. For more information and qualifying guidelines call 304-325-6635.

CASEWV NMLS #716425

CASEWV Affordable Rental Options
If you would like an application for our rental units located at:
Alice Kennedy Center 525 Bland St. Bluefield
Call Judith Kennedy at 304-888-2985

Hinton Center 3rd Ave. Hinton
Call Brad Eagle at 304-466-5018

WestBridge Gardens Highland Ave. Bluefield or Austin St. Princeton
Call Ariana Bragg at 304-325-6635