Welcome! The CASEWV family is proud to have a quarterly newsletter to keep you up-to-date with the many things that are happening within the agency. With 300 employees and 12 different programs, we have a lot to share. Enjoy learning more about us and the great services we offer.

It was reported nationwide, 6,000 weather records were broken this year due to the jet stream remaining north of its normal position. Many can’t recall when they have seen such an abundance of blossoms so early. Let’s thank mother nature for this good deed. It looks like we are in for a plentiful bounty of fruits and vegetables from our gardens.

Community Action. Two simple, but powerful words whose definitions mean: a group of people who unite together to make something happen! And, that is exactly what CASEWV does every day. Make something happen! Our latest statistics show we served 375,000 meals, provided 53,000 rides and serviced 8,000 people in 2011. For perspective, about 3/4 of the population of Bluefield, WV.

With twelve solid programs serving our pre-natal to seniors population and 60% funding covering all income levels, we touch all walks of life. We are a community, within a community action agency who rise and shine every morning to act on your behalf. So when you hear, or see, anything relative to CASEWV, feel proud. You have one of the best community action agencies in the nation on your doorstep!
Executive Director’s Message: Did you know that CASEWV is governed by a Board of Directors who have the ultimate responsibility for its activities/decisions? Since 1968 local community action agencies, including CASE, have been required to have tri-partite governing boards. Meaning, we have representatives from three segments of our communities: six from low-income, six from private sector and six from the public. In this election year, we will be losing several of our current Board members as their term comes to an end. Covering Mercer, Summers and Monroe counties, we are taking petitions from anyone or any group within this map area to serve on our Board. Please contact ohubbard@casewv.org.

With services ranging from pre-
stimulates our local economy through employment, ownership of properties and the accomplishments of the programs themselves.

A
bout 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 300 professional employees and offices in Mercer, Summers, Monroe and Raleigh counties, we service over 8,000 individuals per year. Our annual budget of approx. $12,000,000 not only helps our citizens, but stimulates our local economy through employment, ownership of properties and the accomplishments of the programs themselves. With services ranging from pre-natal to seniors, our directors facilitate these programs at our state-of-the-art locations. Co-ordinated by a Board Of Directors, we have established an excellent record of local, regional and national partnerships. We have been serving south-eastern West Virginia since 1964.


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CALL: 304-327-9300
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. The program provides education and training for at risk pregnant women. The program provides early learning opportunities and activities through Creative Curriculum. The program also offers 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 on the program you may call 304-487-5770.

Summers County Celebrate Dr. Seuss

To celebrate Dr. Seuss’ birthday the teachers from Classroom 1 & 2, Summers County seemed to have been Seussed by the Cat in the Hat, Thing 1 & 2, the Grinch and Cindy Lou Hoo!!! Each classroom has been busy enjoying learning many new things this month. They have learned about being friends with others, weather, groundhogs, shadows, bugs and Dr. Seuss. They enjoyed having Janna Brown from WVVA come and teach about weather and do silly weather songs with them.

February Oral Health Month

To promote Oral Health Month, Mercer and Summers County Classrooms encourage the children and families to create a dental poster that shows good dental hygiene. We had over 25 posters that were turned in between the two counties. Cindy Beck from West Virginia’s Oral Health Initiative spoke with classrooms about proper oral health.

Child Development Associate

To ensure we are providing quality services eight of the Head Start/Early Head Start parents and substitutes are receiving training for the Child Development Associate (CDA). The participants attend training in their free time on weekends and holidays. The teachers should earn their CDA in August.

Pre-K registration will begin in April for the 2012-2013 upcoming program year. For more information to apply you may call 304-487-5770 or visit our website.
Project YES spent Jan. at James Monroe High School and Feb. at Peterstown Middle School teaching teens to prevent pregnancy and the transmission of STDs by teaching students risk assessment, communication, decision-making and planning skills, as well as refusal strategies and delay tactics. Jim Pettus attended a meeting at Tamarak with reps from the Beckley United Way, Rainelle Medical Center and RESA I to discuss plans for youth prevention activities. We partnered with WV Free to sponsor a T-shirt design and an essay contest for Teen Pregnancy Prevention in the middle and high schools. It will be a statewide contest and we hope to bring home top honors for our program. Jim presented a program on anti-bullying to two groups at Peterstown Middle School in February. We spent the month of March signing up more schools for the TPP program. We will be starting at Bluefield Middle School at the end of March.

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

Project YES
SENIORS

With a very active Seniors population in our area, we have many great programs to service them. Our Trent St. and Thorn St. centers in Princeton, along with our Bluefield site on Stadium Dr., serve a nice hot lunch Monday thru Friday, along with the opportunity to enjoy a variety of activities such as bingo, exercise, 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

600 Trent Street
PO Box 1507
Princeton, WV 24740
304-425-7111

Happy Hearts Day

As we welcome spring, we want to tell you what we have been up to and what is yet to come. Most recently we celebrated Happy Hearts Day. We have free health screenings, (Total Lipid Profile, Cholesterol & Triglyceride, Blood Sugar, Blood Pressure, Pulse Ox, Eye Exam, & Glaucoma Testing), Educational Speakers, Crowning of Valentine King & Queen, Entertainment (Christ Incorporated), Free Valentine Photos, Door Prizes and Bingo. We had 25 vendors to set up with free health screenings and giveaways, and approximately 200 seniors attended the event. Everyone had a great time.

Mark Your Calendars!

NATIONAL HEALTHCARE DECISIONS DAY PROGRAM
Commission on Aging, 600 Trent Street, Princeton – April 13
Debbie Richardson, 304-425-7111 drichardson@casewv.info or Susan Belcher, 304-425-8128 susangwp@inetone.net

ALZHEIMER’S ASSOCIATION CAREGIVER UNIVERSITY
GlenWood Park Retirement Village – April 18
Nicole Gates, 1-800-272-3900 or nicole.gates@alz.org

SENIOR CELEBRATION
Mercer Mall – May 16
Susan Belcher 304-425-8128 susangwp@intone.net

SENIOR OLYMPICS
Pikeview High School – June 15
Leslie Cline, 1-304-256-2606 or lcline@umwafunds.org
Beginning with a positive pregnancy test, through a newborn’s development and up to age one, our program has a vast array of services. We assist with medical care, child birth and parenting classes, and the overall needs of having a well and healthy baby. Our in-home registered nurses and licensed social workers assist in the client’s health and how to properly care for their baby. There are requirements for participating in this program. We service Mercer, Monroe, Summers, Wyoming, Raleigh, Greenbrier, Pocahontas, Webster, Nicholas, Fayette, Braxton, and McDowell.

304-323-8315

CASE WV / Right From The Start Regions I & IV had about 100 participants attend a conference on March 30, 2012 at Tamarack in Beckley.

Southern WV Conference on Dealing with Addictions in Pregnancy

Conference Speakers:
- Dr. Byron C. Calhoun, MD, FACOG, FACS, MBA
  Creating Effective Interventions
- Tammi Lewis
  Understanding Addictions in Women
- Denise Burgess
  Creating A Collaborative Effort: The Making of DAMB Force
- Rea of Hope Graduates
  The Patient’s Experience
- Molly McMillion
  Giving the Next Dose of Purple Crying Information

Conference Objectives:
- Know how to identify patients with substance abuse in pregnancy
- Know how to identify patients with alcohol abuse in pregnancy
- Understand how to intervene with patients who are using drugs and alcohol
- Be aware of necessity for multidisciplinary approach to addictions therapy in pregnancy

New DCC Additions

We would like to welcome Morgan and Danielle to our program. They are our newest DCCs. Welcome!

We are also still accepting any donations to our RFTS Baby Closet. So when you spring clean please think of our clients!
Beginning with a positive pregnancy test, through a newborn’s development and up to age one, our program has a vast array of services. We assist with medical care, child birth and parenting classes, and the overall needs of having a well and healthy baby. Our in-home registered nurses and licensed social workers assist in the client’s health and how to properly care for their baby. There are requirements for participating in this program. We service Mercer, Monroe, Summers, Wyoming, Raleigh, Greenbrier, Pocahontas, Webster, Nicholas, Fayette, Braxton, and McDowell.

304-438-5810

During the first quarter of 2012, Right from The Start’s Region IV has been working hard to continue networking, learning, and training in order to provide better service to our clients. Regional Care Coordinator Sandra Ellard and RCC Secretary Linda Simms met with OB providers at the Summersville Regional Medical Center to discuss a new drug cessation program with Dr. Calhoun and Seneca Mental Health. In March, our DCCs will be participating in a follow up training on how to educate our clients about Purple Period Crying at the Greenbrier Valley Medical Center. On March 30, Region IV DCCs and staff will meet at Tamarack in Beckley for their quarterly DCC meeting. As a special guest speaker, Dr. Calhoun will educate the DCCs on the new drug cessation program.

During the first quarter, Region IV has hired and trained several new DCC workers to continue the growth of the program and to further increase the area which we are able to provide service. Right From The Start also received a much anticipated and very well designed logo, and a new streamlined policy manual will soon be completed.

As always, our program depends so much on the generosity of the public, and in the first part of 2012 they came through for us in a big way. We have received numerous generous donations from both local churches and individuals, including former clients. The donations include diapers, strollers, toys, high chairs, and monetary donations. Region IV would like to thank everyone who has donated time, money, and supplies to our program.
FAMILY STABILIZATION

Our areas of support include housing/utility bills assistance, food resources, clothing needs, day care and housing referrals, health care, senior services, information, family relationships, financial management, education and training. We also use various other community resources to help you attain your goals. To review your needs an appointment is necessary to determine your eligibility and to select the programs that work best for you. Please call:

304-466-5010

2011 Garden Program

Top Photo: Jean Yancey, gardener since 2006. Bottom Photo: Jeremy Downard, Summers County CASE Head Start. Looking good!!

It’s almost garden time again!! CASE WV Summers Office is busy planning another Garden Seed Program year. We are putting together our seed and plant suppliers, and scheduling a date to start taking applications and giving vouchers. We are hoping to provide vouchers to 30 gardeners this year. An application due date of April 24, 2012 is being planned. Naturally, the weather will determine if that date holds. Also, we need to make sure the suppliers will have the plants and seeds available at that time. If you would like more information about the Garden Seed Program, give us a call at (304) 466-5010.

News & Notes:

Home Repair season is near. We are taking applications for the Appalachia Service Project, which will start their Home Repair program in June 2012. They will do many types of home repair at no cost to the owner.

Appalachian South Folk Life Center is currently accepting applications for their home repair work groups. We have applications available.

WVU Dental Health & Pregnancy Study saw their first customer on January 20th. They are looking for more participants. If you are in your first or second trimester of pregnancy contact WVU Dental Health & Pregnancy at 1-877-WVTEETH. Or come by the CASE office.

Experienced Works, Works

Meet Harold Green, 83 years young. Mr. Green is a life-time resident of Hinton. He worked 25 years at the old Hinton Hospital before it closed. He also worked at several local businesses before joining Green Thumb, now known as Experience Works. Mr. Green has 20 years of service in the Experience Works program. He greets all with a smile and kind word. We are very pleased to welcome Mr. Green to the Summers County office.

Video Conference Center in Summers County has already held 2 Board of Directors meetings. The Summers County Board Members wish to thank Oraetta and her staff for making the Board meeting more convenient. Also, Brenda Elmore used the facility, twice, for VITA tax preparation. (Bet you didn’t need glasses to see the forms!!).

Looks like Spring is on the way. But don’t be surprised if Winter doesn't make a curtain call.
HOUSING DEVELOPMENT

If you are thinking, or dreaming, of owning a home we would like to talk with you. We have brand new homes available for qualified clients with low interest loans that are sometimes less than renting. If you have decent credit and have paid your bills on time, you need to check out this opportunity. Please call 304-325-6635 for more information.

Hope Vista Rt. 20 and Upper Pine-Princeton
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1 Person = $25,450
2 Person = $29,050
3 Person = $32,700
4 Person = $36,300
5 Person = $39,250
6 Person = $42,150
7 Person = $45,050
8 Person = $47,950
Cooking, Lighting, Laundry, & Other Appliances

**Cooking**
- **Use Glass Or Ceramic Pans In Ovens.** They heat faster than metal pans, which are why brownie recipes call for 350°F, but 325°F for a glass pan.
- **Use Toaster Ovens, Crock Pots and Microwaves.** When you are cooking small or medium-sized meals, they use less energy than the stove or oven.

**Lighting**
- **Turn Off Lights When You Are Not Using Them.**
- **Switch to Energy Star-Qualified Compact Fluorescent Light Bulbs (CFLs) From Incandescent Light Bulbs.** A CFL produces about 75% less heat, so they are safer to operate and can cut energy costs associated with home cooling. They can also last up to 10 times longer than the standard incandescent bulb.
- **Put CLFs In Hard-To-Reach Fixtures.** You won’t have to replace them for 7 years or more! While they might cost more initially, you can save up to $80 a year by switching to CFLs throughout the house and about $30 or more in electricity costs over each bulb’s lifetime. By changing five bulbs you save about %150!

**Laundry**
- **Wash Laundry In Cold Water Instead Of Hot.** Hot water only needs to be used for very dirty loads.
- **Wash And Dry Only Full Loads.** The machine uses about the same amount of water whether you wash a full load or just one item.
- **Clean You Outside Dryer Exhaust Vent.** Make sure it opens and closes freely. If it does not close tightly, outside air is getting into your house through the dryer and you will need to replace the exhaust vent.
- **Use the Moisture Sensor Feature on your Dryer,** if there is one. This way, you won’t over-dry your clothes.

**Refrigerators**
- **Cover And Wrap Food.** Uncovered foods and liquids release moisture, which makes the fridge work harder.
- **Check The Temperature.** You are losing money if it is lower than 37-40°F. The freezer should be between 0-5°F. To check the temperature, put a thermometer in a glass of water in the center of the refrigerator and another between packages in the freezer. Read them after 24 hours.
- **Check The Door Seals.** Close the refrigerator door on a piece of paper that is half in and half out of the refrigerator. If you can remove the paper easily without opening the door, you may need to adjust the door latch or replace the seals.

**Water Bills**
- **Install Low-Flow Faucet Aerators.** They will reduce the amount of water released.
- **Repair Leaky Water Faucets.** Thirty leaked drops of water a minute can waste as much as 50 gallons a month.

⇒ Energy Star-Qualified products meet energy efficiency guidelines set by the U.S. Environmental Protection Agency & U.S. Department of Energy. These products include appliance, ceiling fans, electronic equipment, phones, compact fluorescent light bulbs, computer equipment and several other products that use energy. Go to [www.energystart.gov](http://www.energystart.gov) for a complete list of ENERGY STAR products or call toll free at 1-888-782-7937.