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 an average of 300 employees, 12 great programs and an annual budget of $15,000,000.00, we are dedicated to our communities growing stronger and achieving stability.

In January 1964, President Johnson gave Sargent Shriver the task of developing a bill to wage the war on poverty. The bill was presented to Congress in March, 1964. On August 20, The Economic Opportunity Act of 1964 was passed as a part of Lyndon B. Johnson's War on Poverty, an act to mobilize the human and financial resources of the Nation to combat poverty in the United States. Encompassing John F. Kennedy's purpose of the Civil Rights Act of 1964, the Economic Opportunity Act of 1964 was created "to eliminate the paradox of poverty on the midst of plenty in this nation by opening to everyone the opportunity for education and training, the opportunity to work, and the opportunity to live in decency and dignity."

During a Special Message to Congress, President Johnson declared "The Act does not merely expand on old programs or improve what was already being done. It charts a new course. It strikes at the cause of poverty. Not just the consequences of poverty. It can be a milestone in the 180 year search for a better life for our people."
Executive Director’s Message: Oraetta Hubbard, Executive Director

In keeping with the theme of celebrating our 50th anniversary this year, I thought we would take a look at the mid 1960’s in relation to the Kennedy/Johnson “Great Society” legislation. Those of us who lived in that era think of hippies, the Viet Nam War, being “groovy”, The Beatles, etc. This is all true, but many landmark pieces of legislation were passed during that time. It was an awakening of America’s moral compass. Many of the things that are now such a part of our everyday lives were actually “fought” for in the mid 1960’s. Those that are most notable were: The Civil Rights Act; The Economic Opportunity Act; The Older American’s Act; Medicare and Medicaid. There was also the creation of the Peace Corps, VISTA, the Department of Housing and Urban Development, The National Foundation of the Arts and Humanities and the Water Quality Act. Please take the time to “google” or “bing” these actions; I think you will be very proud of what they have accomplished. As an observation, neither google nor bing existed then, but no one would have chastised you for using those words, they would have thought you were just being “groovy”.

The spirit of brotherhood recognizes of necessity both the need of self-help and also the need of helping others in the only way which every ultimately does greater good, that is, of helping them to help themselves.”

Important Dates & Agency Closings

Mother’s Day May 11, 2014
CASEWV Board Meeting May 21, 2014
Memorial Day May 26, 2014
Father’s Day June 15, 2014
CASEWV Board Retreat June 19-20, 2014

West Virginia Day June 20, 2014
Independence Day July 4, 2014


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 300 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. $15,000,000 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.

CASE WV LOCATIONS

BLUEFIELD ADMIN. BLDG. 355 Blvd. Ave. LAW & COMMERCE 307 Federal Street KENNEDY CENTER 525 Bland St. PRESTON PLACE 321 Preston St. SENIORS CENTER Rec. Center Stadium Dr. CASE CAR CARE 3159 Lynn St. CASEWV WAREHOUSE 717 Raleigh Street PRINCETON SENIORS CENTER 608 Trent Street SENIORS/HEAD START 215 Thur/o St. HEAD START NEW HOPE 153 Maple Acres Rd. LASHMED HEAD START 3978 Maysick Rd. UNION MONROE CO. OFFICE 210 Main St. HINTON HEAD START 101 2nd Street RAINFIELD RIGHT FROM THE START 400 Main St.

Just In CASE WV

Executive Director’s Message: Oraetta Hubbard, Executive Director

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Just In CASE WV
May is National Community Action Month

On May 16th, we will host
“A walk through 50 years of Community Action”
in Chickory Square in Downtown Bluefield, WV
From 10 am to 2 pm with Entertainment, Giveaways, and Games

We welcome the community to come take the walk to see how we
have impacted the community over the last 50 years.

September 13, 2014

We will host our Annual CASE WV Expo at Mercer Mall

October 2014

Fall Festival
The date and location has not yet been determined.

December 2014

50th Commemoration Dinner
The date and location has not yet been determined.

We will keep you updated on the events throughout the year.
TPP partnered with MissionWV to bring “The Heart Gallery of WV—Portraits of Hope” to the Bluefield Rec Center. This display 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 the children ready for adoption. Many of the children featured have waited years to be matched with a family. Every child deserves to grow up with the love, support and safety of a family.

We also presented our DTL curriculum to 7th & 8th grade classes and our RTR curriculum to 2 high school classes at Montcalm High School. Mother Nature made it very difficult to get this done but we persevered and finally completed all the lessons by Feb 4. In Feb. we held a Youth Rally at Bluefield Middle School and we again partnered with the Bluefield Rec Dept. to sponsor a FATHER & DAUGHTER VALENTINE’S DAY DANCE which helps to foster positive relationships between daughters and their fathers (or father figure), however, a winter storm canceled this event. On Feb. 21 we had a “Lunch ‘n Learn” event at Montcalm High. We will be teaching DTL classes at Sandy River Middle School in McDowell County in March. Upcoming events for the next quarter include a “Breaking the Cycle of Teen Pregnancy in WV” conference in Bridgeport, WV. Drug Free Day in McDowell County and PROJECT GRADUATIONS in May and our annual “HOOP DRILLS AND LIFE SKILLS” basketball camp in June.

YOUR LOCAL COMMUNITY ACTION AGENCY

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

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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 serve to the following counties:
Mercer, Monroe, Raleigh and Summers

CASE WV – FAMILY DAY CARE FOOD PROGRAM

UPCOMING EVENTS IN OUR PROGRAM

May 9th, 2014 : Provider Appreciation Day: This is a special day to recognize all childcare providers. The founding organizers saw a need to recognize the tireless efforts of providers who care for children of working parents. Momentum and support for this event has grown each year and recognition presently includes individuals and government organization throughout the United States. DO SOMETHING SPECIAL FOR YOUR CHILDCARE PROVIDER

The American academy of pediatrics recommends:

Children age 12-24 months: Whole Milk
Children over 2 years 1 % or Skim Milk

Why Milk

- Proper Growth &
- Provides Calcium
- Helps Build Strong & Healthy Bones
- Brain Development
- Vitamin D, & Protein

Skim & 1% Milk Are Smart Choices For Healthy Children Over 2 Years of Age Because:

- 1 cup 1% (low fat) Milk: total Fat 2 grams—100 calories
- 1 cup Skim (nonfat) Milk: Total Fat grams 0—85 calories
- Skim & 1% Milk have the SAME amount of Calcium as
- Whole & 2% Milk

Whole Milk & Reduced Fat Milk Have Extra Fat and Calories:

- 1 cup Whole Milk: total Fat 8 grams—150 calories
- 1 cup 2% (reduced fat) Milk: Total Fat 5 grams—120 calories
- Extra Fat & Calories from whole & reduced fat milk

May cause WEIGHT GAIN & HEALTH PROBLEMS

“Chef Betty” she will be bringing healthy recipes for you to try:

SAUSAGE BISCUIT BITES

Ingredients: 2 (10 count) cans flaky biscuits (Grands Jr); 1 lb sausage (Tennessee Pride); 2 cups shredded cheddar cheese. Directions: Preheat oven to 400. Mix uncooked sausage and cheese gently until well blended. Shape into 40 balls of equal size. Remove biscuits from cans and separate each biscuit into two layers, making 40 total biscuit layers. Press one layer of biscuit into cup of lightly greased mini-cupcake pan. Repeat with remaining layers. Place sausage-cheese ball in each biscuit cup. Bake for 8 to 10 minutes or until biscuits are browned and sausage balls are bubbly.
Home Visitation Regional Meetings
The WV Home Visitation Program and Early Childhood Partners held the first regional meetings across the state. For our area, the first meeting was held on March 19th. This included representatives from Right From the Start, Parents As Teachers, MIHOW, Family Resource Networks, Starting Points, and Family Resource Centers. The meeting established the need for collaboration among all groups in order to give WV children the best start in life. Participants learned about all the groups in WV and brainstormed on ideas on how we can best work together to provide the most effective services. The next meeting will be held on June 11th and we invite anyone working with families with young children to participate. For more information, call Sandra Ellard at 304-438-5810.

Region IV recently had our quarterly training in Rainelle. Topics addressed were smoking during pregnancy and infant safe sleep. WV has the highest rates of pregnant smokers in the nation. Smoking during pregnancy can cause many problems in an infant such as low birth weight, prematurity, and birth defects. When a baby is born too early and is too small they can have problems such as breathing difficulties, heart problems and their brain is not as developed as it should be. They will also have to go through withdrawal from nicotine after they are born. They can have problems after birth if they are exposed to smoke such as an increased risk of sudden infant death syndrome, respiratory illnesses, and ear infections. It can be really hard to quit smoking but there is help. Our workers are trained on how to help someone quit smoking and can also refer them to other sources of help. The WV Quitline can help anyone quit smoking through counseling, support and even give you nicotine replacement therapy. For more information call 1-877-966-8784.

Our Babies: Safe and Sound is a statewide program by the TEAM for WV Children. Hospitals across the state and Right From The Start providers are working together to provide safe sleep education for new parents. The goal of this initiative is to prevent WV infants from injury and death. Suffocation and strangulation in an adult bed or other unsafe sleep environment is the leading cause of injury-related death in WV infants under one year of age. The education provided to new parents includes what a safe sleep environment is and ways to keep your infant safe during sleep time.

WV Home Visitation Conference is May 20-21 in Charleston!
SENIOR

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, zumba, 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 to providing care and services that assist in maintaining a good quality of life. Please call:

304-425-7111

CASE WV COMMISSION ON AGING
PO Box 1507 * 600 Trent Street
Princeton, WV 24740
304-425-7111

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, exercise, moving and grooving exercise class, healthy steps class, trips, line dancing, devotions, play Wii and many more special events.

For Seniors and Disabled Citizens we offer assistance with personal care services and resources for health related information that may be helpful with your every day living requirements. 304-425-8969

MARK YOUR 2014 EVENT CALENDAR

May 7, Mother’s Day Luncheon at CCOA
May 15, Senior Celebration at Mercer Mall
June 6, Senior Circle Anniversary at Brushfork Armory
June 11, Father’s Day Luncheon at CCOA
June 27, Senior Olympics at Princeton High School Track Field
July 1, Senior Picnic at GlenWood Park
July 2, & 3 Farmers Market Coupons at CCOA
October 2, Senior Expo at Brushfork Armory
October 29, Fall Festival at CCOA
November 7, Veteran’s Day Luncheon at CCOA
November 21, Thanksgiving at CCOA
December 17, Christmas Dinner at CCOA

EVENTS SUBJECT TO CHANGE

ALL SENIORS WELCOME
What Services Are Supplied By Weatherization?
Weatherization is an energy conservation program and all work is targeted to save the homeowner on their fuel cost. Measures done at your home may include insulation, weather stripping, caulking, minor health and safety repairs, energy improvement measures; replacement of refrigerator, pipe wrap, compact fluorescent lighting and/or repair or replacement of your heating system.

How to Apply For Weatherization?
The Weatherization Assistance Program can be reached by calling 304-809-3055 or 1-866-556-0780. We can answer your questions about the Weatherization Assistance Program and mail you an application.

Eligibility Income Levels

<table>
<thead>
<tr>
<th>Size of Family Unit</th>
<th>Income Levels</th>
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<tbody>
<tr>
<td>1</td>
<td>$22,980</td>
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<tr>
<td>2</td>
<td>$31,020</td>
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<td>3</td>
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<td>6</td>
<td>$63,180</td>
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<tr>
<td>7</td>
<td>$71,220</td>
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<tr>
<td>8</td>
<td>$79,260</td>
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For Families with more that 8 persons, add $8,040 for each additional person.

Once Weatherization receives your signed application, we must (by law) review your information, certify its accuracy and make determination of eligibility. This process may take up to 4 weeks. You will receive a letter of determination from this once when the process is complete. Your name will be placed on a waiting list.

After income approval, you will be contacted by telephone (or by mail) to arrange an appointment to have your Weatherization job estimated by our team of Energy Auditors. They will determine your need and explain what energy saving measure will be done to you home. After ordering the materials necessary for the job, a highly skilled weatherization crew will then be assigned to perform the recommended work. You or another adult must be present while the work is being completed. There is possibility that a contractor may be sent to your home, depending on the work to be done. The CASE highly skilled weatherization crew will do the insulation, air sealing, while other may be required to do specialty work; such heating and electrical upgrades. All contractors hired by CASE WV are fully insured.

After the work is done, the Energy Auditor/Post Work Inspector will contact you for a final inspection to insure the job was done correctly to meet Department of Energy and Governor Office of Economic Opportunity guidelines. Also, an additional inspection by a State monitor may occur during a monitoring visit.

Weatherization Works!!!