

**JAN.
2012**

The ERFNR County Connections

*Investing in Stronger Communities
for Hampshire, Hardy Grant and Pendleton Counties*



***Wishing Everyone a Very Happy, Healthy & Prosperous New Year
from the ERFNR Director, Beverley Evert
& the ERFNR Staff!***

How to Have Your Best Year Yet!

Tap into what really motivates you.

The most effective incentive on the planet? It's not a pile of cash, praise or gold stars. There's a far more powerful motivation. Scientists are discovering a far more powerful third drive. To tap into it, you need to develop three things: a sense of mastery, autonomy and purpose. Here's how...

1. Discover Your Reservoir of Grit

The thirst for mastery is akin to the thirst for water. It keeps the soul alive. So what is the best way to cultivate a sense to accomplishment? An interesting answer recently came from a group of researchers studying new cadets at West Point to understand why some students dropped out. All the recruits were talented, but the successful students shared a certain quality: grit. Everyone has a reservoir of grit, though you can't tap it for a random endeavor. To figure out where your reservoir of grit is, ask yourself: "*What would I do for free?*" Or: "*What I'd really like to be doing now is _____.*" The answers point you toward areas where you'll naturally persevere—and improve.

2. Figure Out Where You Can Be Your Own Boss

We come into this world curious and self-directed—just look at any toddler—but we can become passive and inert in mundane situations, like when we're stuck on the low end of the office totem pole or in the cook/housecleaner/chauffeur role at home. A study was done on the performance of hospital cleaners; found that those who went beyond doing the minimum job requirements—chatting with patients or helping make nurses' tasks go more smoothly—reported an increase in job satisfaction. By reframing their duties, the janitors helped make their work more fully their own. This isn't just about taking on more responsibilities. It's about exploring what you can do differently to make your role, whatever it is, more interesting.

3. Find Your Sentence

Seeking purpose is part of how we're wired—by doing something that endures, we prove that we were here, that we mattered. Clare Boothe Luce once told John F. Kennedy, "*A great man is one sentence. Abraham Lincoln's was 'He preserved the Union and freed the slaves.' What's yours?*" If you can't seem to access your purpose in life, I've found the best place to start is with Luce's question.

Don't pay someone to do your taxes this year. Get them done for **FREE from a variety of sources.**

If you have a relatively simple financial life, don't pay someone to do your taxes this year. There are several options available for free tax preparation & **e-filing**.

The Free File program continues this year through the IRS. This program allows people who have adjusted gross incomes of \$58,000 or less to have their taxes prepared and e-filed for free.

www.freefile.irs.gov/

If you want to understand more about efile before taking the plunge, visit:

www.irs.gov/efile

Some Ideas on How to Keep Your Kids Close to Faraway Family

You live in West Virginia. Your parents live in California. Your sister lives in Florida. And your in-laws live in London! Does that mean your kid (s) can't be close to all of them? Pshaw! These fun beyond-the-phone-call bonding ideas will keep your kids close to your family's hearts -- and vice versa.

Scan Your Kids' Artwork

Scan or photograph your children's drawings and paintings or just send them the originals. That way, Grammy and Paps can "ooh" and "ahh" over the masterpieces while talking to your kids on the phone—and your kids can bask in their pride.

Keep Track Of Cheap Flights

Sign up on a travel site (i.e. Kayak) to be notified about if/when flights to wherever your family lives dip below a price that you designate. When it does, book it! Even it means missing school, a few (affordable) days with loved ones is worth it.

Plan an Annual Get-Together

If Disney's not in the cards anytime soon, plan a more low-key family vacation that you can do every year. Take a weekend camping trip; spend day or two at the beach; rent a cabin near a lake; or host a weekend of "Family Olympics" at your home every summer (with basketball shooting competitions, water balloon tosses, tug of war, and trivia games).

Play the "Who Loves You?" Game (*the ERFN favorite*)

In the car, before bed, or during other quiet moments, ask your child to name all of the people who love them. He'll likely start with his parents and siblings, but then encourage him to think of his more distant relatives. Say, "Auntie Beth loves you, too!" and "Cousin Evan loves you sooo much!"

Ask Granny to Babysit

Instead of spending money on a babysitter for a week, why not use the money to buy a plane ticket to fly in a relative whose game for childcare? Spending time with your kids (without you around) is a fantastic way for relatives to bond with them. And your little ones will love the novelty of a new caregiver -- and will probably be on their best behavior to boot!

Send Snail Mail

Even though kids are used to instant communication gratification, they're still super excited to get mail that *has their name on it!* And what grandparent doesn't love opening up a drawing or letter that she can hang on the fridge? Major bonding points for care packages!

Last but definitely not least...

Keep Complaints to Yourself

Try not to talk badly about your annoying relatives in front of the kids. If there's one way to sour your child's relationship with family members she doesn't see often, this is it. Even if she doesn't understand what you mean when you complain, "He's so passive-aggressive!" she'll understand your tone.

Super Fun Parties for Kids ...even if you're on a Budget!!

Snow Party

Plan ahead for this and when you have the first big snow of the year and the kids are out of school, you'll be ready at a moment's notice. Plan games that can be played outside in the snow: Do "snow painting" - Fill spray bottles with colored water and decorate the snow.

Have a snow **sculpture contest**.

Have a snowman dressing contest - have guests bring clothes to dress up their snowman.

For inside snow activities, bring the kids inside and have a warm snack ready and some homemade hot chocolate.

Teach the kids to make paper snowflakes.

Play snow spell - where the kids get a pile of macaroni letters and you see which team can spell the most snow-related words the fastest.

Build snowmen out of marshmallows and decorate them with edible treats.

As you can see, you can find an excuse to have every kind of party imaginable and it doesn't have to be a huge party or expensive.

By having frequent, small parties, your kids don't expect the all-out, break the bank kind of parties and it's something your kids will always remember.



\$ Need cash for college? *Get help finding it!* \$

College Goal Sunday offers free help completing the Free Application for Federal Student Aid (FAFSA). College Goal Sunday workshops will be hosted at **19 locations** across West Virginia on **February 12, 2012**.

For more information, visit www.cfwv.com!

Autumn D. Perry, Educational Outreach Counselor-Division of Student Success and P-20 Initiatives
West Virginia Higher Education Policy Commission (Based at Shepherd University)
P.O. Box 5000 | Frank Center, Room 121, Shepherdstown, WV 25443-5000
(304) 876-5725 aperry@hepc.wvnet.edu

When the holidays are over, take down the tinsel,

-but don't bag the Christmas tree!

Its needles, boughs, and trunk can do more than hold ornaments!

Mulch with Needles

Pine needles dry quickly and decompose slowly, making them excellent moisture- and mold-free mulch for ground-covering crops, such as strawberries, to rest on.

Create a Bird Sanctuary

Place your tree in its stand outdoors. Fill bird feeders and hang them from the boughs, or drape the tree with swag of pinecones coated with peanut butter.

Insulate Perennials

Cut off boughs and lay them over perennial beds to protect them from snow and reduce frost heaving.

Edge Your Borders

Cut the trunk into 2-inch discs and set them into the soil to edge flower beds or walkways.

Shelter Fish

If you live near a lake or have a pond, and your trees chemical-free, toss branches into the water to provide sheltering habitat for overwintering fish. *(Get permission from town officials if needed.)*

Set a Stage for Containers

Saw the trunk into different lengths and use the pieces as flowerpot risers for a dramatic group display.

Make Coasters and Trivets

Cut thin slabs off the trunk, sand them smooth, and apply a thin coat of polyurethane to keep the sap off tables and glassware.

Chip It

Rent a chipper (get a few neighbors together to split the cost) and feed the tree through it. Next spring, spread the wood chips under shrubs; they'll suppress weeds and, as they decompose, add nutrients to the soil.

Feed a Fire Pit

It's fine to use a few of the quick-to-ignite branches to start an outdoor fire pit—but never in an indoor fireplace, where creosote build-up is a hazard.

Stake Your Plants

Strip small branches and use the remaining twigs to support indoor potted plants or stake leggy seedlings.

Home Security Tips for Single Moms

Simple Ways for Mothers on their Own to Make Home Safer

Here are some easy and quick things a single mom can do to feel safer on her own with the kids:

Living without a husband or wife can be a big change and one of the issues can be how secure a woman feels in her home. These are some simple ideas to improve how secure a woman feels in her house or apartment and in turn feel better about the safety of her children. It's always important to be aware of one's surroundings and to ensure that the physical security of the home is set up in the best way possible to keep intruders out.

Have Mail Come in With Initials or Man's Name

Having a man in a woman's life does not equal safety, but for a criminal thinking to break into a place, the idea of it can be a deterrent. Some women set up their mail so what is sent to them is with their initials only and without a Miss or Ms. if possible. Others actually have mail sent to their home with a man's name on it, such as with a magazine subscription.

Phone Number for a Single Mom

In the phonebook, a woman can choose to have her initials only or another option is to get an unlisted phone number. Cell phones are not listed, so only having a cell phone is another possibility.

Voicemail and Answering Message Should Not Have Name

When making a voicemail or answering machine message, do not put in a name. Instead of saying "*I am not home right now...*" say: "*We are not able to take your call right now...*" The latter is better because it implies there is more than one person home and it also does not say that no one is home, just that no one can get to the phone. Some women choose to get a man who is a friend or relative to make the recording for them.

Don't Put Name on Mailbox

Especially in an apartment building, names are often listed on mailboxes and/or at the entrance for buzzer entry. Tenants can ask to have the name removed or if a name must be listed, have only the last name and an initial for the first name. If a woman feels she wants to have her name on her mailbox and has the option to decide and put it up herself, use a simple computer font and print it out. An elaborate font and certain writing styles are seen as more "feminine."

Emergency Phone Numbers

Have a list of emergency phone numbers printed out by each phone in the house. If the phones are portable or everyone has cell phones, another idea is to have the list somewhere easy to access like having it taped to the front of the phone book and/or putting it up on the fridge.

Talk to Kids About 911

Show children where the list of emergency contacts is and also talk about when to dial 911. It's also a good idea to role play situations with younger kids. Mom can play the part of the 911 operator and the child can explain the scenario. If kids are too young to read, work with them to memorize the house address so they can give it to the 911 operator.

Keep a Phone by the Bed

Have a phone set by the bedside in case of an emergency. If there is no phone jack, then have a portable phone or cell phone in the bedroom.



**Are you considering a Nursing Home for a loved one?
You may want to visit www.nursinghomerating.org first.
It may save you a lot of "leg-work."**



A clear conscience makes for a soft bed pillow.

Senior Volunteer Program Recruiting Area Volunteers

The Retired and Senior Volunteer Program (RSVP) of Pendleton, Grant, Hardy, Hampshire, Mineral, Jefferson, Morgan, and Berkeley counties are recruiting volunteers 55 years of age and older for several local agencies and non-profit community programs.

The Hampshire County Commission on Aging needs a volunteer on Fridays from 8:00 a.m. to 4:00 p.m. to support their Adult Day Services Center. The social model program includes activities geared toward the client's abilities, such as current events, exercise, crafts, entertainment, hot lunches and snacks. Also the Commission on Aging is in need of a Gardener to take care of the grounds landscaping needs.

The American Red Cross needs volunteers to serve as Board members and also volunteers to serve as Disaster Assistant Team members. These volunteer support locally emergencies and disasters.

Hampshire County Convention & Visitors Bureau needs volunteers to support the administrative office and provide information to visitors and guest.

EACHS Head Start provides volunteer opportunities to caring adults by providing an extra hand to classrooms, staff, office, kitchen and maintenance.

Local Family Resource Networks Committee needs support from the local community to support their efforts to provide resources and support to families and children.

CASA (Court Appointed Special Advocate) needs your help and support to show that we care about our children and youth.

...and many more opportunities!!!

The local RSVP is sponsored through Region 8/Potomac Highland Support Services. Volunteers can determine the amount of time they want to give and will receive pre-service orientation training from the organization where they serve.

The RSVP program offers FREE Volunteer Liability supplemental insurance while on duty to registered volunteers.

If you are interested in helping your community to be all that it can be, please consider volunteering!

Seniors interested in applying should contact:

Edna Mullenax RSVP Director at 304 257-1221 or e-mail emullenaxed@regioneight.org ~ or ~

Pam Ouimette, Program Coordinator @ 304 263-9013 or e-mail pouimette@regioneight.org

**For more information visit www.seniorcorps.org
and
the CIMA Insurance website www.cimaworld.com**

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great. -Mark Twain

Take the grease fire quiz

If a grease fire started on your stove, you should put it out with:

- A. Water
- B. A wet towel
- C. A water-based extinguisher
- D. None of the above

ANSWER on page 8



ERFRN *Holiday Driving Tips to Help Hit the Road*

- >**Before you go, check your tires, wiper blades and battery**
- >**Make an emergency road kit** An emergency kit should include an ice scraper and snow brush; sand, litter or traction mats; a shovel; gloves, hats and blankets; flashlights with fresh batteries; paper towels; jumper cables; warning flares or triangles; water; snack bars; warm clothes; first aid kit; hand tools; mobile phones and car chargers with important numbers preprogrammed.
- >**Check the weather**
- >**Know where to use your cell phone**
- >**Keep the kids busy** Use books, games, DVDs -- whatever will keep the kids comfortable and stop them from distracting the driver.
- >**Take a break every two hours or 100 miles**

"There will come a time when you believe everything is finished. That will be the beginning." – Louis L'Amour

Organizing Infant's Toys

If you have an infant, you're in control of the toys...but that can become quite a chore because so many people give toys as gifts. Don't be afraid to donate toys that never get played with or are stored in closets. Create a "favorites" bag for the small toys that your child likes the most. The **ERFRN** suggests that you use a backpack or any other fabric bag with a loop or handle (even a mesh laundry bag will work); fill the bag with the baby's favorite toys and then put it on the floor next to the crib when your child is in the crib. The bag can move wherever the child goes — to the playpen, changing table, stroller, and beyond. That way, you'll always have a place for your child's favorite toys. Because infants make a mess of things within their reach, keep extra stuffed animals, learning toys, and toys for later ages together on a high shelf or in a box with a latch.

ERFRN Money Matters: If you are a senior citizen, the next time you eat at **Applebee's**, ask about the **Golden Apple Card**. The **Golden Apple Card** is available for free to those that are over fifty-five. Then, the next time you eat at **Applebee's**, just show your card when you're giving your order and you'll get **10%** your entire bill. If you forget to show your card, you can still do so later, but it's easier for the person that's waiting on you so that they know when preparing your bill to apply the discount.

www.careeronestop.org

is Your pathway to career success

Tools to help job seekers, students, businesses
and career professionals



Two Regional Wellness Councils Created

RESA 8 has established two Regional Wellness Councils. Council A will serve the counties of Grant, Hampshire, Hardy, Mineral, and Pendleton; while Council B will serve Berkeley, Jefferson and Morgan counties. The goal of the two councils will be to foster the Coordinated Public School Health approach to student wellness.

Each council is made up of representatives from the school systems as well as county community partners. When considering the wellness of the whole child, effort will be made to target the following areas as needed: Bullying prevention, nutrition, physical activity, substance abuse prevention, tobacco prevention, teen pregnancy prevention, suicide prevention, mental health, school based health centers, and staff wellness.

Counties in RESA 8 are already sponsoring programs geared toward meeting the wellness needs of students. The creation of the councils will strengthen existing programs as well as work to develop new programs where needed. With the belief that there is power in networking and power in working together, we will accomplish our ultimate goal:

Healthy children, ready to learn

If you are interested in more information or have questions, please contact:

Terri Miller, Regional School Wellness Specialist

RESA 8 304-267-3595 ext. 158 temiller@access.k12.wv.us

SHINGLES Strike One in Three. It's a painful debilitating illness. It often attacks the face and eyes. About one in five people with shingles will suffer long term nerve damage which can cause excruciating and unrelenting pain for months and even years. Treatment options are limited for this condition. Fortunately, there is a vaccine available for shingles. Visit your local Health Dept., Hospital, or Health Clinic for additional information. [Get vaccinated!](#)

Hampshire County Animal Control Bloomery, West Virginia

We are an ANIMAL CONTROL Facility, also known as the "pound". We rescue dogs from cruel situations and prosecute the dog's owners for the unfair treatment or neglect of the animals. We find a majority of our dogs as strays and try to get to know them the best we can so we can post them on our sites for you to read and consider these wonderful animals for your forever pet!

We are open every day from 10a to 2p (*even Holidays!*)

Hampshire County Animal Control
PO Box 174 Bloomery, WV 26817
(304) 947-5112

hampshirecountyac@yahoo.com

<http://HampshireCountyAnimalControl.petfinder.com>

www.adoptapet.com



ERFRN ALERTS: * **Be suspicious** of someone who tries to pressure you into buying something or tells you that Medicare wants you to have a specific products or service.

Remember that Medicare doesn't sell anything.

***Safeguard** your health insurance card, just as you would a credit card or your Social Security number.

Eastern Regional Family Resource Network

Investing In Stronger Communities

ERFRN

PO Box 1601

8 S High Street, Suite B

Romney, WV 26757

Phone: 304-822-5787

Fax: 304-822-5803

E-mail: erfrn@atlanticbbn.net

Visit: www.erfrn.org

*The Eastern Regional Family Resource Network serves Grant, Hampshire, Hardy and Pendleton counties. Each county has a local task force that meets regularly to work towards a local strategy to meet each community's unique needs and improve service delivery systems. The **ERFRN** fosters collaboration between families and service providers to design services that are family-centered, community-based and prevention oriented. You are invited to become an active member of the **ERFRN** and help shape your community!*

Friends don't let Friends Drive Drunk

About every twelve minutes, someone in the U.S.A. dies from a motor vehicle crash.

*Trying to prevent these crashes is one part of motor vehicle safety.

*Here are some things you can do to be safer on the road:

*Make sure your vehicle is safe and in working order

*Use car seats for children

*Wear your seat belt

*Don't speed or drive aggressively

Don't drive impaired

*Safety also involves being aware of others.

*Share the road with bicycles and motorcycles, and watch for pedestrians.

(*alcohol, legal or illegal drugs, sleepiness, cell phones, medical condition.)



The West Virginia Children's Trust Fund

Helps community-based programs strengthen communities & families.

WVCTF work to make sure that children grow up free of abuse & neglect.

This outstanding work is made possible by contributions by WV citizens, business and other funders. Please donate whatever you can to this very necessary cause. *Thank you.*

P.O. Box 3192

Charleston, WV 25332

304-558-4637

www.wvctf.org



From page 6 - Grease fire quiz

ANSWER:

Water and Grease don't mix.

Water causes grease fires to spread.

Instead, slide a lid over the pan, remove it from the burner using a high cuff oven-mitt, then turn off the burner.

*Please contact Gayle at gayleerfn@yahoo.com to have your events and news articles published in upcoming monthly issues of the ERFRN newsletter. We ask that you give us notification of at least two weeks prior to your event. *Thank you.*