

February
2012

ERFRN County Connections

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



I Love You COUPON

Get your loved one home safely this Valentines Day. Give a gift of Designated Driver. Chocolates & flowers are ok, but the gift of yourself is truly romantic. Be the sober designated driver...they'll love you for it guaranteed!

To: _____

From: _____

No Expiration Date

Happy Valentines Day Everyone!

Traffic lights serve a very important role:

They help us safely maneuver through traffic in order to avoid accidents and potential injuries involving other people around us. Sitting at a red light the other day, I realized that we all have a traffic light in our minds too. We all have an internal traffic light, but we don't always pay attention to it.

When it comes to dealing with people in your life, how well is your internal traffic light working? When it comes to choosing friends and lovers do you typically approach these personal life intersections with caution and occasionally yield or stop?

Or do you ignore the caution and stop signs that appear in your mind and only see a green light when it comes to allowing people into your life?

If you want to improve the overall flow of your life and have more fulfilling relationships, we suggest that you pay attention to that internal traffic light. This way you can avoid those crash-and-burn relationships.

Remember, it's no accident that some people tend to have healthier relationships more than others!

"Love is what makes two people sit in the middle of a bench, when there is plenty of room at both ends."

Providing **Affordable Medications**
for **People in Need**

Rx Outreach

A NON-PROFIT ORGANIZATION & A FULLY LICENSED PHARMACY

for information, visit www.rxoutreach.org

or call **1-800-769-3880** Monday through Friday 7a to 5:30p Central time.

P.O. Box 66536

Rx Outreach is Not Insurance





"If you live to be a hundred, I want to live to be a hundred minus one, so I don't have to live without you."

Healthy Kids Learn Better

It's hard to believe that obesity has become one of the most serious threats to the health of our children. What is the good news? We know the health benefits of physical activity. And studies also show that healthier children--those who receive proper nutrition and get adequate exercise--perform better academically. Please urge our decision-makers to invest in the future of all of our children by supporting policies that promote better nutrition and increased physical activity for our children!

If childhood obesity rates continue to increase, it's estimated to cut two to five years from the average lifespan, making our current generation of children the first in American history to live shorter lives than their own parents! And in addition to its health toll, obesity is now estimated to account for a staggering 12% of our nation's healthcare costs! In addition to poor nutrition choices, this rise in childhood obesity is due, in large part, to significant decreases in physical activity. For various reasons, many children don't have the opportunity to be active outside of school and, unfortunately, a national study shows that 92% of elementary schools no longer offer daily PE classes throughout the year and only 25% of high school students participate in daily physical activity at school. Please write to your elected officials to invest in the future of our children by supporting policies that encourage better nutrition and increased physical activity.

To succeed, it will take all of us to work together to improve the health of our children. Americans need more funding for heart disease and stroke research, not less. Sadly, our nation's investment in medical research has declined over the last five years. More funding could enable support promising heart and stroke studies that could lead to a cure. *Learn and Live* by visiting:

The American Heart Association

www.heart.org www.researchchangeslives.org
www.americanheart.org

Keeping the Holiday Spirit All Year Long

Holiday Spirit

Call it Christmas, Hanukkah, or solstice, it brings out the best in people. Even Republicans smile at me on the street! I think the way to inspire cooperation in Washington is to scent the air with apple cider.

Generosity

We're all more giving during the holidays, whether to bell ringers outside Walmart or to the local food bank. Next year I'll remember that people are hungry in June, too.

Getting Back to Your Roots

Nothing makes me nostalgic like Baltimore's Fells Point and Annapolis at Christmas. It smells of great steamed crabs, pizza from Sabatino's and Bertha's mussels in garlic butter. Great tastes and humble ambiance. Food which we've been enjoying since the Civil War. It has an Old Bay kick, and a mellow aftertaste—kind of like jazz.

Good Friends

For the past few years, I've celebrated the New Year in Augusta with several good friends. I come back home with a sense of inner peace and all is well!

Remember that life is to be lived creatively and expansively. There are many roads that lead to love and fulfillment – but they must start with the love, understanding and acceptance of yourself.

The West Virginia Council for the Prevention of Suicide and the Adolescent Suicide Prevention and Early Intervention (ASPEN) Program and the West Virginia Violence and Injury Prevention Program, Office of Maternal, Child and Family Health, Bureau For Public Health are extremely proud to announce the

5th Bi-Annual Suicide Prevention Conference

"Drugs, Alcohol, and Suicide Across the Life Span"

March 28 - 29, 2012 at the Charleston Civic Center in Charleston, WV

Cost: \$40. (A \$10. late fee will be charged for registrations postmarked after 3/21/12).

For questions or to register beginning January 30, 2012 please contact:

Ms. Lora Humphrey 304-296-1731 ext. 4269 or lhumphrey@valleyhealthcare.org

301 Scott Ave Morgantown, WV 26508 Phone: 304-296-1731 ext. 4269 Fax: 304-225-2288

>Continuing Education Units will be applied to for Social Work, LPC, CAC, Nursing, and Psychology<

Hardy County Health and Wellness Center

Luck of the Irish 5K and 1 Mile Run/Walk

Race Date: March 10, 2012 Location: Moorefield Town Park

Start Time: 8:30 a.m. Entry Fee: Prior to \$10.00; Race Day \$12.00

Registration: Mail to: Hardy County Health and Wellness Center

Morgan Hill 411 Spring Avenue Moorefield, WV 26836 (304) 538-7380

Course: 5 K course is mostly flat through city streets with only one hill, to start and finish at Moorefield Town Park. **T-Shirts guaranteed to first forty participants**

Name (Please Print): _____

Street Address: _____

City: _____ State: _____ Zip: _____

Age: _____ M _____ F _____ 5K Run: _____ 1 Mile Run: _____ Phone #: _____

T-Shirt Size: Medium _____ Large _____ XL _____ Email: _____

In consideration of my application being accepted, I hereby, for myself, my heirs and executors, waive, release and forever discharge any and all rights and claims for damages which I may have or may hereafter accrue to me against the organizers and sponsors and beneficiaries of the road race, the Town of Moorefield, Town of Moorefield Park and Recreation Department, other sponsors and their representatives, successors and assigns, for any and all injuries suffered by me during the said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. Further, I hereby grant full permission to all of the foregoing to use my name, photographs, videotapes, recordings or any other record of this event for any legitimate purpose without compensation or remuneration.

Runner Signature: _____ Date: _____

Signature Parent/Guardian: _____ Date: _____

**(Required for runners 18 and under)*



College Goal Sunday is an opportunity for students and families to get **FREE** help with completing the **FREE** Application for Federal Student Aid (FAFSA). Workshops will be held statewide on February 12th!

Visit: cfwv.com for details and locations.



FUN TRIVIA ABOUT VALENTINE'S DAY

Every year, on February 14th, **Valentine's Day** cards, candies, flowers, and other gifts are exchanged between friends, classmates, and loved ones. It is the second largest seasonal card-sending occasion of the year and one of the biggest holidays for giving flowers. *Have you ever wondered how it all started?* Well, there are various legends surrounding the history of **Valentine's Day** and my favorite story is about a priest named **Valentine** who served during the third century in Rome. During that time, Emperor Claudius II outlawed marriage for young men because he believed that single men made better soldiers than those with wives and kids. **Valentine** went against the emperor's command and secretly performed wedding ceremonies. When the emperor found out, **Valentine** was sentenced to serve time in jail and was eventually executed around the middle of February. During his prison term, he fell in love with a young girl believed to be the jailor's daughter. Before his death, he wrote a love note to her that he signed "**From your Valentine**". Until today, this expression is widely used on cards and notes during **Valentine's Day**.



**It's never too late to stop smoking.
Within two years of quitting, the
risk for stroke and heart disease
drops to nonsmoker levels.**

Think there's no use in giving up the cigarette habit? Smokers can reduce their risk for heart disease within two years and stroke within five years to the level of a nonsmoker. People who smoke face twice the risk of stroke as nonsmokers and are likely to suffer from a stroke 10 years sooner. The health benefits of quitting occur rapidly. *For help and resources on how to quit, call*

WV Tobacco QUIT LINE
1-800-QUIT-NOW 1-877-966-8784



Find out how to talk to a **live person** at a variety of companies www.gethuman.com can help. Smart consumer tools to help you get info and get in touch with companies, such as phone numbers, short-cuts, steps to take to get a live person and *much more!*

**Is it time for you to be on a vacation?
—and you haven't won the lottery... try this on for size**

Everyone needs a vacation now and then. Unfortunately, it's not often easy to get away. You might have lots of responsibilities at work or perhaps some family obligations.

So why not take a virtual vacation? People have always escaped through daydreaming, but now you can take a quick tour of very specific spots all around the world.

That's what TourWrist offers. This site features high-quality, 360-degree tours from around the world. Climb the Matterhorn in Switzerland or hike to the floor of the Grand Canyon. Visit elegant restaurants or just relax in a peaceful park. There are dozens of tours uploaded and more on the way. Many of the tours are the work of professional photographers.

The site lets you create your own tours as well. You could share your favorite spot, or you may wish to promote your bed and breakfast or rental home.

www.tourwrist.com

Literacy West Virginia Announces: A Training Workshop for English as a Second Language (ESL) Tutors

Saturday, February 11, from 9:00 AM to 4:00 PM

Duffy Memorial United Methodist Church ~ 100 N. Elm St.(downstairs), Moorefield, WV

This workshop is sponsored by Literacy West Virginia and taught by Christie Hand and Judy Seaman, regional assistants with Literacy West Virginia.

There is no cost and training materials and lunch will be provided.

You will... **Participate in activities which teach cultural sensitivity*

**Learn about second language acquisition and skills involved in teaching reading including phonemic awareness, phonics, and syllable types. *Practice techniques used for teaching /tutoring reading, writing, listening, and speaking.*

If you would like to register for the workshop or have general questions, please contact Christie at **304-358-2205** or at christie_hand@juno.com.

Please register by February 4th

Help get the word out by sharing this training opportunity
with friends and colleagues. Thanks!



www.wvculture.org

The West Virginia Division of Culture and History

The mission of the West Virginia Division of Culture and History is to identify, preserve, protect, promote and present the ideas, arts and artifacts of West Virginia's heritage, building pride in our past accomplishments and confidence in our future. Explore the agency on their website plus you also have the option of staying in the know with upcoming events, news worthy editorials, West Virginia history, etc. Plus check out our own director Bev Evert's son Tyler's photography!

The ERFRN thinks that the entire family will benefit by exploring this very interesting and informative website.

Of all the animals, man is the only one that lies. – Mark Twain

Puppy Love...Keeping Kids Safe

There's nothing cuter than watching your children engage in play with man's best friend. Unfortunately, it's not always fun and games with your four-legged friends. There are an estimated 1 to 2 million dog bites every year. At the end of the day, animals are still animals, so you want to teach your children safety first. Although there are never any guarantees, there are definitely precautions you can take to protect your kids from becoming a statistic.

For starters, let your children know it's never OK to approach a dog that is by itself. Do not run toward a dog. If your child wants to see a dog, he should first ask the owner and then approach the dog slowly. Allow the dog to sniff the child's hand. Explain to your child that he or she should never stick his or her face into a dog's, regardless of whose animal it is.



How to Cope When You Have No Health Insurance

The cost of health insurance is scary, but having no health insurance can be downright terrifying. If you've lost access to insurance, you may be wondering how you'll survive. If you or a family member has a pre-existing condition, covering the costs of all of the prescription drugs and doctor's visits you need may seem impossible. Is there a way to get good health care even if your finances are unstable?

The **Patient Advocate Foundation** may be a good place to start. This organization offers free help to people with chronic, debilitating, and life-threatening illnesses who have no or limited health coverage, and it served more than 55,000 people last year. The first thing the staff does is get a complete picture of a patient's financial situation.... then the organization sifts through various programs at the federal, state, and county levels to determine what, if anything, a patient may be eligible for.

Here are some possibilities from the ERFRN to consider if an independent health policy is out of your budget:

Apply for Medicare. Middle-aged and young people are sometimes surprised to learn that they qualify for Medicare, the federal government's health-insurance program for people aged 65 and older. But patients with certain disabilities, such as Lou Gehrig's disease or permanent kidney failure, may be eligible much sooner.

Apply for Medicaid. If your income is low enough, you may qualify for Medicaid, the federal government's health-insurance program for people with limited incomes and resources. But since Medicaid requirements vary from state to state, it is suggested that you contact your local Medicaid office (**DHHR**) to find out what the particular guidelines are where you live.

Negotiate with your provider. Explain your financial situation and ask if the bill can be reduced. Many doctors will either charge you less or offer you a payment plan. And don't assume that large institutions will refuse to help you, either. A lot of hospitals and facilities have a charity option. If your doctor won't cut her fee, ask if she knows of another place where you can get treated for certain conditions while still going to her for consultations and office visits.

Look into free drug programs. Many pharmacies offer these, and you may be able to get up to a year's worth of a particular drug. Since skipping medications can worsen an illness and mean further treatment down the line, "[these programs are a wonderful opportunity for someone to maintain access to the necessary medications to make sure their condition remains stable....]also try www.needymeds.com and www.pparx.org.

"To love and to be loved is to feel the sun from both sides."

SENIOR LUNCHEON

Friday, February 24th at 11 a.m.



Seniors will enjoy a free lasagna lunch. Learn easy and cheap ways to get rid of your outdated/unused prescriptions, signs that their prescriptions are no longer any good, and how to protect their prescriptions from theft. Everyone will receive a gift! For more information call Velma Ragsdale at (304) 822-5787.

This luncheon is funded by a grant from the Hampshire County Community Foundation and sponsored by AmeriCorps VISTA, Eastern Regional Family Resource Network, Hampshire County Senior Center, and Potomac Highlands Guild Substance Abuse Prevention Program.

... ‘*kid getting bullied?*

The Right Ways to Help Him Deal -- & Get the Bullying to Stop

Even parents who've dealt with their own share of taunts and putdowns can feel ill-equipped when their kid encounters a bully -- especially in this brave new world where cyberspace has become one more battleground. So how do you arm your kids against the slings and arrows the mean kid shoots their way? Here are the best tactics to help your child best the bully.

If your child's upset about it, you should be too.

Whether it's your preschooler lamenting about a playground slight or a tween coming home with a black eye, if your child's coming to you, he's feeling the pain. At an early age, kids tell us when they're being bullied. If parents say it's no big deal, kids won't come tell us again. That's a huge mistake, since bullying can have tragic consequences. Bullying is far more intense than it used to be: Our culture is crueler, allowing kids to be meaner and get away with it, and many kids don't have the assertive skills to deal with it.

Pay attention to even the smallest slights your child mentions -- and try to problem-solve ways your child can deal with them. Bullying is almost always repeated. If you don't stop it at the beginning, it'll weave its way up into something more serious.

Don't over react: It's super easy to make the leap from concern to call-the-principal-right-away panic. But escalating every bullying incident to Defcon 5 isn't going to solve anything. You don't want to immediately rush into the school and berate the teacher or the principal. It's your child's problem, so help them solve it first. Talk it out. Work together to come up with several good plans of action, then give her the power to choose the path she's most confident following. Your kid will feel like you've understood. The most popular place for tween and teen bullying isn't the cafeteria -- its cyberspace. But teaching your kids smart netiquette -- like avoiding posting comments or pictures that could come back to haunt them, and not responding to nasty cyberbully attacks -- can help protect them. Bullies want that big emotional reaction. By not responding, no matter what, you're shutting that down. Don't be afraid to do a little over-the-shoulder reading -- and be sure to brush up on all that texting shorthand. Check to see what your kids are doing, and let them know what you consider inappropriate. This is a big part of the new parenting.

Teach Him to Play It Cool. Your kid should act confident when the bully starts name-calling, so his tormentor doesn't see him sweat. Bullies love when the other kid gets upset. It's really hard, but a kid shouldn't insult a bully back, cry or say, 'I'm going to tattle.' Then the bully wins -- because that's why he's doing what he's doing. Don't just tell your kid how to act -- practice these skills through role-playing. Kids learn better from seeing, not telling. Act it out for them, and then have them practice with their cousin, or even with a doll. They need to do it over and over and over until they're comfortable with it.

Expand his social horizons.

Help your child develop friendships beyond the school scene (or wherever they're being bullied), whether it's through extracurricular sports and activities, neighborhood pals, or the kids of your friends. If a child has lots of different sets of friends, they won't feel so isolated in the instance their peer group at school suddenly leaves them out. Look for social groups that aren't overrun with kids from your child's school and make an effort to encourage regular get-togethers with the non-school kids, so your child develops deeper friendships with them.

Get the School Involved.

Don't go to the school behind your child's back. If your child's living in fear of reprisal after you've "tattled" on the bully, he may hide future attacks from you. You want to see how you can all work together and come up with a safety plan for your child. Often, a bullying problem can be solved within a few weeks with simple things like changing the assigned seats so your child isn't near the bully, or having a lesson on empathy -- but probably not with haranguing the superintendent.

"Whenever we, as a society, allow an animal to die from starvation or abuse, or whenever a euthanizing agent enters the bloodstream of a healthy animal, we wound humanity."

-Anna C. Briggs, Founder - National Humane Education Society, Charlestown, WV

www.baac.org

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

*Why is now the best time to express love?
Because you don't know how long you will have the
opportunity. Circumstances change.
People die. Children grow up.
You have no guarantee of tomorrow.*

Please contact Gayle at gayleerfrn@yahoo.com to have your events & notices published in the upcoming **ERFRN** monthly issues. We ask that you contact us at least 2 weeks prior to your event.

Thank you!

The Eastern Regional Family Resource Network (ERFRN)

Strengthening Families and Building Communities

The ERFRN is a non-profit organization which works together
for the children and families in your community!

Serving Hampshire, Hardy, Grant and Pendleton

The **ERFRN** encompasses an effective partnership between families, state, local government and service providers to coordinate and plan service delivery systems to families and individuals which are often fragmented and in need of resources to facilitate a healthier, happier lifestyle. Each county has a local FRN taskforce and created by the Governor's Cabinet on Children and Families as a tool for local communities to assess their unique needs. Teamwork **FRN's** provide a system that relies on collaboration between families and agencies to design and plan services that are:

Family Centered - Community Based - Prevention Oriented.

To contact the **ERFRN** Executive Director, Bev Evert

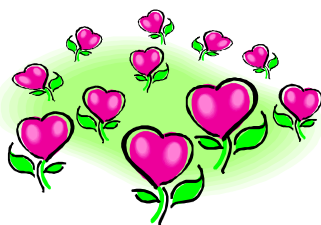
please visit the website: www.erfrn.org **email:** erfrn@atlanticbbn.net

phone: 304-822-5787 (8am - 4:30pm Monday through Friday).

The West Virginia Children's Trust Fund

Helps community-based programs
helps 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 & other funders.
Please consider donating to this very
necessary cause. *Thank you.*

WV Children's Trust Fund
P.O. Box 3192 Charleston,
WV 25332 (304) 558-4637
www.wvctf.org



Love:

A temporary insanity
curable by marriage or by
removal of the patient
from the influences under
which he incurred the
disorder.

-Ambrose Bierce