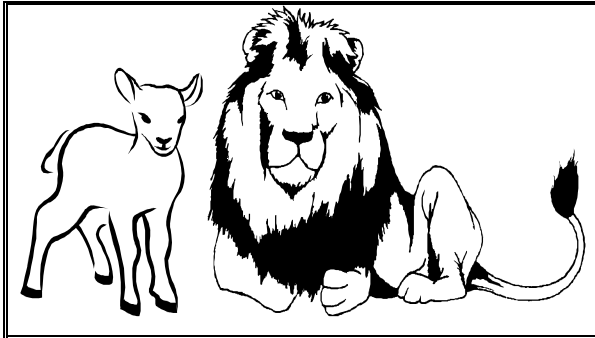


March
2011

ERFRN County Connections

Investing in Stronger Communities

for Hampshire, Hardy, Grant and Pendleton Counties



The month of March....
"In Like a Lion
and Out Like a Lamb."

What is **Benefits.gov**?

- *The official benefits website of the U.S. government.
- *Informs citizens of benefits they may be eligible for.
- *Provides information on how to apply for assistance.

Free Wellness Center Community Programs

***March 4th: "Arthritis 101"**
(11:15am-11:45am)

&

***March 8th:**
"Eat Right with Color"
(5:30pm-6:30pm)

Classes are held at the
Hampshire Wellness & Fitness Center
in Romney. **Registration is required
three business days prior to the
program.** To register or more info,
please call **304-822-7255**.

Happy St. Patty's Day ~

March 17th &

*Welcome the first full day of
Spring ~ March 21st !!!*

WV Asset Building Coalition

Dollars and Sense Update

Credit card rates at record highs near 15%

Interest rates are now hovering near record highs, at an average rate of 14.72%. If your credit is bad, you could end up with a rate in excess of 59% APR. While the CARD Act helped crack down on certain fees and requires more disclosures, it didn't cap every credit card holder's interest rates. The new rules prevent banks from raising most interest rates retroactively, but there's no limit on the rates they can charge new customers. *For more info on this topic, please visit www.cnn.com

Making the case for a state earned income tax credit

The WV Center on Budget and Policy teamed up with the Alliance for Sustainable Families to explain the benefits of adopting a state Earned Income Tax Credit (EITC) in West Virginia to state legislators. Policy Analyst Elizabeth Paulhus presented to the House Health and Human Resources Committee how such an initiative would help struggling West Virginia families and discussed many avenues for funding the state EITC. * Visit www.wvpolicy.org for more information.

Affordable Housing & Personal Finance Seminar

April 19, 8am - 5pm

Wheeling Park White Palace Ballroom
hosted by **CHANGE, Inc.** Send your email address to
affordablehousingseminar@changeinc.org
www.einc.org

Alliance launches new websites

The WVASF recently launched their new website
www.wvasf.org and the WV EITC outreach site
www.wveitc.com. The sites contain policy issues,
downloadable talking points and outreach materials files and
a link to sign the SEITC petition. Please take a moment to
view these new websites & share ideas and feedback with us!

Easy and Confidential Ways to Report Social Security Fraud*

The Office of the Inspector General handles allegations regarding violations of law or regulations affecting Social Security Administration programs and operations. There are several convenient options listed below that you can choose from:

Internet: www.socialsecurity.gov/oig/guidlin.htm

U.S. Mail: Social Security Fraud Hotline
P.O. Box 17768
Baltimore, Maryland 21235

FAX: 410-597-0118

Telephone: 1-800-269-0271 from 10:00 a.m. to 4:00 p.m. Eastern Standard Time

TTY: 1-866-501-2101 for the deaf or hard of hearing.

***Social Security Fraud includes Identity Theft and Social Security number misuse.**

www.ANNUALCREDITREPORT.gov

IS THE *REAL DEAL*

SITE THAT OFFERS YOU A

ONCE-A-YEAR FREE CREDIT REPORT.

YOU MAY SELECT TO FREEZE YOUR CREDIT REPORT ON THIS SITE IN ORDER TO PROTECT YOURSELF AGAINST IDENTITY THEFT – A NOMINAL FEE IS REQUIRED FOR THAT ACTION. THE SITE WILL WALK YOU THROUGH IT.

SAVE THE DATE

The Hardy County Partners in Prevention team is bringing the "Darkness to Light" Child Sexual Abuse Training to the area:

The South Branch Romney will be the location of the program on April 20th 1-4 p.m.

The South Branch Inn Moorefield will be the location of the program on April 21st from 9-noon.

Plan on attending this important workshop! Registration will be through Eastern Community and Technical College, more info to follow soon.

Saving trees by stopping junk mail

According to some statistics, an average adult in the USA receives a **whopping 41 pounds of junk mail a year and approximately 44% of this mail winds up in a landfill without having been opened!!** Imagine that; over a lifetime over a thousand pounds of what is mostly, well, not to put too fine a point on it - crud. That's far more paper than a fully grown pine tree can provide. Now multiply that by a couple of hundred million people and I'm sure you get the picture. On top of that there's the water needed to create the paper and the environmental impact of inks that can have high concentrations of heavy metals, making the paper difficult to recycle. Then there's the printing process and transportation. Even if recycled paper is used, it's still a lot of resources being wasted. Visit:

www.greenlivingtips.com

It's a great website with information about going green easily and painlessly with topics covering families, pets, communities, health, garden and much more!



"Courage is the discovery that you may not win, and trying when you know you can lose."

-Tom Krause

Eastern Panhandle 22nd Circuit Drug Court

Day Report Center, 92 E Main Street, Suite 108, Romney, WV 26705

******Services******

All services will be provided by the Hardy Hampshire Day Report Center through the staff as well as contracted positions that have been added to further provide treatment to Drug Court participants.

The following classes and counseling will be essential to the program:

Intensive Outpatient Therapy; Relapse Prevention; Batterers Intervention & Protection Program; Anger Management; Women's Self-Esteem; Parenting; Sober Relationships and Support Systems in Recovery; GED Preparation; Individual Counseling. (Participants will also be required to attend the local AA and NA meetings.)

Contact Seth Haines at seth.haines@courtswv.gov or call him at 304-703-9026 (cell). The drug court participants will be doing 28 hrs of community service, please call if you have jobs they can help with.

Recycle Newspapers, Catalogs, Magazines and Cardboard!!

The first Saturday of every month at Hampshire High School From 9am to 12 noon.

The recycling truck will be present. Please try to participate.

***PLEASE NOTE:** Local recycling pickups by United are suspended on Saturdays of every holiday weekend:
 - last month Martin Luther King Birthday holiday on January's 3rd Saturday
 - this weekend Presidents Day holiday on February's 3rd Saturday

*"Be pleasant until 10 o'clock in the morning
 and the rest of the day will take care of itself"*

Family Voices in West Virginia Legislative Action Center Bringing **POWER** to Your Voice!

Learn about legislative issues, write letters to your Senators & Representatives plus journalists; read background information on policymakers, including voting records & campaign contributors, plus more!

www.familyvoices.org

go to **STATE FV** on top menu

click on **West Virginia** or call the

National Office: **1.888.835.5669**

Know your Tax Deductions

Years ago, the fellow who was running the IRS at the time told Kiplinger's Personal Finance magazine that he figured millions of taxpayers overpaid their taxes every year by overlooking just one of the money-savers listed here.

Cut your tax bill to the bone by claiming all the breaks you deserve -- including some you may have forgotten or never even knew about.

www.Kiplinger.com & <http://custom.yahoo.com/taxes>

- Quiz: Is It Deductible?
- 12 IRS Audit Red Flags
- What is the 2011 Tax Cut Worth To You?

Check out these topics plus many more just for you!
Deadline Date: Friday, April 15th, 2011

The West Virginia Council for the Prevention of Suicide
 The Adolescent Suicide Prevention and Early Intervention (**ASPEN**)
 The West Virginia Bureau for Behavioral Health Facilities (**BHBF**)
Is extremely proud to announce

2nd conference on “Bullying in Our Schools”
March 29, 2011 at the Charleston Civic Center

NO REGISTRATION FEE

The featured speaker will be **Ms. Jodee Blanco**, noted author and lecturer on the subject of Bullying. She is the author of the bestseller: “Please Stop Laughing At Me...One Woman’s Inspirational Story” and is considered to be one of the foremost experts on bullying. The conference will also host a presentation by: **The ASPEN Program** on the warning signs of adolescent suicide and depression.

The West Virginia State Police Crime Against Children (ICAC) Task Force will provide a NetSmartz Workshop. This presentation is tailored to anyone who may work with children or is a parent themselves. Issues such as cyberbullying, online predators and revealing too much are three main risks associated with this presentation. Participants will learn first hand how to handle these risks, where to report crimes and ways to detect warning signs that a child could be in immediate danger.

Dr. Jessica Luzier will be providing a presentation on the effect of treatment on children who are suffering mental health issues as a result of bullying.

Continuing Education Units have been applied for Social Workers, Nurses, Licensed Professional Counselors and Certified Addiction Counselors.

Please call Patrick Tenney for information regarding: hotel accommodations, special diet needs, disability/accessibility needs, to register or for any questions about the conference.

Patrick Tenney

WV Council for the Prevention of Suicide

301 Scott Avenue Morgantown, WV 26508 ph(304) 296-1731 ext. 4197 fax(304) 225-2288

email: ptenney@valleyhealthcare.org

**Compliment your kids* when they do something good.

This encourages good behavior and keeps the communication lines open.

“Forget injuries; never forget kindness” – CONFUCIUS

A **Free** Cooking School for People with Diabetes and their Family Members

*****Recipes, Tasting, Door Prizes*****

*****The school is a series of four lessons. You need to plan to attend all four.*****

6:00-8:00 p.m. **Mondays in Moorefield:**

April 18, April 25, May 2 and May 9

at the Moorefield Middle School Family & Consumer Science Room

or

10:00 a.m. -12:00 noon **Tuesdays in Petersburg:**

April 19, April 26, May 3 and May 10

at the Main Street United Methodist Church

Learn how to cut fat, sodium and sugar from your diet without cutting taste.

***Sign up now! Spaces are limited!* Call (304) 257- 4688 or (304) 530- 0273**

Sponsors:

West Virginia University Extension Service & Judy's Drug Store & WV Diabetes Control Program

It takes **21** days to form a habit.

The ERFNRN may have your answer for your needed perseverance and it's **FREE!**

Forge new habits. Change your life. Visit: www.habitforge.com

Habits can be great tools or nightmarish problems. Breaking a bad habit, such as smoking, is tough... and forming a new habit, like eating right, is also tough. Both might be important to you. Submit your goal to **www.habitforge.com** and enter your e-mail address. You'll get a message every morning. It will ask if you were successful the previous day. If so, you're one day closer to a solid habit. If you fail, the timer starts over. The daily check-in will keep you on track. You'll have new habits before you know it.

You provide a Goal and Desire, and we'll send you a customized daily email asking how you did.

Simply click "yes" or "no" daily. Succeed for 21 days, and the new action will be easier than ever.

Skip a day & the clock starts over at day one.

The ERFNRN says: LET'S COME CLEAN-A lot of people don't wash their hands, either right or enough.

Even in health care settings such as hospitals, they don't, although poorly cleaned hands carry germs. At the Centers for Disease Control and Prevention, a study shows that health care workers in general wash their hands properly less than half of the times that they should. The study suggests one of the best ways to make sure they wash right is to watch them. But who can watch the washing? Well, it could be the patient or a family member – if they know what to look for. CDC has a video to help: Modeled after the video that airline passengers view prior to take-off on a flight, this video is intended to be shown to patients upon admission to the hospital; however, the **ERFNRN** believes that everyone will benefit from the video. (9 seconds) Like to see it?

Learn more at www.hhs.gov

Club Drugs: Myths and Risks

What are "club drugs"?

Club drugs are popular in nightclubs, at parties and at raves (all-night dance parties). Club drugs make users feel more open and intimate, and less shy. The most common club drugs are MDMA ("Ecstasy"), GHB ("Liquid Ecstasy"), flunitrazepam ("Roofies") and ketamine ("Special K"). They have many other slang names.

Are club drugs safe?

No. Although most club drugs look like prescription medicines, they are made illegally and can cause harm. Often, these drugs are a mix of unknown products. Club drugs harm the brain and may cause memory problems. They can also cause physical problems such as loss of muscle control, blurred vision and seizures. Drugs such as MDMA are stimulants that can increase your heart rate and blood pressure. Taking drugs such as GBH can lead to breathing problems or loss of consciousness.

Are club drugs addictive?

Yes. Many club drugs are types of methamphetamine ("meth"), which is very addictive. People also can become addicted if they use GHB, ketamine and flunitrazepam repeatedly. These drugs can cause severe and long-lasting symptoms.

Is it safe to use a club drug in a small amount?

No. People react differently to these drugs, and even a single pill can cause serious side effects, including death, in some people. Also, because they are made illegally, the strength of these drugs can vary from batch to batch.

How do I know if my friends are taking club drugs?

Club drugs may cause people to get too hot. If a friend looks too hot or feels weak or sick, get him or her to a cool, quiet place as soon as you can. If the person is thirsty, give him or her a sports drink (like Gatorade), not plain water. If the person doesn't start feeling better, get medical help right away.

What are other dangers of club drugs?

Club drugs often are used as "date rape" drugs. The following are things you can do to prevent someone from giving you a club drug without your knowledge:

- **Always keep your drink with you.**
- **Never take a drink from someone you don't know and trust.**
- **Watch out for your friends' drinks.**

****The Hampshire Public Library will make copies of your State & Fed. Income Tax papers for FREE****

Human Trafficking & Modern-day Slavery

The U.S. Central Intelligence Agency estimates that 50,000 people are trafficked into or transited through the U.S.A. annually as sex slaves, domestics, garment, and agricultural slaves.

The United States is a destination country for thousands of men, women, and children trafficked largely from Mexico and East Asia, as well as countries in South Asia, Central America, Africa, and Europe, for the purposes of sexual and labor exploitation. Three-quarters of all foreign adult victims identified during the Fiscal Year (FY) 2008 were victims of trafficking for forced labor. Some trafficking victims, responding to fraudulent offers of employment in the United States, migrate willingly—legally and illegally—and are subsequently subjected to conditions of involuntary servitude or debt bondage at work sites or in commercial sex. An unknown number of American citizens and legal residents are trafficked within the country, primarily for sexual servitude.

Please visit: www.gvnet.com for more in depth stories

Toll-Free Hotline Launched To Report Human Trafficking 1- 866-347-2423

Hampshire County Cancer Coalition & the Eastern Regional Family Resource Network *Local Cancer Support / Self-Care Group*

*to be held at the **Hampshire Wellness & Fitness Center**
on February 26th 1:00 pm to 3:00 pm*

*“We shall draw from the heart of suffering itself the means
of inspiration and survival.”* -Winston Churchill

If you or a loved one is struggling with a cancer diagnosis, or if you have already been through the experience, we would love to have you come to our session, to share, listen, to give support, or just be there.

**Please rsvp to erfrnvistaleader@aol.com
or 304-822-5787 just so HCCC can plan for refreshments.**

Adult Bullying*It doesn't just happen to kids*

Handling Grown-up Bullies

In both personal and professional settings, the most common hallmark of bullying is social isolation. It's usually accompanied by constant criticism and a campaign to demoralize and humiliate the target through destructive gossip. Sabotage or taking credit for your ideas is also frequent -- think of a co-worker "forgetting" to give you an important message or a fellow PTA member asserting your idea for a theme for the school carnival as her own.

The effects of all this can be debilitating, especially in the workplace. According to a recent WBI study, 45 percent of bullying victims in the workplace suffer stress-related health problems, like anxiety, panic attacks and clinical depression. Yet despite the damage to their careers and well-being, 40 percent never tell their employer.

If you're being harassed, experts offer the following tips on how to deal with a bully:

Confront the situation directly. A bully may be trying to undercut you because she perceives you to be a threat. Sometimes, a direct conversation can soothe her fears and turn her into an ally. Invite her to a neutral location to talk, ask for her opinion of your relationship or work performance, and request her help in resolving any failings she points out. Ideally, you can enlist her as a mentor rather than an enemy.

Don't respond emotionally. Keep your cool when dealing with aggression. Breathe deeply and take a walk if you get upset. If you're at work, take a few days off to calm down and collect your thoughts. If you burst into tears or fly off the handle in public, it will only give your tormenter more ammunition.

Assert yourself. Take the bully aside and look her in the eye. Tell her what she's doing that you find unacceptable and what you'd like her to do instead. Tell her, "I don't appreciate how you demean my ideas in public. Please be more respectful."

Stop blaming yourself. The tendency, especially among women, is to assume that you are doing something wrong if a relationship goes awry. But the reality is some people are insecure, power-hungry and conniving. Don't allow their behavior to change your perception of yourself.

If all else fails, consider how to exit the situation. Ultimately, you have to determine whether it's worth being part of a group or institution where you are being harassed and bullied. If you find your work environment unbearable, look for ways to escape the hostility, such as changing your schedule or transferring to a different department. If that isn't possible, it may be time to start looking for a new employer. In the end, your mental health is more important than your job.

ERFRN

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Visit: www.erfrn.org

Caring Counts...& Everyone Can Give.

EVERY taxpayer can make a tax-deductible contribution to the WV Children's Trust Fund by checking the box next to the "Contribute to the WV Children's Trust Fund" line. Taxpayers can check the \$5, \$25, \$100 box or enter any amount they choose to help keep West Virginia's children free from abuse & neglect. In the past, contributions were restricted to taxpayers receiving a refund, but that has changed. Contributions can also be made online at: www.wvcftf.org or by mail: PO Box 3192, Charleston, WV 25332. Call (304) 558-4637 for more information.

News from MISSION West Virginia

Finding Families

Many children in West Virginia are legally eligible to be adopted and are waiting for permanent and loving families. They can't wait forever. Please help us find families for the children in our state. Every other week we send a column called Sunday's Child to 9 different newspapers throughout the state. The column features the picture of a child and their profile, like the one of Adam on the right sidebar of this message. We are currently seeking churches that would be interested in inserting the Sunday's Child column into their church bulletin every other Sunday and asking the congregation to pray that this child finds their forever family. If you are interested, please call 304-562-0726 & ask for Carrie Robey or email Carrie at crobey@missionwv.org
Mission WV, Inc. 168 Midland Trail, Suite 1, Hurricane, WV 25526

www.missionwv.org

Thanks!

The Jeremy Alex Fund...
helping kids at risk find the right road
Read his story at:
www.jeremyalexfund.com

*Over 2,300 people go missing in the United States
EVERY Day. – Nancy Grace*



"Until he extends his circle of compassion to all living things, man will not himself find peace."

-Albert Schweitzer

To have your events published in any of the upcoming newsletters, or to add your email address to receive our free monthly newsletter, please email Gayle at the ERFRN office:

gayleerfrn@yahoo.com or call (304) 822-5787

Example: We must have your items for the December newsletter by the second week of November. Visit: www.ERFRN.org