

WVFSRS NEWSLETTER

FEBRUARY 2023



BLACK HISTORY MONTH

President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” Today, Black History Month is a time to honor the contributions and legacy of African Americans across U.S. history and society.

Since 1976, every American president has designated February as Black History Month and endorsed a specific theme for BHM. The 2023 theme, “Black Resistance,” explores how “African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms and police killings,” since the nation's earliest days.

AMERICAN HEART MONTH

American Heart Month - a time when the nation spotlights heart disease, the No. 1 killer of Americans. American Heart Month reinforces the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

National Wear Red Day® is the first Friday in February - Feb 3rd. Wear red and encourage others to do the same. Help raise awareness that heart disease is the leading cause of death in the U.S. and largely preventable.



IN CELEBRATION OF BHM – DID YOU KNOW?

- Bluefield State College was founded in 1895 to provide higher education to the children of African American coal miners in the region. It is still recognized as one of the nation's Historically Black Colleges and Universities (HBCU).
- West Virginia State University was founded in 1890 as the West Virginia Colored Institute, one of 19 land-grant institutions authorized by Congress and designated by the states to provide for the education of black citizens in agriculture and the mechanical arts.

AN EVENING WITH WV'S OWN LADY D



Celebrate Black History Month with a sizzling blues concert from WV's Queen of the Blues – Lady D – and kick off the night with the first episode of her documentary series “Those Who Came Before,” celebrating the history and culture of black music in WV. The doc includes notables such as Bob Thompson, Crystal Good, Aristotle Jones, Rodney Boyden and W.I. “Bill” Hairston.

Date & Time:

February 16, 6:30pm

VENUE

Keith-Albee Performing Arts Center
925 4th Ave
Huntington, WV 25701

Website:

<https://keithalbee.com>

LEON HOWARD SULLIVAN •

Leon Sullivan, an African American Baptist minister, author and civil rights leader, was born in **Charleston, West Virginia**, in 1922. The seeds of Sullivan's activism were planted as a child when he was denied the right to have a soda and sit at a counter in a drug store on Charleston's Capitol Street. It was then that he decided he would stand up for what he believed in and the people he believed in.

His accomplishments began years after when he became the pastor to Zion Baptist Church in Philly, increasing the church attendance from 600 to 6,000 members. In 1958, Sullivan goes on to organize what became known as “selective patronage”. The Selective patronage encouraged boycotting of companies of companies who refused to employ African-Americans with the slogan “Don't buy where you don't work”. Eventually, thousands of jobs were created for African Americans as a result.

Sullivan realized after the success of this movement that what African Americans needed most was to move forward from their repression by entering the workforce. He then founded Opportunities Industrialization Centers (OIC) of America – in an abandoned jailhouse that offered training and hope to those who otherwise didn't have any job skills. Today, OIC operates more than 60 programs in the country helping over two million people gain the life and job skills they need.

In 1971, Sullivan became the first African American to ever sit on the board of a major corporation when he joined the Board of Directors of General Motors (GM). In this position, he developed what was known as the “Sullivan Principles”. The Sullivan Principles is a code of corporate social responsibility that demanded the equal treatment of employees regardless of their race both within and outside of the workplace. This principle persuaded large companies to discontinue business with South Africa while the practice of apartheid remained. By 1997, Sullivan expanded his principles globally calling for multinational companies to actively stand against social injustice and stand for human rights. This was adopted by the United Nations in 1999.

A man of courage and a servant of the people, Leon H. Sullivan devoted his life to the well being of others.



10/16/1922-04/24/2001

References

(n.d.). <https://wvstateu.edu/about/history-and-traditions/leon-sullivan.aspx>

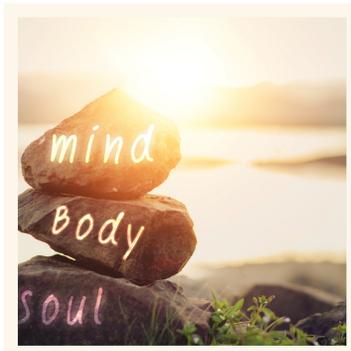
Seven Days of Self Care

Self-care is heart-health care. Practicing self-care can keep our hearts healthy. Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease. And, when we take care of our hearts, we set an example for those around us to do the same.



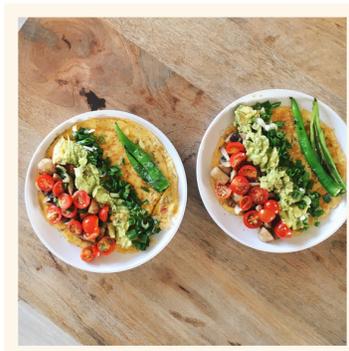
SelfcareSunday

Create your selfcare checklist for the week.



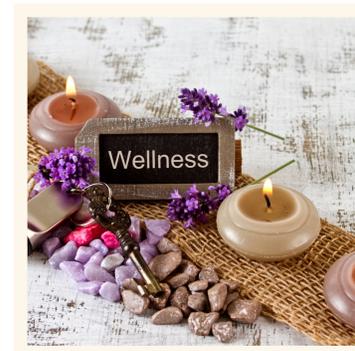
MindfulMonday

Know your blood pressure numbers and other heart stats.



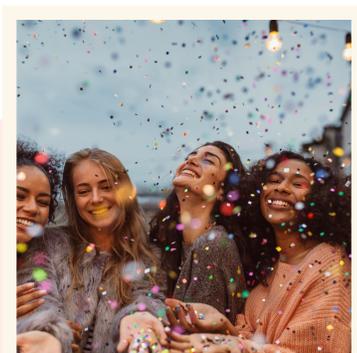
TastyTuesday

Try a tasty, heart-healthy recipe.



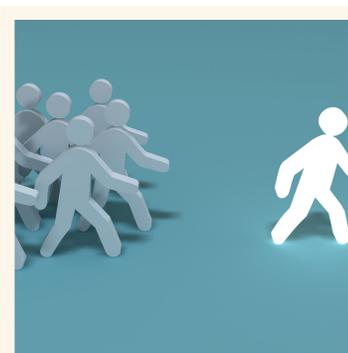
WellnessWednesday

Incorporate cardio into your wellness routine.



TreatYourselfThursday

Treat yourself to some fun or relaxing activity like movie or game night.



FollowFriday

Follow FB, IG, twitter pages that inspire you to show your heart more love.



SelfieSaturday

Celebrate your journey with a picture of yourself or with loved ones.



FEBRUARY

C E L B R A T I O N S



Ashley Sexton

Birthday 02/09



Tiffany Yeager

Birthday 02/19



Community Events



**PRIORITIZING
PREVENTION**
in West Virginia **2023**
VIRTUAL SUMMIT



REGISTER NOW

VIRTUAL PREVENTION SUMMIT



TUESDAY

February 7th

8:00am - 5:00pm EST

2023



RECOVERY ADVOCACY DAY

Please join us at the legislature for Recovery Advocacy Day at the West Virginia State Capitol on Tuesday, February 21st from 8:30-3:30. Lunch will be provided.

WVAAPP's Recovery Advocacy Day focuses on identifying areas of interest related to treatment, prevention, and recovery efforts including legislation impacting West Virginians. The event will include professional development training, featuring nationally recognized guest speakers, roundtable conversations with West Virginia legislators, and updates on current substance use. CE Credit Hours: 1.00

This event is being co-hosted by:

WVCBAPP -

WVBHPA-

WVARR -

West Virginia Chapter - NASW

MANDATORY ALL STAFF TRAINING

TRAUMA-INFORMED CARE WEBINAR SERIES

Communicating with Residents and Identifying Trauma Triggers

Wednesday, February 15, 2023
12:00 PM - 1:00 PM



Elizabeth Wheeler

Please join us on this Zoom webinar for a detailed presentation of some best practices to use when determining types of communications to use and how we apply those with residents, who have a history of trauma, as well as how to identify trauma triggers and how these triggers fit in as we care plan for and with residents. Presented by Elizabeth Wheeler, LeaderStat

West Virginia Nursing, Social Work, Activity Director, and Administrator CEUs Pending Approval

The West Virginia Long-Term Care Ombudsman Program, a joint effort of Legal Aid of West Virginia and the Bureau of Senior Services, is pleased to present a FREE webinar series focused on trauma-informed care topics. This webinar series is fully funded by a CMP Grant from WV DHHR and is intended for all long-term care facility staff.

To reserve your space and register now click on the link below or scan the QR code with your mobile device
(https://us06web.zoom.us/webinar/register/WN_4-JHrF_dS4Sd_XoP0LrNCQ)



Announcements

OFFICE CLOSURE

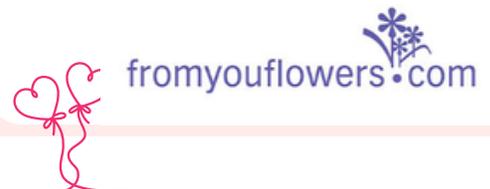
We have no observed holidays this month but keep an eye out for office closure emails due to inclement weather. Use Telehealth if you need to. Safety is priority.

OTHER

LifeMart.

Save 50% on romantic gifts and seasonal specials and save 20% sitewide on the entire assortment of over 2,000 gift items including stunning flowers, plants, wine & gift baskets, gourmet baked goods and much much more. Wow them with a thoughtful gift at a terrific price!

Use Discount Code: CVDY



WVFSRS HANDBOOK

Please find attached in this email, an updated WVFSRS handbook. While this handbook contains essential procedures and guidelines, feel free to reach out to your supervisor or HR if you have any questions.

FILING TAXES

January 23, 2023, marked the beginning 2023 tax season when the IRS began accepting & processing 2022 tax year. Reach out to HR if you haven't received your W2/1099 or have any related questions.

IMPORTANT DATES

February 2
Groundhog Day

February 14
Valentine's Day

February 17
Random Act of Kindness
Day



**Be a friend
to a lonely
neighbor.**♥

RANDOM ACTS OF KINDNESS
FOUNDATION®
www.randomactsofkindness.org

**Be a good
listener.**♥

RANDOM ACTS OF KINDNESS
FOUNDATION®

**Let a
senior go
ahead of
you in line.**♥

RANDOM ACTS OF KINDNESS
FOUNDATION®
www.randomactsofkindness.org

**Have a
judgment
free day.**♥

**Go
above
and
beyond.**♥

RANDOM ACTS OF KINDNESS
FOUNDATION®
www.randomactsofkindness.org

**Leave
quarters
at the
laundromat
or vending
machine.**♥

RANDOM ACTS OF KINDNESS
FOUNDATION®
www.randomactsofkindness.org

Kindness Ideas

*Imagine a
world where
you can succeed
by being nice.
It all starts
with an act.*

**Connect
with a
conversation**

RANDOM ACTS OF KINDNESS
FOUNDATION®
www.randomactsofkindness.org

**Be kind
to your
server.**♥

RANDOM ACTS OF KINDNESS
FOUNDATION®
www.randomactsofkindness.org

**Pick up
trash.**♥

RANDOM ACTS OF KINDNESS
FOUNDATION®

**Be polite
on the
road.**♥

RANDOM ACTS OF KINDNESS
FOUNDATION®
www.randomactsofkindness.org

**Shop
local.**♥

**Donate
blood.**♥

RANDOM ACTS OF KINDNESS
FOUNDATION®
www.randomactsofkindness.org

CLIENT TESTIMONIES



C. THAXTON

WVFSRS and Pheonix Rising has given me an opportunity to rebuild my life back that was once broken from my addiction. Today, I am an active member in my community and for that I am grateful. Pheonix Rising has given me the foundation I need to become the person I know I can be.

T. STEINER

I am a former professional dancer, published author, hold three degrees, and have traveled extensively. I am also a recovering alcoholic. Addiction does not discriminate. I have now been sober for six months and serenely so. WVFSRS gave me the space, time, and tools to work on my true recovery. I was allowed to progress at my own speed and did not feel hurried. I was and am able to address childhood trauma that was directly correlated to my problem drinking.



Everything has unfolded slowly and methodically. My recovery coaches were indelible in providing me psychological support and shuttling me to and from necessary appointments. My therapist and Program Director encouraged me to get involved with cutting edge music therapy to address my underlying P.T.S.D. I intend to stay on this course and follow the program through until completion in the Autumn of this year. I have a safe and comfortable recovery home with a roommate that is as serious about their recovery as I am. I can recommend this program whole-heartedly and remain grateful to it for my continued success.



C. BURDETTE

STTH was very welcoming from the beginning and has had my best interest at heart. Coming into this program, I knew that I could find a sisterhood and just felt as if God lead me here. I feel trusted and that has helped me a lot knowing that I could be trusted again. My therapist has made it very comfortable for me to open up and discuss my past trauma. My PRSS has done the same and has consistently checked in on me to ensure that my recovery stays on track. I have never been let down by any employee with STTH or WV FSRS. The Administrative Assistant of ST has gone above and beyond for me and is always willing to help anyone that needs assistance. If I ever have a problem, they help me and work with me. This has made my recovery stronger and has made me feel that if I ever need assistance in any form, I can always count on them.

STTH has helped me out a lot. Since coming here, I have gained so much recovery knowledge. My PRSS has been nothing short of amazing and is always there to help me when needed. I have a great therapist that is always willing to lend me her ear and just listen when needed. I have learned a lot about myself in the short amount of time I have been in this program, and I really think that with the tools I have learned, and the ones I have yet to learn, I will be able to leave this sober living program and be successful on my own.



K. RUNION