



*In February, Olivia McWhorter received the Parent of the Year Award at the Region IV Head Start conference held in Atlanta*

## Olivia McWhorter Named Head Start Parent of the Year

“Head Start is something I feel very strongly about,” said Olivia. “It’s not only for low-income children it’s for the whole family. People that aren’t familiar with the program don’t realize the time and effort that the staff give to the children and their families.”

Head Start helps children ages 3 to 5 years old develop their educational and social skills. Teachers involve family members in the instruction and other center-based activities to help foster a lifetime of commitment to quality education.

Olivia’s daughter Beth, 7, graduated from the Head Start program and currently her son Robbie, 5, is attending the program. Olivia stated that she has seen a big change in both of her children and credits that to the Head Start staff. Robbie was very timid and shy before he began Head Start. Now he is more social with other children and adults. By learning the basics like writing her name, socializing with other children and even tying her shoes, Beth was better prepared to enter kindergarten.

Olivia has served as Secretary and Vice President of the Head Start Area Policy Council. Olivia credits her success to her Family Service Worker who encouraged her to set and pursue her goals. “I’m really happy where I am right now,” said Olivia who is currently pursuing a Bachelor’s degree.

A requirement for this award was to write an essay describing personal goals.

### Olivia McWhorter’s Essay:

*Nothing. I had nothing. I had no goals, no plans, no future.*

*As a single unemployed mother from Appalachia I had no goals for myself. This is until I enrolled my son into our local Head Start, and now one of my main goals is to give back to Head Start parents as Head Start has given me.*

*As a result of the confidence that the staff and other mothers have given me along with the resources and help, I am now enrolled in Eastern Kentucky University to get my degree in social work and plan to return to Head Start one day as a Family Services Worker.*

*This plan will give me stability and structure in my life and will make me provide a better environment and life at home for my children. Being a single parent in this day and time is hard, but with the confidence and knowledge that Head Start has instilled I have a better chance at making these goals and dreams come true. Once I get back into Head Start as a Family Services Worker I want to help other parents and family members fulfill their goals one at a time as I am now.*

*Goals aren’t something you can achieve overnight, but with the right support and structure anything I set my mind to I can accomplish.*

“I was thrilled when I found out I had been chosen,” said Olivia McWhorter when she found out she had been selected as the Regional Head Start Parent of the Year. Olivia, a Foothills Head Start parent in Jackson County is now pursuing a national title, which will be awarded in April.

This award was presented to a parent in Region IV of the National Head Start Association. With the encouragement of Head Start, Olivia applied for the award, which recognizes volunteer service, career advancement and personal goals of one parent in this region.

Each year, the National Head Start Association honors one parent whose hard work, compassion, and innovation significantly improves a Head Start program.

## Clark Energy Cooperative's Neighbor to Neighbor Program Makes Donation to Foothills and Gateway Community Services

This winter Clark Energy Cooperative made a generous contribution to Foothills Community Action Partnership and Gateway Community Services' winter heating program. This donation of over \$5,000 had been raised by Clark Energy's newly formed Neighbor to Neighbor program.

Clark Energy Cooperative, based in Winchester, provides electric energy service to 24,000 sites. Clark Energy's service territory encompasses eleven counties located in east central Kentucky near the foothill section of the Appalachian Mountains.

The Neighbor to Neighbor program gives Clark Energy members a chance to make donations to persons who need assistance paying their electric bill. This

winter members donated \$1 or more to the program in their own monthly billing statement. Clark Energy's employees and board of directors also made contributions to get the Neighbor to Neighbor program off the ground.

"We appreciate Clark Energy's support of this important effort to keep lower income families warm each winter," said Vicki Jozefowicz, Executive Director of Foothills Community Action Partnership. "One dollar a month may not seem like much, but if a thousand people donate a dollar, it can go far. People need to understand that when they give a little, they can make a huge difference."

Neighbor to Neighbor helps low-income persons who qualify for assistance pay their utility bills. Clients must have a shut

off notice and be income eligible to receive assistance. Referrals in the region come from municipalities, churches and other organizations.

"Utility bills have increased, and in the wintertime, as we know, the choices are maybe heat, medicine, food, all the basic necessities," said Dennis Gulley, Executive Director of Gateway Community Services Organization. "And by getting this assistance, it means that they can have money for all the other necessities like food and medicine and child care."

Every dollar donated to the Neighbor to Neighbor program goes directly to the clients, with nothing set aside for administrative fees. This program is one of very few of its kind among electric

*(Continued on page 2)*

## RHO Conducts Dental Health Workshop



*A group of third graders received their dental health goody bags aboard the START NOW RV*

There were toothy grins all around when Foothills Rural Health Outreach (RHO) Program taught children about dental health recently. In February, RHO visited Estill Springs Elementary School to teach students, preschool to 3<sup>rd</sup> grade, about dental health.

Using a giant teeth model April Stone, Foothills Community Services Manager, demonstrated the proper way to brush teeth. Stone also discussed the importance of brushing and flossing.

Students then went into the START (Strategies Targeted at Rural Trends) NOW RV where Veronica Taylor, Foothills Nutrition Specialist, discussed nutritious snacks. Each child received a sampling of healthy snacks that included a box of raisins, three cheese cubes and an apple slice.

At the end of the day, each child received a goody bag, which included a full size tube of toothpaste and a toothbrush,

along with a note for the parents, a coloring sheet, written directions on the proper way to brush and a list of teeth-friendly snacks. "Our goal was to educate children and parents about the importance of oral health and provide dental services," said Stone. "Good dental health must be practiced at home to ensure children grow up with healthy teeth and gums."

A total of 370 students (17 classrooms) participated in this event. This special visit was coordinated through Kathy Bradley at the Estill Springs Elementary Family Resource Center. This program was funded through the U.S. Department of Health and Human Services, Health Resources and Services Administration, Office of Rural Health.

# The News in Brief...

## Foothills Staff and Board Transitions

Several new members have joined the Foothills' staff recently. Ken Smith, C.P.A., came on as Director of Business and Finance. David Grandgeorge is the new Compassion Capital Regional Program Developer. Jennifer Miller began as the Assistant Director for the Richmond Child Care Center. Ray Khatir came on as our new Technology Specialist. Lelia Elam is the new Nutrition Project Assistant. Finally, Heather Ortiz transferred from a Family Preservation Program Therapist to the Special Needs Housing Coordinator. Foothills would also like to recognize our new board members. They are Berea College Professor Tom Boyd, Clark County Judge Executive John Myers and Minister/Volunteer Phil Rainwater.

## Several Staff Earn SEACCAA Certification

At the Foothills Annual Meeting in December, six staff members were recognized for earning their SEACCAA Certification. The SEACCAA Certification Manager course is a comprehensive training program requiring the completion of a cycle of workshops and coursework consisting of 140 hours of training in seven modules. Staff that were recognized include: Carla Chapman, Payroll/Benefits Coordinator; Virginia Embree, Human Resources Manager; Vicki Jozefowicz, Executive Director; Brian Mullins, Senior Accountant; Rob Slone, Director of Family Services and Paula Woodman, Education and Training Coordinator. SEACCAA trainings take place over several years, and a number of other staff are working on their certifications.

Applications are currently being accepted for Foothills' Weatherization Program.

This program is designed to help low income households overcome the high cost of energy by making their homes more energy efficient. Services can help reduce monthly energy bills and create a comfortable and healthy home environment. To apply please call David Gray at 859-624-2046.

## Neighbor to Neighbor Donation

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cooperatives in Kentucky. "We look at our membership as a family and we knew there are many members who were willing to help a fellow member," said Paul Embs, Clark's Manager of Member Services. "We created this program so we can help one another. That's what being a cooperative is all about."

Jozefowicz and Gulley commend the efforts of Clark Energy's members and look forward to their ongoing commitment to help their community.

## footnotes

Published quarterly by Foothills Community Action Partnership. Foothills Community Action Partnership serves residents of Clark, Estill, Madison, and Powell counties with some services in additional areas. Funding for this newsletter is provided by private and public sources including a Community Services Block Grant through the Cabinet for Families and Children and the Department for Community Based Services.

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## National "No Room For Poverty" Rally Kicks Off In Louisville

Friday, March 12<sup>th</sup> Foothills staff, volunteers, community members and board members attended the 2004 "No Room For Poverty" kick off event, which was held in Louisville, KY.

The rally highlighted the problems of poverty and challenged Community Action to develop effective strategies to help low-income people change their lives. The President of the national Community Action Partnership, Derrick Len Span was a featured speaker at this event.

Throughout the year, the national Community Action Partnership will travel the country to energize the Community

Action network around the "No Room for Poverty" National Rally, which will be held September 4, 2004, on the Ellipse in Washington, D.C.

The national rally will advocate for increased support from federal, state, and local agencies, politicians, corporate leaders, and nonprofit organizations to combat poverty.

This nonpartisan effort will seek to unify the nation around the need to end poverty and will focus on five key areas. Those areas include health care, jobs, housing, education, and the digital divide.

## Basketball Game Raises \$1,158 for Foothills Programs in Estill County

On Saturday, January 24, the Estill County Senior Citizens Center, Outreach Office and Youth Investment Project hosted a special basketball game between the staff of Foothills Community Action Partnership and WLEX Channel 18. Brian Kiser, a former University of Louisville

basketball player, played on the Foothills team and Cameron Mills, a former University of Kentucky basketball player, played on the WLEX Channel 18 team. Foothills won the game 58-52.



*Foothills staff, community members and special guest, Brian Kiser, won the game by six points*



*Cassidy Flynn, live auction winner, with Cameron Mills and Brian Kiser*

Through admission, concessions, and crafts the Estill County programs raised \$1,158.00. Some of the money was also raised from a live auction held at halftime. Tee shirts signed by both Kiser and Mills were auctioned off to the public.

The Mini Cheer Cats and Junior Prep, a division of the Cheer Cats performed at half time. There were also two games prior to the main game. Earlier that day

the Estill Springs Girls played the West Irvine Girls and the West Irvine Boys Red Team played the West Irvine Boys White Team. Proceeds from this event will be utilized to strengthen the services these three programs provide.

Foothills would like to thank everyone who helped make this event possible.

### Foothills Community Action Partnership

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