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Offices

- Floyd County
• 686 North Lake Drive
Prestonsburg, Ky.
606-889-1772
• 60 Court Street
Allen, Ky.
606-874-3595

- Johnson County
• 230 Court Street
Paintsville, Ky.
606-789-3641

- Magoffin County
• 131 Church Street
Salyersville, Ky.
606-349-2217

- Martin County
• 387 E. Main Street
Inez, Ky.
606-298-3217

- Pike County
• 478 Town Mtn. Road
Pikeville, Ky.
606-432-2775
• 138 College Street
Pikeville, Ky.
606-433-7721

Tragedy averted through BSACAP Weatherization Assistance

"It's a miracle we weren't dead already," said Johnson County homeowner Darvin Grim. Grim and his wife Judy have lived in their home for 10 years and were unaware of the threat their heating system posed to their lives.

Heating their home had become a challenge for the Grims. The electric heating system that was in place in the home was too big to be carried by their breaker box. In lieu of the electric system, the Grims used an old coal burning stove that was unsafe and an old propane space heater, but they were only able to heat one room in the home.

Grim knew the house needed better insulation, but household expenses kept him from being able to put it in himself, so he contacted Big Sandy Area Community Action's Weatherization Assistance Program to see if they could help. BSACAP's Weatherization program is designed to help people with low-incomes get the repairs they need at no cost, offering them a long-term solution to heating and cooling problems and reducing home energy



Judy and Darvin Grim are standing in their safe and warm Johnson County home this winter through the help of the Big Sandy Area Community Action Program's Weatherization Assistance Program.

costs.

BSACAP's Weatherization crew inspected the home and found that not only did the structure have less than half of the insulation needed, but the propane space heater that was in use was spewing extremely dangerous amounts of carbon monoxide.

BSACAP Inspector Steve Mullins noted that had the home been properly sealed and insulated when the old propane space heater was in use, the home would have filled with carbon monoxide with nowhere for it to escape. And the Grims said that they became very drowsy in the room with the heater, which

is one of the signs of carbon monoxide poisoning.

It is critical that gas space heaters be serviced every few seasons in order to ensure they are still clean burning, and they should only be used in a well-ventilated area.

After the inspection, BSACAP's Weatherization crew got to work. They installed a new gas furnace that is 98 percent energy efficient, ensured that all holes and air leaks were sealed, installed a carbon monoxide detector and smoke detector, and installed a CFM vent designed to improve air quality.

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NewsCAP

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Programs

- Child and Adult Feeding Program
- Columbia Gas Energy Assistance
- Community Services Block Grant
- Continuum of Care
- Demand Side Management
- Emergency Food and Shelter
- Head Start
- Homelessness Prevention
- Kentucky Power Home Energy Assistance Program
- Low-Income Home Energy Assistance Program (LIHEAP)
- Rapid Re-Housing
- Senior Community Service Employment Program (SCSEP)
- SS/SSI Representative Payee
- Tax Wise
- Tenant Based Rental Assistance (TBRA)
- Weatherization
- WIOA Adult and Dislocated Worker Program
- WIOA Youth Program
- Job Clubs
- Hiring Our Miners Everyday
- On the Job Training
- WinterCare

From the Executive Director's Desk

As our 51st year of service to the people of the Big Sandy region draws to a close, we give thanks that the community partnerships developed and nurtured during the past decades remain strong and that they continue to bring opportunity to the less fortunate in our service area.

Our motto is “Helping People. Changing Lives,” and this year, like so many before, I believe we have lived up to it. As you will see from the stories in this issue, Community Action is about meeting people where they are in life and helping them move to a better future. That means caring for our seniors, promoting health and safety, and ensuring our young people are able to start their adult lives on the right foot.

For instance, our Prescription Assistance Program, funded through the Community Services Block Grant, was able to reach more clients this year, helping many people in our region fill prescriptions they may normally have gone without.

Our mission is to “help people help themselves and each other,” and we are grateful to find that many of the people we help, turn around and use their life to help others.

We see our investments of time, money, and resources ripple out across the region as each person does their part to eradicate poverty and bring comfort and joy to those around them.

Especially at this time of year, we celebrate each person who walks through our doors looking for a way to better themselves and in turn their community, and we are grateful to be a part of that positive action.

If you or your business would like



James Michael Howell

to join us in this movement to raise up the people of eastern Kentucky, please consider a contribution—either through offering employment opportunities or tax-deductible donations—to our programs. With your help, the blessings we see and receive through our clients can multiply. Let us share these blessings with you and yours.

In spite of this era of economic difficulty, we remain hopeful about the future and dedicated to improving the lives of those we meet.

Thank you for reading and sharing these stories with your friends and neighbors. Please feel free to contact us anytime for more information about our programs.

As we begin our 52st year, we wish you a very Merry Christmas and a joyous, hopeful, and prosperous New Year.

Mission Statement

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Promoting nutrition earns promotions

For many, a job is something more than just a way to earn money. It is a chance to experience friendship, camaraderie, pride, and joy while being of service to others. And this is most certainly the case for Franceen Crum of Floyd County who gained employment through the Senior Community Service Employment Program at BSACAP.

Crum worked at Riverview Nursing Home in Prestonsburg for 15 years. She had gone to school to become a phlebotomist and was just about ready to take the state-mandated test when she found out that she would be forced to have open heart surgery and put her working life on hold.

After her recovery, Crum began to look for new work and saw a story in the newspaper about Big Sandy Area Community Action's Senior Community Service Employment Program (SCSEP), a program designed to help low-income people over the age of 55 to receive the job training, education, and support they may need to find employment. The time spent in the program is dedicated to paid community service work.



Franceen Crum of Floyd County proudly stands in her pantry at the Martin Senior Citizens Center where she prepares and serves meals to Floyd County seniors. Crum enrolled in BSACAP's Senior Community Service Employment Program and worked her way up to Head Cook of Floyd County Senior Citizens Centers.

After enrolling in the program, Crum began working 15 hours each week at the Prestonsburg Senior Citizens Center. With her skills and her background in elder care, she was a perfect fit.

After her time with SCSEP ended, Crum was hired on at the Martin Senior Citizens center as a Center Aid. After a year in that position, Crum moved up to Cook's Assistant, and now serves as Head Cook for Floyd County Senior Citizens Centers.

Crum is charged with planning and cooking over 220 meals in a day to serve the six senior centers in

Floyd County where food is delivered to centers and homes. In addition to adhering to state nutritional guidelines, Crum also received CPR and first aid training, drivers training, and nutritional training.

Crum manages the pantry, ensuring that it is neat and well stocked and runs a tight kitchen that she always makes sure is in tip-top shape and clean as a whistle.

She says she is motivated to always do her best not only because of the care she is providing to some of the area's most vulnerable people, but that it gives her a sense of pride and accomplishment that only a

job serving others can give.

Crum says she loves working at the Senior Citizens Center. "They are a great bunch of people and we're like a big family. People laugh and joke and carry on, and we care about each other. It's just a really good place to be," she said. Crum said her time with SCSEP started a whole new life for her and that "It's a great joy to be helping other seniors."

Even after several setbacks, Crum, with the help of Big Sandy Area Community Action Program, was able to find her way back to serving our community, caring for our elderly, and enjoying a life filled with laughter and friendship.

The Senior Community Service Employment Program (SCSEP) helps low income individuals 55-years-old or over who have poor employment prospects. Program participants work at community and government agencies. They also may receive training, and can use their participation as a bridge to other employment positions not supported with federal funds.

Vision Statement

Big Sandy Area Community Action Program is recognized statewide as providing the key leadership role in assisting individuals, families, and communities to achieve their highest potential.

Community Action Quick Updates



LIHEAP so far...

We have just finished up the Subsidy Component of the Low-Income Home Energy Assistance Program, which ran through November and ended on December 9th. LIHEAP helps keep families safe and healthy through initiatives that assist families with energy costs

So far, 6,881 families have registered with the program and over \$1,072,000 has been distributed.

The Crisis Component of LIHEAP will begin on January 9th and run through March 31st or until funds have been exhausted. To learn more about LIHEAP, visit our website at www.bsacap.org or call the BSACAP service office in your county.

Annual Fall Job Fair

BSACAP's Annual Fall Job Fair was held on October 31st at the Mountain Arts Center in Prestonsburg. Workforce Innovation and Opportunity Act staff brought together dozens of local employers in order to help citizens learn more about career opportunities available to them.

One hundred seventy-five job seekers attended the job fair and were able to submit their resumes and fill out job application on the spot.

BSACAP Career Advisors were on hand to assist job seekers with information about BSACAP programs and opportunities such as resume preparation, skills assessments, GED classes, and Job Clubs.



2017 Board of Directors

The BSACAP Board of Directors is comprised of three sections of the community: Low-Income Representatives, Private Sector Representatives, and Elected Officials in each of the counties we represent. Elections were held in each county in November so that low-income people could be given a choice as to who represents them.

The 2017 Low-Income Representatives for Floyd County will be Eula Hall, Malcolm Hall, Larry Kidd, and alternate Joyce Hall. In Johnson, Linda Duncan and Linda Sparks will represent low-income people. Jeff Howington and Jeff Ross will represent Magoffin County. Martin County will be represented by Lorna Cassady, Donald Setser, and Dottie Horn. Low-income families

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From client to Career Advisor through BSACAP

For as long as she can remember, Pike Countian Jackie Blackburn has always known what she wanted to do with her life—help others. However, getting to a place in her life where she didn't need help herself was the biggest hurdle in getting to where she knew she belonged.

Sitting in her office at the Big Sandy Area Community Action Program in Pike County, it's clear from the look on her face that Blackburn is ecstatic to now hold the title of career advisor, especially, she says, after her own career advisor helped her achieve the career she has now.

"It's really nice to be able to help people and get them to where they never thought they could be," Blackburn says of her career advisor position, adding that she can relate to her clients as it feels like she grew up in their shoes.

Blackburn explains that coming from a low-income, single parent home made life a little harder for her and her siblings, especially when the end of her high school career drew nearer and the costs of being a high school graduate began to mount.

"Mom always made sure we knew we were going

to go to college, that's one thing that my mom's always been really big on is that we would go to college," she reminisces. "No matter how many times you say you're going to go to college, it's different than actually getting there."

Knowing that she would need to work harder than many of her classmates to ensure her future got off without a hitch, Blackburn says she decided to buckle down and get really serious about school and getting involved in extra curricular activities during her junior year in 2008.

"My family resource coordinator, she hooked me up with Jenny Hampton, and she was my career advisor. She really helped us with a lot of different things," she says.

Hampton is a career advisor who works with students in the in-school youth program through the Big Sandy Area Community Action Program. BSCAP provides Workforce Innovation and Opportunity Act (WIOA) career advising services in Magoffin, Johnson, Martin, Floyd, and Pike counties under contract with the Eastern Kentucky Concentrated Employment Program, Inc. (EKCEP).



Career Advisor Jackie Blackburn sits at her desk in the Pike County BSACAP office ready to assist clients because she knows the process from both sides.

The services help people re-enter the workforce or upskill for new, better jobs and careers. In addition to assistance to dislocated or underemployed adult workers, the agency also provides workforce services to in-school and out-of-school youth and area employers.

As part of the in-school youth program, Blackburn participated in soft skills training to prepare her for college and the job market. The program also provided work experience opportunities for students to get a taste of what working would be like once they had graduated.

"We learned a lot of job skills, toured a lot of colleges, and sometimes we toured actual employment

places, as well," she says. "Jenny was a really great part of getting me to where I am today just because she helped me figure out what college to go to, she helped me understand the college application process."

Hampton's help didn't stop there, Blackburn explains. When graduation, housing, and application fees arose that she had no idea would be coming up and no way to pay for, Blackburn says Hampton and the staff at BSACAP stepped in to help her find a way to make sure she would get into the college she wanted to.

"It could have been really easy for me in high school to have been like, I'm just not going to do my applications. I see that a lot

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WIOA Youth Program gives Martin Co. woman a head start on her career

Meeting the right people and making the right connections to start a career early in life can be difficult for many students in our area, but one young woman from Martin County took the step she needed to get her foot in the door with journalism.

Kyla Horn, a recent alumna of Sheldon Clark High School, interned with The Mountain Citizen through the assistance of Big Sandy Area Community Action Program (BSACAP) and the Youth Program offer through the Workforce Innovation and Opportunities Act (WIOA).

The WIOA Youth Program offers a range of services to students still in school and young people age 18-24. The program offers tutoring, study skills, training, and instruction, alternative secondary school offerings, summer employment opportunities, paid and unpaid work experiences including internships and job shadowing, occupational skills training, leadership development opportunities,

supportive services, adult mentoring for 12 months to ensure continued success of placement, and comprehensive guidance and counseling. The program is open to low-income young people who may experience barriers to employment.

Horn explained, "All of my friends were getting on [the Youth Program] and I was like, 'You guys are working at the coolest places, like having to do with what you want to do when you grow up.' And I was like, 'I want to do that too.'" So she connected with BSACAP Career Advisor Kayla Jude.

Horn told Jude about her passion for journalism and her hopes of one day becoming a news anchor. "[Working with Kayla] was really cool because I didn't feel like I was talking to a supervisor. It felt like I was talking to a big sister who was helping me learn the ropes. It was really helpful," Horn said. Jude was able to arrange for Horn to have an internship with her local newspaper, *The Mountain*



Kyla Horn of Martin County is just finishing up her first semester at college taking the classes she needs to join the next generation of Kentucky journalists.

Citizen, so that she might begin to see how the news is gathered.

Horn said that initially she was a little nervous about the internship. "I was working with people who had been there since before I was born. I was so scared of messing up," she said. But after about a week, Horn adjusted to the paper business and learned how to work the front desk, file papers, and take

advertisements. She was even given the opportunity to write a few articles about her high school and the dance team.

Horn said her internship with the paper not only gave her real life work experience, but also gave her confirmation that journalism is in fact the path that she wishes to pursue in college. "It gave

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TRAGEDY**continued from the front**

The crew spent several days at the Grims' home completing the difficult work at no cost to them.

"Everyone was so nice and friendly and they worked really hard," Judy Grim said.

Now the Grims have a safe and warm home to help them face the winter.

"It's like daylight and dark," Judy Grim said. "The house has never been this warm. Everything they did makes a difference."

The Weatherization

Assistance Program is funded by the U.S. Department of Energy and administered by the Kentucky Housing Corporation.

BOARD**continued from page 4**

and individuals in Pike County will be represented by Craig Hamilton, Carolyn Tackett, and Pat Wagner.

The 2017 Private Sector Representatives will be Pete Wilson representing the Tram Church of Christ in Floyd County. Johnson County will have Kim Castle representing The Salvation

Army and Michael Endicott as Attorney Representative. As Financial Representatives, Magoffin County will be represented by A.B. Conley. Also representing Magoffin County will be Burnis Patrick serving on behalf of the Salyersville Kiwanis Club. The Board's Child Care Representative will be Evelyn Spence of Martin County. And Pike County

will be represented by Polly Arnold serving on behalf of the Housing Authority of Pikeville.

By virtue of their elected offices, the following officials or their representatives will serve on the Board in 2017: Floyd County Judge-Executive Ben Hale, Prestonsburg Mayor Les Stapleton, Johnson County Judge-Executive R.T. Daniel,

Paintsville Mayor Bill Mike Runyon, Magoffin County Judge-Executive Charles Hardin, Salyersville Mayor Pete Shepherd, Martin County Judge-Executive Kelly Callaham, Inez Mayor Terry Fraley, Pike County Judge-Executive William Deskins, and Pikeville Mayor Jimmy Carter.

We thank each of you for serving with us.

CLIENT**continued from page 5**

when I work with my in-school youth now," she says.

After high school graduation and two years in the in-school youth program, Blackburn went on to Morehead State University, where she graduated with a degree in sociology. She says she wanted to be able to do the same work that her career advisor had done with her.

"She's (Hampton) stayed in contact with me all through life pretty much.

Even when I got out of college, Jenny was the one that helped me get my first job in this field, and she told me about this job that I have now," Blackburn says.

Now, Blackburn works with in-school and out-of-school youth and adults that come into her office for help with career advising.

"Seeing their faces when you get to tell them they got the jobs, when a client comes in and tells me they've been able to get the job that they've been looking for—it's an amazing feeling, and you know

you've been able to help them a little bit in that," she says. "You never realize what little things can really help you in looking for a job."

Thinking back on her life before she became a part of the programs at BSACAP, Blackburn says, with tears filling her eyes, she knows she wouldn't be near to where she is in life without BSACAP or her career advisor.

"I definitely never would have gotten into college because of all of those fees that go along with it,"

she says. "I would have definitely been a different person in a different place for sure."

When asked what advice she would give to someone questioning what steps to take if they aren't happy with their current job situation or don't know what to do, Blackburn says to just come and see her.

"Take that step to come out and talk to a career advisor. If you're not happy where you are, we can help you take that step to get you to where you are happy," she says, smiling.

YOUTH**continued from page 6**

me real life work experience that I wouldn't have received anywhere else," she said.

"I've recommended it to all my friends who are in high school right now."

She is attending Big Sandy Community and Technical College at present and plans

to transfer to Morehead State University where she will study Journalism and Communications. Horn says she is looking forward to the future and is excited to learn

everything she can about different kinds of media productions and become the future of news in Kentucky.

Vision Statement

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Serving the Big Sandy Area since 1965.

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