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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

Miner turns barber after layoff with help from BSACAP

After 17 years of working as a dozer operator for a surface mining company, Michael Lowe, like so many others in the region, was laid off from work and had to find a way to begin again.

"Mining is pretty much all I've ever done," Lowe said. "But with the decline in the coal industry, I decided it was time to make a change. And I've always been interested in barbering."

Lowe connected with Big Sandy Area Community Action Program Career Advisor Reva Kidd at the Office of Employment and Training in Prestonsburg. Kidd informed Lowe that as a laid-off coal miner, he was eligible to participate in the Hiring Our Miners Everyday Program (HOME).

The HOME program created by Eastern Kentucky Concentrated Employment and administered with the assistance of Big Sandy Area Community Action Program, assists former coal industry workers and their spouses to receive educational and workforce opportunities which can help them transition to new work.

Lowe, who has had a



Michael Lowe was laid off from his work as a coal miner but is now working as a barber at Goodfellas Barbershop on Division Street in Pikeville after taking advantage of the educational opportunities provided by the Hiring Our Miners Everyday Program and Big Sandy Area Community Action Program.

passion for barbering since he was a child, jumped at the chance to learn a new trade with the help of the HOME program. Lowe enrolled in classes at Ashland Community and Technical College and was on his way to a new trade.

While enrolled in classes, the HOME program helped Lowe pay for tuition costs and his barbering tool kit in addition to helping him stay enrolled with a monthly stipend to help pay for his travel costs to and from school. When his classes were finished, Lowe was

even reimbursed for the fee required to take the Kentucky Barber Board test.

Lowe said that although transitioning to new work was time consuming, working with BSACAP Career Advisor Reva Kidd made it easier. "Once I got in school and the process was started, it just went along smoothly. Reva helped me so much and the program was really good," Lowe said.

Lowe was even fortunate enough to find a job waiting for him after completing the program. Tommy Smith,

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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 summer turns to fall, we approach our busiest season of the year as our region gears up for the cold months ahead.

The subsidy portion of the Low-Income Home Energy Heating Assistance Program (LIHEAP) is set to begin in November with pre-registration for those on a fixed-income who are either age 60 or older or disabled occurring in late October.

But before we start to think too much about the cold, let me tell you that our Garden Seed Program had great success this summer.

The Garden Seed Program offers vouchers for seeds, plants, and fertilizer so that area families can grow their own gardens and have access to fresh, nutritious food throughout the year.

This year, 270 families in our service area received Garden Seed vouchers. When the money they saved is combined with the estimated cost of their labor, we saw over \$945,000 in benefit to our service area of Floyd, Johnson, Magoffin, Martin, and Pike Counties.

Adding to this spirit of helping our neighbors to help themselves, we host workshops at each of our county offices that are open to everyone in the community and which are designed to share information to help us save money and prepare for a better future.

This summer, we hosted workshops on Disaster Preparedness with the American Red Cross, Preserving Your Harvest with area Cooperative Extension Offices, and Conserving Energy with Kentucky Power.

We have more workshops on the way, so be sure to check our website or Facebook page for announcements, and please join us.



James Michael Howell

Our annual Fall Job Fair is scheduled to take place the third week of October. We will be gathering our best and brightest to help dedicated job seekers connect with employers who can help them become the economic force we believe they can be. Stay tuned for more information.

Finally, we invite you to share these stories with your family, friends, and acquaintances so that we might spread the word of Community Action across the region.

We hope to connect with our neighbors who may be in need of our services and with businesses and individuals who want to contribute—either through offering employment opportunities or tax-deductible donations—to lifting our home out of poverty.

Thank you for reading and please feel free to contact us anytime. We look forward to serving eastern Kentucky with you.

Mission Statement

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Weatherization Assistance helps curb bills

Heating and cooling a home is about more than just comfort. It's about staying safe, staying healthy, and staying within a budget. Weatherizing a home against the elements plays a critical role in the lives of residents, but too often it can be difficult for those on a fixed income to make the repairs or adjustments required to ensure their long-term needs are met.

Peggy Wolford of Leander has been living in her Johnson County home for six years, all the while enduring the extremes of Kentucky weather without proper insulation. In the winter months, Wolford's energy bill soared to around \$300 each month. She said her heater was constantly running, but that the house was still cold inside. "It was like it just wouldn't get warm enough inside [for the heater] to kick off," she said. Wolford said her fixed income combined with the constant cold made it difficult for her to live in the home.

A friend living near her home told Wolford about Big Sandy Area Community Action's Weatherization Program, which is designed to help people with low-



Peggy Wolford of Leander stands on her porch with Big Sandy Area Community Action Program Weatherization Assistance Program Inspector Steve Mullins. Mullins and the BSACAP crew added insulation to Wolford's home free of charge in order to help her manage her winter heating bills.

incomes get the repairs they need at no cost, offering them a long-term solution instead of just a small bandage. "I didn't even know [the program] existed, and she was telling me about it, and I said I'll call and see, and it's wonderful," she said.

Licensed inspectors with Big Sandy Area Community Action's Weatherization Team took a look at Wolford's house to find out what the problem areas were. She said, "It was just so cold. I didn't think there was any insulation at all in it, but apparently there was, just not enough."

Inspector Steve Mullins

found that there was no insulation at all underneath the home and very little in the attic. In addition to the lack of insulation, Mullins and his team found a large hole in the floor of the attic where air was escaping.

The team went to work and added insulation underneath the home, fixed the hole in the attic, ensured there was the proper amount of insulation in the attic, sealed duct work, added caulk where needed, and installed a CFM vent fan. The crew even added smoke detectors and a carbon monoxide detector to the house to ensure that

Wolford was left with the safest home possible.

The crew spent five days at Wolford's home completing the difficult work at no cost to her. She said she was "very comfortable in their presence. Everyone was very respectful and nice. And they worked very hard."

Once her repairs were finished, Wolford said she felt much better about her home. "It was much warmer after they did the insulation. I could tell a big difference," she said. She also noted that now, in the heat of summer, she can tell a difference in the air conditioning as well.

Wolford hopes that others will take to opportunity to learn more about Big Sandy Area Community Action Program and their Weatherization Assistance Program. She said, "I hope other people learn about the program. It's very helpful."



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.

BSACAP is on the job...



JobSite Accreditation

Our Pike County Office earned their Kentucky Career Center JobSite affiliate certification. The group joins the network of career centers serving job seekers in 23 eastern Kentucky counties.

They were recognized at the State KWIB meeting at WKU in Bowling Green August 18th.

Pictured are Jennifer Bergman and Vanessa Collier of Eastern Kentucky Concentrated Employment Program, along with Erica Ash, Jenni Hampton, Julie Marcum, and Joey Osborne of Big Sandy Area Community Action Program.

Growing TEKY

BSACAP's WIOA program is partnering with Eastern Kentucky Concentrated Employment to help build the technology-based workforce in the area with Louisville-based company Interapt.

Interapt selected 49 people from across the region to begin training at the Mayo Campus of Big Sandy Community and Technical College on September 6th.

On opening day, our Career Advisors were on hand to help process individuals and ensure they not only had their paperwork in order, but also that they received their money from this paid internship.



Employing Older Workers

Pike County Judge/Executive William Deskins (center) was joined by BSACAP's Director of the Senior Community Service Employment Program Mike Goble and Pike County agent Patsy Wagner this month to sign a proclamation declaring the last week of the month to be Employ Older Workers Week in Pike County to raise awareness of the need to hire mature workers and let those workers know that help is available to them.

Proclamations for Older Workers Week were also signed by county judge/executives in Floyd, Elliot, Johnson, Lawrence, and Martin Counties.



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And in the community



Community Health Fairs

Our annual Community Health Fairs were held in August. Over 220 people attended the fairs held in Martin, Paintsville, Inez, and Pikeville.

Attendees were offered give aways, great information offered by the health care service close to them, and free medical tests such as A1C, cholesterol, and blood pressure checks, along with stroke, COPD, and BMI screenings.

Pictured is a Martin County attendee having her blood pressure checked by a representative of ARH at the Roy F. Collier Community Center in Inez.

CSBG Scholarships

This year nine people across Pike, Floyd, Johnson, Martin, and Magoffin Counties received a total of over \$7,000 in funds from the Community Services Block Grant to help them pursue their educational goals.

Pictured are: Olivia Adkins, Sasha Kidd, Johnda Adams, Caitlin Little, CSBG Manager Kim Vicars. Back row: Executive Director Mike Howell, Tommy Adkins, Austin Tyler Hall, Diana Hall, Casondra Smith, Rea-ford May Jr., Deputy Director Wanda Thacker.



Congrats Tim

Congratulations to Tim Lazar, CSBG agent for Johnson County, on his retirement! After 20 years of ensuring a better future for Johnson Countians, he is hanging out his "Gone Fishin' " shingle. Tim was presented with his UK rocking chair by Executive Director Mike Howell in May.



Congrats Peanut

We congratulate James "Peanut" Moore on his retirement. After over 25 years with the Weatherization Assistance Program, he has traded in the dirty work of crawling under houses for his rocking chair and grandkids. James was joined by his Weatherization colleagues to celebrate his retirement in July.



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Head Start Teaching Staff of the Year

Teamwork, joy, and a deep love of children are the key components for success for the first ever Head Start Teaching Team of the Year. Out of 64 classrooms in the Big Sandy Area Community Action Program grant service area, Misty Knott and Ramona Stewart, from James A. Duff Elementary Head Start in Floyd County, were named this year's winners.

Knott has been teaching Head Start for 11 years and assistant teacher Ramona Stewart has been with the program for 23 years. "We just like working with children and being around children," Knott, who had always wanted to be a teacher, said. After spending time working as a bookkeeper and secretary, Stewart is fulfilling what she describes as her "lifelong dream to work with little kids."

Knott said that Head Start holds a special place for her. "It's the foundation to get the kids ready for school and for life. We teach them how to eat and sit and listen, just all the very foundational skills a child needs." Stewart echoed her colleague saying that helping children learn



Ramona Stewart and Misty Knott, a Head Start teaching team at James A. Duff Elementary in Floyd County, stand with BSACAP Head Start Director Tracy Jenkins. Stewart and Knott were named the 2016 Head Start Teaching Staff of the Year. This is the first year the award has been given.

about good behavior, all the basic elements of being in a classroom, having a schedule, and going about the day is a critical part of their early education. "We're firm with them, but we love them. We don't have any problems with behavior or anything like that," Stewart said.

Knott and Stewart, who can practically finish each other's sentences, say that the key to their success is the strong partnership they have forged over the years together. "It's the teamwork and the real passion and

love we have," Knott said. Stewart added, "It's patience and love for kids."

Knott explained that she and Stewart see eye-to-eye on most choices and are sure to stand behind one another because they keep the focus on providing what is best for each child in their care. And while each agree that finishing paperwork is the most difficult part of their job, they say they wouldn't trade it for any other. "There's so much paperwork. It's not that the paperwork is hard; it's just finding the time to finish it.

But we work out ways to get it done and we've never been late with anything," Knott said. But the true reward the team receives is from the hugs and smiles of the children.

"The hugs and the 'I love you's' make all the difference," Knott said. "That's what we do every day before they leave. We give them a hug and say, 'I love you. See you tomorrow,'" Stewart added.

The duo say they ensure that each child is treated the

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Not just surviving, thriving with Garden Seed

Perched on a hillside in the Hi Hat community of Floyd County is the home of Robert and Ruby Newsome. The Newsome home is overflowing with life, from hogs and dogs to chickens and cats, and a whole passel of grandchildren on summer break from school.

Surrounding all the activity, and in every available space, are patches of green vines growing tomatoes, cucumbers, pumpkins, and more. “We just plant it everywhere and let it go,” Robert Newsome said of the patchwork of garden plots sprinkled around his property. “If we can dig a little hole, we’ll put something in it,” he said.

The Newsomes have been participating in the Garden Seed Program, offered through Big Sandy Area



Robert Newsome of the Hi Hat community of Floyd County stands next to tomato plants he and his wife have grown with help from the Garden Seed Program.

Community Action Program and funded by a Community Services Block Grant, for several years. The Garden Seed Program offers qualified individuals vouchers worth a total of \$40 to buy seeds, plants, and fertilizer from local vendors. Using the vouchers, people get access to the items needed to build and sustain their own

gardens.

Participants in the program use the vegetables they grow to add to their health, supplement their income, and extend their resources. The vegetables are eaten fresh, canned, and frozen, meaning less money is spent on groceries and more nutrition is available

through the year.

“It helps a big lot to have a garden,” Newsome said. As a retired person surviving on Social Security, he and his wife rely on their garden to help them make ends meet. “[The money] don’t last too long when you’ve got all the bills to pay and medicine to buy, so the garden helps a lot.”

Newsome is especially fond of his wife’s fried green tomatoes and noted that she will prepare and freeze batches in the summer to save for later. “It’s nice in the winter time because if you take a notion for green tomatoes, you’ve got them right there,” he said.

While the Garden Seed Program is a simple one, the results add richness in all its forms to families across the region.

BARBER

continued from the front
owner of Good Fellas Barber Shop in Pikeville, called Ashland Community and Technical College looking to hire a graduate. He was connected with Lowe and

the two are working in what they call “the best barber shop in eastern Kentucky.”

Lowe said he is enjoying his new work and fulfilling a childhood passion. “I like making people feel good about themselves, and

it’s an honor to serve our customers,” he said.

Lowe offered encouragement to fellow former miners as well. “There are other things out there. There are programs and help available for

miners. It is possible to get new work. Don’t get discouraged, just keep pushing forward in life.”

TEACHER

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same as all the others and they work to make learning safe, fun, and full of care. Knott explained, “I wish that every child could have at home what they have here.

Sometimes the love and the nurturing is missing at home and I wish they could all have that all the time.”

Knott said that at the end of the day, “You have to do whatever it takes and the little things feel so good.

Say a child came in at the beginning of the year and couldn’t put their coat on, if they can do it by the end of the year, it just makes you feel so good. It’s just the little things.”

The team said they were

surprised by the Teaching Staff of the Year award and were very pleased with the library nook they received as a prize for their classroom, but were quick to add, “It’s nice to be recognized, but we’re here for the kids first.”



Serving the Big Sandy Area since 1965.

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