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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

## Back to work after 17 years

*with help from the Senior Community Service Employment Program*

Johnson County Sheriff's Office Deputy Clerk Bonnie Jaynes spent 17 years out of the workforce, but is now back on the job with assistance from the Senior Community Service Employment Program offered through Big Sandy Area Community Action Program.

Jaynes was working as a nurses aid with Mountain Comprehensive Care when she was forced out of work by a series of back surgeries and recovery periods over a number of years. "I had always worked, my whole life, and so it was hard to adjust," she said. Jaynes said that being out of work left her feeling isolated and without purpose. "There was a lot of depression," she said. Though she is feeling better now, she is still limited in what she is able to do.

When Jaynes regained her strength and was cleared to return to work, she was eager, but encountered some difficulties. "Seventeen years is a long time to be out of work," she said. She explained that not only did she encounter the difficulties that many mature workers face when they look for work, but also that a large number



*Bonnie Jaynes rejoined the workforce after facing serious medical issues for 17 years. With the assistance of BSACAP's Senior Community Service Employment Program, she was hired on with the Johnson County Sheriff's Office.*

of employers are asking for applications online and expect more computer skills, something she did not have a great deal of experience with before.

By chance, Jaynes stumbled upon information about the Senior Community Service Employment Program (SCSEP) offered through Big Sandy Area Community Action Program. "It turned out to be exactly what I needed," she said. SCSEP assists jobseekers who are at least 55 years old and who have limited job prospects to return to the workforce. Program participants work 15 hours per week at community and government agencies

and receive job training and educational opportunities designed to assist them in finding new, permanent work.

Through the program, Jaynes was able to meet with fellow senior jobseekers and learn some new job search skills that could help her overcome some of the difficulties she encountered. "I enjoyed it," she said. "I went to the meetings and met new people. It really helped me. They understood what I needed and they understood my limitations."

Jaynes was placed with the Johnson County Sheriff's Office during her year with

**WORK continued on page 7**

# NewsCAP

*A publication of the  
Big Sandy Area  
Community Action  
Program, Inc.,  
Paintsville, Ky.  
(606) 789-3641*

**James Michael Howell**  
*Executive Director*

**Wanda Thacker**  
*Deputy Director*

**Sarah Hill**  
*Staff Writer*

## 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

Summer is winding down and fall will soon be winding through the hills, bringing the busy LIHEAP sea-son with it, so this is the perfect time of year to take stock of the tremendous work that our employ-ees have accomplished over the last fiscal year.

The annual Community Needs Assessment, which surveys clients, potential clients, service providers and Board Members on the most needed services in our community revealed that once again health care was voted as the top needed service, followed by emergency assistance, housing, employment, and education. The stories we share with you in this issue will illustrate the work we have done and will continue to do to address the needs of our people.

The Senior Community Service Employment Program (SCSEP) just wrapped up a truly outstanding pro-gram year. Through the leadership of SCSEP Director Mike Goble, the program exceeded its service goal by eight people and provided 49,716 hours of service to our communities by going above and beyond their service hour goal by 3,102 hours.

Through our Garden Seed Program, we were able to serve 275 families this year by distributing \$40 worth of vouchers to purchase seeds, plants, and fertilizer to qualifying families. Our Community Ser-vice Block Grant (CSBG) team also arranged for workshops in each of our service counties on how to setup a garden at home and how to preserve the fruits and vegetables grown.

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

Our Workforce Innovation and Opportunity Act (WIOA) Program held



*James Michael Howell*

their annual Spring Job Fair in April. The relationships our WIOA team build and maintain all year ensure that we have strong and sta-ble partnerships with a variety of employers and jobseekers. This year, 220 jobseekers were able to connect with 36 different employers at our annual Job Fair.

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**

The mission of Big Sandy Area Community Action Program is to provide a vast array of services to assist individuals and families in obtaining self-sufficiency and, through collaborative efforts of community and organizational partnerships, improve the overall quality of life within the community.

# Weatherization helps lower energy bills

Lora Bryant of Floyd County has lived in her home for nearly 17 years, but began to have more and more trouble keeping her house warm.

Bryant explained that the rooms in the home didn't heat equally and that in order to sleep in the bedrooms during the winter, extra heaters and blankets would be needed. "When you got up in the morning, the floor would be like ice," she said. But the most troubling issues she found were a constant draft in the living room and monthly heating bills between \$200 and almost \$300.

Bryant saw a flyer in her local post office about Big Sandy Area Community Action Program's Weatherization Assistance Program and thought that maybe she could get some help figuring out her home heating issues.

BSACAP Weatherization Assistance Program inspector Steve Mullins and his crew assessed the home and discovered that, in addition to the major draft, there was very little insulation in the attic and none at all under the home. Inspector Mullins explained that essentially warm air was escaping the house as



*Lora Bryant stands in her home in Floyd County where Weatherization Assistance Program Services assisted her in lowering her home energy bills.*

fast as it was coming in. He calculated the correct amount of insulation required for the home and used a blower door to measure the airflow out the home.

The crew then got to work and added the proper amount of insulation to the attic and beneath the house. They sealed off the draft and also found worn insulation on the home's duct work, which they replaced with better quality insulation.

The Weatherization Crew also ensured that Bryant had a working heating system

and installed a carbon monoxide detector and smoke detector to improve the home's safety. The crew also installed a CFM vent designed to improve air quality. Bryant also qualified for a refrigerator replacement that upgraded him to a more energy efficient model.

After the work was completed, the amount of warm air escaping the house was reduced by three times and Bryant's electric bills steadily decreased. "It is comfortable all over this house now," she said, adding

that the Weatherization Crew completed the work on her home during the hottest time of the year and never complained. "They did such a thorough job and checked everything. They were such a good crew. I was totally amazed by what they did."

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

## 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 distributes over \$7,000 in scholarships

Each year Big Sandy Area Community Action Program (BSACAP) is afforded the opportunity to present students in their service area with scholarships to help them attend college or vocational school. The scholarships are made possible through the Community Services Block Grant (CSBG). This year 15 people across Pike, Floyd, Johnson, Martin, and Magoffin Counties received a total of over \$7,000 in funds to help them pursue their educational goals.

Johnda Marie Adams, of Pikeville, will be studying Dental Hygiene at Big Sandy Community and Technical College. Adam Crum, of Tomahawk, will be studying to become a Welding Technician at Big Sandy Community and Technical College. Cody Crum, of Inez, will be studying Optometry at the University of Pikeville. Landon Gillespie, of Melvin, will be attending Big Sandy Community and Technical College. Diana Hall, of Prestonsburg, will

be working toward a degree in Business Management at Morehead State University. Caleb Harris, of Pikeville, plans to major in History and Political Science at the University of Pikeville. Jessica Hill, of Betsy Lane, will be studying Applied Science at Big Sandy Community and Technical College. Ashley Hunter, of Prestonsburg, will major in Criminal Justice at Eastern Kentucky University. Rodney James, of Pikeville, will attend the University of Kentucky and major in Finance and Accounting.

Caitlin Little, of Pikeville, will be studying Nursing at Big Sandy Community and Technical College. Reaford May Jr., of Elkhorn City, will be studying Electrical Engineering at Big Sandy Community and Technical College. Megan Preston, of Warfield, will attend Morehead State University and major in Convergent Media and English. Evan Prince, of Lovely, will be studying Bio-Medical Science at Morehead State University. Jalah Quinn, of Pikeville, will attend Big Sandy Community and

Technical College where she will study Communication and Social Media. Lezlie Roberts, of Virgie, will study Nursing at Big Sandy Community and Technical College.

Mike Howell, Executive Director of BSACAP, said, "Through these scholarships we are trying to give a little extra help for the expenses they might incur during the school year. We really applaud these students for making the choice to continue their education and we are grateful for the opportunity to encourage them on their way."

Wanda Thacker, Deputy Director of BSACAP, explained that students were required to submit proof of financial need, college acceptance, and GPA, along with letters of reference and an essay explaining why they deserve the award. Thacker also noted the recipients' progress through the school year would be tracked. She invited the students to return to BSACAP when they graduate if they wanted assistance with referrals or anything else that life might bring their way. "We believe SCHOLARSHIP continued on page 7



*Big Sandy Area Community Action Program awarded their annual CSBG Scholarships to 15 individuals this year. Front Row: Kim Vicars (CSBG Program Manager), Caitlin Little, Cody Crum, Ashley Hunter, Wanda Thacker (Deputy Director). Middle Row: Mike Howell (Executive Director), Jalah Quinn, Johnda Adams, Jessica Hill, Megan Preston, Landon Gillispie. Back Row: Caleb Harris, Rodney James, Diana Hall, Adam Crum, Evan Prince, Reaford May Jr. Not Pictured: Lezlie Roberts.*

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# Floyd Countian beating the odds with WIOA

Stressful jobs and stressful situations can cause many of us to collapse under the pressure, but Floyd Countian Chavella Kelly has the skills to prioritize, stay positive, and reach out for a little help to keep her going, which is perfect for an aspiring trauma nurse. Kelly reached out to Big Sandy Area Community Action Program to help her stay on top of it all.

"I always wanted to be in the medical field," she said. "I was a CNA [Certified Nursing Aid] straight out of high school." When Kelly became pregnant with her daughter, she knew what her top priority was and she became a full-time stay-at-home mom.

After spending those important first years with her daughter, Kelly knew it was time to get back to school, so she enrolled in classes and applied to the nursing program at Big Sandy Community and Technical College. While balancing caring for her daughter and furthering her education, Kelly heard about a program offered through Big Sandy Area Community Action Program that could help her pay for school.

"I called as soon as my friend told me about it, and

then I met with Trina about it," she said. Trina Yeary is a Workforce Innovation and Opportunity Act (WIOA) Career Advisor with Big Sandy Area Community Action Program. Career Advisors provide an array of services that help people re-enter the workforce or gain the skills for new, better jobs and careers. In addition to assistance to dislocated or underemployed adult workers, the agency also provides workforce services to at-risk youth and area employers. As a Career Advisor, Yeary works every day to help those in her region find gainful employment through job searches, retraining, or, as in Kelly's case, working toward a college degree.

"It usually takes a long time when you're trying to get in with programs. I mean, even with financial aid at school it takes forever," Kelly said. "This was done and ready whenever I started school in August, so within a month, and all I had to do was set up an appointment with Trina, and then I gave her my school schedule and that was it."

After her first semester back at school, Kelly was diagnosed with skin cancer.



*Chavella Kelly of Floyd County is determined to finish her nursing degree at Big Sandy Community and Technical College with support from BSACAP and her Career Advisor Trina Yeary.*

"I had surgery in January, right after I started the second semester, but I went straight back. I was out for two weeks, and then I went straight back."

"I think school for anybody in the nursing program would be hard, but the obstacles that Chavella has faced this semester—I think it's amazing what she's done," Yeary said. "If she had come to me and said, 'Hey, I can't go to school this semester,' I mean, that's kind of what I expected, not just from her, but from anybody. She never once mentioned giving up," Yeary said. A lot of people couldn't pass the nursing program if that's all they had going on, and she managed to pass the semester despite all of the

odds."

Kelly adds that she has had to undergo radiation treatments, the first of which was in the middle of her second semester.

"I had extremely supportive staff, our professors. We were able to record their lectures to where I didn't really miss anything. I was allowed to make up everything," she said. "The type of cancer I have is extremely curable, so I stayed extremely optimistic the whole time, even now."

Kelly credits her success to the assistance she received from Yeary and Big Sandy Area Community Action Program.

**DEGREE continued on page 7**

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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 connects families with health services at annual Health Fairs

Over 250 people in our communities received health services and information this year at Big Sandy Area Community Action Program (BSACAP) annual Community Health Fairs held in Allen, Paintsville, Inez, and Pikeville in July. The free event assisted area residents to connect with healthcare providers in the area.

Nearly 150 vendors ranging from local hospitals and health departments to family service organizations and addiction recovery centers from across the area helped BSACAP reach out to members of our communities and provide them with free health services and information.

This year, some of the services offered included free A1C blood sugar checks, blood pressure checks, COPD screenings, body mass index readings, diabetic foot screenings, and one-on-one assistance with signing up for Medicaid. The Kentucky Blood Center received 36 blood donations from Health Fair attendees. Twenty-five student-athletes

received a free sports physical from Highlands Regional Medical Center. King's Daughters Medical Center provided free EKGs and blood work to 27 attendees.

Local businesses offered outstanding door prizes this year, including tickets to the Newport Aquarium, the Kentucky Horse Park, and Lexington Legends baseball games.

Kim Vicars, BSACAP's Community Service Block Grant Manager, explained that each year the organization conducts a survey of area citizens in order to learn about their most pressing concerns. Vicars stated that health has consistently ranked among the top five concerns for the last several years.

"This Health Fair is one way we are working to tailor our services to the specific needs of the communities we serve," she said. "It helps us to reach out to some of the most vulnerable people in our community and provide them with information about the healthcare options available



*A visitor to Big Sandy Area Community Action Program's Community Health Fair held in Inez in July received a free blood pressure screening from Tug Valley ARH.*

to them and the vital health services they may need."

BSACAP Executive Director Mike Howell explained, "At BSACAP, we fight poverty and promote economic development by helping individuals and families in our area achieve self-sufficiency. We provide job and workforce services for people of all ages, college scholarships, the Garden Seed nutrition program, the Weatherization Assistance Program, and many other programs, but we know that

the health of our citizens is the foundation of the educational and economic success of our region, and we want to work to ensure a strong and healthy workforce is available."

The Community Health Fair is funded, in part, by the Community Services Block Grant made available by the Cabinet for Health and Family Services and the U.S. Department of Health and Human Services.

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# Tug Valley Job Fair a success for KY and WV

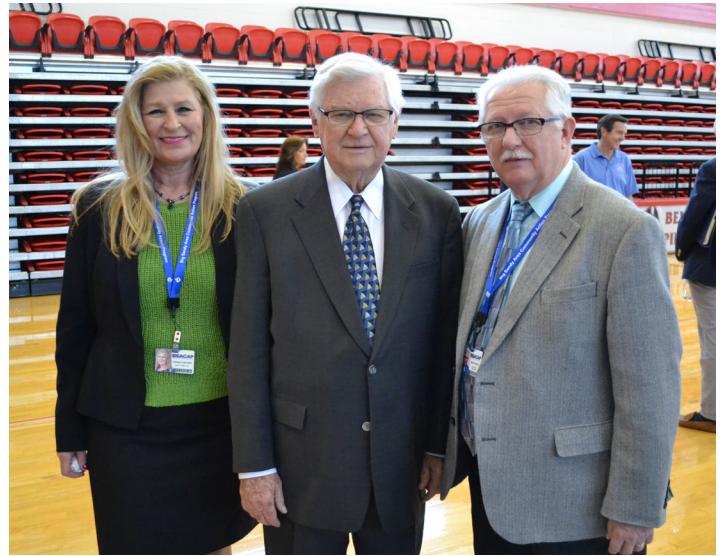
The Tug Valley Job and Resource Fair was held at Belfry High School on August 3rd. The event brought together employers and resource providers from both Kentucky and West Virginia to meet with people who reside along the states' borders.

Congressmen Hal Rogers (KY-5) and Evan Jenkins (WV-3) delivered remarks to the crowd regarding the opioid epidemic and

the downturn in the coal industry, but also stated "We want you to stay here," and "We are fighting for you."

BSACAP Career Advisors provided onsite resume writing assistance and provided interview skills and job search tips.

Pictured are BSACAP Deputy Director Wanda Thacker, Congressman Rogers, and BSACAP Executive Director Mike Howell.



## WORK

continued from the front

the program. As a Deputy Clerk, Jaynes manned the front desk and handled a lot of paperwork. The Sheriff's Office was so pleased with her work that they hired her

for the job after her time with the program ended.

"I love the people I work with. They are great to be around," she said. "I feel more useful, which makes me feel a lot better. Changing your environment and getting up for work, it

just gives you a purpose and something to look forward to."

Jaynes said she would recommend the Senior Community Service Employment Program to others. "Go for it," she said. "Age shouldn't have a

bearing on what you can do. We're as old as we feel."

The Senior Community Service Employment Program is funded under Title V of the Older Americans Act, through the National Council on the Aging.

## SCHOLARSHIP

continued from page 4

in you and we really do want

you to succeed," she said.

The scholarship application period begins in May and ends in June.

Scholarship funding is made possible by Community Services Block Grant with funds made

available by the Cabinet for Health and Family Services and the US Department of Health and Human Services.

## DEGREE

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"I couldn't have done this on my own. I work, but I still wouldn't have made enough money to pay for it," Kelly said, adding that the relationship she was able to build with her Career Advisor was also helpful. "I can talk to Trina about anything. I wasn't expecting

anything like that. She makes sure everything's done and smooth with school. That way, if I forget to turn in something, Trina's like, 'I need this.'"

Yeary said, "It's not like coming into an office and just doing paperwork and stuff—from the very beginning it's not like that. I think we really take the time to get to know people and to

know what they want to do. We try to make it all about them, and I think we really care about our people—that's just who we are as Career Advisors."

Facing a difficult program of study, caring for a toddler, working, and having cancer treatments, Chavella Kelly is still moving forward and creating a better life for herself and her family, with

just a little push from Big Sandy Area Community Action Program.

BSACAP provides Workforce Innovation and Opportunity Act (WIOA) career advising services in Floyd, Johnson, Martin, Magoffin, and Pike counties under contract with the Eastern Kentucky Concentrated Employment Program, Inc. (EKCEP).

## 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.



*Serving the Big Sandy Area since 1965.*

This project is funded, in part, under a contract with the Cabinet for Health and Family Services with funds from the Community Services Block Grant Act and the U.S. Department of Health and Human Services.

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