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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
- 320 Second Street  
Paintsville, Ky.  
606-789-2857

### Magoffin County

- 131 S. 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

## Fletchers thankful for Weatherization Program improves Magoffin County couple's finances

Ronnie and Jolene Fletcher's house was cold. So cold, in fact, that a can of pop froze in a bedroom.

Even during warmer weather the Fletchers, who have been married 34 years, would not allow their granddaughters to play in that bedroom. They didn't want the girls to approach the room's faulty windows for fear they would break. They worried glass would shatter and cut the girls.

The house, in the Royalton community of Magoffin County, previously served as home to Ronnie's mother. The Fletchers moved into it three years ago following her death. They knew it needed repairs, but didn't have the money or the means to make the improvements. Ronnie suffers from blastomycosis, a rare infection caused by a fungus found in decaying wood and soil.

“Our daughter takes care of our bills. She told me our electric and gas bills have gone down. She said, ‘Mom, next month, you’ll have a little extra to spend.’”

– Jolene Fletcher

Ronnie started feeling ill in the summer of 2010. By January 2011, his health had deteriorated to the point that he sought medical treatment.



Ronnie and Jolene Fletcher smile as they sit in their Magoffin County home, which the Big Sandy Area Community Action Program's Weatherization services transformed into a more comfortable, safer and energy-efficient environment.

He eventually spent 46 days in the hospital including three weeks on life support. He also suffered 35 strokes and was ultimately diagnosed with mild brain damage. At his weakest, Ronnie weighed a mere 70 pounds and couldn't walk or talk. Doctors told Jolene they didn't expect him to live.

Today, Ronnie is up to 125 pounds and, although he relies on a wheelchair for mobility, he can make it around the house if he holds onto furniture.

However, to regulate the blastomycosis, for the

rest of his life Ronnie must take an antibiotic that costs \$1,000 a month. Although Medicaid pays for most of his medications, the pharmacy does not keep the antibiotic on hand and Jolene, who does not drive, has to take Ronnie to the doctor two weeks before he runs out of the medication to have it pre-certified.

Due to his illness, Ronnie, who also underwent heart surgery in November 2011, feels cold much of the time. To try to stay warm, the Fletchers used four unvented heaters, which did not adequately heat

FLETCHERS continued on page 3

# NewsCAP

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

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## Programs

- Child and Adult Feeding Program
- Columbia Gas Energy Assistance
- Community Services Block Grant
- Demand Side Management
- Emergency Food and Shelter
- Head Start
- Kentucky's Housing and Emergency Assistance Reaching the Homeless (HEARTH)
- Kentucky Power Home Energy Assistance Program
- Low-Income Home Energy Assistance Program (LIHEAP)
- Senior Community Service Employment Program (SCSEP)
- SS/SSI Representative Payee
- Tax Wise
- Tenant Based Rental Assistance (TBRA)
- Weatherization
- WIA Adult and Dislocated Worker
- WIA Youth
- WinterCare

## From the Executive Director's Desk

Each May, Community Action Agencies across the United States observe Community Action Month. While reflecting on our agency's role in the observance, my mind kept returning to four words – "Helping People. Changing Lives."

The words comprise the slogan for Community Action, but as anyone associated with a Community Action Agency understands, those words are more than a motto or a catchphrase.

They're the reason we exist. Those words motivate us, and this agency has been helping people and changing lives since 1965.

Through programs as varied as training and employment services, Head Start, an annual scholarship fund, the Garden Project, and Weatherization, we're fulfilling our mission to assist families and individuals in obtaining self-sufficiency. When people's lives are changed for the better, the entire community benefits.

Of course, in today's economy, many people



are struggling to feed their families, purchase gasoline so they can get to work, or heat their homes. We offer emergency assistance services such as the Low-Income Home Energy Assistance Program (LIHEAP), which helps ease the high cost of home heating. However, there's much work to be done especially in the face of federal spending cuts to LIHEAP and other programs.

Nevertheless, we're proud of our accomplishments and we celebrate every success story. We celebrate every home that's been heated by LIHEAP or Weatherization, every

child who graduates Head Start, and everyone who's found employment through an agency training program.

We celebrate every person we've helped and every life we've changed.

As we observe Community Action Month, I invite all of you to learn more about our agency and the role it plays in your community. I invite you to visit our offices in Floyd, Johnson, Magoffin, Martin or Pike counties and discover the services we offer.

You can also call us at (606) 789-3641.

Ask how we're helping people and changing lives.

## 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.

## FLETCHERS

continued from front

the drafty house. They huddled in the living room to conserve heat, but to little avail.

"We were about to freeze to death," Jolene recalls.

Luckily, they heard about Big Sandy Area Community Action Program's Weatherization Program, which improves energy consumption and household safety, from Ronnie's sister, whom the service also helped.

The Fletchers were deemed eligible under the program's guidelines and a Weatherization inspector performed an energy assessment of their home. Then, a crew went to work installing a new gas heater and a new energy-efficient refrigerator as well as carbon monoxide detectors and smoke alarms.

Weatherization has transformed their home into a more comfortable environment and improved their

finances.

"Our daughter takes care of our bills," Jolene explains. "She told me our electric and gas bills have gone down. She said, 'Mom, next month, you'll have a little extra to spend.'"

There are other differences as well.

"I'm not trying to find rags to plug up leaks," Jolene adds.

Indeed, she had plugged drafts as well as a hole in the back door that should have contained a door knob.

The Weatherization crew put in a new door knob as well as a threshold and made other repairs to the back door. They also replaced the two defective windows in the bedroom with energy-efficient windows, applied caulking throughout the house and weather stripped doors to seal drafts, replaced incandescent light bulbs with energy-saving CFL bulbs, added foam insulation to the attic, repaired the hot water heater, applied silicon around the bathtub to eliminate drafts and leaks, built an access

door to the attic, and fixed the home's gas lines.

"When he (the crew member) opened the copper lines, a handful of shavings came out," Jolene says. "Gas couldn't come through those lines."

Although the Fletchers express amazement that one heater keeps the house heated when four couldn't do the job beforehand, Ronnie adds that a crew member told him, "When I get done, you'll be able to heat this house with a candle."

The Fletchers also express appreciation for the Weatherization crew members.

"They wouldn't stop working," Ronnie says, "and I'd say, 'Boys, I don't care if you take a break.'"

The couple credit their strong faith for Ronnie's recovery and for their home's improvements.

"I thank the workers, but most of all I thank God," Jolene says.

## BSACAP joins tornado relief efforts

On March 2, devastating tornadoes swept through the region, claiming two lives and leveling homes and businesses. Of the counties in our service area, Magoffin County was the hardest hit with the area leading to the Mountain Parkway receiving the most damage. Communities in both Johnson and Martin counties were also affected by the storms.

Here is what Big Sandy Area Community Action Program has done to assist tornado victims:

- We partnered with the Johnson County Judge-Executive's office to open a bank account to accept cash, check or credit card donations to the Johnson County Tornado Relief Fund. We are receiving the donations, giving receipts to donors,

depositing the money, and will be overseeing its disbursement. We are in the process of establishing an "Unmet Needs Committee" that will develop the application process and set eligibility criteria for distributing the funds to those affected by the tornado. As executive director, I have been asked to serve on the committee. I plan to volunteer our Johnson County CSBG staff to intake the applications.

- We are also accepting donations for the Magoffin and Martin county areas. Any funds earmarked for those counties will be forwarded accordingly.
- We worked with the Salvation Army to recruit volunteers to man the food distribution trucks as they

came into the area.

- We allowed agency staff to take leave time to volunteer in the clean-up and recovery efforts throughout the affected areas.
- We solicited volunteers from other local organizations and worked closely with Christian Appalachian Project in their efforts to bring in volunteers and schedule work crews.
- We housed the Magoffin County School System's Delegate Head Start staff in our Salyersville service office. With the damages to the high school and middle school, the school system needed to use the building that previously housed the staff to provide instruction to students.

### 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.



# LIHEAP helps 16,500 households

## *Federal cuts slash needed program by \$1.5 million*

The Big Sandy Area Community Action Program helped more than 16,500 households and distributed over \$3.4 million in assistance with the Low-Income Home Energy Assistance Program's (LIHEAP) Subsidy and Crisis Components.

The LIHEAP Subsidy Component, which assists eligible households by providing a one-time payment to the household's energy provider, began in November 2011 and ended in December. The Crisis Component helps households facing an immediate loss of heat and ran from January through February of this year. The Crisis Component usually lasts until March.

However, the agency received less LIHEAP money than in years' past due to cuts in federal spending. In fact, last year BSACAP distributed more than \$4.9 million in LIHEAP funds or roughly \$1.5 million dollars more than this year.

"We had to close our doors on February 14 instead of remaining open until March 31," explains BSACAP Executive Director James Michael Howell. "Much needed money — much needed assistance — was not available to hundreds of families who ran out of fuel or had their heat sources disconnected."

Howell continued, "Without LIHEAP, where do these families turn for help?"

LIHEAP is funded by the U.S. Department for Health and Human Services through the Kentucky Cabinet for Health and Family Services and Community Action Kentucky.

### *Subsidy Component*

	Households	Benefits
Pike	2,319	\$ 339,335
Floyd	2,176	\$ 325,960
Johnson	1,642	\$ 246,706
Magoffin	1,323	\$ 219,517
Martin	744	\$ 109,857
total	8,204	\$1,241,375

### *Crisis Component*

	Households	Benefits
Pike	2,357	\$ 597,952
Floyd	2,163	\$ 611,525
Johnson	1,667	\$ 409,075
Magoffin	1,499	\$ 393,902
Martin	626	\$ 166,721
total	8,312	\$2,179,175

## **BSACAP provides garden seed vouchers**

Big Sandy Area Community Action Program issued garden seed vouchers to eligible households to purchase seeds/plants of their choice the week of April 9 through April 13.

The Garden Project provides an excellent opportunity for people to supplement their income by means of a vegetable garden that will yield fresh produce for eating and canning.

Household eligibility for the Garden Project is determined by federal poverty guidelines and is made possible through funding from the Community Services Block Grant program and the Cabinet for Health and Family Services.

## CSBG academic scholarships available to students

If you are a student entering or returning to college or vocational school this fall and are in need of financial assistance, you may be eligible for a cash scholarship provided by the Big Sandy Area Community Action Program with funding from the Community Services Block Grant (CSBG).

Applicants must provide the following information and/or documentation to apply for the scholarship:

- Meet income eligibility as determined by the federal poverty guidelines;
- A completed and signed application available at any BSACAP Community Services office;
- A completed Family Profile according to CSBG guidelines;
- Proof of a high school diploma or GED;
- A cumulative GPA of 2.0 or better;
- Two letters of reference;
- Proof of enrollment or acceptance in a post-secondary educational institution for the fall 2012 semester/term;
- An essay on why the applicant feels he/she should receive the award.

**SCHOLARSHIPS continued on page 5**

### **Mission Statement**

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## Big Sandy Head Start Parent of the Year selected

The Big Sandy Area Community Action Program's seven Head Start delegate programs asked parents to write a letter explaining, "What Head Start Has Done For Me."

After winners were chosen in each of the delegate programs, an independent committee reviewed those seven letters and selected Johnson County winner Judy Bowen as Big Sandy Head Start Parent of the Year.

Pictured, from left: Susan Conn, Floyd County; Ada Hardin, Martin County; Stephanie Howard, Magoffin County; Judy Bowen, Johnson County and Big Sandy Head Start Parent of the Year; Tammy VanHoose, Paintsville City; and Cindy Justice, Model City. (Not pictured: Savannah Cochran, Pike County.)

The Big Sandy Area Community Action Program administers Head Start via contracts with the boards of education throughout the five-county Big Sandy region.

## SCHOLARSHIPS

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Applicants who have earned a four-year degree or are pursuing education levels of master's degree or above are not eligible. BSACAP staff or family members are not eligible to apply.

For further information or to pick up an application, applicants may contact the Big Sandy Area Community Action Program Services Office in their county.

Completed applications and required documentation must be received no later than 4:30 p.m. on Friday, June 29, 2012.

Scholarships will be awarded no later than July 31, 2012.

Office hours are 8 a.m. to 4:30 p.m. Monday through Friday. Office locations are as follows:

- Floyd County – 60 Court Street, Allen; (606) 874-3595
- Johnson County – Johnson Co. Courthouse, 230 Court St., Paintsville; (606) 789-6515
- Magoffin County – 131 South Church Street, Salyersville; (606) 349-2217
- Martin County – Roy F. Collier Community Center, Suite 203,

Inez; (606) 298-3217

- Pike County – 478 Town Mountain Road, Pikeville; (606) 432-2775
- Pike County JobSight – 120 South Riverfill Drive, Pikeville; (606) 218-2106

Scholarship funding is made possible by Community Services Block Grant with funds made available by the Cabinet for Health and Family Services and the U.S. Department of Health and Human Services.

## 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.

# Fact Sheet: Low-income children

Although children represent only 24 percent of the population, they comprise 34 percent of all people living in poverty. This fact sheet, courtesy of the National Center for Children in Poverty (NCCP), highlights factors that characterize low-income children\*.

There are more than 72 million children under age 18 in the United States. *How many live in low-income families?*

# 31.9 million

## What are the family characteristics of low-income and poor children?

### Parents' Employment

- 88 percent of children with no employed parents live in low-income families.
- 73 percent of children with at least one parent who works part-time or part-year live in low-income families.
- 29 percent of children with at least one parent who works full-time, year round live in low-income families.

### Parents' Education

- 85 percent of children with parents who have less than a high school degree live in low-income families.
- 65 percent of children with parents who have no more than a high school degree live in low-income families.
- 30 percent of children with at least one parent who has some college or more education live in low-income families.

## How do children compare to the rest of the population?

The percentage of all children in low-income families surpasses that of adults. In addition, children are over twice as likely as adults aged 65 and older to live in poor families.

Less than age 18 **44%** low income

Age 18-64 **33%** low income

Age 65+ **34%** low income

\*In this fact sheet, poverty is defined using the U.S. Census Bureau's official measure, which defines children in families with income less than 100 percent of the poverty threshold as poor and children in families with income less than 200 percent of the poverty threshold as low-income.

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# Weatherization immediately improves living conditions for Honaker woman and granddaughter

Avagail Harvey's brother, who lives next to her in the Honaker community of Floyd County, rushed to her home one night, worried her house was on fire.

"He told me smoke was coming out of the house," Avagail recalls. "I had never seen it and didn't know what he was talking about, so he took me outside to show me. It was the steam going out of the house."

Although she used four kerosene heaters as well as unvented gas heaters to warm her home, the house lost heat due to a lack of insulation, which resulted in steam escaping from the roof.

What's more, relying on kerosene heaters proved problematic for Avagail, 51, who's disabled and constantly rubs her right knee due to painful osteoporosis.

"It (the osteoporosis) affects my spine," she explains. "I'm not able to get the kerosene and carry it in and out of the house."

Avagail shares the house with her 17-year-old granddaughter, Jerri-Gail, who has lived with her since birth.

Jerri-Gail's childhood dolls as well as quilts, some made by Avagail, decorate the home's living room. Although Avagail shows



Avagail Harvey stands next to her energy-efficient refrigerator, one of many improvements the Big Sandy Area Community Action Program's Weatherization services made to her home in an effort to provide a more comfortable, safer and energy-saving environment.

visitors an old-fashioned Dutch girl quilt top she made, she names the old-fashioned coal miner quilt as her favorite. One of Avagail's sons died in a coal mining accident in 1996 and she lost another son when he was 6-months-old. Additionally, she has a son and a daughter as well as two granddaughters, three grandsons, and two step-grandchildren.

Avagail, who was born into a family of 16 children, has spent most of her life in Honaker and lives right behind her childhood home. Although her current home needed repairs – in addition to having no insulation in the ceilings and floors or

around the water heater, the home contained cracks that allowed cold air into the house – she was in no position to make the improvements.

"I couldn't come up with the money and I knew I was going to have to do something, but I couldn't make the repairs, not on my income, just no way," she explains.

Still, she did what she could to improve the situation including putting plastic around her windows in an effort to keep in the heat.

Thankfully, a friend recommended Big Sandy Area Community Action Program's Weatherization

Program, which improves home energy consumption, reduces energy costs, and produces a healthier, safer, and more comfortable environment. Avagail was deemed eligible under the program's guidelines and a Weatherization inspector performed an energy assessment of her home.

Then, a crew installed three electric wall heaters, a new energy-efficient refrigerator, and a new front door, insulated the ceilings and floors, applied caulking, silicone, and foam insulation throughout the house, put storm windows over every window, replaced incandescent light bulbs with energy-saving bulbs, and built an access door to the attic.

Avagail noticed a difference before they even finished the repairs.

"After they put in the insulation, I didn't have to turn on the heat," she says.

It's also made a difference in Jerri-Gail's life.

"She said, 'I can close my door and it's not cold in my room,'" Avagail notes with a smile. "Before, she had to keep her door open and, now, the room is heated."

Avagail adds, "It's a blessing I've got the new heat."

## Vision Statement

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*Serving the Big Sandy Area since 1965.*

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