

## HEALTHY COOKING IS A SNAP

The Eastern Region's Promise House Family Resource Center was the site for a new program designed to teach families healthy cooking and eating on a budget. *Healthy Cooking's A SNAP!* and *Wee Bites* were a collaboration of Promise House and Berkeley County WVU Extension Office. Promise House provided the space and participants, and the Extension Office provided the six 90 minute classes.

Upstairs in the newly equipped kitchen (thanks to the Martinsburg Noon Rotary Club), Karen Kozlowski, nutrition outreach instructor, provided lessons for five families about menu planning, preparing fruits and vegetables, incorporating grains, proteins and meat alternatives, the benefits of dairy, healthy alternatives to fat and sugar, and food safety. But it was the cooking demonstrations that really caught the attention of the participants. Tuesday and Thursday mornings were marked by the aroma of freshly cooked food wafting through the office.

While the adults were upstairs, Jill Speelman (nutrition outreach instructor-youth) worked with the children. Up to eight children gathered in the conference room to learn about the four food groups. Each class featured the creation of a simple healthy snack. On some days, the children joined the adults and all shared food they had made.

Participants all agreed that the program was a great experience! Promise House and WVU Extension will continue to offer the program in the year to come. There is no cost to participate and all families are welcome. Call Promise House at 304-267-8837 for more information on the next scheduled series of classes.



Courtesy Photo

## CATHOLIC CHARITIES DONATES SCHOOL SUPPLIES



Courtesy Photo

Catholic Charities WV once again partnered with others to provide school supplies for students as they returned to school in Berkeley, Hampshire and Morgan counties.

In Hampshire County, the Romney Outreach office worked with the Bank of Romney to provide more than 3,600 items for ten schools as part of the

“Tools for School” program. In Berkeley County, Catholic Charities WV partnered with the Berkeley County Back Pack Program to provide school supplies for 200 low-income students.



Courtesy Photo

### EMERGENCY ASSISTANCE

#### July—September 2014

	Martinsburg	Romney
Utility	84 families	64 families
Prescription	7 families	
Rent	4 families	7 families
Transportation		5 families
	<b>\$4,446.00</b>	<b>\$3,561.94</b>

### MARK YOUR CALENDAR

An open house for individuals interested in learning more about volunteer opportunities, including tax preparation for low-income families, will be held on **Monday, October 20 from 12:00—3:00** in the **Martinsburg** office at 224 South Queen Street and on **Wednesday, October 22 from 12:00 - 3:00** at the **Romney** Outreach office at 260 School St.

Serving Berkeley, Grant, Hampshire, Hardy, Jefferson, Mineral, and Morgan Counties

**Martinsburg (304) 267-8837**

**Romney (304) 822-5414**

www.catholiccharitieswv.org



Fall 2014

**EASTERN REGION**  
 Martinsburg + Romney

## HOW CAN I HELP?

Catholic Charities West Virginia honors the dignity of the human person and embraces society with our doors open to all regardless of religious, ethnic or social background. We work together and offer our compassion while standing for justice and peace.

Your contribution is essential to our efforts to reduce poverty in the Mountain State; whether you serve in diocesan parish ministries, as a community volunteer, as a donor to Catholic Charities WV, or in prayer for the poor and vulnerable in our midst.

### Needed Supplies

#### Household Supplies:

Toilet paper  
Paper towels  
Bleach  
Detergent

#### Personal supplies:

Deodorant  
Shampoo  
Soap  
Toothpaste  
Razors

Donations and supplies  
can be donated

at  
224 S Queen Street  
Martinsburg, WV 25401  
or  
260 School Street  
Romney, WV 26757

or by credit card online at  
[www.catholiccharitieswv.org](http://www.catholiccharitieswv.org)

or call 1-888-900-2989

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## FIT KIDS BERKELEY GETS KIDS MOVING



*Courtesy Photo*

for Youth. Bradley Dugan and Lauree Lorensen were tasked with encouraging campers to be active and live healthy lifestyles. Campers were bussed to Berkeley Heights Elementary School two mornings a week where they met with 13 adult mentors who walked or ran together on the track while talking about topics related to the Search Institute's 40 Developmental Assets ®. They also played games, ran relays and had time for free play. In the afternoons Brad and Lauree taught a variety of classes.

FIT KIDS BERKELEY ended with a Field Day at Poor House Farm Park where all the students, staff and volunteers spent the day rotating to various events and enjoying a delicious lunch provided by Chik-Fil-A, Rock Hill Creamery, Depot Florist and the Boys and Girls Club.

Two hundred and fourteen summer camp participants at the Martinsburg-Berkeley County Unit of the Boys and Girls Club received a unique opportunity thanks to collaboration between the Catholic Charities WV Promise House, the Wellness Center at Berkeley Medical Center, WVU Extension Service, Berkeley County, Change the Future WV, Berkeley County Schools and Destiny Baptist Church Women's Ministries.

The Promise House received a grant for two VISTA participants through West Virginia's Promise-The Alliance

## THIRD ANNUAL CUISINE WITH A CAUSE

Thanks to the generosity of local chefs, business owners, volunteers, and chairman Ed Wilson, more than 230 people enjoyed some of the best food in the Eastern Panhandle while helping to raise money for Catholic Charities WV Eastern Region. The third annual Cuisine with a Cause, which was held at the Purple Iris in Martinsburg on Monday, September 8, raised more than \$23,000 to support families in need of assistance and services.

#### Chefs included:

- Alfredo Amaya Diaz - Mediterranean Café
- Joanne Cooke - Gourmet Cooke at P51
- John Lu and Jake Miao - Asian Garden
- Brian Olden - The Purple Iris
- Brad Spates - Historic McFarland House
- Shannon Spiker-Torres - Frosted Fantasies
- Wolfgang Vomend - Bavarian Inn
- Francesco Visone - Casa Visone
- Alyson Zimmerman - Domestic



*Courtesy Photo*

## EASTERN REGION STAFF

### Martinsburg Office

Regional Director: Trina Bartlett  
Program Assistant: Siobhán Bertone  
Office Assistant: LaJuan Hill

Promise House Coordinator: Kathie Campbell  
Outreach Worker: Susan King

### Romney Outreach Office

Outreach Coordinator: Teresa Reddick  
Office Assistant: Phyllis Fultz

Outreach Worker: Connie Shanholtz

**Our Mission** is to alleviate poverty, distress, and injustice by providing comprehensive social services to the poor and vulnerable, advocating for social justice, and calling all people of good will, especially those of the Church, to service.