

## 4<sup>TH</sup> ANNUAL HEALTH AND WELLNESS EXPO

Catholic Charities West Virginia's (CCWVa) Western Region hosted its Fourth Annual Health and Wellness Expo in Whitesville, W. Va., on April 29. The expo featured information from various agencies and experts on improving one's health. Participants could also take advantage of free health screenings like blood pressure testing.

The expo was free and open to the public, and took place at the Salamy Memorial Building.

Last year, one of the attendees, who wishes to remain anonymous, said she discovered important information regarding her health.

"I went to the expo for the first time in 2015. I had no health insurance, so when I saw that I could get my blood sugar checked for free, I was pretty excited," she said. "The expo set the wheels in motion for me to find out that I am a diabetic. Now, the rest is up to me."

CCWVa is committed to hosting the expo for the residents of Boone and Raleigh Counties because participants receive valuable information about healthy choices that can lead to healthier lifestyles.



*Attendees and Staff Gather at the 4th Annual Health and Wellness Expo*



Spring 2016

WESTERN REGION  
Charleston + Whitesville + Huntington

Save the Date  
Catholic Charities West Virginia

Sixth Annual  
Autumn Gathering



October 28, 2016  
Embassy Suites in Charleston

### FACILITATING GREATER SELF-SUFFICIENCY

Catholic Charities West Virginia's (CCWVa) Case Management Program offers hope and encouragement to those at-risk and those living in poverty. It assists clients as they become more self-sufficient with less dependence on government programs and social service agencies. Case managers help clients achieve personal and professional goals that aim to lift their families out of poverty. The program is positive, client-centered and utilizes a research-based approach.

Case managers assist clients as they break down barriers, build on strengths, and construct a supportive network of friends, family and other community service providers. Furthermore, case managers also serve as advocates for their clients, meeting clients where they are and walking with them as they make choices that will take them where they want to be.

### HOW WE HELPED

**October 2015 – March 2016**

236 Families Receiving Service  
70 Volunteers Providing Service

*Working to reduce poverty in* Boone, Cabell, Clay, Kanawha, Lincoln, Logan, Mason, Mingo, Putnam and Wayne Counties  
Charleston (304) 380-0162 Whitesville (304) 854-1043 Huntington (304) 650-4641

## HIDDEN BARRIERS TO A HIGHER EDUCATION



Catholic Charities West Virginia is open to all people regardless of their race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, socio-economic background, marital or family status.

Being a first-generation college student or coming from a low income background are recognized factors that can jeopardize college retention and completion. What may be less evident are hidden barriers that stem from these issues, such as serving as the primary caregiver for one's family or facing housing instability.

Since its beginning in the fall of 2015, Catholic Charities West Virginia's Partners for the Course (PFC) has helped students facing these and other issues stay on track to complete their education.

For example, at 21 years of age, one PFC student became the head of her household after the family matriarch passed away. As a result, she became the caregiver of her sibling and disabled aunt and became solely responsible for the family's home and utility payments. PFC has been able to help her access the resources to pass home inspections and has been a support for her as she balances school, work, and household responsibilities.

Another student experiencing homelessness has been able to work with his PFC Navigator to apply for public housing, obtain free local meals, and ensure that he has a safe and dry place to complete schoolwork.

PFC exists as a constant resource that can see students through unexpected, turbulent situations.

### Needed Supplies

Household Supplies:  
Toilet paper  
Paper towels  
Bleach  
Detergent

Personal supplies:  
Deodorant  
Shampoo  
Soap  
Toothpaste  
Razors



*"It's [Partners for the Course] so helpful, and the navigators are so nice! It has helped me budget, keep up grades, and it's making everything, like moving into my apartment, go so smoothly."*

— Renee



*"There are days that I wouldn't have made it if it weren't for the [Partners for the Course] navigators."*

— JC



*"Partners for the Course has helped me identify resources, helped with my studies and helped with my confidence. My Navigators are here for me when I need to talk."*

— Christina

## ALLEVIATING POVERTY THROUGH SNAP OUTREACH PROGRAM

Catholic Charities West Virginia (CCWVa) is alleviating poverty in West Virginia through its Supplemental Nutrition Assistance Program (SNAP) Outreach Program.

After receiving the first USDA SNAP Outreach Grant for West Virginia, CCWVa launched its SNAP Outreach Program in 2015. This free program is designed to help people in applying for SNAP benefits.

"As the nation's first line of defense against hunger, SNAP helps put food on the table for low income families and individuals every month," said Robin Bowman, CCWVa SNAP Outreach Coordinator.

In its first year, the CCWVa SNAP Outreach Program assisted more than 450 low-income West Virginians in applying for this benefit.

One of those 450 families is Tina's. Tina is a grandmother who is raising her terminally ill grandson. With a low income, she struggles with the day-to-day expenses of caring for her grandson, and she didn't know what to do. The CCWVa SNAP Outreach team talked to Tina about SNAP benefits and assisted her in completing an application. Tina is now receiving the SNAP benefit and says she is truly grateful for the help she received from CCWVa.

"We believe that if one person is going hungry, that is one too many," said Bowman.

For more information, call toll-free 1-844-292-3217 or visit [www.CatholicCharitiesWV.org/SNAP-Outreach](http://www.CatholicCharitiesWV.org/SNAP-Outreach).

Deliver donations to

1116 Kanawha  
Boulevard East  
Charleston, WV  
25301

or by credit card  
online at

[CatholicCharitiesWV.org](http://CatholicCharitiesWV.org)  
1-888-900-2989



### WESTERN REGION STAFF

Regional Director, Emily Warder; Case Manager, Fredericka White; Title V Program Assistant, Brenda Brandon; Whitesville Outreach Coordinator, Sue Pauley; Partners for the Course Lead Navigator, Ginny Sellers; Partners for the Course Navigator, Erica Gilkerson

**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.