

## “REST EASY” WEBSTER SPRINGS MATTRESS PROJECT

CCWVa in Webster County was able to provide over 200 sets of slightly used, clean bedding to families from Webster County and beyond.



*Courtesy Photo*

CCWVa has a long standing relationship with Deacon Dave Galvin and the St. James Catholic Church of Charles Town, WV. Deacon Dave was approached by John Rish, general manager for Urgo Hotels. John was preparing to replace the bedding in the hotel and asked if Dave could use the older bedding for those in need. Deacon Dave immediately called Tina Cogar at the Webster County office who graciously accepted the challenge of distributing 3+ tractor trailer loads of bedding.

There was no problem getting enough families who needed bedding. Some of the families had been sleeping on air mattresses or cots prior to the delivery. One family drove 90+ miles from Oak Hill to get bedding for their family. They had recently lost everything in a house fire and were thrilled to be able to replace at least the beds.

A big thank you goes out to John Rish of Urgo Hotels, Deacon Dave Galvin and the truck drivers who volunteered their time delivering the beds.

## CCWVA OFFERING GROCERY STORE TOURS

Staff and volunteers from the CCWVa Elkins office will be providing Grocery Store Tours to those who are participating in the Youthbuild program in September and October. The tour will be teaching participants to shop smarter, use nutrition information to make healthier choices and cook delicious, affordable meals.

Cooking Matters has been featured by First Lady Michelle Obama’s Let’s Move! campaign and recognized by the U.S. Department of Agriculture for excellence in nutrition education. The Walmart Foundation is the national sponsor of Cooking Matters.

During the 1.5 hour-tour, participants will learn to read food labels, compare unit prices, find whole grain foods, and identify three ways to purchase produce. The Cooking Matters at the Store will end in the \$10 Challenge, an activity where participants use the skills they’ve just learned to buy a healthy meal for a family of four for under \$10.



Participants take home a booklet with recipes and shopping tips, a reusable grocery bag, and \$10 worth of healthy groceries.

### NUMBER OF FAMILIES SERVED

#### July, August, September

Assistance:	Elkins	Webster Springs
Food:	2451	708
Utility:	128	97
Prescription:	8	1
Transportation:	8	0
Housing:	0	3

### VOLUNTEER SERVICE

#### July, August, September

	Elkins	Webster Springs
Volunteers	170	135
Service Hours	2736	5279

Serving Braxton, Gilmer, Lewis, Pendleton, Pocahontas, Randolph, Tucker, Upshur, and Webster counties

**Elkins (304) 636-2202**

**Webster Springs (304) 847-7416**

www.catholiccharitieswv.org



Fall 2014

WESTON REGION  
Elkins + Webster Springs

## 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.

### Volunteer Opportunities

Food pick up on  
Mondays & Tuesdays  
Substitute Pantry Worker  
Substitute to pick up food

### Needed Foods

Corn  
Whole Wheat Pasta  
Low Sodium Canned Food

### Needed Supplies

Personal Hygiene Items  
Laundry Soap  
Cleaning Supplies

Currently looking for office space in Elkins. Contact Cindy Hammer with possible locations at 304-636-4875.

Donations can be made to the Weston Region Office at:

103 Randolph Ave  
Elkins, WV 26241

or by credit card online at [www.catholiccharitieswv.org](http://www.catholiccharitieswv.org)  
or call 1-888-900-2989



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## GOODBYE TO OUR FIRST 4 YEAR AMERICORPS MEMBER

In 2010 Debra Salgado found herself in the Webster County office of CCWVa in need of assistance. Recently separated from a 28 year marriage, unemployed, and in need of help, she came to CCWVa. Little did Debra know that she would soon be the new AmeriCorps member at that very office.

The Webster County office was currently accepting applications for a new AmeriCorps member to be in charge of the WellnessWorks food pantry. Tina Cogar, Outreach Coordinator for Webster County, thought Ms. Salgado should apply for the position.

Debbie was hired and fit in well as a team member at the office. During her second year of service, AmeriCorps changed their time guidelines from a 2 year allowable service time to 4 years. Debbie happily stayed on as the first 4 year member of the program.

Currently, Debbie is seeking other employment opportunities but continues to volunteer at the office. "I am sure she will make a fine employee for her next job," says Tina. "We will miss her dedication and hard work that she put into our program."

The Webster County office welcomes a new AmeriCorps member Dawn Gebard. Dawn is eagerly diving into her new position. CCWVa wishes Debbie and Dawn best wishes as they enter into new ventures.



Courtesy Photo

## ELKINS OFFICE HAS AN INTERN

CCWVa is excited to have Ryan Poling from Davis & Elkins College completing his internship in the Elkins office. Ryan is a psychology major who is in his last semester of college. He will be graduating in December and plans to move to the Martinsburg area where he can pursue his Master's Degree in Social Work and possibly work with veterans. Ryan is an army veteran of 5 years and currently participates in the Army Reserves as a water treatment specialist. Ryan had looked at completing his internship at several other social service agencies but wanted more "hands-on" experience with individuals and families and found that opportunity with CCWVa. Ryan will be working in the Elkins office on Mondays, Wednesdays, and Fridays. He will also participate in the Grocery Store Tours with Youthbuild, the Thanksgiving Food Baskets, and the Angel Tree program.



Courtesy Photo

## WESTON REGION STAFF

**Regional Office** | Elkins, WV 26241 | 304-636-4875

Cindy Hammer, Regional Director

Mandy Warner, AmeriCorps

Teresa Wymer, Case Manager/Outreach Coordinator

**Webster Spring Outreach Office** | Webster Springs, WV 26288 | 304-847-7416

Tina Cogar, Outreach Coordinator

Dawn Gebard, AmeriCorps

**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.