

HEALTHY BODIES HEALTHY SPIRITS WEST VIRGINIA

Catholic Charities West Virginia Weston Region Director Teresa Wymer attended the Healthy Bodies Healthy Spirits WV conference on October 3rd at WV Wesleyan College. The purpose of this conference was to bring communities together to help improve and encourage healthy living.

Pastor Steve Willis, from First Baptist Church of Kenova, spoke to the group about his life-changing outlook on life and the need for healthy living. He assisted in developing “The Daniel Plan,” a 40-day plan to a healthier life that focuses on Faith, Food, Fitness, Focus, and Friends/Support System. The conference brought together community members that were interested in learning how they can help as well as members who already have positive healthy living programs available in their communities.



This is important, as our state and our communities need to move toward healthy living. The increase in the number of people with chronic diseases and the number of people having chronic diseases at younger ages is caused by our diet and environment. We must interrupt the pattern where convenience replaces concern about nutrition. We need to teach our children how to cook with fresh fruits and vegetable and teach them to care about pollution-free water, land, and air.

The Elkins office is trying to move its WellnessWorks program toward having more healthy food options available in the pantry, and we’re working toward greater community access to available programs encouraging fitness, healthy eating, budgeting, preserving foods, and understanding basic nutrition. If you, your church, or a group would like to partner with Catholic Charities’ Elkins office by providing a service or donation that encourages healthy living, please contact our office. If you have program that is already available to the community that promotes healthy living and would like us to be aware of it or share information about your program, please contact our office or email your information directly to Teresa at twymer@ccwva.org.

CHRISTMAS COLLECTION

Every week, dozens of people walk through the doors of the Catholic Charities offices in Martinsburg and Romney. They have different stories and different needs, but they all have one thing in common: they are our neighbors and are they seeking help.

From the homeless mother with three young children in Berkeley County to the widower with a disabled son in Hampshire County, they have arrived at Catholic Charities West Virginia because they know it is an organization that cares.

That care comes from both the staff and volunteers who directly serve clients as well as the local community members that make emergency assistance, case management and other programs possible through their generosity.

The annual Christmas collection is a wonderful opportunity to share your blessings, make a difference in the life of someone less fortunate and join others in building an even stronger community of caring at Catholic Charities West Virginia. ***Trina’s article - modify to Weston region**

EMERGENCY ASSISTANCE

April – June 2015 ***Need updated numbers**

	Elkins	Webster Springs
Electric	39 Households	36 Households
Water	15 Households	5 Households
Gas	22 Households	2 Households
Prescription	1 Households	2 Households
Emergency Lodging		1 Household
Food	531 Households	194 Households

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

Elkins (304) 636-4875

VOLUNTEER SERVICE

April – June 2015 ***Need updated numbers**

	Elkins	Webster Springs
Number of Volunteers	27	14
Service Hours	1,052	917

Webster Springs (304) 847-7416



Fall 2015

WESTON REGION
 Elkins + Webster Springs

OUR DEDICATED ELDER AND SISTER VOLUNTEERS

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.

Volunteer Opportunities

Thrift Store Volunteer
(Webster Springs)

Host a Drive for:
Food, Personal Hygiene Items, or Cleaning Supplies

Needed Supplies

Personal Hygiene Items,
Laundry Soap,
Cleaning Supplies

Needed Foods

Corn, Whole Wheat Pasta,
Low Sodium Canned Food

Donations can be delivered to:

1513 Harrison Ave.
Suite C10
Elkins, WV 26241
or
113 North Main St.
Webster Springs,
WV 26288

or made online by credit card at

CatholicCharitiesWV.org
1-888-900-2989

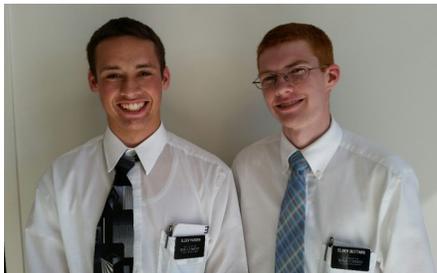


The Elkins office of Catholic Charities WV has partnered with The Church of Jesus Christ of Latter day Saints's missionary program for the last 7 to 8 years. We have had dedicated Elders and recently Sisters volunteer weekly in our Elkins WellnessWorks Food Pantry. We would like to recognize our current Elders: Elder Buttars and Elder Hansen and our current Sisters: Sister Roberts and Sister Nash.

Elder Buttars is from Vancoover, Washingrton. He began his mission trip when he was 19 years old. He has been on his mission for 17 months and 8 months of it has been spent here in Elkins. Elder Hansen is from Utah. He has been on his mission for 13 months, from the time he was 18 years old and has been here in Elkins for about 4 months. Both Elders plan to return home when their mission is complete and attend college.

Sister Roberts is from Alberta, Canada. She has been on her mission for 2 months. She said that she joined because she wanted to share the mission of Jesus Christ. When she completes her mission, she wants to go to college to be an ex-Ray technician. Sister Nash came into the missions program from Utah. She has been in the mission program for 4½ months. She said that she "just got called one day" to do a mission. Once she completes her mission, she will finish college.

"Service is a big part of what we do as missionaries. We are to be representatives of Jesus Christ, and we do that by word and deed," said Elder Buttars. "We teach His gospel to help others along their path to salvation, and we also serve to help people with their needs in their life here and now. That is one reason why I love helping at places like Catholic Charities. I get to help people who need it."



Elder Hansen and Elder Buttars



Sister Nash and Sister Roberts

5K TURKEY TROT

Anytime Fitness partnered with Catholic Charities West Virginia in helping to feed our local community at Thanksgiving. Anytime Fitness organized a 5K Turkey Trot to provide an opportunity for people to exercise while helping those less fortunate at the same time. Funds from the event were used to purchase food and turkeys for the Thanksgiving baskets distributed by the Elkins office. The 5K Turkey Trot raised \$500 and collected 48 pounds of food. There were 32 participants in the inaugural 5K Turkey Trot.

The staff at Anytime Fitness said they are very excited to get involved in the community after having just opened in June. They are hoping to make a difference and help combat obesity and sedentary lifestyles, and they believe that there is no greater good than serving others.



WHEELING JESUIT UNIVERSITY
GAUDIOSA
(gow-de-o-sa) n. *Joyous Feast*

2016
Saturday, April 16

Contact Jasmine Lo for tickets & sponsorship info.
800.888.2586 or gaudiosa@wju.edu

WESTON REGION STAFF

Regional Office (Elkins)

Regional Director, Teresa Wymer; Program Assistant, Dee Oldaker; AmeriCorps, Mandy Warner

Webster Springs Outreach Office

Outreach Coordinator, Tina Cogar; AmeriCorps, Dawn Gebard

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.