

MountainHeart Community Services

HS - EHS - PAT

JUNE 2025 NEWSLETTER

CONTACT INFORMATION

☎ 304- 682-8271

✉ PO BOX 1509 Oceana, WV 24870

📍 33 MountainHeart Lane
Matheny, WV 24860

JUNE IMPORTANT DATES:

- **6/10** 1st day of summer services EHS
- **6/11** Policy Council
- **6/19** Holiday!
- **6/20** Holiday!

Starting the week of 6/9/25
Early Head Start will transition
to summer services- only in
classrooms Tuesday,
Wednesday, and Thursdays!

Classroom Area Focus:

Sand & Water Play

The sand and water tables can be two of the most popular areas of the classroom for young children. It is important to remember that these areas are essential to the classroom for higher-level learning.

Sensory exploration, mathematical learning, scientific concepts, language and social skills as well as creativity are all explored through play with sand and water!

MISSION STATEMENT

Working together with individuals, families, and communities to provide resources for a better life.

HIGHLIGHTS:

- Community Bulletin Board
- Management Spotlight
- Classroom Activities
- Birth Announcement
- Track and Field Days
- Staff Training and Awards!

●●● Head Starts

BAILEYSVILLE 1

304-732-7711

BAILEYSVILLE 2

304-682-7097

CLEAR FORKS

304-682-4625

GLEN FORK

304-682-4899

HANOVER

304-664-5614

MABEN 1 & 2

304-294-6079

SOUTHERN

304-294-7344

●●● Early Head Starts

BAILEYSVILLE

304-732-6695

CLEAR FORK

304-682-5435

MABEN

304-294-6079

MATHENY

304-682-0474

MULLENSVILLE

304-732-0011

WESTSIDE

304-682-7099

WYOMING EAST

304-294-4809

●●● Program Information

- **DREAMA PADGETT**, CHIEF EXECUTIVE OFFICER
- **SUSAN STAFFORD**, HEAD START/EARLY HEAD START DIRECTOR
- **TERESA RUNYON**, CHIEF FINANCIAL OFFICER
- **MEDENA LESTER**, FAMILY & COMMUNITY ENGAGEMENT/ERSEA SPECIALIST HEAD START/EARLY HEAD START PARENTS AS TEACHERS SUPERVISOR
- **GLENNA MCCOY**, EARLY CHILDHOOD SPECIALIST- HS
- **PAULA SHELTON**, INFANT AND TODDLER SPECIALIST- EHS
- **LISA MCCOY**, HEALTH/SAFETY/NUTRITION SPECIALIST HEAD START/EARLY HEAD START
- **TRACY COX**, FAMILY SUPPORT/FILE SPECIALIST HEAD START/EARLY HEAD START
- **ROGER DAVIS**, TRANSPORTATION/FACILITIES SPECIALIST
- **KRISTIN POWERS**, MENTAL HEALTH/TRAUMA SPECIALIST HEAD START/EARLY HEAD START
- **ALEX AKERS**, SUPPORT COORDINATOR, PREP/CSBG/EITC

COMMUNITY BULLETIN BOARD



**Baby Pantry, Hygiene
Pantry, Clothes & Shoe
Closet**

Contact: Tina Acord
Phone: 304-673-2004
19 Bank St Pineville, WV 24874



P O Box 1509 Oceana, WV 24870
(304) 682-8271 Fax: (304) 682-8274



Formerly Women's Resource Center
AWAY is a private, West Virginia non profit
agency that provides temporary emergency
shelter, counseling, crisis intervention,
advocacy and other supportive services for
victims, survivors, and witnesses of domestic
violence and sexual violence.

130 George St, Beckley, WV 25801
(304) 255-2559

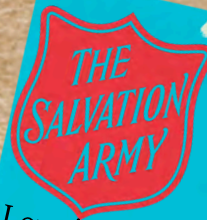


West Virginia University
EXTENSION SERVICE



4-H is one of the largest youth development
programs in the United States involving more
than 6.5 million young people and 540,000
youth and adult volunteers. The focus is on
helping youth learn leadership, citizenship,
and life skills by participating in projects and
service.

**Please contact the WVU Extension Service
Wyoming County office by phoning
304-732-0041 x310 for more information
about local 4-H clubs, camps and activities!**



**2871 Robert C Byrd Dr,
Beckley, WV 25801**

**(304)
253-9541**



Low income families can receive assistance from
the Salvation Army in the form of emergency
rental assistance, funds for utility bills, clothing,
free food, and much more. located in, and
support the working poor in Nicholas, Raleigh,,
and Wyoming County. If a location is not near
you, then the SA is effective at providing referrals
to other agencies.



Staff Spotlight Management



*Susan
Stafford*





Job Title: Head Start/Early Head Start Director

How long have you worked here: Thirty-nine years

What you do: As the program director for Head Start, Early Head Start, Parents as Teachers, and PREP, I oversee the programs to assure they meet all regulations including staffing and enrollment. I monitor the programs progress and report to our funding sources. I also participate in developing procedures and assure agency policies are being followed. In addition to that, I handle day to day operations and assure staff are trained in their fields and meet credentialing requirement.

Favorite part of your job: Seeing families enrolled in the program and staff become successful in life.

What's a fun fact people don't know about you?: I crochet to relieve stress but I also like to build things and use drills and power saws.





Staff Spotlight

Management

Medena Lester



Job Title: Family and Community Engagement Specialist/PAT Supervisor

How long have you worked here: Started June 1999

What you do: I oversee the Family and Community Engagement and ERSEA (Eligibility, Recruitment, Selection, Enrollment, and Attendance) components of the Head Start Performance Standards. In this role, I work to ensure that families are not only connected to our programs but also truly engaged and supported throughout their journey with us. I also supervise the Parents as Teachers (PAT) program, helping guide our team in providing meaningful, home-based services that empower parents as their child's first and most important teacher. My work allows me to build strong partnerships with families and the community—creating a foundation for lasting impact.

Favorite part of your job: My favorite part of my job is leading our annual Fall Bash—a special event that brings together families from our Head Start, Early Head Start, and Parents as Teachers (PAT) programs. It's a wonderful opportunity to connect with the families we serve in a fun, welcoming environment. One of the highlights is transforming our office into a preschool-friendly haunted house, complete with activities the whole family can enjoy. Beyond the fun, this event also serves as a bridge to our community, allowing us to partner with local organizations and introduce families to valuable resources available throughout the county. Seeing families leave with smiles, useful information, and a stronger connection to our programs is incredibly rewarding.

What's a fun fact people don't know about you?: Outside of my professional life, I enjoy the art of quilting and the science of beekeeping. When I'm not stitching together colorful quilts, I'm tending to my buzzing backyard beehives. As both a quilter and a beekeeper I find fulfillment in hands-on work that combines creativity, patience, and a connection to nature.



Staff Spotlight

Management

Tracy L. Cox



Job Title: Administrative Assistant

How long have I worked here?: 27 years (Retiring Soon....)

What I do: Purchase Orders for HS & EHS, Order Supplies, Drug Screenings, Treasurer for the WVHSA Board of Directors, Take Minutes for Policy Council and Management Team Meetings, VITA, Distribute Agency Mail, Data Entry in ChildPlus and LITT, Onboarding Back-up, Track Employee Certifications and Trainings, Bids and Contracts, Assist HS/EHS Director and Specialists and any office duties incidental to the position.

Favorite part of my job: I love my MountainHeart family!!!

Fun Fact: I thought I was flying once until I hit the concrete
LOL



Roger Davis



Job Title: Transportation and Facilities Specialist

Worked here: 1 year

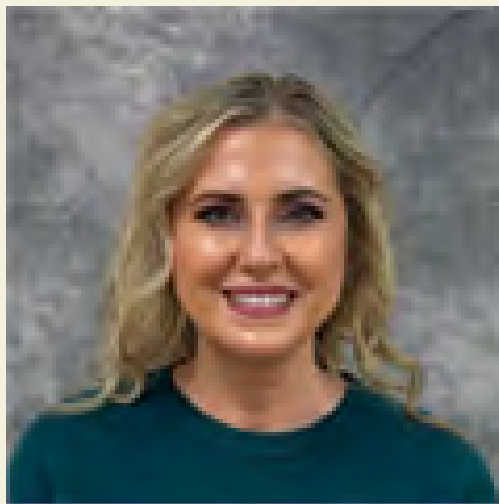
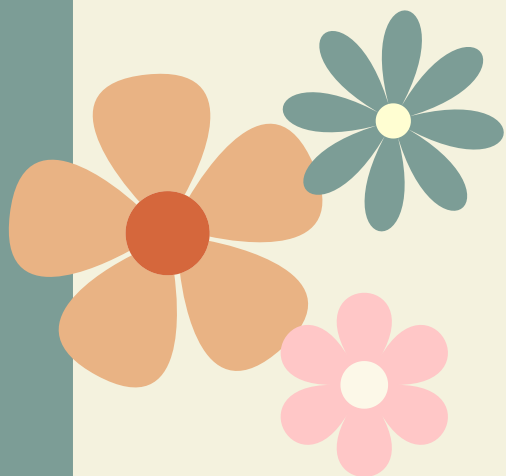
What I do: Maintain operational status of vehicles and buildings

Favorite part of my job: The people I work with.

Fun fact: I used to parachute out of airplanes and helicopters.

Staff Spotlight

Management



Job Title: Health/Safety/Nutrition Specialist

Years with the Program: 4 years

What I Do: As a Health, Safety, and Nutrition Specialist, I make monthly classroom Menus for both Early Head Start and Head Start PreK. I ensure all children meet the 30-day deadline for an Established Medical and Dental Home and the 45-day deadline for Hearing and Vision, and that a physician or dental provider has seen all children within the first 90 days. I also set up appointments per classroom to make sure we meet these requirements.

Favorite Part of My Job: The amazing people I work with daily, I love them.

Fun Fact: I have a serious love for new cars—I'd own one of every kind if I could! All my vehicles have names, and I take pride in always keeping them clean and sparkly.

Clear Fork 1 Pre-K Head Start

Mother's Day Celebration



Clear Fork 1 Continued...

Dad's Day



PAT



PARENTS AS TEACHERS



Miss Dina had a mindful breathing lesson with DIY breathing sticks! These sticks can help when you are feeling overwhelmed, upset, or frustrated. A mindful breathing stick can help guide young kids through the process of learning and adopting breathing techniques!

Some benefits for children are learning deep breathing exercises, maintaining mental well-being and reducing stress or anxiety.



HOW TO DIY YOUR OWN BREATHING STICK:

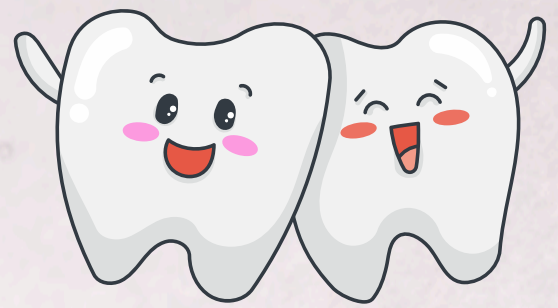
1. Bend your pipe cleaner at the end so your beads don't fall off
2. String 6-8 pony beads on your pipe cleaner and bend the other side when you're done
3. gently slide one bead to the opposite end of the stick as you inhale slowly and then exhales
4. Repeat moving the beads and taking deep breaths until you have moved all of the beads from one end to the other.
5. Repeat until you feel calm and relaxed!!



you're doing great!

Home Base 1

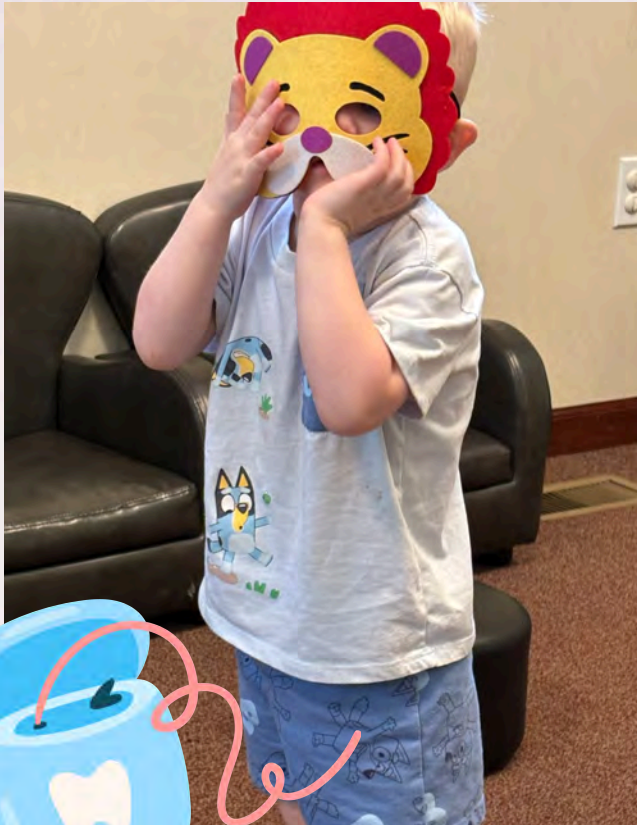
-Kristin Stewart



Miss Kristin's Home Base went to the dentist together to get check-ups and cleanings! Afterwards they got a goodie bag and some very cool masks.

Dental Day is an important event for Early Head Start children because it promotes good oral health habits from a young age. It provides children with early exposure to dental care, helping to reduce fear of the dentist while allowing professionals to catch and prevent issues like cavities before they become serious.

Our goal is to educate families and caregivers on the importance of oral hygiene, Dental Day supports healthy development and sets the foundation for a lifetime of good dental practices!



BIRTH ANNOUNCEMENT



ELIANA BROOKS



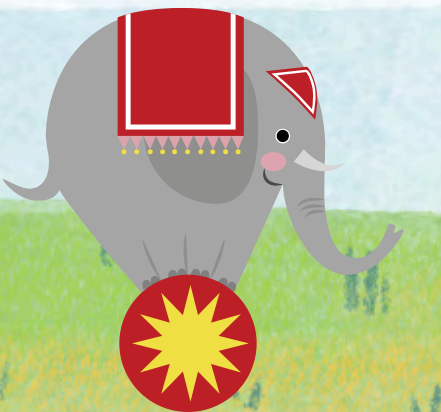
Born on:
10/31/2024

Weighing:
8lb 10 oz

We are so excited to welcome a
cute new face to our program!
Eliana is now enrolled with her
Home Educator, Lori Brown in HB4.



Head Start Track & Field Day

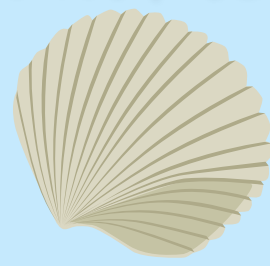


604/760
* ADMIT ONE *
604/760

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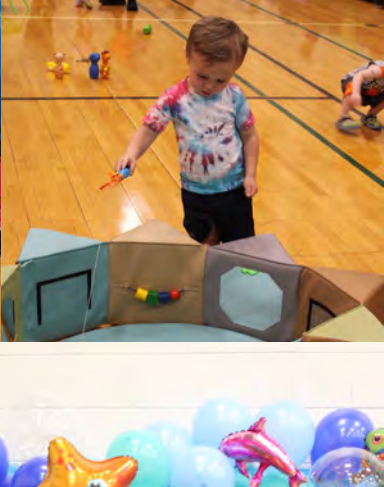


Early Head Start's Track and Field Day





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Fun Friday!

Fun Friday posing with our
“I ♥ Community Action”
signs and huggy hearts!

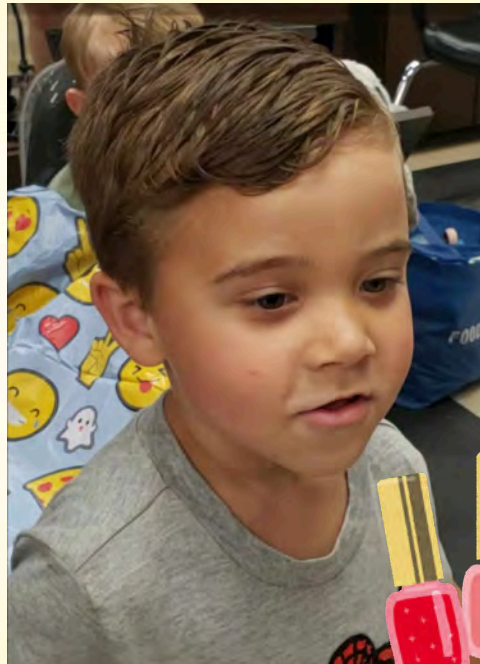


Southern

PRE-K HEAD START



Southern's class enjoyed a trip to the WCCTC in Pineville! They learned about careers and got their nails/ hair done!!



MATHENY EARLY HEAD START

Matheny Early
with perfect
attendance!! Way
to go guys!



Glen Fork Pre-K Head Start

Glen Fork's Pre-K class
visited the kindergarten
to see their eggs and baby
chicks! They learned
about the life cycle of a
chick, seeing how they
hatch and even got to hold
some!





West Virginia Children's Health Insurance Program

Who Is Eligible for WVCHIP?

Resident in West Virginia

- Are under age 19
- Are not eligible for West Virginia Medicaid
- Income & family size fall within qualifying Income Guidelines
- Public Employees' children who meet the WVCHIP Eligibility Requirements
- Are United States citizens or qualified aliens (Children who are not U.S. citizens must provide verification of their alien status.)



About CHIP

WVCHIP was created to help working families who do not have health insurance for their children.

You want your kids to be healthy. One good way to keep them healthy is making sure they get medical care. Children who get good medical care have a better chance of being healthy and doing well in school.

Apply

- Applying for WVCHIP can be completed entirely in your own home. Choose one of the options below that best fits your needs:
- Visit www.healthcare.gov to apply and see what you are eligible for;
- Calling the toll-free helpline at 1-800-318-2596 if you have questions that aren't on the website;
- Downloading an application (Requires free Adobe Reader); or by

Visiting www.wvpath.wv.gov to apply online.

- If you would like to have face-to-face contact with someone, you may select one of the many outreach and enrollment sites listed by county, below (Click on the "appropriate DHHR office" link). The outreach and enrollment sites also have applications available if you choose to personally obtain one.

Once you have copies of all the required documentation and your application is completed and signed, place everything in the prepaid postage return envelope provided and drop it in the mail. That's all there is to it.

**Wyoming County DoHS
Office**

**Phone: 304-732-6900
Fax: 304-732-8223**

**Physical Address:
1767 Bearhole Road
Pineville, WV 24874-8133**

Annual Staff Training/ Picnic



Maben 2

Our recent staff picnic and training day was a wonderful blend of learning, relaxation, and recognition. Held at Twin Falls State Park, the event featured engaging team-building activities and a comprehensive mental health training session, emphasizing the importance of well-being in and outside of the workplace. A big thank you to our mental health consultant Jason Lane, LPC and our own Mental Health/Trauma Specialist, Kristin Powers!

The day concluded with an awards ceremony celebrating outstanding contributions and dedication for both staff and centers!



Westside



Maben 1



Home Base 6



Amanda



Kristen & Kristin



HS CDA recipients



Alex



Clarissa



CDL recipients



Sandra, Norma, and Brian



Glenna & Paula





Wyoming East



Kristin S & Kristyn B



Molly



Kim & Clarissa



Donna

THANK YOU



Newsletter created for you by Family Service Staff