Huge Success………
Back to School Events!

KI BOIS NEWS

BUSES FOR SALE
See list on page 10

JOB POSTINGS
Pages 11-12
From the Desk of the Executive Director / CEO

Our Head Start employees are back at work and are preparing for their three and four year old children. Their pre-service and summer training is now behind them. Many of them have recently completed two and four year college degrees, CDA’s, and/or Early Childhood certificates. Most of the public schools will start back this month. Some are beginning as early as August 1st and some as late as August 31st.

At the Federal Level we continue to operate under flat funding until September 30, 2017. If a budget is not passed we will probably go under another continuing resolution. Some people say that problems are not problems, but rather, they are opportunities. In Community Action there are daily problems or opportunities depending on how you look at it.

That means the greatest of opportunities awaits us. The opportunity to impact lives. There are three kinds of work: First there is a job, where the goal is simple earning a living and supporting your family. Then there’s the career, where you trace your progress through various appointments and achievements. Finally, there’s the calling, the ideal blending of activity and character that makes work inseparable from life.

We are truly blessed to be called to work with disadvantaged children and adults, to daily have the opportunity to impact their lives. Community Action, what a wonderful profession! What a wonderful opportunity!

R. Carroll Huggins, CCAP
CEO/Executive Director

Calendar of Events
August, 2017

- KI BOIS Community Action
  Board of Directors Meeting
  Executive/Finance Committee, Monday,
  August 21st , 2:00 p.m. at
  KI BOIS Community Action
  Administrative Building,
  Stigler.

- Labor Day, Monday,
  September 4th
  Labor Day honors the
  American labor movement and
  the contributions that workers
  have made to the strength,
  prosperity, laws and well-being
  of the country.

Apple's Employee Rules…
Could Be KI BOIS Community Action Rules!

1. Let go of the old, make the most of the future.
2. Always tell the truth, we want to hear the bad news sooner than later.
3. The highest level of integrity is expected, when in doubt, ask.
4. Learn to be a good businessperson, not just a good salesperson.
5. Everyone sweeps the floor.
6. Be professional in your style, speech and follow-up.
7. Listen to the customer, they almost always get it.
8. Create win/win relationships with our partners.
9. Look out for each other, sharing information is a good thing.
10. Don’t take yourself too seriously.
11. Have fun, otherwise it’s not worth it.

The Solar Eclipse of 2017
Begins in Oklahoma on Monday, August 21st around 11:39 am, maximum eclipse for us is at 1:08 and end with a partial eclipse at 2:37 pm. You won’t need a telescope, so please protect your eyes!
The Health and Wellness Center (HWC) mobile dental clinic is a fully equipped dental office on wheels. Last year HWC, in partnership with KI BOIS Community Action Head Start, started bringing the dental office to the Head Start Centers. Since this was a pilot program only 10 centers were visited. Out of those centers, 142 children were screened with 86 cleanings and 42 treatments completed.

According to Head Start Director Donna Carolan, “This has been a great partnership with Health and Wellness. It has made our lives much easier having the dental office come to us as opposed to us taking the child to an office. It has been less traumatic on the child, parents and the staff. We look forward to another great year!”

KI BOIS Community Action Health, Nutrition, Safety and Transportation Coordinator JoAnna Bunch states, “Since last year’s partnership was so successful hopefully with a few adjustments we will double our involvement this year. At this time the dental van is scheduled to visit Vian, Sallisaw, Spiro, Ft. Coffee, Panama, Howe, Heavener, Poteau, Wister, LeFlore, McAlester, Red Oak, Wilburton, Tahlequah, Checotah, Liberty and Roland Centers.”

The HWC is also working with Keota and Quinton to bring the mobile dental clinic to the whole school/community.
We All Love Murph……..

Murph, left, provides pet therapy to The OAKS residential consumers (adults and children). Murph is a one and half year old Great Pyrenees and Blue Heeler. Murph obtained his certification as a therapy dog in May of this year. Murph was rescued from the McAlester shelter by a family in Hartshorne, who had experienced a recent traumatic event. After realizing how therapeutic and calm he was to family and friends, they decided to have him certified as a therapy dog.

Murph visits the consumers once a week for therapy sessions. He loves to be massaged, loved on and getting treats for good work. He does not lick nor does he jump on people. He will do tricks and lets his owner know when he's ready to leave by walking to the door and sitting down.

Murph is greatly loved, not only by The Oaks staff, but all who come in contact with him. It is a good day when Murph is here!

Quilts Tell a Story and Preserves History

KI BOIS Community Action Head Start Centers from the North and South told “their story” on a fabric block. The blocks then were pieced together and quilted by Red Oak Center Cook Kim Volk. In 1996 the first quilt, right, was created and now the second quilt (left) hangs along side spanning 20 years of history. The quilts are displayed at the KI BOIS Community Action Head Start office and they encourage everyone to come by and admire.
Healthy Back-to-School and Work Nutrition Tips

A healthy body means a healthy mind. Whether they’re in the cafeteria at school, work, or the kitchen at home. Be sure you and your children fill half their plate with fruits and vegetables at every meal. Here are some ideas for each meal:

- **Breakfast** Mix up a breakfast smoothie made with low fat milk, frozen strawberries and a banana. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle. Stuff an omelet with vegetables like peppers, mushrooms, tomatoes or onions. You can add low-fat sharp cheddar cheese, too!

- **Lunch** Whether it’s a hot lunch or cold lunch, every meal should be built with nutrition in mind. Pack crunchy vegetables instead of chips, and use a low fat salad dressing for dipping. Sandwich in fruits and vegetables. Add some pizzazz to sandwiches with sliced pineapples, apples, peppers, cucumbers or tomatoes as fillings. Make a veggie wrap with roasted vegetables and low fat cheese rolled in a whole-wheat tortilla.

- **Dinner** When it is dinnertime, let your kids pitch in in the kitchen. They will be more interested in eating something if they helped make it. Plus, they will gain important nutritional knowledge in the process. Use vegetables as pizza toppings. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini. Grill colorful vegetable kabobs with meat for protein. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rich dishes.

When cooking think about portion control. Here are some handy ways to figure out basic amounts:

- a closed fist equals one(1) cup of vegetables, cereal, pasta or rice.
- palm of your hand equals three to four ounces of meat, fish or poultry,
- length of your thumb equals one ounce of cheese
- bent thumb joint equals one tablespoon of butter, oil or peanut butter,

Remember, a healthy body means a healthy mind and you can improve both by good nutrition and exercise. If you have any questions or need more information, you can contact KI BOIS Community Action Latimer County Healthy Living Program - Jennie Skimbo, 918-465-3381 or Haskell County Healthy Living Program- Denice Daniels or Kathy Healy at 918-967-9929. If you would like to stop the use of tobacco, you can call 1-800-QUIT-NOW for free information, or if you would like more information or tips about becoming healthier, please go to the *Shape Your Future* site at… *shapeyourfutureok.com*. 
Back to School Bash.
Back to School Roundup!

Haskell County
Back to School Roundup!

Sequoyah County
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Please remember Kenny Monroe and his wife, Catherine, in your thoughts and prayers as Mr. Monroe's health continues to decline. Mr. Monroe has been in the Talihina Veteran's Center for the past several years.

Mr. Monroe served on the KI BOIS Community Action Board of Directors for many years and is a true friend to the Community Action mission.

Braelynn Reshelle was born Friday, June 30th weighing nine pounds, 15 ounces and was 22 inches long. Braelynn's mommy and daddy are Kelsie and Cody Crase. KI BOIS Head Start South FCE Coordinator Lynn Johnson (Ne Ne) is her maternal grandmother.

Happy Sixtieth Anniversary to Billy and Joyce Cleveland. Joyce serves on the KI BOIS Community Action Board of Directors
NOTICE...NOTICE...NOTICE...

Public Auction

TUESDAY, August 29th - 2:00 P.m.

KI BOIS Community Action Foundation, Inc. will be holding a public auction at 1107 Industrial Road Stigler, OK to sell **12 ADA Buses, & 4 ADA minivans**. Mileage ranges from 94,881 to 231,443. All potential bidders must register in order to bid. Potential bidders should arrive 45 minutes prior to the 2:00 PM start time to register.

**ADA Buses**

<table>
<thead>
<tr>
<th>Bus</th>
<th>Model Year</th>
<th>Make</th>
<th>Type</th>
<th>Passengers</th>
<th>Miles</th>
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<tbody>
<tr>
<td>299</td>
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<td>146,042</td>
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<tr>
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**ADA Minivans**

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<th>Miles</th>
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<tr>
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<td>Dodge</td>
<td>Grand Caravan</td>
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All vehicles must be paid for and removed from the property the day of the auction. All vehicles are being sold "as is". Vehicles can be inspected from 9:00 am - 12:00 pm & 1:00 pm - 3:00 pm, August 7th – August 29th, 2017 at 1107 Industrial Road, Stigler, OK. If you would like more information call 918-967-3365 or 800-289-7228. Office hours are Monday – Friday 8:00 AM – 4:30 PM.
In Loving Memory
Bobby Glen Bailes
August 3rd, 1934 - June 17th, 2017
Mr. Bailes was the father of KI BOIS Community Action Accounting Clerk Nicole Dotson

Steve Thompson
December 26th, 1952 - July 21st, 2017
Steve was the husband of KI BOIS Community Action IT Director Karen Thompson

School is Back in Session!
Watch for those Kiddos

KI BOIS Developmental Disabilities Program

Job Title: Program Coordinator (Ardmore)
Job requirements: Bachelor’s Degree and one (1) year of experience or six (6) years of experience working with people with disabilities. Program Coordinator must be able to exercise patience, understanding, creativity and flexibility. PC must have supervisory, organizational and excellent communication skills. A valid OK driver's license along with safe and reliable transportation is also required. Must be able to complete any required/requested training and be able to lift a minimum of 50 lbs.

Job Title: Habilitation Training Specialist - PT/FT (Stigler Group Homes, Poteau, McAlester, Ada, Ardmore, Pauls Valley and Sulphur)
Job requirements: Will serve as direct support staff for consumers. Ability to handle sensitive issues while protecting others’ welfare. Able to exercise patience, understanding, creativity and flexibility. HS Diploma/GED, valid DL and auto insurance. Must complete Foundation, CPR and First Aid Training (and any other training as required/requested.) Must be able to lift a minimum of 50 lbs.

Ready for Enrollment?
If you’re tobacco free, you will be.

When you quit tobacco, you can save money on your health insurance and give your budget a breather too. As you know, members who do not or cannot attest to being tobacco free will have a higher deductible and out-of-pocket limit for the new plan year. With help from the Oklahoma Tobacco Helpline, you can receive discounts by completing the EGID tobacco attestation. You can find help at www.okhelpline.com.

Job Postings….continued on page 8
ALL POSITIONS SUBJECT TO CONTINUED PROJECT FUNDING. All positions are open to KI BOIS Community Action Foundation Staff as well as to the public - unless otherwise noted. Deadline for all openings: Until Filled. CURRENT AGENCY EMPLOYEES – please submit a letter of interest, and updated resume (if applicable) to Human Resources. Applications for new hires are available online at www.kibois.org, or may be picked up at any KI BOIS Community Action office. Applications should be returned to KI BOIS Community Action Foundation, Inc. P. O. Box 727 Stigler, OK 74462, Attention: Human Resources or e-mailed to doylene.knowlton@kibois.org. Fax: 918.967.9100.

Applicant will be subject to a criminal history records search, as well as drug testing. KI BOIS Community Action Foundation, Inc. is an Equal Employment Opportunity Employer. It is the policy of the KI BOIS Community Action Foundation, Inc. to not discriminate against or deny equal employment opportunity to any applicant or employee on the grounds of race, sex, color, age, national origin, genetic information, religion, or disability, so long as the disability does not render the person unable to do the work for which employed. All employees of KI BOIS Community Action Foundation, Inc. are "at will" employees.

KI BOIS COMMUNITY ACTION FOUNDATION, INC.
IS AN EQUAL OPPORTUNITY EMPLOYER!