

August / September, 2021

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Serving Eastern Oklahoma Since 1968



KI BOIS NEWS



Work Hard & Dream Big

*McAlester employee graduates college
38 years after high school*

Terri Green wasn't your typical student at East Central University in Ada. For starters, she wasn't straight out of high school, or in the middle of earning her degree. She'd waited 30 plus years to pursue her education, and in May, 2021, her dream of having a college degree became a reality.

Terri has worked for KI BOIS Community Action at the Women's Shelter in McAlester since 2020. She came right in the midst of the COVID-19 pandemic. She's currently the McAlester Group Leader. She always wanted to go to college after high school, but as she says "life happened."

After graduating in 1983, Terri started a family. In 1989, she suffered a horrible car accident that left her with a traumatic brain injury. Her family was told she had a 2% chance of survival. Through her determination and faith in the Lord, she recovered and surrendered her life to Christ.

Terri and her husband James have three adult children, seven grandchildren and a great-grandson on the way in December. Her personal life was on track and she began working at Walmart in 2010. But professionally she knew she had more to give. Terri stated, "I was on a mission. Back in 1983, both personal and financial situations prevented me from going to college. I knew I wanted to help women, but my short-term memory was still affected. In 2016, she began working toward her Associates Degree in Psychology from Eastern Oklahoma State College, and then immediately after graduating, enrolled at East Central University to pursue her Bachelor's Degree in Human Services and Counseling.

"I took online classes and a couple classes on-campus. I had to write things down repeatedly so that I could remember because of my short-term memory loss. But with my family's support, I finally graduated in May, 2021. It's been a dream come true!"

Terri said her youngest grandson, Lee, has been very supportive of her and wants to be just like his MiMi, which melts her heart. Take it from Terri Green, "you are never too old to chase your dreams." She's in a good place in her life and is working with ladies that she can relate to. She's not only using her professional knowledge to help them, but also uses her life experience to assist them in becoming successful.

According to KI BOIS Domestic Violence Services Director Amanda Prewett, "Terri encourages her clients every day to focus on their dreams and goals. She is a perfect example to all that it's never, ever too late."

Congratulations!

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From the Desk of the Executive Director / CEO

I hope each of you enjoyed your three day Labor Day Holiday weekend! Personally, I am looking forward to football weather. I love the beauty and climate of our Oklahoma Fall Season.

Covid-19 has caused a great change in the way we are conducting business. We are following the CDC recommended guidelines for the safety of our employees and clients. The good side is that we have received a lot of extra funding to help with our client's Covid-19 caused needs.

Many of local, state, and national meetings are still currently being conducted by ZOOM.

We have received notice of award for the ninth year of funding for our SSVF (Supportive Service for Veteran's Families) in 24 counties in Eastern Oklahoma. We also have received extra Covid funding. We are very pleased with our outstanding staff who will meet their goals for this year.

We are in the process of preparing for our annual agency audit by our independent auditor.

Remember: Wash hands often! Wear masks! Watch your space! Avoid groups! I personally have had two Covid shots and I plan to take the Booster Covid Shot on October 1, 2021.

Stay safe!

*Carroll Huggins, CCAP
Executive Director / CEO*



Carroll Huggins



**RSVP Recognition Event -
September 14, 2021 at 4:00
p.m. in Stigler**

**OKACAA Fall Conference -
Virtual - September 22, 2021
- September 23, 2021**

**KI BOIS Board Meeting -
September 23, 2021 at 6:30
p.m.**

**Columbus Day Holiday -
October 11, 2021**

**Bosses Day - October 16,
2021.**

KI BOIS NEWS

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COVID-19 HOUSING ASSISTANCE PROGRAM

KI BOIS Community Action has entered into a partnership with the City of McAlester to administer a Covid-19 Housing Assistance Program. The program is funded by the CDBG-CV Program and is available to families who have experienced a loss or reduction in income that has affected their ability to pay their rent, mortgage or utilities due to the Covid-19 pandemic. Further, they must reside within the City of McAlester and have a household income of 80% or below the Area Median Income (AMI) guidelines.

The City of McAlester has funds to pay up to six (6) months in arrears of your rent, mortgage or utilities if you qualify. Applicants must provide: state identification, copy of lease, and proof of income reduction/unemployment and additional documents.

CITY OF MCALESTER
COVID-19 HOUSING ASSISTANCE PROGRAM
CALL 918-423-3525 FOR MORE INFORMATION:
TO MAKE AN APPOINTMENT DEBBIE.VEGA@KIBOIS.ORG



Debbie Vega
CDBG-CV
Outreach Worker

Board Member Spotlight



KODEY TONEY

Tell us a little about yourself:

I spent half of my childhood in Kansas City, MO, and then moved to Shady Point when I was 12 years old. I graduated from Panama High School and then attended Carl Albert State College and earned an Associates Degree in Journalism/Broadcasting. I later earned my Bachelors in Liberal Arts from Rogers State University and a Masters in Education Administration from East Central University. My wife Jennifer and I have been married for almost 20 years. We have two boys, Konner (16) and Kruz (12). Konner was diagnosed with autism at the age of three, and around that time my wife and I began advocating for him and others with disabilities. In 2014 we started the nonprofit organization Pervasive Parenting Center, and in 2016 we got a grant from the US Dept. of Education to allow me to advocate full-time.

What is your role on the Board?

I'm a board member from LeFlore County, but I feel like I have a voice for families in our area coping with disabilities and other hardships.

What do you like most about KI BOIS, CAF?

I am truly honored to serve on the board. I feel that the programs and services that are offered by KI BOIS is so closely related to the services that I try to offer to the families I serve as well. I love that the main focus of the Community Action Foundation is to help others.

What has compelled you to serve on the KI BOIS, CAF Board?:

I feel like this was a blessing from God. We are truly blessed to be associated with an organization that allows us to help others, and KI BOIS is a wonderful outlet for that.

What kind of hobbies and interests do you have?

I am a die-hard Kansas City Royals and Kansas City Chiefs fan. I have played guitar in and out of bands since I was 15 years old. I have since picked up other instruments. I like to paint and collect sports memorabilia.

Quote/Motto:

Proverbs 31:8 Speak up for those who have no voice.

Random Fun Fact:

As a journalist I once solved a 70-year-old bank robbery that involved Bonnie and Clyde in Poteau.

OPTION PERIOD 2021 - EMPLOYEE BENEFITS

DUE DATE – October 30th, 2020

Option Period 2022 for our State of Oklahoma benefits, Health, Dental, Vision and Life, will open October 1st, 2021 and continue through October 29th, 2021. During Option Period, all eligible employees will have the opportunity to make changes to existing coverage, drop coverage, or to enroll in new coverage to be effective January 1st, 2022.

Please watch your e-mail and/or EWS Messaging for further information. Personalized change forms, as well as enrollment forms will be available here in our office. Please call Jessica at 1.800.299.4479 Ext. 118 or e-mail jessica.kleman@kibois.org if you have questions.



By Blake Smith
KI BOIS IT Director

Since the pandemic started, there has been a huge rise in ransomware and phishing attacks. These attacks usually occur through email with fake website links and malicious document attachments.

Ransomware is a type of malicious software designed to block access to PC files until a sum of money is paid. Most of the time, it's hidden code that is written into a compromised attachment that executes whenever it is opened. If this happens, the best thing to do is to turn off any infected machine or device and seek advice from an IT professional and/or law enforcement.

Phishing emails are scam emails that are trying to steal any information they can get from you. Usually, usernames and passwords to web accounts. The way they try to steal your information is posing as a legitimate email source and getting you to click a link or attachment in the email. The link then redirects you to a web page posing as a legitimate website asking for your username and password. Once you enter your username and password, they have access to your email and whatever information they can find. If this has happened to you, your first course of action is to change your password immediately on any account that uses that password. For example, if your email, bank, and Amazon account have the same password, you will need to change all three of them because that password is compromised. When you change your password, I would strongly suggest you change it to something completely different and forget ever using any form of the previous password again. It's always best to use passwords that are somewhat complex and try not to use the same password for multiple accounts. A lot of companies now allow you use two factor authentication with your smart phone. It's a nice extra layer of protection in case your password is compromised.

It's so important to exercise extreme caution with email. Always be sure you know who the email is coming from, especially if it is not one you have been expecting. Always look at the email address, even if the name looks legitimate. Mouse over any links and make sure they aren't redirecting you to a weird website. I also encourage anyone that is unsure of an email to call or contact the email sender or the business.

Now researchers say regular activity could help protect against severe Covid hospitalizations. In a new study published in the [British Journal of Sports Medicine](#), researchers and physicians at Kaiser Permanente Fontana Medical Center in Southern California, the University of California, San Diego, and other institutions found that Covid patients who regularly exercised before becoming sick were the least likely to be hospitalized, admitted to the ICU and die as a result of their illness. The study looked at data from nearly 50,000 adult patients in California diagnosed with Covid-19 from January 2020 to the end of October 2020.

To measure activity levels, researchers asked each patient to self-report how many minutes they exercised each week. After analyzing their weekly physical activity with their Covid-19 response, researchers found that patients who were consistently inactive (less than 10 minutes a week) had a greater risk of hospitalization, admission to the ICU and death than those who worked out 150-plus minutes a week.

"Even after we controlled for variables such as obesity and smoking in the analysis, we still saw inactivity was strongly associated with much higher odds of hospitalization, ICU admission, and death compared with moderate physical activity or any activity at all," Dr. Robert E. Sallis, a family and sports medicine physician at the Kaiser Permanente Fontana Medical Center, who conducted the study, tells CNBC Make It.

"Adults should do at least 150 minutes and up to 300 minutes a week of moderate-intensity physical activity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity," Sallis says. But Sallis added that even a basic recommended level of exercise, "such as walking 30 minutes a day, five days a week is enough to help your body to fight off a variety of disease, including Covid-19." Researchers of the study are recommending efforts to promote physical activity be prioritized by public health agencies and incorporated into routine medical care.

Another [study](#) published by the [National Institutes of Health](#) in June linked regular exercise to a boost in immune-system response, which could serve as a tool in helping fight Covid-19, researchers said. However the intensity of exercise could matter, according to another study published in [March](#), which found that slow walkers were almost four times more likely to die from Covid than brisk walkers. The study looked at over 400,000 middle-aged adults in the U.K.

"We know already that obesity and frailty are key risk factors for COVID-19 outcomes. This is the first study to show that slow walkers have a much higher risk of contracting severe COVID-19 outcomes, irrespective of their weight," lead researcher and professor of physical activity and sedentary behaviour at the University of Leicester Tom Yates said in a [press release](#).



IN *Action*

KEC DONATES TO SALVATION ARMY

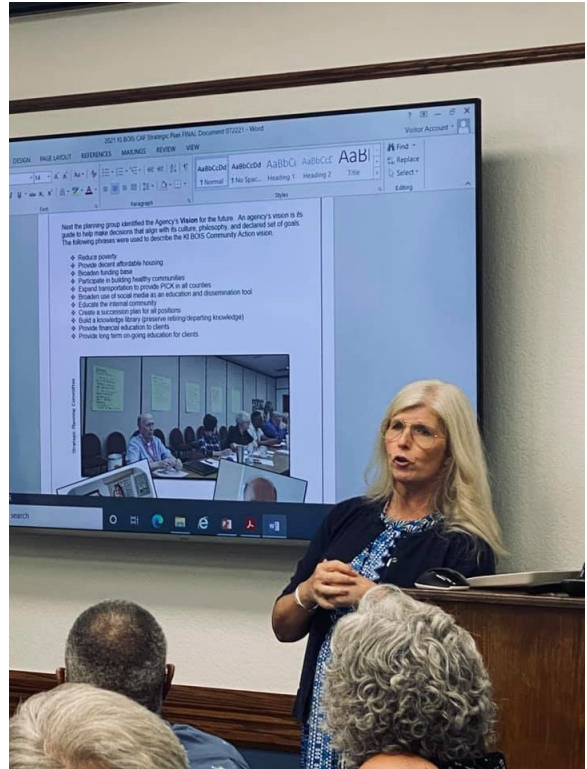
Kiamichi Electric Cooperative (KEC) chose the Salvation Army as one of the 2021 recipients of the CoBank Sharing Success Grant Program. This program is designed to provide matching grants to charitable organizations and causes in local communities. They received a total donation of \$2,000; \$1,000 from KEC and \$1,000 from CoBank, a lender of KEC.

Picture L - R: Claudia Jeffrey, Latimer County Director; Michelle Warmuth, MMPR KEC; Linda Baldwin, KEC HR Executive Assistant



www.kiamichielectric.org

KI BOIS Community Action Latimer County Director Claudia Jeffrey recently accepted a \$2,000 donation to Salvation Army from Kiamichi Electric Cooperative. It was chosen as one of the 2021 recipients of the CoBank Sharing Success Grant Program. Pictured L-R are Jeffrey, Michelle Warmuth and Linda Baldwin of



KI BOIS Community Action Director of Planning & Development Linda Love presented the 2021 Community Needs Assessment & Strategic Plan to the Board of Directors and leadership staff at the July 2021 Board Meeting.



Kathy Healy represented the KI BOIS Healthy Living Program at the Health & Wellness Center in Stigler on August 12th. She had various resources available to help Oklahomans eat better, move more and be tobacco free.



The Sequoyah County office got new signs to make our office easier to find. Helen Gann, Melissa Lowe and Tanya Harrison are shown standing next to the large signs.



If you witness a fellow employee doing something extraordinary for a client, consumer, another employee, or his/her community, please e-mail Royce Alverson, Community Liaison, so it can be posted on the social media sites. Be specific as to why he/she should be included in a FriYay shout-out. The e-mail address is: Royce.Alverson@kibois.org. This is a fun, interactive way to reinforce to our communities how wonderful our agency and employees are.





All employment opportunities are posted on our website, www.kibois.org. *These positions are open to KI BOIS Community Action Foundation Staff as well as to the public.* (ALL POSITIONS SUBJECT TO CONTINUED PROJECT FUNDING.)
Deadline for all openings: Until Filled. Current employees – please submit a letter of interest to Human Resources.


Applications may be picked up at any KI BOIS Community Action Foundation, Inc. office or printed from the website, www.kibois.org. Applications should be returned to:

**KI BOIS Community Action Foundation, Inc.
 P. O. Box 727, Stigler, OK 74462
 Attention: Human Resources**



The Promise of Community Action

Community Action *changes* people's lives, *embodies* the *spirit of hope*, *improves* communities, and makes America *a better place to live*. We care about the *entire community*, and we are dedicated to *helping* people *help themselves and each other*.



KI BOIS Community Action Foundation, Inc.

Mission Statement

KI BOIS Community Action Foundation, Inc. is a community-based organization dedicated to eliminating the causes of poverty and bettering the economic, mental, physical and social well-being of all people - most importantly the disadvantaged - by utilizing effective coordination and administration of available resources and information.