

KIBBOIS NEWS



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.



May is Community Action Month!

The purpose of Community Action Month is to raise awareness of Community Action and its mission. Whether our neighbors are experiencing a temporary setback or have lost their jobs..... there just seems to be too many struggles to achieve a good quality of life. Despite America's economic recovery, nearly 40 million people are still living in poverty and even more are just one missed paycheck away from hardship. We believe everyone should be able to take care of their families and have an equal opportunity at success.

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 dedicat-

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From the Desk of the Executive Director / CEO

May 2021

May 2021 is National Community Action Month. Over 1000 Community Action Agencies are celebrating the 57th Anniversary of Community Action.

We are still operating under CDC Guidelines for the COVID-19 pandemic.

We are following closely both the federal and state legislation that will determine the funding of our Community Action programs for the coming year. At this time it appears that our federal funding will remain flat until congress and the President can agree on a budget which will probably be in September 2021. We remain hopeful that our programs will receive increases in the new federal budget. We will still have additional COVID funding for the next several months. Due to revenue increases in the State of Oklahoma we are also expecting an increase in our State Appropriated Funds.

Our KATS program is currently hiring drivers. We are also needing employees in our DD program.

SSVF continues to reach homeless veterans across Oklahoma. SSVF continues to make a difference with at risk veterans in Oklahoma.

We have a new Community Action Office Building under construction in Poteau, Oklahoma. We hope to have it completed by the end of summer! We are replacing the roof on the county office in Wilburton. We have a new Women's Shelter under construction in Stigler, Oklahoma.

Thank you for your support of the much needed social programs we operate! Have a great summer!



Carroll Huggins



***Stand
Up For
An
Abused
Child***

***San Bois CASA,
Inc.***

***Serving Latimer, LeFlore
and Haskell Counties.***

Call 918-647-3267

***Carroll Huggins, CCAP
Executive Director / CEO***

May is Community Action Month cont. from page 1

ed to helping people help themselves and each other.

Community Action Agencies like KI BOIS Community Action Foundation connect individuals and families to programs which help them succeed. Some of KI BOIS Community Action programs include: Supportive Services for Veterans Families, KATS (transportation), Housing, Weatherization, Developmental Disabilities, Domestic Violence Program & Shelters, Healthy Living, Child & Adult Care Food Program, Foster Grandparent Program, Retired Senior Volunteer Program, KI BOIS Community Care, Rx for Oklahoma, Volunteer Income Tax Assistance and Emergency Services.



KI BOIS News

is published monthly by
KI BOIS Community Action
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Burns Retires.....

Cheryl Burns, right, retires after 20 years working as the Route Supervisor / Driver for KI BOIS Community Action Area Transit (KATS) in Checotah. Burns will be fostering eight (8) great nieces and nephews. Congratulations Cheryl! KI BOIS Community Action wishes you the best!



Awe.... there's a new baby girl at the Edwards home. Marnie Rae was born on April 19th, weighing 6 lbs. and 12 ounces. Marnie was welcomed home by her parents, Hunter and Haley and big sisters, Harper and Jayden Rose. Hunter is a KI BOIS Community Action Computer Technician.

We Have a New Face/Voice at KI BOIS Community Action

When you call KI BOIS Community Action Central office, Stigler, you will hear a new voice, the voice of Nakeshia Nicole Capehart. Capehart resides in Stigler and graduated from SHS in 2017. She went on to Carl Albert State College, Poteau, where she graduated on May 8th, 2021 with an Associate of Arts degree in Sociology/Psychology. Nakeshia will also be earning a new title of MRS on June 12, 2021, as she will wed her best friend of four years, Chace Morrison.

Capehart's career path was chosen with the intention of bringing help to the people in her community which needs help. Her inspirations come from organizations which she has been involved in and continues to volunteer. Some of her involvement includes Smart Start, RSVP (Retired Senior Volunteer Program), Stand for the Silent and leadership in 4-H programs. She plans to continue learning and doing additional programs to better the community along with furthering her degree.

According to Capehart, "I am delighted to be a part of the KI BOIS Community Action team and I am ready to help make a difference. I want to thank the KI BOIS staff for welcoming me with love and understanding. I can't wait to see what 2021 and the years to come have in store for us."



Capehart, left, takes time for a photo between phone calls.

Discover the Power of ONE Healthy Habit.....

Maybe it was sparked by an inspiring story you read, a workplace challenge, the realization that you couldn't keep up with your grandkids at the park, a tough conversation with your doctor or that time you struggled to breathe after climbing a flight of stairs. You experienced a powerful lightbulb moment and you're ready to take some steps in a healthy direction. Now What? Often those bursts of motivation are so exciting, we can get carried away. If you want to create a healthy lifestyle that lasts, focus on one small step at a time. Over time, these steps will lead to powerful changes. **Here's how.....**

1. Start with one. Add one healthy habit to your family's routine. This can be drinking one more glass of water a day, getting one more hour of sleep, adding one more vegetable to your meal or incorporating one more exercise break into your afternoon. Pick the one that feels the easiest!

2. Build from there. Harness the positive momentum from your first habit to tackle the next one on your list. Take Alex, who focused on food first. Once she'd been eating healthier for a while, she naturally had more energy for physical activity.

3. Keep track. Whether it's logging your successes in an app or adding fun stickers to a calendar, tracking your family's progress can help you build consistency

4. Find a buddy. Stay accountable by enlisting the support of your kid, friend, coworker or significant other.

5. Pursue progress, not perfection. When you mess up (and you will, because you're human), be gentle with yourself. One bad day doesn't cancel out weeks of progress. Approach your slip-up with curiosity and identify what went wrong. Then, figure out a strategy for the next

time you're in a similar situation.

One day, when you least expect it — it'll all sink in. You'll realize you're sleeping more, drinking water, eating healthy and moving daily ... and it'll feel effortless. That's the power of building a healthy lifestyle because small changes will add up...one habit at a time.

Where will you start?



Healthy Living Program Director Denice Daniels and Healthy Living Assistant Coordinator Kathy Healy are shown with trays of healthy snacking. These trays were delivered to the employees of Haskell Regional Hospital for **Employee Appreciation Week**. Daniels and Healy are always spreading the news regarding healthy living.

New Projects for KI BOIS Community Action



Domestic Violence Shelter - Stigler



LeFlore County office - Poteau

The Energy Picture Today....Michael Knapp, Weatherization Director

The Energy Picture Today.....Although the United States represents about 6% of the world’s populations, it consumes 26% of the world’s energy supplies. Largely responsible for our standard of living, energy is a principle commodity of our society, amounting to about 9% of the entire U.S. Gross National Product (GNP). Energy performs work, controls indoor temperature, offers convenience and provides entertainment.

Yet, energy’s benefits are tarnished by damage caused to the environment. Energy consumption inevitably produces harmful by-products such as: carbon, nitrogen and sulfur oxides; radioactive waste; acid rain; and oil spills.

Energy consumption also produces severe economic side effects. The United States imports over 50% of the oil it uses, making oil our largest import. Importing this oil creates 20% of our annual balance-of-trade deficit.....over \$50 billion per year.

Householders in the United States spent \$110 billion for 9.2 quads of energy in 2010 (a quad is one quadrillion British thermal units of energy - the equivalent of 40 million tons of coal or 182 million barrels of fuel oil). Natural gas and electricity, the major home energy sources, account for 86% of that \$110 billion dollars spent, Oil, liquid propane gas (LPG), kerosene, wood and solar make up the remainder.

What is Energy Efficiency? Converting energy from its natural form to our intended use is never completely successful - some energy escapes and is wasted. In older residential heating systems, for example, less than 60% of the potential energy in natural gas actually makes it into living areas.

For many years, analysts considered energy consumption and Gross National Product (GNP) to be functionally linked. A rising GNP and rising energy consumption were considered an inevitable consequence of progress.

Now we know that we must become more efficient in order to preserve our standard of living, our security and our environment.

Energy efficiency is a term that describes our efforts to reduce energy waste and provide more economical energy benefits with less environmental damage. Energy conservation means essentially the same thing, although many policy-makers believe “efficiency” is a more positive word than “conservation.” The two words are used synonymously here.

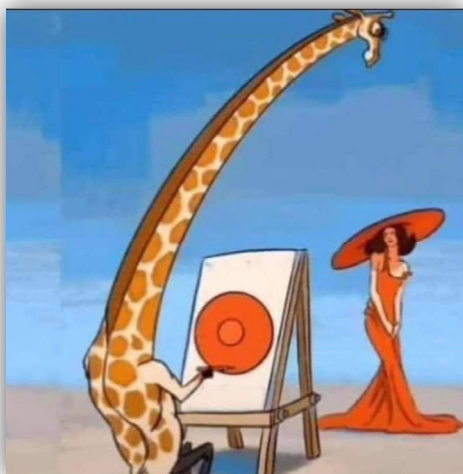
Causes of Inefficiency..... The energy professionals' most important challenge is to find the sources and causes of residential energy waster. These vary depending upon climatic conditions, building characteristics and building operating procedures. For example, heating energy waste may dominate Minnesota single-family homes, while waste from cooling, water heating and lighting may be the dominate problem in Texas high-rise residential buildings.

Inefficiency is identified in the following energy demands: Heating inefficiency, Heat losses, Air leakage, Water heating, Cooling
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Weatherization Works

KI BOIS Community Action Recycling staff were guest speakers at the April meeting of the New Century Club, Stigler. Left to right, Rose Crowder, Savana Amos, Annette Gray and Heather Harrison shared with the club their duties and how the recycling program helps our community. Great job ladies!



Everyone Has a Different Prospective....

We Honor Those Who Died in our Nations Wars...

Memorial Day, formerly Decoration Day, in the United States, holiday honoring those who have died in the nation's wars. It originated during the American Civil War when citizens placed flowers on the graves of those who had been killed in battle. More than a half dozen places have claimed to be the birthplace of the holiday. In October 1864, for instance, three women in Boalsburg, Pennsylvania, are said to have decorated the graves of loved ones who died during the Civil War; they then returned in July 1865 accompanied by many of their fellow citizens for a more general commemoration. A large observance, primarily involving African Americans, took place in May 1865 in Charleston, South Carolina. Columbus, Mississippi, held a formal observance for both Union and Confederate dead in 1866. By congressional proclamation in 1966, Waterloo, New York, was cited as the birthplace, also in 1866, of the observance. In 1868 John A. Logan, the commander in chief of the Grand Army of the Republic, an organization of Union veterans, promoted a national holiday on May 30 "for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion."



KI BOIS Community Action will observe Memorial Day on Monday, May 31, 2021.

Wearing a red poppy on Memorial Day.....

In the spring of 1915, bright red flowers began poking through the battle-ravaged land across northern France and Flanders (northern Belgium). Canadian Lieutenant Colonel John McCrae, who served as a brigade surgeon for an Allied artillery unit, spotted a cluster of the poppies shortly after serving as a brigade surgeon during the bloody Second Battle of Ypres. The sight of the bright red flowers against the dreary backdrop of war inspired McCrae to pen the poem, "In Flanders Field," in which he gives voice to the soldiers who had been killed in battle and lay buried beneath the poppy-covered grounds.

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Lieutenant Colonel John McCrae



The Energy Picture Today....continued from page 6

inefficiency, Heat gains, Distribution systems, Home appliances and Resident cooperation.

Potential for Energy Efficiency...The lack of insulation and efficient heating and cooling systems among other problems, drives typical residential buildings to use 1.5 to 2.0 times as much energy as necessary to achieve comfort and convenience. This excess energy usage amounts to about \$45 billion annually.

A retrofit is a change in a building or its energy systems made to increase its energy efficiency. Retrofits installed by technicians working the Department of Energy's Weatherization Assistance Program saved an average of 18.2% of space heating energy and 13.5% of total energy in 2015 according to a national study. Home owners participating in utility-sponsored energy conservation programs used 23% less electricity for heating and 26% less for air conditioning than nonparticipants, according to the Office of Technology Assessment.

Notice of Job Posting May 13th, 2021



KI BOIS AREA TRANSIT PROGRAM

JOB TITLE: TRANSIT DRIVERS (Please verify current openings with local transit office.)

JOB REQUIREMENTS: Maintain a valid driver’s license. Good driving record. Must be physically able to assist passengers and their belongings while entering and exiting the vehicles. Must be able to lift a minimum of 50 lbs. and provide wheel chair assistance. Should have knowledge of area resources and live within convenient distance of city where job opening is available.

KI BOIS COMMUNITY CARE PROGRAM

JOB TITLE: CASE MANAGER - FT (Program Service Area)

JOB REQUIREMENTS: Will provide case management for the Advantage Program. Requires BS in social work or related field with two years of experience in human services. An equivalent combination of education and experience may be substituted. Must be willing/available to complete other program training as required.

KI BOIS DEVELOPMENTAL DISABILITIES

JOB TITLE: HABILITATION TRAINING SPECIALIST - PT/FT (Stigler GROUP HOMES)

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.) Able to lift a minimum of 50 lbs.

JOB TITLE: HABILITATION TRAINING SPECIALIST - PT/FT (Stigler, 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.) Able to lift a minimum of 50 lbs.

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 BOS Community Action Foundation, Inc. are "at will" employees.

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