

June, 2022

Helping People. Changing Lives.
Serving Eastern Oklahoma Since 1968



On May 17th, employees at the KI BOIS Board & Administration Office, along with a few Housing & Weatherization and KATS employees, spent the afternoon picking up trash and hauling off limbs at Roye Park in Stigler. This was done as a community project in conjunction with Community Action Month that is celebrated every May nationwide.

A picnic lunch of fried chicken and all the trimmings was served under the pavilion. After lunch, everyone teamed up to do their part in the beautification of the park.

Partnering for the Park committee members were very appreciative of everything done that afternoon. Plans are already being made to do this again next year, which will coincide with the 55th Anniversary of KI BOIS Community Action.

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KI BOIS NEWS

Helping People. Changing Lives.

From the Desk of Executive Director / CEO

R. Carroll Huggins



We are celebrating a new Federal Holiday this month!
Juneteenth!

Juneteenth (officially **Juneteenth National Independence Day**, and also known as, **Jubilee Day, Emancipation Day, Freedom Day, and Black Independence Day**) is now a federal holiday in the United States commemorating emancipation of enslaved African Americans. It is also often observed for celebrating African-American culture. Originating in Galveston, Texas, it has been celebrated annually on June 19 in various parts of the United States since 1865. The day was recognized as a federal holiday on June 17, 2021, when President Joe Biden signed the Juneteenth National Independence Day Act into law. Juneteenth's commemoration is on the anniversary date of the June 19, 1865, announcement of General Order No. 3 by Union Army general Gordon Granger, proclaiming freedom for enslaved people in Texas, which was the last state of the Confederacy with institutional slavery.

June is also a month when many of our staff take their annual vacations. Unfortunately the large increase in gasoline prices, motels, airfare, and food have made vacations and travel very expensive.

The much higher cost of living is also making it more difficult for our low-income clients to survive. We are thankful that we still have additional Federal "Covid" funding to cover many of their needs.

We thank each of you for your support of these much needed social programs we operate!

Have a great summer!

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

**KI BOIS COMMUNITY ACTION BOARD
OF DIRECTORS**

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KI BOIS NEWS

is published monthly by
KI BOIS Community Action
Foundation, Inc.

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10 YEARS



Williams Places 7th at Nationals

KATS driver Terry Williams gives a big wave during the competition at the CTA National Bus Rodeo in Baltimore, Maryland. Williams placed 1st in the State Bus Rodeo in Oklahoma earning him the opportunity to compete in the national competition. There were 47 contestants from 48 states and Williams placed 7th.

Testing consisted of wheelchair securement, pre-trip inspection, written exam and driving the obstacle course.

Cheering Williams on were KATS Director Charla Sloan, Redonna Perry and Mike Jordan.

Terry Williams continues to drive for KATS in Stigler. He's been a valued employee since 2005.



June 19
June 20
June 27

Father's Day
Juneteenth Holiday
KI BOIS Executive Board Meeting





Spending time outside is a great way to be physically active, reduce stress, and get [vitamin D](#). You can work and play outside without raising your skin cancer risk by protecting your skin from the sun. Skin cancer is the most common cancer in the US and too much sun can cause skin cancer.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. [UV rays](#) are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The [UV Index](#) forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun. You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options. Sunscreen is not recommended for babies who are 6 months old or younger. The [U.S. Food and Drug Administration](#) recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.

SPF. Sunscreens are assigned a *sun protection factor* (SPF), which is a number that rates how well they block UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off. **Expiration date.** Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

Mr. Burris is a long-time KI BOIS Board Member. Several KI BOIS employees and fellow Board members attended his retirement party at Ft. Smith Public Schools on May 19th.

Congratulations!!!



Happy Retirement, Henry Burris

IN *Action*

“This is a great way for our staff to give back to the community and have fun. It was a time of team building and working together.

**Larry Hall
Associate Director/COO**



Celebrating Mr. Huggins



FYI FOR YOUR INFORMATION



RUBBER DUCK REGATTA
Saturday, June 4, 2022 at 5:00 PM

- Housing • Developmental Disabilities
- KI BOIS Community Care
- Women's Shelter
- Child and Adult Care Food Program
- Retired Seniors Volunteer Program
- Foster Grandparent Program
- KATIS (Transportation)
- Rx for Oklahoma (Prescription Assistance)
- Volunteer Income Tax Assistance
- Supportive Services for Veteran Families



Community Action PARTNERSHIP
Helping People. Changing Lives.
AMERICA'S POVERTY FIGHTING NETWORK

R. Carroll Huggins, CCAP Executive Director - CEO
200 S.E. 'A' St. • Stigler, OK 74462 • 918-967-3325 • 1-800-299-4479 • www.kibois.org

Thank you!



Making a difference...
One family at a time.

2022 Gold Sponsor




Congratulations Rebecca Renne on your Retirement after 11 years with KATS. Renne is pictured with Route Supervisor Balinda Holmes.



LGBTQIA+ PRIDE MONTH

BLACK LIVES MATTER MONTH

PTSD AWARENESS MONTH

BRAIN AWARENESS MONTH

COMING UP IN JUNE 2022

1ST	SAMOA INDEPENDENCE DAY
5TH	WORLD ENVIRONMENT DAY
18TH	AUTISTIC PRIDE DAY
19	JUNETEENTH
JUN	ORAL HEALTH MONTH
JUN	CANCER SURVIVORS' MONTH
JUN	U.S. NATIONAL SAFETY MONTH

WWW.COMMUNITYCOMMONS.ORG



Sequoyah County celebrated Community Action Awareness Month by stuffing goody bags for the Rural Communities Initiative Foundation (RCIF). That great event took place Memorial Day weekend. KI BOIS is always proud to join our community partners to help people and change lives. Pictured L-R is Melissa Lowe, Sequoyah County Director; Jayna Tillman, TSET Healthy Living Program; Tanya Harrison, Sequoyah County Outreach; and Andy Kates, Sequoyah County Outreach.

WE ARE HIRING!

A career with KI BOIS is a career with a future! ✓



KI BOIS Community Action is the largest non-profit employer in S.E. Oklahoma. We provide growth opportunities and a great place to work! www.kibois.org



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.