

July, 2022

Helping People. Changing Lives.
Serving Eastern Oklahoma Since 1968



KI BOIS NEWS

STIGLER RECYCLING CENTER & FOOD PANTRY GETS A FACELIFT



This spring, the Recycling Center and Food Pantry in Stigler received a much needed facelift.

Being that the building is located on Main Street, it's important that the facility looks nice and appealing, in addition to being functional. The inside was completely renovated with new flooring, painted walls, updated restrooms, and office furniture. In addition, new signs and window wrap was installed to give the building curb appeal.

Often referred to as the "old Vaughn Motors" building, the "East Main Office" has been used for many programs in the past.

It was home to KI BOIS Area Transit System (KATS) for several years, until they moved into their new facilities in the Industrial Park in Stigler.

Following KATS' move to it's new location, the building was the site for the Haskell County office for several community service programs before becoming the current home of the KI BOIS Recycling Center and KI BOIS Food Pantry.

These two programs offer help to so many families in the Haskell County area. As always, our programs are "Helping People! Changing Lives!"



BREAKING

NEWS

Heather Purdom, KI BOIS Accounting Supervisor, has become KI BOIS Community Action's latest Certified Community Action Professional (CCAP). This is the highest certification that can be earned in Community Action!

Heather will join fellow CCAP's at the Community Action National Convention to be held in New York City in August. This brings KI BOIS Community Action total of CCAP's to 14. Congratulations to Heather on this great accomplishment!

From the Desk of Executive Director / CEO

R. Carroll Huggins



Effective leadership is the key to success of any agency. KI BOIS Community Action Foundation, Incorporated has been fortunate over the years to have good leadership at both the board of director level and staff level. This is no accident. Leadership is something that has to be continually improved on. I encourage you to continue to develop your leadership skills and continue with your lifelong learning. The following are some facts on leadership that may be helpful to you:

Leadership is the art of **influencing others to create positive change** (transformation) in the **community**.

Leaders believe in.....

- * service to others
- * hard work
- * life-long learning
- * their ability to succeed

Effective leaders.....

- * Lead from the future
- * Communicate a clear vision & purpose
- * Act with courage and integrity
- * Empower followers
- * Persevere with strong passion
- * Engage conflict and controversy
- * Hold themselves accountable
- * Seek to understand before being understood
- * Respect the dignity of others
- * Keep commitments

Our KI BOIS Community Action leadership teams in each county work to improve training and inner agency communication for our mid-management staff. KI BOIS Community Action Associate Director/COO Larry Hall, CCAP works with our six KI BOIS Community Action County Office Managers to implement this effort. KI BOIS Project Directors also conduct staff training on their respective programs as needed. KI BOIS Community Action County Office Managers are: Haskell County, Linda Love, CCAP; Latimer County, Claudia Jeffrey; LeFlore County, Kenny Barnhart, CCAP; Pittsburg County, Megan Duff, Sequoyah County, Melissa Lowe, and Muskogee County, John Ford. We have a weekly Zoom Program Director's Meeting to share information and exchange ideas. Our goal is to improve customer service to our low-income Community Action clients.

There is a big difference in being a **boss** and being an **effective leader**! Which are you? Let's work together to help people and change lives!

Have a Safe Summer!

*Carroll Huggins, CCAP
Executive Director / CEO*

KI BOIS COMMUNITY ACTION BOARD OF DIRECTORS

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July 4
July 28

Independence Day Holiday
KI BOIS Executive Board Meeting





Summer EBT for Children

Apply Now!

Who:

First American and non-First American students enrolled in participating schools and receiving **free and reduced-cost school meals** may qualify for free food this summer!

What:

Qualifying families receive an EBT card (works like a debit card) to purchase healthy food for the summer.

Where:

To apply online or for more information, visit Chickasaw.net/SummerEBT. To apply over the phone, call (580) 272-1178 or (844) 256-3467 (8 a.m. to 5 p.m., Monday-Friday).

APPLICATION DEADLINE IS AUG. 4, 2022.

Summer EBT for Children is an initiative of the Chickasaw Nation. USDA is an equal opportunity provider and employer. This material is based upon work that is supported by the Food and Nutrition Service, U.S. Department of Agriculture.

988
SUICIDE & CRISIS
LIFELINE



If you or someone you know needs support now, call or text **988** or chat 988lifeline.org

988
SUICIDE & CRISIS
LIFELINE



PEP22-08-03-001

In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline’s (1-800-273-8255) network of over 200 locally operated and funded crisis centers across the country.

On July 16, 2022, the U.S. will transition to using the 988-dialing code, and it is a once-in-a-lifetime opportunity to strengthen and expand the existing Lifeline.

988 is more than just an easy-to-remember number—it’s a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

The 988 dialing code is just a first step toward strengthening and transforming crisis care in this country. It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help.

Over time, the vision for 988 is to have additional crisis services available in communities across the nation, much the way emergency medical services work.

IN *Action*



Hunter Edwards, Jeremy Porter and Blake Smith (not pictured) did a fantastic job charcoaling hamburgers and hot dogs for the 2nd Quarter birthday celebration in July.



Michelle Warmuth, Kiamichi Electric Cooperative is shown presenting Claudia Jeffrey, KI BOIS Latimer County Director a check for \$1,500.00 to be used for the annual Latimer County Back to School Bash. Thank you KEC!

Back To School Events

BRUGHT TO YOU BY LATIMER COUNTY COALITION

08-08 5-7PM

BACK TO SCHOOL BASH

@ROSEBURE PARK

FUN FREE ENTRY

MUST PRESENT VOUCHER FROM LATIMER COUNTY HEALTH DEPARTMENT

LEFLORE COUNTY COALITION FOR HEALTHY LIVING PRESENTS

BACK TO SCHOOL SUPPLY GIVEAWAY

FREE RESOURCES

- Free Backpacks full of supplies!
- Free Hotdogs by Community State Bank
- SAFE KIDS - Car Seat Give-Away / Checks
- Free Mobile Dental Unit Tours w/ Supplies and various community resources and activities

REYNOLDS CENTER
JULY 26TH | 10AM -2PM

BACKPACK SPONSORED BY FOMC

SPONSORS: SOUTHERN STAR, OX FAMILY NETWORK, LEUS BRIGHTER HEIGHTS, KIBDIS, HOWE, METHODIST SECOND CHANCES, POTEAU HEALTH & WELLNESS

FOR MORE INFO Email terri_lucys@yahoo.com

THE FOOD BANK

BACK TO SCHOOL ROUND UP 2022

August 6, 2022
 Sallisaw Rodeo Arena
 10 am - 12 noon

Line-up begins at 9am | Gates open at 10am

The first **600** students registered will receive a backpack stuffed with supplies!

Backpacks are for Sequoyah County students only! Student **MUST BE PRESENT** to receive a Backpack.

Community Action Partnership, PEOPLE INC, THE HEALTHY LIVING, NATIONAL BANK OF OZARK, MIX 105.1

There is no event in Haskell County. However, backpacks full of supplies will be delivered to the County Schools. This is a project of the Haskell County Coalition, of which KI BOIS Community Action is a community partner.

KI BOIS is involved with two back to school events in Muskogee County. The Dream Team at the MLK, Jr. Community Center and an event at Gospel Rescue Mission in August.



FYI FOR YOUR INFORMATION



Culture. What is it? Coaches talk about it about their teams. Have to have a standard they say. Webster defines is as “all the ways of life, beliefs and institutions of a population that are passed down from generation to generation. Could that be from teammate to teammate?

KI BOIS has a culture. Boy, was I reminded of it yesterday afternoon.

At around 3:30 yesterday afternoon, I received a phone call from Bethany Seyler, Day Manager of the KI BOIS Women’s Shelter in McAlester. She had gone to Wal Mart to purchase supplies for the shelter and the KI BOIS vehicle wouldn’t start. I reached out to Kenny Moore, who had been in McAlester to see if he could help. Kenny had already left McAlester, heading home when I reached him. He turned around at Canadian and headed to McAlester to see what could be done. I then contacted Kandy Abreo, KATS supervisor in McAlester to see if she could arrange for transportation to the shelter in case the vehicle couldn’t be started. She said she would stand by until we can find out the situation. Kenny was able to jump start the vehicle and follow Bethany to an auto shop to get a new battery. KI BOIS Culture in action. Kandy was ready if needed, even though they had a full schedule. KI BOIS Culture in Action. Three different programs, working for one common goal. Thank you!

We are fortunate to work in an organization that follows the motto of “**Helping People Changing Lives**”. This was just a prime example of situations that happen daily in our agency. Not only do we work with our clients but we help each other without hesitation. I can name many instances where someone picks up the slack even though it is not a part of their job, just to help out and get things done. This happens in all programs and counties throughout the KI BOIS region.

KI BOIS’ Culture starts with our CEO, Carroll Huggins, whose vision, leadership and standard has made our agency the best one in the state! So next time you are called to help, remember our culture, “**Helping People Changing Lives**”, even if it is your coworkers you are assisting! Thanks to all who embrace the KI BOIS Culture!

— **Larry Hall, Associate Director/COO**



In today’s world, one of the most essential habits a computer user can develop is routinely backing up important files. Routine backups will allow a user to recover files in the event of a hard drive failure, theft, or if your files have been infected by malware or ransomware. There are a few options for users wanting to back up their data. One of the most common methods of backing up files is using a USB flash drive. USB flash drives are extremely portable and cheap and can be found at just about any major retail store.

If a user is looking to backup large amounts of data, I would recommend an external hard drive. External hard drives are more expensive but they have a lot of storage space. Another option that has grown more popular in the last few years is using a cloud based backup service. Dropbox, Google Drive, and OneDrive are some of the most common services.

These services allow a user to create a more automated backup environment but requires a constant internet connection.



According to the 2020 Dietary Guidelines for Americans, adults should consume 1.5–2 cup-equivalents of fruits and 2–3 cup-equivalents of vegetables daily. Children should consume 1-2 cups of fruit and 1-3 cups of vegetables per day, depending on age.

According to the Centers for Disease Control (CDC), only a small percentage of Oklahomans eat the appropriate amount of fruit daily (8%) or eat recommended amounts of vegetables (6.1%) – making Oklahoma one of the lowest states for fruit and vegetable consumption. A diet rich in fruit and vegetables can help reduce risk factors for obesity, several diseases and cancer.

To avoid excessive cost associated with fruits and vegetables, there are several things you can do.

Buy frozen or canned; . Just make sure it’s packed in water and doesn’t have added sodium or sugar.

Buy fruits and vegetables in season. Right now is the perfect time to have kids experiment with those bright colored fruits and vegetables available at local markets.

Sneak them in other foods. Add cooked cauliflower or carrots to mac and cheese. Use zucchini as noodles for lasagna.

Be open to trying things yourself. If you aren’t willing to try new things, the kids aren’t either. Taste buds change as we age. Maybe you didn’t like it at 12 but you might now.

Have them grow their own or help you with the garden. They become invested in it and want to give it a try. Ask them what they want to grow and then do it!

WE ARE HIRING!

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



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Service Awards

MATCHING RETIREMENT ✓

ARE YOU OUR MISSING PIECE?

Follow us on: facebook.com/kibois

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.