

# May, 2022

Helping People. Changing Lives.  
Serving Eastern Oklahoma Since 1968

Helping People. Changing Lives.  
**KI BOIS® Community Action**  
**PARTNERSHIP**  
**AMERICA'S POVERTY FIGHTING NETWORK**



# NEWS

# KI BOIS

## KI BOIS RECEIVES AWARD AT CHAMBER BANQUET



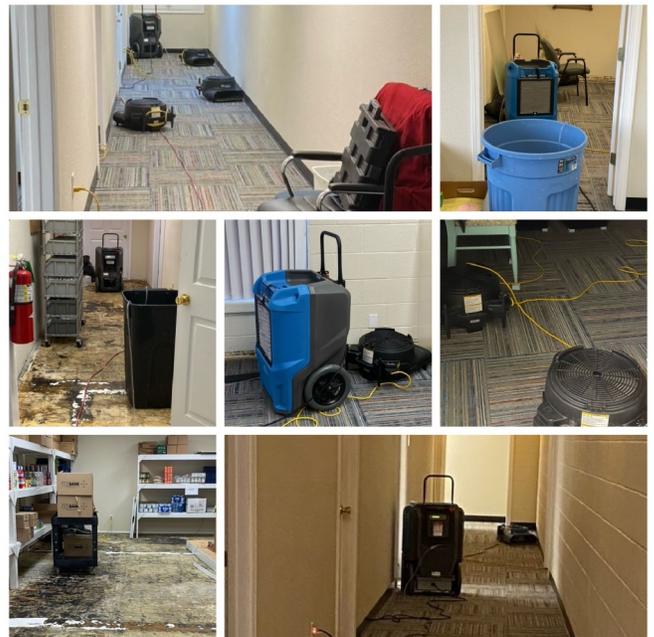
KI BOIS Community Action was honored to receive a Civic Improvement Award at the Poteau Chamber of Commerce Banquet on April 28, 2022. We were awarded for the economic and social impact that our new facility in Poteau has made in LeFlore County.

Those attending and representing KI BOIS were Executive Director/CEO Carroll Huggins and his wife Lana; KI BOIS Developmental Disabilities Director Kenny Barnhart; KI BOIS Board Members Cecil Williams and his wife Sue and Henry Burris and his wife Caresse.

KI BOIS wishes to thank Karen Wages and the Poteau Chamber of Commerce for this honor. We are proud to be a part of this great community and look forward to more great things in LeFlore County in the years to come.

## LATIMER COUNTY OFFICE FLOODS

The staff at the KIBOIS Wilburton Office arrived on Monday, May 2 to a flooded office. Heavy rain had occurred the night before and water had come in at the back of the building and flooded everywhere. There was approximately 3 inches of water in almost every office with the exception of two or three in the middle of the building. It was a very disappointing thing to happen after having a new metal roof and all new carpet installed. The first thought was, "It surely can't be the roof." Kenny Moore, KI BOIS Maintenance & Facility Director had Floordserv from McAlester addressing the problem by mid-afternoon. The new carpet tiles were removed and allowed to dry and, after several days of machines running, dehumidifying fans going, and cords stretched everywhere, the office is finally back to almost normal. Ozone generators have been purchased to run after the office closes in the afternoon to address any lingering issues. "We are grateful to the KIBOIS administration for the quick response to the problem," said Claudia Jeffrey, Latimer County Coordinator.



***From the Desk of Executive Director / CEO***

***R. Carroll Huggins***



May 2022 is National Community Action Month. Over 1,000 Community Action Agencies are celebrating the 58th 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 2022. 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.

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

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

**KI BOIS COMMUNITY ACTION BOARD OF DIRECTORS**

**Executive Board**

John Cook  
**Board Chairperson**

Cecil Williams  
**1st Vice Chair**

Jan Coplen  
**Secretary/Treasurer**

Frank Phillips  
**Parliamentarian**

Joy Walker  
**Executive Committee Member**

**Members of the Board**

- Joyce Cleveland
- Janice Williams
- De'Anne Booth
- Jeremy Bullard
- Rosalind Didlott
- Lyndon Emberton
- Henry Burriss
- Roy Gordon, Jr.
- Kodey Toney
- Charles Regan
- Ross Selman
- Gene Bass
- Bud Smithson

**Executive Leadership**

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

Tom Marlatt  
**Associate Director/CFO**

Larry Hall  
**Associate Director/COO**

**KI BOIS NEWS**

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

Royce Alverson, Editor  
918-967-3325, Ext. 134  
Royce.Alverson@kibois.org

**DAVID BRADLEY ADDRESSES OKACAA ATTENDEES**



David Bradley, CEO and Co-Founder of the National Community Action Foundation (NCAF) in Washington, D.C., gave a legislative update at the 2022 Region VI Community Action Association Conference in Oklahoma City on April 5th. For more than 30 years, Mr. Bradley has been one of Washington’s leading advocates on behalf of low-income programs. It’s always a privilege and honor to hear from this champion of the Community Action movement.



- Entire Month of May
- May 8th
- May 26th
- May 27th
- May 30th

- Community Action Awareness Month
- Mother’s Day
- KI BOIS Board Meeting  
*(new time — 3:00 p.m.)*
- Carroll Huggins’ Birthday!
- Memorial Day Holiday



Congratulations to JD Love, who graduated on May 13th from OU. JD's proud mom and dad are James & Linda Love. Linda is the KI BOIS Planning & Development Director.



Kathy Lewis, Stigler KATS Office employee, recently won 1st Place in the Female Division of the NEW YEAR, NEW ME contest at Choctaw Wellness Center in Stigler. She completed 50 visits to the Center.

Congratulations, Kathy! Way to go. Keep up the good work.



L-R: Tyrone Spears, husband of Kerisa Spears; Cook; Linda Love, KI BOIS Planning & Development Director; Preston Spears, son of Kerisa Spears.

Ms. Erin Cook, Stigler High School Graduate, is the recipient of the 2022 Kerisa Spears Scholarship, co-sponsored by the Haskell County Coalition and Kerisa's family.

Erin plans to attend Northeastern State University and major in Integrative Biology with a minor in fisheries and wildlife.

Kerisa was a long-time KI BOIS Women's Shelter employee who passed away in 2017. She was an advocate and served in various roles in the Coalition for many years. The scholarship was created to honor her memory.



## In Memoriam



**Charles White, Jr.**

July 26, 1949 — April 18, 2022

Charles is the father of KI BOIS Rx for Oklahoma / VITA Director Amy Fair.



**Edward "Eddie" Lee Morris, Jr.**

November 11, 1955 — May 15, 2022

Eddie is a longtime resident of the KI BOIS DD Program in McAlester. His KI BOIS family will miss him.



**James Delmo Welch**

December 5, 1975 — May 22, 2022

James is a longtime resident of the KI BOIS DD Program in Stigler. His KI BOIS family will miss him.



# FYI FOR YOUR INFORMATION



The threat of cyber-attacks is becoming more and more prevalent in our society. The most common method for these attacks is through email. Usually, a spoof email will pose as a legitimate sender asking a user to click a link or open an attachment. These emails are called phishing emails. Cybercriminals use phishing emails to get the information needed to access a user's computer or online accounts. The best advice I can give a user is always to use extreme caution when using email, especially links and attachments. If an email doesn't seem right, it probably isn't. Another tip is to look at the sender's email address at the top of the email. The sender's name may be legitimate, but the email address may look very odd. That is a good indicator.

Another common scam that has been happening in the last couple of years is web page hijacking. Hijacking usually occurs while a user is browsing a website when suddenly a pop-up window indicates that the user's computer has been compromised and advises them to call a phone number. Often the window will pose as a legitimate Microsoft pop-up; this is a complete scam. Never call the phone number that is displayed on these pop-ups. Your computer is not infected. The scammer wants you to believe that the computer is infected to allow them to gain access to the computer.

Thirdly, a recent cyber-attack strategy is becoming more frequent: fraudulent text messages sent to your phone with attached links. If you receive a text message from an unknown source with a link, never click on them! One click can compromise your entire phone, including text messages, email, accounts, and photos.

If you fall victim to any of these scams, your best course of action is to change your online account passwords immediately. Password hygiene is essential for your online security. It is best practice to use different complex passwords for each account and use two-factor authentication. Online password managers are an excellent tool for keeping track of your passwords. If you decide to use a password manager, it is imperative that you first do some research and make sure they are legitimate with their security and features.



We are living in some uncertain times today. From the economy to the war in Ukraine, personal freedoms to pandemic, family values to human rights, politics to immigration, we are in the midst of uncertain and divisive times. Today it seems like, "if you don't think or believe like me, you are wrong".

What can we do? Ignore it, stick our head in the sand? Turn off the TV, stop reading Facebook and the newspaper? No, we can truly educate ourselves and learn about the issues that are causing such uproar in our world today. Knowledge is power. Knowledge of the issues allows for clearer thinking, and ability to more understand the different viewpoints associated with an issue. It's easy to write off someone whose opinion doesn't align with yours, but that doesn't solve anything and generally leads to hurt feelings or anger towards one another. What happened to respecting someone's opinion or perspective even if you don't like it? Where did treating each one with respect go by the wayside? Through educating yourself, you may not agree with their perspective, but you may understand it. I believe respect is still shared by most of us, just has gotten lost in the rhetoric and noise being shared today. Remember: Treat others as you would want to be treated! Knowledge is Power! Take time to learn!

As we approach this Memorial Day, and the time to celebrate all who have given the ultimate sacrifice for this country, what better time to show our true colors which we all can agree; we are **Americans, One Nation** under God, with liberty and justice for all!

"Tell me and I forget. Teach me and I remember. Involve me and I learn". -*Benjamin Franklin*

*Larry Hall*  
Associate Director / COO



# FOR YOUR INFORMATION



May is national Mental Health Awareness Month. Recent reports state that more than 1 in 3 high school students have reported persistent feelings of sadness or hopelessness. Mental Health related emergency visits increased by 31% for teens during the pandemic.

These trends are indicative of the stress and instability teens have faced over the last few years. They've experienced a life-changing pandemic during a formative age, and their social support communities have been disrupted in a major way, as well as the additional stress parents have experienced, which affects the entire family system.

To manage, young people are seeking out ways to relieve these feelings, including unhealthy coping mechanisms like vaping and marijuana.

Vaping and marijuana use are on the rise among Oklahoma teens — nearly half of Oklahoma ninth-graders have tried vaping, and this percentage increases to 69% for Oklahoma high school seniors. More than 25% of Oklahoma teens say they vape regularly. Teens say they are vaping and using marijuana to deal with stress, anxiety and depression — but the reality is it is making their symptoms much worse.

### How Does Nicotine Addiction Affect Youth Mental Health?

- When a person is dependent on (or addicted to) nicotine and stops using it, their body and brain have to get used to not having nicotine. This can result in temporary symptoms of nicotine withdrawal.
- Nicotine withdrawal symptoms include irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, and craving nicotine. People may keep using tobacco products to help relieve these symptoms.
- Youth may turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence. But nicotine addiction can be a source of stress.
- What may start as social experimentation can become an addiction.
- The most common reason U.S. middle and high school students give for *trying* an e-cigarette is “a friend used them.”
- The most common reason youth give for *continuing* to use e-cigarettes is “I am feeling anxious, stressed, or depressed.”
- Youth e-cigarette and cigarette use have been associated with mental health symptoms such as depression.

Talk to your teen about vaping, tobacco and marijuana use. Encourage them to never start because quitting is hard. If you have or know a teen that needs help quitting, please refer them to My life, My Quit. <https://ok.mylifemyquit.org/>. The can begin by texting “Start My Quit” to 36072. My life, My Quit can provide teens with coaching to assist them in quitting.

Sources: CDC Website, The Oklahoman: Viewpoint: Oklahoma teens use vaping, pot to cope with mental health, [www.ok.mylifemyquit.org](http://www.ok.mylifemyquit.org)

AAPI HERITAGE MONTH

MENTAL HEALTH MONTH

JEWISH HERITAGE MONTH

CLEAN AIR MONTH

COMING UP IN  
**MAY**  
2022

1ST	INT'L WORKERS DAY
1-7	NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS WEEK
MAY	ARTHRITIS MONTH
MAY	MOBILITY AWARENESS MONTH
MAY	AFFORDABLE HOUSING MONTH
MAY	EDS/HSD & ALS AWARENESS MONTH
MAY	BETTER SPEECH/HEARING MONTH

WWW.COMMUNITYCOMMONS.ORG



# 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](http://www.kibois.org)

All employment opportunities are posted on our website, [www.kibois.org](http://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](http://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.