

MID-OHIO VALLEY REGIONAL COUNCIL



MOVRC Monthly Newsletter
<http://www.movrc.org/>
304-422-4993

March 2018

LOOKIN FOR A FEW GOOD VOLUNTEERS!!!!



The Senior Companion Program continues to be busy challenging participants to help spread the word and recruit new volunteers. For every successful volunteer that was recruited in January and February the recruiter(Senior Companion) received a \$20 Wal-Mart gift card. 11 new volunteers were submitted. Eight have joined the roles of the Senior Companion Program, while the three remaining volunteers are awaiting the background check process.

WE  **VOLUNTEERS**



DID YOU KNOW??????

Volunteering can improve mental health and help you live longer, according to a new study.

A study led by researchers at the University of Exeter Medical School in England found that volunteers reported lower levels of depression, increased life satisfaction and enhanced well being.

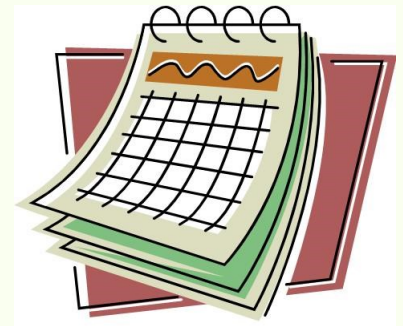
New research also suggests becoming a volunteer later in life can result in good mental health and well being.

COMMUNITY DEVELOPMENT UPDATES

TOWN OF MIDDLEBOURNE ACCEPTS BIDS



The Town of Middlebourne will accept bids for two projects in the near future. On March 30, 2018 at noon, bids will be opened on an Early Warning Monitoring System for its water supply intake. This project is funded by a grant from the WV Bureau for Public Health Source Water Protection program. Then, on April 3, 2018 at 2:00 p.m. the Town will open bids on its Water System Improvements project that will improve its treatment process and its distribution system. This project is funded by USDA Rural Development.



UPCOMING CONFERENCES

Mountain State Land Use Academy

May 15-16, 2018

Adventures on the Gorge in Lansing, West Virginia

Discuss pressing land use issues in WV with certified planners, legal experts & other local leaders. Topics will include livable communities, zoning, dilapidated buildings, affordable housing and more!

Land Use & Sustainable Development Law Clinic
West Virginia University College of Law
(304) 293-4633 erica.hetzel@mail.wvu.edu

WV Regional Planning & Development Councils 2018 Annual Conference

May 20-22, 2018





Lakeview Resort & Spa in Morgantown, West Virginia

Topics of interest: Morgantown TIF Project; Hazard Mitigation Planning; WVDO Broadband CDBG Grant Program; WV HUB: BAD Buildings Program; Community Economic Development Strategy (CEDS): Purpose, Need & Importance; Local, State and Federal Representatives

Foster Grandparent & Senior Companion Programs Attend Mental Health First Aid Training

The Foster Grandparent & Senior Companion Programs recently attended a Mental Health First Aid Training at West Virginia University at Parkersburg. Those in attendance included: Janet Somerville, Tammy Raines, Michelle Williams, Rodney Poling, Mike Livesay, Sharon Ball, Nola Herndon and Jan Glessner. Mental Health First Aid is a training program that teaches members of the public how to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. Like traditional first aid, Mental Health First Aid does not teach people to treat or diagnose mental health or substance use conditions. Instead, the training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolves. While first aid for physical health crises is a familiar notion in developed countries, conventional first aid training has not generally incorporated mental health problems.

ALGEE: THE ACTION PLAN

-  **ASSESS** for risk of suicide or harm.
-  **LISTEN** non-judgmentally.
-  **GIVE** re-assurance and information.
-  **ENCOURAGE** appropriate professional help.
-  **ENCOURAGE** self-help and other support strategies.



Workforce Development Board

This month the Workforce Development Board MOV held their Career Advantage Mentor night for the Youth participants. The event was held at the Workforce WV located in the lakeview center in Parkersburg. Mentoring the event were four local professionals from social services, sales, manufacturing, and food branches of the workforce. We had 3 approved OJT's in the month of February one for Parkersburg Utility Board and 2 for Chemours. WDB MOV has been working closely with the Laborer's Union with another 7 apprenticeships for the February class. There is an apprenticeship summit at WVUP on April 17th held by Apprenticeship in Motion (AIM). There will be other summits throughout the state of West Virginia that are shown in the image below. You will learn more about registered apprenticeships and how to start one for your business. All summits are free to attend but registration is mandatory.

