



## October is Breast Cancer Awareness Month

October is nationally recognized as Breast Cancer Awareness Month. Breast cancer occurs when cells in the breast divide and grow at an abnormal rate, typically slowly and originating in the milk ducts. Getting a routine breast screening is the best way to lower your risk of dying from breast cancer. Screening can help find cancer at an early stage when treatment is most effective.

In observance of Breast Cancer Awareness Month, Roane FRN will be hosting an informational table at the Roane County Courthouse concerning self-screening, warning signs, and treatment options within our county. We will also be sharing these resources on our Roane FRN social media pages. Please follow us online for additional data and resources.

### STATISTICS

Breast cancer is the most common cancer diagnosed in women in West Virginia, and the second leading cause of cancer-related death.

About 80% of women diagnosed with breast cancer each year are 45 or older, and about 43% are 65 or above.



## WV Black Walnut Festival Set for October 10-13th



The much-anticipated WV Black Walnut Festival will return on October 10-13, 2024 in Spencer, WV. Festivities will include the Grand Parade on Saturday, Kid's Parade, the annual Nut Run, nightly live music, daily carnival operation, food vendors, craft/quilt show, car show, livestock show, band competition, BWF Queen Coronation, and more. Please note that festivities will result in some street closures and increased foot and automotive traffic in the area. Please use caution when navigating the area and be mindful of pedestrians.

Roane FRN would like to thank festival organizers, volunteers, the City of Spencer, and local donors/ partners for their tireless efforts to provide our community this wonderful weekend of celebration.

Should you need information to share with visitors to the area, including lodging, local resources, and helpful contact numbers, please feel welcome to access our Roane FRN Resource guide on our website ([roanefrn.org](http://roanefrn.org)) or Facebook. This document is also formatted for printing and sharing as needed.

### MORE INFORMATION

Additional information concerning the 2024 WV Black Walnut Festival, including event schedules, can be found on their website or Facebook Page.

Festival Website:  
<https://www.wvblackwalnutfestival.org/>

Facebook Page:  
<https://www.facebook.com/wvbwf>

# Quick Questions: What is a Family Resource Network?


In the Quick Questions portion of this newsletter, we will strive to answer common questions about agencies, services, and supports within Roane County, WV. For our first edition, we have decided to tell you about our own agency, Roane County Family Resource Network.

Family Resource Networks (FRNs) have existed in the state of West Virginia since the early 1990s. FRNs can have a wide and varied scope of work, and often choose to focus efforts on the issues most pressing and relevant to their local service area. FRNs do not provide direct services but rather work collaboratively with partner agencies to implement and support new or existing programs or projects. All FRNs are tasked with the same primary objectives, however, they have flexibility in how they choose to address and meet these objectives. This flexibility in function serves FRNs well by allowing them to be responsive to the needs and opportunities of their communities and residents.



Some examples of FRNs' primary work areas include: substance abuse prevention, community development, early childhood programs, child abuse prevention, economic development, foster care placement, resource development, and food or non-food essentials assistance. Our office can be reached at:

 roanefrn@gmail.com

 (304) 927-6070

 216 Market St. (City Center), Suite 208

## Trick-or-Treat Safety Tips:

Stay in groups with an adult  
Costumes well-fitting and flame-resistant  
Always test costume make-up for skin reactions  
Remember to look both ways when crossing streets  
Examine all treats before eating

Stay on sidewalks when possible  
Avoid darkened homes or homes without lit porch lights  
Flashlights, glowsticks, or reflective tape for increased visibility  
Enjoy and remain alert to surroundings!



## County Halloween Events Scheduled

Several Halloween activities have been scheduled within Roane County. To find a trick-or-treat, trunk-or-treat, Halloween party, harvest festival, or hayride near you, see below:

Roane County Trick-or-Treat  
Thursday, October 31st, 6-8 p.m.

RJTC Tech-or-Treat  
Thursday, October 24th, 5-7 p.m.

GEMS Trunk-or-Treat:  
Wednesday, October 30th, 6-8 p.m.

As more information is released, it will be posted to the Roane FRN Social Media page.



# FRN UPDATES

## Copy of Most Recent FRN Agenda

### September FRN Meeting

September 24 , 2024

12:00 p.m.

Roane County Commission Chambers

#### Opening:

- Welcome/Introductions
- Review of August Minutes and Treasurer's Report

#### Director's Report:

- FRN Needs Assessment Survey Information/QR Code–Deadline Nov. 1
- FRN Monthly Newsletter Launch/Review, brief website tour
- Community Baby Shower: Seeking Planning Committee Members
- Fall ACES Training Updates– Potential Dates
- DoHS Updates, LKC Call Invitation
- FSC Progress and Hiring Updates
- Breast Cancer Awareness Month Plans

#### Guest Speakers:

- No Guest Speaker this month due to numerous agenda items to review.

#### Community Updates/Notes:

Next Meeting: October 22, 2024



# Community Bulletin Board

**70TH BLACK WALNUT  
FESTIVAL**  
OCTOBER 10-13TH, 2024



**ROANE COUNTY  
PREVENTION COALITION**  
OCTOBER 17, 2024  
12:00  
COUNTY COMMISSION ROOM  
OR ZOOM

**ROANE FRN MEETING**  
OCTOBER 22, 2024  
12:00  
COUNTY COMMISSION ROOM  
OR ZOOM

**IF YOU'RE  
INTERESTED IN  
POSTING ON THE  
BOARD, CONTACT  
ROANE FRN!**