

CAC NEWSLETTER

Community Action Committee of Pike County, Inc.

MAY 2007

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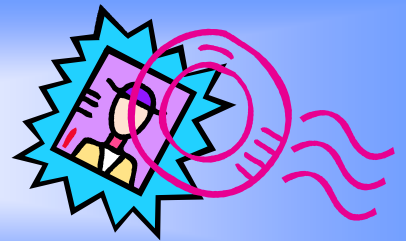
May is Older Americans Month

- Older Americans Month was established in 1963. At that time only 17 million living Americans had reached their 65th birthdays.
- In the past Older American Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country.
- Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.
- This year's theme is: "Older American: Making Choices for a Healthier Future."
- Anyone wanting or needing information for any of our Senior Programs contact the Senior Center at 740-947-5555.



POSTAGE RATES ARE GOING UP!

Starting May 14, postage for a first class letter will increase from 39 cents to 41cents. Also other prices going up will be; postcards from 24 cents to 26 cents, Priority mail flat-rate from \$4.05 to \$4.60 and Express Mail flat-rate from \$14.40 to \$16.25.



"Personality can open doors, but only character can keep them open."

Elmer G. Letterman
Business Executive

Events In May

May 5th Cinco De Mayo

May 22nd Armed Forces Day

May 7th Rascal Unit

Phone 947-5996 for more information

May 24th Columbus Symphony
Orchestra Vern Riffe Center for the Arts
Shawnee State 351-3600

May 12th and 13th 46th Annual Tour of
Scioto River Valley Bicycle Tour

May 28th Memorial Day

May 13th Mother's Day

James Engle Jr.	1st
Anne Nickerson	2nd
Mike Barker	3rd
Mary Mustard	4th
Leroy Francis	5th
Jeff Wing	7th
Alessandro Maranzana	7th
Susan Day	10th
Ruth Lorenzino	14th
Nicole Spencer	14th

May Birthdays



William Steffy	14th
Debra Carroll	15th
Sherry Snively	18th
Betty Southworth	18th
Tamara Ross	19th
Sid Royster	19th
Benjamin Lamielle	25th
Teresa Dummitt	26th
Tamara Wills	26th
Elizabeth Nathan	29th

New Employees



Jodi Hamilton
Family Health Center

David Hicks
Computer Systems Assistant

Natasha Marshall
Senior Center

Allison Manning
Personal Care

Rebecca Adkins
Fiscal

Shawn Estep
Senior Center

Tabitha Hawkins
Personal Care

Valerie Chandler
Head Start

Randolph Harris
Senior Center



Work Readiness Credentials Available



The Community Action Committee of Pike County has received funds to provide Work Keys Assessment for individuals who are: receiving Unemployment Insurance, Veterans, or have been Displaced from Employment. Completion of the Work Keys Assessment will enable individuals to receive a Work Readiness Credential. The Work Keys Assessment has been utilized by employers such as Mead and Kenworth during their pre-employment process and by training institutes as an entrance exam into

programs such as the Licensed Practical Nursing Programs. If you are interested in the taking the Work Keys Assessment and meet one of the above criteria, please visit the Workforce Connection of Pike County at 941 Market Street, Piketon, Ohio or phone 289-2371 for further information. Testing slots are limited.



Submitted by Rita Moore



**TENATIVE CLOSING FOR PIKE HILL
JULY 2, 2007 TILL OCTOBER 30, 2007**



*Community Action Committee of Pike County, Inc.
2007 Relay for Life "Parrots in Paradise"*

Menu For Friday, June 8th and Saturday, June 9th

Serving 4:00 pm Friday to 11:00 am Saturday

Lunch/Dinner Burgers, Chips, and Pop \$5



Breakfast Pancakes, Sausage, Scrambled Eggs, and Toast
Hot Chocolate/Coffee \$5



Smoothies Strawberry and Pina Colada \$3



Banner of Courage

Add an "In Honor Of" or "Memory Of" Picture to our Banner
\$10 Per Picture (Please make checks out to CAC); To get the picture on the banner
e-mail the picture to Shelly Williams Kuhn at srw@pikecac.org or send the picture
Shelly at the Main Office . **Pictures are due by June 1st.**

Team Luminaries



Add a Light "In Honor Of" or "Memory Of"
\$10 per Luminaria (Please make checks out to CAC). To get a luminaria e-mail
Kathy Way at kmway@pikecac.org. You can send your check to Kathy at the Main
Office. **Luminaria Orders Due by June 1st.**

Pike County Senior Center Selling Jackets

Help support the Pike County Senior Center by buying a jacket. The jacket has a nylon shell that offers protection from the wind and rain with a lightweight flannel lining for added warmth. This jacket also features a drawstring hem, inside pocket with Velcro closures, and elastic cuffs.

Jacket sizes that are available for order are Adult XS to 6XL with prices starting at \$25.00 for sizes XS-XL, \$27.00 for 2XL, and \$29.00 for 3XL. Colors that are available to order are **black**, **dark navy**, **goldenrod**, **hunter**, **red**, and **royal**. Your name can be added to the right chest of the jacket for an extra \$7.50 and all jackets will have Pike County Senior Center on the left chest. All orders must be placed by May 15th and half must be paid by that date. If anyone has any questions please contact Shelley Lyon at the Senior Center at 947-5555.



A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie. -- **Tenneva Jordan**

When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child. -- **Sophia Loren**

A man loves his sweetheart the most, his wife the best, but his mother the longest - **Irish Proverb**

M O T H E R S D A Y

Mother's Day Facts and Trivia

- Mother's Day is now celebrated in many countries around the world. Australia, Mexico, Denmark, Finland, Italy, Turkey, Belgium, Russia, China, Thailand, all have special celebrations to honor Mothers, but not in the same way or on the same day as the United States.
- In the United Kingdom Mother's Day is called "Mothering Sunday"
- "Mothering Sunday" falls on the fourth Sunday of Lent (exactly three weeks before Easter Sunday).
- Chinese family names are often formed (begin) with a sign that means "mother". It's a nice way of honoring their moms long past.
- Native American Indian women have long been honored with the name, "Life of the Nation" for their gift of motherhood to the tribes.
- Some tribes of people, like the Assam in Africa, don't call themselves families. They call themselves "maharis", or "motherhoods."
- The ancient Greeks celebrated Mother's Day in Spring, like we do. They used to honor Rhea, "mother of the gods" with honey-cakes, fine drinks, and flowers at dawn. Sounds like the beginnings of the Mother's Day tradition of breakfast in bed!
- George Washington once said, "My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her."

May CAC Calendar

May 8th Senior Staff Meeting

May 13th Mother's Day

May 17th Governing Board

May 28th Memorial Day Observed
Agency Closed



FOR SALE

FREE DOGS

Lab/Bloodhound mix
2 males/2 females; 3months old

Has had shots and wormed.
Solid black/ one male has white on chest.



Call Mandy at 222-4951 or 289-4483 evening



KTM ProSenior 50 Adventure
Comes with riding gear. Air-cooled; 26" to top of seat; Barely used — on 2nd tank of gas! Paid \$2,295 new in January 2006. Asking #2,000 obo. Call Matt (740) 253-2572 or 947-1320.



CAC News
Community Action Committee
of Pike County, Inc.

This newsletter is published once per month. If you have any items you would like included in the next newsletter, please submit them in writing by the 23rd of the month to Pam Lawhorn, Front Office Coordinator. If you have any questions, please call the front office at 289-2371.

YARD SALE

Beekman's Place May 4th and May 5th

4 Family yard sale May 4 8:00am to 4:00pm at 110 Todd Allan Dr.

OSU Relay for Life Team Yard Sale May 5th 8:00am to 12:00pm at 114 Madison Ave.



May Festivals in Ohio

Wild Turkey Festival
McArthur, Ohio May 3-6

Dennison Railroad Festival
Dennison, Ohio May 24-28

Moonshine Festival
New Straitsville, Ohio May 24-28

Historic Port Clinton Walleye Festival
Port Clinton, Ohio May 24-27



Oak Hill Village Festival of Flags
Oak Hill, Ohio May 24-27

Feast and the Flowering Moon
Chillicothe, Ohio May 25-27

Utica Old Fashioned Ice Cream Festival
Utica, Ohio May 26-28

Deercreek Dam Days Festival
Williamsport, Ohio May 30-June 2

To find any festivals or events going on in Ohio go to www.ofea.org for a complete list.

RELAY FOR LIFE FUNDRAISER CAC OF PIKE COUNTY, INC.

Dust off your bowling ball and shoes, it is time for another bowl-a-thon fundraiser!! This is a great time for all of us to get together and mingle while competing or just having fun. Below you will find a registration form to get your team together. Register soon as possible, have fun with it, and wear colorful matching shirts. Slots are limited to 16 teams and outside teams can participate. This fundraiser is for the RELAY FOR LIFE COMMUNITY ACTION COMMITTEE OF PIKE COUNTY TEAM. You are helping us raise money for cancer research and possibly, if we raise enough money, we will donate a portion to the "Make a Wish Foundation." This is a great cause, we are a team, let's show the community that we support our community and worthy causes.



Friday, May 18, 2007



WEISS RECREATION BOWLING ALLEY

Team (5 person team) \$100.00 contribution

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

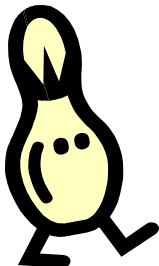
Prizes
1st & 2nd
places



SPONSOR: _____ AMT: _____

There will be TWO shifts: 5:30pm 8:00pm - Please circle preference.

Slots will be limited to 16 teams. Be the first to register!!

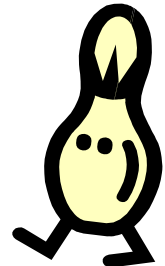


To register, call

Pam at 740-947-8937

Mail your registration to: 775 SR 552, Waverly, OH 45690

Deadline for registration: May 14, 2007



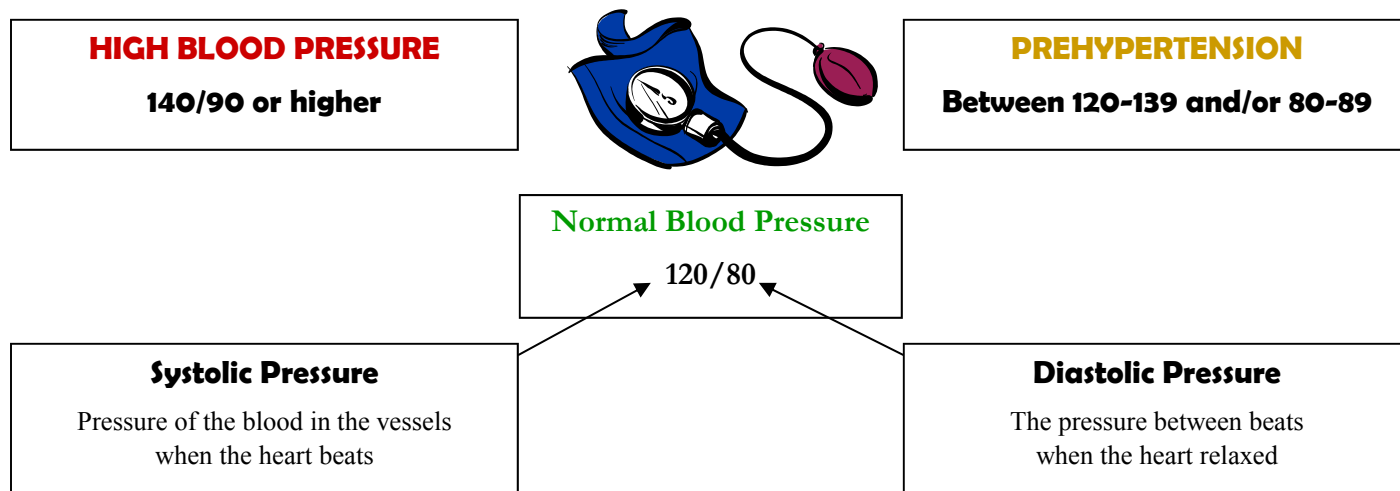
Please make check payable to: **CAC of Pike County, Inc.**

May is National Hypertension and Asthma Awareness Month

Most people do not consider Hypertension (High Blood pressure) as a serious problem or consider it as chronic disease. However, Hypertension is serious and a chronic condition. It has the title of being the silent killer. Anyone can be a victim of high blood pressure. If you are overweight or have diabetes your chances are greatly increased.

Know your numbers:

Your blood pressure results are often your only warning sign of hypertension.



For more information on High Blood Pressure follow this link:

<http://www.americanheart.org/presenter.jhtml?identifier=2114>

May 1st is Asthma Awareness Day

Asthma is a disease of the lungs, in which the airways become narrow or blocked causing wheezing, breathlessness, chest tightness, and coughing. Asthma affects 13.3% of children in Ohio. Over 50% of Ohio children with asthma have had an asthma attack within the last 12 months. Children with asthma can miss up to 14.7 million days of school in the United States. Keep our children from being part of statistics.

Ask your Pediatrician for about an Action plan, triggers, and preventative measures.

For more information about Asthma follow this link::

http://www.nhlbi.nih.gov/health/dci/Diseases/Asthma/Asthma_WhatIs.html

Take Steps To Prevent and Control High Blood Pressure

1. Maintain a Healthy Weight

- Ask your doctor if you need to lose weight.
- If you do need to lose weight, do it slowly by using:
 - A healthy eating plan
 - Exercise

2. Be a Mover and a Shaker

- Exercise for a total of 30 minutes on most days of the week (10 minutes at a time)
- Combine everyday chores with moderate-level sporting activities such as walking to achieve your exercise goals.

3. Follow a Healthy Eating Plan

- Begin a healthy eating plan by eating.
 - Foods low in saturated fat, total fat, and cholesterol and
 - High in fruits, vegetables, and low fat dairy foods.
- Write down everything that you eat and drink in a food diary.
- If you are trying to lose weight, choose an eating plan that is lower in calories.

4. Reduce Sodium in you Diet

- Choose foods that are low in salt.
- Use spices, garlic, and onions to add flavor to your meals not salt.

5. Drink Alcohol Only in Moderation

- Alcohol raises your blood pressure and adds calories to your diet.
- If you drink alcoholic beverages, have only a moderate amount.
- Men maximum 2 drinks a day. Women maximum 1 drink a day.

6. Take Medication as directed by your Family Doctor

- If you need medication to help lower your blood pressure, you still need to change your eating habits and begin an exercise program.
- Use pill boxes and family members to remind you to take your medication.
- If your blood pressure is normal, do not quit taking your medication.

7. QUIT SMOKING!!!!

- Smoking increases your risk for developing a stroke, cancer, and peripheral artery disease

