

November 2007

CAC Newsletter



2007 Community Action Food Drive Competition

Thursday November 1, 2007-Thursday December 13, 2007

Winner to be announced at the Holiday Gathering at the Eagles Lodge on Friday, December 14, 2007.

Team 1-Team Captains Jennifer Moore & Sandra Helton
Fiscal/Front Office/Employment and Training/Administration

Team 2-Team Captains Janice Caughlan & Sue Stevens
Early Childhood Programs

Team 3-Team Captains Doris Williams, Tracy Acord & Pam Mustard
Business/Maintenance/Housekeeping/Energy/Social/Senior/Transportation/Guardian

Team 4-Team Captains Sandy Anderson
Family Health Centers/WIC

Food items needed for the pantry are canned and staple goods. Don't have time to clean out your cupboards or to shop for items? Then give your Team Captain some money to shop for you.

Your Team Captain will count your items for your Team's credit. Our housekeeping staff will pick up food items from each site as needed and deliver to the pantry.

2004 Team 3 won with 3,044

2005 Team 3 won with 2,874

2006 Team 3 won with 4,749



FLU SHOTS

When: Friday November 2, 2007

Time: 9:00 am

Where: Large Conference Room

Price: \$25

Make checks payable to Pike County Health Department

2007 Holidays

All CAC sites will be closed on the following days:

November 12th-Veteran's Day

November 22nd & 23rd-Thanksgiving

December 14th-Holiday Gathering (12pm-4pm)

December 24th & 25th-Christmas

November Events

November 4-Daylight Saving Time Ends

November 6-Election Day

November 11-Veteran's Day

November 22-Thanksgiving

CAC EVENTS

November 6th
Senior Staff Meeting
November 15th
Governing Board
November 17th
Noodle Dinner at Senior Center
November 27th-30th
Management Meetings

We are on the Web
www.pikecac.org

NOVEMBER Birthdays

Tamara Osborne	Nov. 2nd	Eddie Kits	Nov. 12th
Pam Mustard	Nov. 3rd	Penny Pinkerton	Nov. 17th
Phillip Roberts	Nov. 3rd	Debra Brust	Nov. 18th
Virginia Cooper	Nov. 4th	Roger Patton	Nov. 18th
Pam Lawhorn	Nov. 4th	Mohammad Ali	Nov. 19th
Lavonda Hart	Nov. 5th	Lindsey Penrod	Nov. 20th
Cora Satterfield	Nov. 6th	Velma Engle	Nov. 21st
Ellen Kelly	Nov. 7th	Missy Hughes	Nov. 23rd
Christopher Aviles	Nov. 8th	Sandy Anderson	Nov. 24th
Lisa Helphenstine	Nov. 10th	Rita Holbert	Nov. 27th
Kristi Montgomery	Nov. 10th	Jeannie Ross	Nov. 27th
Tricia Cagg	Nov. 11th	Jessica Broughton	Nov. 28th
Annya Thomspson	Nov. 11th	Joy Carrier	Nov. 28th
Angela Goode	Nov. 12th	Stephanie Jenkins	Nov. 29th
Sharon Havens	Nov. 12th	Sherry Riffe	Nov. 30th

LaChona Dallas
Medical /Dental Office Specialist 1
New Employees
Karen Ferguson
Meal Delivery Driver

TRIVIA QUESTION #1 Who won the men's division of the 2007 "Run for Shelter" 5k race?



Don't Forget to Vote

Staff will be granted 1/2 hour to vote on Tuesday, November 6, 2007 for the Ohio General Election. Staff will need to schedule their time off with their Supervisor prior to taking time off for voting. Please attach your "I Voted Today" sticker on your time cards.



PIKE HILL CLOSURE

Pike Hill closed on October 22nd for repairs to the hill. If you use Pike Hill to get to the agency here are a couple alternatives: use Fairground Road or go around on St. Rt. 32 to Shyville Rd to access the Agency.

DON'T FORGET, WINTER HEAP BEGINS NOVEMBER 1ST

It will be difficult to find parking at the main agency during this time and also the front door will not be unlocked until 7:15 am-7:30am.

November Festivals in Ohio

Snowflake Festival

November 2-3, Mt. Gilead, Ohio

Jingle Bell Luminary Parade Weekend

November 16-18, Waverly, Ohio

Fantasy of Lights

November 15-December 30, Alum Creek, Ohio

NETWORK UPGRADE

On October 16, 2007, our internet service provider, SCOCA, installed a new optical fiber internet line and new equipment at the main agency. This fiber line replaced the previous T1 circuit line. This change in connection increased the network speed from 1.544 MBPs to 10 MBPs at the main agency only. So employees at the main agency should see faster speeds when connecting to the internet.

November is Diabetes Awareness Month

American Diabetes Association designated November as American Diabetes Month. This month is designed to communicate the seriousness of diabetes and the importance of proper diabetes control. Nationwide 20.8 million people or 7% of the population have diabetes and worldwide more 246 million people have diabetes. If current trends continue one out of three Americans born in 2000 will develop diabetes in their lifetime. The death rate from diabetes has increased 45% since 1987 while heart disease, stroke, and cancer death rates have declined.

3 Main Types of Diabetes

Type 1
Type 2 (most common)
Gestational Diabetes

Reduce Your Risk For Diabetes

*Keeping your weight in control
*Staying active most days of the week
*Eating low fat meals high in fruits, vegetables, and whole grain foods.

7 Principles for Controlling Diabetes for Life

1. Learn as much as you can about Diabetes
2. Get regular care for your Diabetes
3. Learn how to control your Diabetes
4. Take care of your Diabetes ABC's (A1C, Blood Pressure, Cholesterol)
5. Monitor your ABCs
6. Prevent Long Term Diabetes Problems
7. Get Checked for Long Term Problems and treat them.

JUST A REMINDER FOR THOSE EMPLOYEES WITH THE MAX PLAN:

If you receive an Explanation of Benefits from UHC that shows you owe a deductible, please forward these to me to be reprocessed. This only applies to the people enrolled in Max Plan. After reprocessing you will then receive a statement from Oak Hill Financial showing the 20% you owe along with the amount they have sent the provider, until you have reached your max (either \$600 or \$1200) out of pocket expenses.

Also, please remember that if you have a prescription filled at a Kroger pharmacy you will only be charged 20% of the actual cost. Please make sure you are only being asked to pay 20%. Since this is a new process we just want to make sure you are receiving the benefit that you are entitled to receive.

If you take your prescriptions to a pharmacy other than Kroger, and you are enrolled in the Max plan, you can either forward your pharmacy receipt or your Explanation of Benefits from UHC to me to be reimbursed (If you forward an EOB for pharmacy charges, please note which pharmacy provided this service.) This also applies to any other Explanation of Benefits you receive for services provided. The EOB will reflect that you are responsible for the charges and it is applied to your deductible. You are required to pay only 20% of the deductible amount of the EOB.

If you have any questions regarding this or any other issues related to our health care coverage, please do not hesitate to give me a call. Thanks, Vela

For Sale

Gazelle Exercise Machine \$25.00
Game Boy Advance Limited Edition with 3 games and carrying case \$30
Children's Video Now Color with Movies \$25

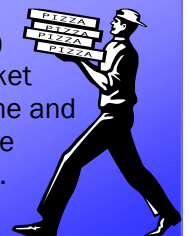
FREE TO A GOOD HOME

2 male lab puppies, one blonde and one black with brown around the eyes. Contact Stephanie Remy for more information at 941-6563

ATTENTION:

If You Are Ordering Food

When you are ordering lunch (or any food) to be delivered to the main agency on Market Street, please give the restaurant your name and department so the front desk will be able to inform the department of your order.



Trivia question #2: Name at least 2 of the 5 people that Represent the Private Sector on our Board of Directors?

Cornhole Tournament Results

1st Annual Cornhole Tournament took place on a sunny, beautiful fall day on Saturday, October 20th. Volunteers served hot dogs, chips, and beverages for all participants that took part in the event.

1st Place: Louis Gillenwater & Doug Davis

2nd Place: Darin Dummitt & Bobby Woods

3rd Place: Stephanie & Mark Remy

Participating Teams

Mark & Stephanie Remy
 John & Kathy Reed
 Nathan Conner & Diana Myers
 Janice Caughlan & Barb Tackett
 Tom & Pam Lawhorn
 Lisa Montgomery & Angie Smith
 Greg & Donna Ebert
 Jim Engle & Doris Williams
 Darin Dummitt & Bobby Woods
 Teresa Dummitt & Teresa McKenzie
 Louis Gillenwater & Doug Davis
 Chris McKinley & Brad Jones
 Carolyn Dixon & Joni Ward
 Jason Fyffe & Billy Ward
 Toni Graves & Rita Moore
 Tim & Barb Crabtree
 Cody & Angie Pennington
 Wayne Beasley & Sherri Throckmorton



Volunteers Included

Jim & Velma Engle
 Janice Caughlan
 Barb Tackett
 Barb Crabtree
 Gail Stevens
 Cheryl Tackett
 Molly Tomlison
 Diane Renner plus donation
 Ray Roberts plus donation
 Rita Moore
 Pam & Tom Lawhorn
 Pam Mustard
 David Crawford -food donation
 Nancy Scarberry
 Lori & Nat Watson
 Jan Conkel-Corn Hole Signs
 Doris Williams
 Special Guest: Tom Calhoun-COAD

Relay for Life Upcoming Fundraisers

November 1st-November 17th - TV Raffle (26" LCD HD)

1 ticket for \$5 or 3 tickets for \$10. Drawing will be during the Noodle Dinner at the Senior Center November 17th.

November 1st - Gold Rush Night at Dakota's Roadhouse (Waverly Location Only)

15% of your bill will be donated back to the "Parrots in Paradise" Relay for Life Team. 4:00 pm to 10:00pm

November 17th - Noodle Dinner at Senior Center

For \$5 you can enjoy homemade chicken & noodles, mashed potatoes, dinner roll, soda, coffee, or hot coco.
 11:00 am to 4:00 pm



As of October 22, 2007 we have received \$1,384 in donations. Thanks to everyone for all your hard work and thanks to everyone who has participated in our fundraisers.

Upcoming Relay For Life Meetings:

November 7th and 14th

Get to Know the Departments

November's Department is the Early Childhood program. The mission of the Early Childhood Program is to join with our community in strengthening families and improving the quality of life for children and the overall goal is to bring about a greater degree of social competence in children. This program is here to help Pike County's low-income residents solve some of their existing economic and social problems.

Head Start

CAC provides Federal and State Head Start programs for up to 250 children. This program serves children 3-5 years old that are at or below the 100% poverty guidelines and there are a limited over-income slots available. In the center-based program, children are transported on buses to attend developmentally appropriate classrooms for 3 1/2 hours per day Monday-Thursday. Each classroom has a qualified teacher that involve the kids in nutritional, educational, and socialization experiences. Morning and afternoon sessions are available with breakfast, lunch, and snacks are provided to the children. Teachers in the classroom also provide home visits throughout the school year to ensure comprehensive services to the families. Each child in the program also receives developmental assessments, speech, hearing and vision screenings by trained staff. This program has two locations, Idaho and Piketon.

Early Childhood Education

The Western & Scioto Valley Early Childhood Education Schools are funded by the Ohio Department of Education. Children enrolled in this program receive developmental assessments, speech, hearing and vision screenings by trained staff. The children are also involved in nutritional, educational, and socialization experiences during their 7 hour session that runs Monday through Thursday. The children are served breakfast, lunch, and a snack during the day. This program is for children ages 3 & 4 whose family income is at or below the 185% poverty guideline. Funded enrollment for Western is 14 children and for Scioto Valley is 16 children. Monthly fee depending on your income can range from \$40 to \$80 per month.

CAC of Pike County Inc. Early Childhood Programs use the High Scope Approach to the early childhood education. Active learning is the principal element of the High Scope educational approach. This education has 5 active learning ingredients that consist of materials, manipulation, choice, language from the children, and support from adults.

Back to School



Enhanced Head Start

This program is for Head Start whose parents are working and/or in school and in need of full day childcare services. Our Enhanced Head Start classrooms provides service from 6:00am to 6:00pm Monday through Friday and do not provide transportation. We accept childcare vouchers from Department of Job and Family Services and also have self-pay weekly rates for parents that are over-income for childcare assistance.

Early Head Start

This developmental program provides services for pregnant women and children ages 0 to 3 years old. Primary objectives of program are to increase the understanding of child development, offer parenting support, involve parents in their child's play through socials and other activities and provide each child with a complete health plan. This program is offered as a center based and home-based. Center based program is for children between the hours of 6:00am to 6:00pm. During this time children attend developmentally appropriate classrooms and receive home visits from teachers throughout the year. Home-based program serves pregnant women and families with infants and toddlers in their home. Staff use a prenatal protocol for pregnant women and an infant/toddler curriculum with children. Families are required to attend two socialization experiences per month.

Home Based Programs

Home based programs are available for Head Start, Early Head Start Prenatal, and Early Head Start Infant/Toddler. Head Start home-based program serves children 3 to 5 years of age who may not be ready to attend a classroom setting or whose parents choose the home based option. The Early Head Start Prenatal program can help you find resources to help you during your pregnancy and afterwards. Our goal is to provide prenatal and parenting education information during your pregnancy. With the Early Head Start/Infant/Toddler Home-Based Program each family will have a 1.5 hour home visit per week in which our staff will bring activities, encouragement and education in order to support you in the promotion of the healthy growth of your child. A parent and child group meets twice per month to participate in activities that will stimulate your child's growth and development.

Trivia Question #5: What are the 4 sites of the Family Health Centers?



Can't find the
Employment Office
and you still need a
job?

Open 7:45 a.m. to 5:00 p.m.



Please visit Workforce Connections (using the doors under the green awning) here at the Community Action Office or call 740-289-2371 or 1-866-820-1185

Workforce Connections of Pike County is a division of the Community Action Committee of Pike County, Inc., an equal opportunity employer. Equal Provider of services. Auxiliary aids and services are available upon request to individuals with disabilities.



Going to college ?
Financial problems holding you back?

Are you a Pike County resident?

The Pike County One Stop is a division of the Community Action Committee of Pike County, Inc., an equal opportunity employer. Equal Provider of services. Auxiliary aids and services are available upon request to individuals with disabilities.

Stop in or call Workforce Connections. You may be eligible for tuition assistance through the Workforce Investment Act (WIA).

941 Market Street (Pike Hill)
Piketon, Ohio 45661
Telephone: (740) 289-2371
Toll Free: 1-866-820-1185
TDD: (740) 289-2608
Web Address: www.pikecac.org



Don't forget to set your clocks back 1 hour on November 4th.



Waverly Lion's Club is selling Red Naval Oranges, Red Grapefruit, Tangelos, and Juice Oranges. Sold in cases and are \$16/case. For more information or if you would like to order please contact Christi Wallat by November 19th.

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 25th of the month to Pam Lawhorn, Front Office Coordinator or Lori Watson, Front Office Specialist. If you have any questions, please call the front office at 289-2371.

FOR RENT

3 Bedroom, 2 bath, Trailer, located at 128 Rapp Hollow Road. No inside pets. For more information call Stephanie at 289-4160 or 740-464-5433.

Submitted by Vela Hannah

Church Rally

November 2, 2007, 7:00 pm
Waverly High School
Special Singing by Kingsway Praise and Worship Team and Tom and Friends.

Sponsored by Mt. Zion C.U. Church
For more information phone 740-289-3555

Submitted by Shelly Lansing

Holiday Party Contest

CONGRATULATIONS to the winners of October's Food Pantry Hunt. Make sure you look for the food pantry item in this newsletter for your chance to receive 2 free auction tickets for the Holiday Party on December 14th at the Eagles Lodge.

Remember to e-mail Lori Watson at lwatson@pikecac.org with this month's answer. Happy Hunting. New to the November Newsletter is CAC Trivia questions. Find the five (5) questions that are scattered throughout the newsletter and e-mail the correct answers to Lori Watson. The first five (5) people to answer the questions correctly will receive 2 FREE auction tickets for the Holiday Party.

Remember you must e-mail Lori Watson at lwatson@pikecac.org with the answers.

Baby Picture Contest

Anyone that wants to participate in the Baby Picture Contest please submit photos to Vela Hannah, Sandra Helton, Jenny Moore, or Rebecca Adkins. We will be posting the pictures at the Holiday Party and participants will have to guess who's baby pictures are on the board.

UPCOMING HOLIDAY COMMITTEE MEETINGS:

November 9th and November 30th will be our shopping day for the Holiday Gathering.

October Newsletter Winners

Gail Stevens, Meka McClay, Jan Conkel, Pam Mustard, and Pam Lawhorn

Holiday Gathering Unique Sweater Contest

The goal is simply the cheesier the funnier, the better. Employees should wear some sort of outrageous holiday sweater to the gathering (you know the type-bells, sequins, light up sweaters, etc.) But—it doesn't just have to be a sweater, it could be a vest, turtle neck, jackets, earrings, things for your hair, or crazy socks. Prizes will be awarded.

