

February 2009



CAC Early Childhood Program wins state award for excellence in Early Care and Education

In recognition of its excellent child care program and its ongoing commitment to children, the CAC Early Childhood Program has received One and Two-Star Step Up to Quality Award from the Ohio Department of Job and Family Services - Bureau of Child Care and Development, the state agency responsible for licensing and promoting high standards among Ohio's child care programs. The Idaho site received a One-Star Award and the Piketon Site a Two-Star Award.

"We congratulate the CAC Early Childhood Program for its high-quality early care and education program that goes above and beyond Ohio's licensing standards. By reaching for the stars, CAC Early Childhood is helping our youngest children develop in a warm, nurturing environment that fosters growth and a love for learning," said Terrie Hare, Chief, Ohio Bureau of Child Care and Development.

Step up to Quality is a voluntary rating system for early care and education programs. Participants can earn a one, two, or three-star rating by meeting an extensive list of quality benchmarks. Experts say these benchmarks improve the growth and development potential of children. The rating system also gives parents a useful tool for selecting quality early childhood programs.

"The CAC Early Childhood Program is honored to receive this award. Our focus has always been on the excellent care and education of our children. These awards let families know that our commitment to children is more than just lip-service," said Barb Tackett, Head Start Director.

Achieving these benchmarks is crucial for the future of Ohio's children. This as more parents join the workforce and more children are cared for outside of the home. In Ohio, 65% of children under the age of six have both parents in the workforce. At the same time 90% of brain development occurs before the age of five.

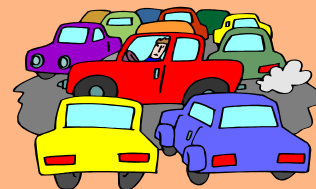
Children enrolled in high quality early learning programs, particularly low income children, are more likely to stay in school, attend college, earn more money and be employed in high-skilled jobs than their

Have any old prom dresses or suits hanging in your closet and don't know what to do with them. The Clothing Center is now taking donations for Prom Dresses and Suits.

For more information contact the Social Services Department at 740-289-2371 ext. 185.



Just a reminder that Emergency HEAP Program is still in progress through March 31, 2009. CAC continues to have many clients and parking space is limited. Please do not park in visitor parking



New Employees

Jessica Hollis
Naomi Blackburn

Misty Ison

Patricia Bost
Heather Penwell

February Birthdays



Carolyn Fyffe	Feb. 4th
Meka McClay	Feb. 5th
Deborah Moore	Feb. 5th
Stephanie Remy	Feb. 5th
Sandra Jones	Feb. 8th
Elizabeth Smith	Feb. 14th
Wilda Causey	Feb. 16th
James Clagg	Feb. 17th
Diane Cutlip	Feb. 18th

Gina Halcomb	Feb. 20th
Sandra Helton	Feb. 21st
Cindy Balzer	Feb. 24th
Emma Helton	Feb. 27th



CRISIS FUND MISSION STATEMENT:

The mission of the Community Action Committee of Pike County, Crisis Fund is to provide emergency assistance for health, life or economically threatening situations or relief for customers in which there are no other resources available for assistance. The Fund will provide financial relief after all other sources of assistance within the county have been exhausted. (See Crisis Fund Procedures: 04.09.00.00 and 04.09.00.02 for clarification on the use of the funds)

187 households/422 family members were served expending \$33,388!

Services provided:

Transportation	\$2,397
Medical	\$576
Bulk Fuel/Utilities	\$9,336
Lodging	\$10,549
Supplies	\$1,400
Food	\$4,194
Licensing	\$1,000
Miscellaneous	\$1,855
Run For Shelter Expenses	<u>\$2,081</u>
	\$33,388

THANK YOU

THANK YOU

Thanks to all of you who donate to the Crisis Fund. Your contribution has helped assist many families in need.



What is Carbon Footprint?

You have heard about it and wondered what it is. Carbon footprint is the measure of impact your activities have on the environment, and in particular climate change. It is the amount of greenhouse gases produced in our day-to-day lives through burning fossil fuels for electricity, heating, and transportation, etc. Your carbon footprint depends on what kind of car you drive and how much electric and gas you use everyday. Ever wanted to know your carbon footprint or want to learn more? Go to www.carbonfootprint.com to find out more information on carbon footprint.

How you can become Greener

There are many ways that you and your family can become greener. One place to start is at home with the family with some minor adjustments to your daily living. If you hadn't done so yet, switch your regular light bulbs to energy saving light bulbs. These bulbs use up to 60% to 80% less energy and produce 75% less heat than regular appointments. On the subject of lighting, when leaving a room, turn off lights and use less lighting. Over time this will add up and save you not only money but energy also.

When shopping for new appliances for the house look for the Energy Star logo. These items will save you money now and in the long run. Within a year you could save up to \$75 in energy costs and the newer models will use 10 to 50% less energy than an older model. Another energy saving tip, turn down your thermostat down by 1 degree and that can save you up to an extra 5% on your energy bill.

These are a few ways to start going green with appliances and other items in your home. Another easy way to start going green, start a recycling program in your home with the family. Paper (newspaper and computer), aluminum cans, and plastic bottles are a great and easy way to start the family on recycling. Designate an area in the house or outside where these items are to be placed. Make sure to label the bins so you don't have to sort them before taking them to the recycling center. When the baskets are full take to the recycling center, but you may want to call your local recycling center to check what items are accepted.

Household Items that can be recycled

- *Pillows are one thing in your household that is able to be reused in different areas of the house. Cover your old pillows with some new fabric and use them as floor pillows or as throw pillows for the couch. Use old pillow cases as laundry bags.
- *Old Christmas cards can be used for gift tags for the next year. Cut off the back of the card and use the front for a gift tag or as a post card to send someone.
- *Any old magazines laying around your house can be donated to local organizations and/or offices that have waiting areas. They also can be donated to a local art teacher to use for any upcoming projects.
- *Broken crayons laying around your house, sort by color, melt in old can and pour into molds and let dry and kids can have crayons in all different shapes.
- *Empty Kleenex boxes, store plastic grocery store bags in them.
- *Wash and rinse used ziplock bags and store them in the freezer to prevent mildew.
- *Melt broken candles down and add broken crayons for color to make new candles.



Healthier choices when dining out

As Americans are becoming more aware of being healthy, restaurants are catering to their needs. The restaurants are making it easier for dieters to consider a fast food restaurant or a casual dining restaurant for a meal. Fast food establishments like Wendy's and Subway have alternatives for their combo meals. At Wendy's instead of fries, you are able to get a side salad, chili, baked potato or mandarin oranges with a combo meal. Subway offers a variety of subs that are 6 grams of fat or less. Instead of regular chips you can choose from Baked or Light Lays and some Subways are offering yogurt as another option. If you don't feel like eating the lighter menu, you can always just modify what you order. No mayo, a Junior Whooper instead of a Whooper, and not going "bigger" on the combos are ways to cut those calories.

Looking for a more relaxed, casual dinner out, Applebee's, Max and Erma's and other casual restaurants are offering lighter menus for those that are watching their diet. Applebee's offers a Weight Watcher menu and Max and Erma's offers "no guilt" items on their menus for people that are eating healthy. Not sure if a restaurant offers healthy items, go on their website to check or don't have access to computer, just ask the waitress about their "lighter" menu.

How to keep your fitness resolutions for the New Year

- *Write it down and post it where you'll see it every day.
- *The first thing in the morning, do something to support your resolution.
- *Listen to a motivational tape, read a self-help book, or take a class on the health habit you want to change.
 - *Put it in your daily calendar and make it a priority.
 - *Post inspiring quotes in your work area or on your refrigerator.
- *Search out different places or environments to do your resolution to keep it fresh, interesting, and fun.
- *Ask for help from family members and friends who will support your efforts.
 - *Volunteer to support someone who is also trying to change their habits.
- *Start a savings jar or any other reward system. Set a goal and reward yourself when you reach it.

Survival Guide for quick and nutritious meals

- *Plan your meals for the week before you go shopping. Pick up convenient and versatile basics like precut/frozen chicken breasts and precut salads and vegetables in a bag.
- *Think about leftovers when planning menus. Use leftovers and toss in extra items to create a new meal.
 - *Take a little time on your days off to chop veggies you'll need for your recipes. Store them in small containers and label for the date and meal.
 - *Make a simple stir-fry with bags of precut vegetables and shrimp or cubed chicken.
 - *Store chopped onions and peppers in half-cup measures in your freezer for future recipes. Single servings of meat stored with marinade in a plastic bag also keep well in the freezer. As it starts to thaw out, the meat will absorb the marinade.

6 Super Foods to have in your diet

Pomegranate - Helps fight Alzheimer's and Guard your arteries from bad cholesterol

Kiwi - protect against free radical damage and lower blood clot risk

Barley - knock down bad cholesterol and decrease blood sugar and insulin levels

Cranberries - eradicate E. Coli and help prevent strokes

Broccoli Sprouts - kill tumors, protect your heart, and save your sight

Kefir - reduce food allergies, battle breast cancer, and avoid triggering lactose intolerant



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.

New Evening Hours for Clothing Center

Beginning February 3, 2009
The Clothing Center will be open:

Tuesday 10:00 am to 1:00 pm
Thursday 5:30 pm to 8:30 pm
Friday 10:00 am to 1:00 pm

Clothing, furniture, and miscellaneous household items will be accepted during open hours.

If you have a health problem that gets worse in the cold, talk to your doctor about what to do. Here are some ideas for keeping warm, comfortable, and safe:

- Bundle up from head to toe in several layers.
- Use a face mask that warms the air you breathe.
- Preheat the car before getting into it.
- Keep your home warm.
- Sleep with an electric blanket.
- Warm clothing in the dryer before dressing.
- Drink warm or hot drinks, such as coffee, hot tea or hot chocolate.
- Run a humidifier to raise the humidity level in your home.
- Use lotions on your skin.
- Keep physically active.
- Avoid falls. Use handrails, keep sidewalks free of snow and ice, and wear shoes with a good grip.

FOR SALE

Craftsman Tools \$100 or best offer and
Ab Lounge Sport \$50.
For more information call Nellie at
493-3596 or 222-8028

Fundraising Luncheons

February 6th - Social Services
February 20th - Energy Programs
March 6th - Social/Senior/Transit
March 20th - Early Childhood Program

Microsoft Office Excel 2003: Level I and Level II Training Workshop

Level I Training Workshop will be held
Thursday, February 19th at the OSU
Endeavor Center from 8:30 to 4:30 and
lunch will be provided.

Level II Training Workshop will be held
Thursday, February 26th at the OSU
Endeavor Center from 8:30 to 4:30 and
lunch will be provided.

Fee for the classes are \$75 each.

For more information contact the Business
Development Department at CAC of Pike
County at 740-289-2371 or on the
web at www.pikecac.org/BD

**Monday, February 16, 2009 is
an agency holiday.
Pam Mustard remember the
agency is closed that day.**