

CAC of Pike County

June 2009

CAC Events

June 9th
Senior Staff

June 11-12
COAD
(Mele Golf Tournament)

June 16th-19th
OACAA Annual Conf.

June 18th
Governing Board

June 23-26
Management Meetings

New Employees

Sandy Perdue
Amanda Hoover
Tiffany Stevens
Nikki Havens
Brenda Smith
Anita Tackett



Welcome!

People don't
notice whether
it's winter or
summer when
they're happy.

~Anton Chehov~

20th Annual Run for Shelter

Saturday, July 18th the 20th Annual Run For Shelter sponsored by the CAC of Pike County will take place here at Community Action. For 20 years, area runners have come out and showed their support for this race. All proceeds from this annual event is placed in the Crisis Fund account. The Crisis Fund helps out with emergency services such as food, shelter, prescriptions, diapers, utilities, and job related expenses such as: uniforms, employment fees, car repairs, and education fees. Since the Run for Shelter began, approximately \$57,000 has been raised for the Crisis fund.

The Run for Shelter event wouldn't be what it is today without the support from the Community Action Staff, the community, and as well as the grand support from local businesses. Some of the past and present sponsors are: USEC, SOMC, Pike Community Hospital, Rob Junk, Cardo's of Waverly, Mills Pride, Scioto Discount Store, Quality Tree, Wal-Mart, WIA, Family Health Centers, Early Headstart, and CATS.

Anyone looking to volunteer for the 20th Annual Run for Shelter, have questions, or need information contact Cassie McDonald at 740-289-2371. If you want to participate in the event, just fill out the registration attached to the back of the newsletter and return to the Main Agency.



The Community Action Committee of Pike County awarded two (2) \$1,000 scholarships in 2009. The students were Alysha Trout and Gage Mills 2009 Western High School graduates.

The Community Action Committee of Pike County Scholarship Fund was initiated by employees of Community Action to award a scholarship annually to a student within the Pike County service area who has shown excellence in education and a commitment to community service. This year the organization received applications from two students who graduated from the Community Action Early Childhood Programs.

"We are pleased to award this scholarship to Alysha Trout and Gage Mills as recognition of their academic excellence and an encouragement to continue pursuing their goals of service to others," said Ray Roberts, Executive Director of Community Action.

This fall, Alysha Trout is planning to attend Shawnee State University, majoring in Nursing. "I cannot express how much I appreciate receiving this scholarship, may I represent it in the best possible manner," Trout said. Alysha is the daughter of Emma Helton, Lucasville, Ohio.

This fall, Gage Mills is planning to attend Ohio University of Chillicothe, majoring in Nursing. "I cannot express how much I appreciate receiving this scholarship, may I represent it in the best possible manner," Mills said. Gage is the son of Eric and Jennifer Mills of Bainbridge, Ohio.

Submitted by: Kathy Way

Appalachian Leadership Academy 10-Year Reunion

Four Appalachian Leadership Academy (ALA) Grads from Community Action Committee of Pike County attended the 10 Year Reunion of the ALA. The reunion was held in Cumberland, Ohio at "The Wilds" May 8, 2009. A luncheon was served with guest speakers and a tour of "The Wild" which is one of the largest and most innovative wildlife conservation centers in the world. Located on nearly 10,000 acres in southeast Ohio, it is home to rare and endangered species from around the world living in natural, open-range habitat, as well as home to hundreds of indigenous species. For more information on "The Wilds" go to: www.thewilds.org

submitted by: Pam Mustard



Wayne Beasley, 2005 Grad; Pam Mustard, 2002 Grad; Chris Ervin, 2007 Grad; and Janice Caughlan, 2000 Grad

Digital TV Transition Information. Get ready for the Switch on June 12th

On June 12, 2009, television stations around the country will discontinue analog broadcasts and only broadcast in digital.

So what does this mean to us? Consumers that have analog TV sets and rely on "rabbit ears" or rooftop antennas to receive free broadcast signals will need to obtain a separate digital-to-analog converter to watch their TV or lose service. The National Telecommunications and Information Administration (NTIA) is offering all U.S. households up to two coupons (while supplies last), worth \$40 each, to be used toward the purchase of digital-to-analog converters. If you have a TV with digital tuners or the TVs are connected to cable, satellite or other pay TV services you will not need a converter to continue to receive TV programming. For more information go to www.dtv.gov.



June Birthdays

Lila Hawk	June 3rd	Sharon McKinley	June 14th	Linda Montgomery	June 19th
Amanda Moore	June 4th	Tiffany Stevens	June 15th	Kara Lute	June 23rd
Barb Tackett	June 4th	Tonja Helmick	June 15th	Barb Crabtree	June 25th
Wayne Beasley	June 6th	Tiffany Hadsell	June 18th	Jennifer Beekman	June 27th
Roger Slusher	June 10th			Jennifer Moore	June 28th

Happy Birthday



Ohio Benefit Bank (OBB) Updates

OBB Launches Electronic Signatures

Ohio Benefit Bank customers no longer need to sign and submit paper applications to their local Job and Family Services office when applying for Food Stamps, Cash, and Medical Assistance. Security software has been enhanced to protect client privacy and new training content has been made available for Ohio Benefit Bank counselors.

This enhanced technology amplifies the Ohio Benefit Bank's mission to make applying for benefits and tax credits a less encumbered process that retains each applicant's dignity and privacy.

Leader Voice Mail Offered by Ohio Benefits Bank

A partnership between The Ohio Benefit Bank, The Office of the Ohio Consumers' Counsel and Leader Technologies enhances the lives of OBB clients with free "Leader Voice Mail."

Recipients can receive voice mail messages from prospective employers, family members, health care providers and others through any phone, at any time.

Ohio Benefit Bank customers interested in this service are assigned a unique local telephone number that can be given to those who will leave messages and they can receive these messages with any telephone or over the Internet.

Ohio Benefit Bank Site

Community Action Committee of Pike County is a local Ohio Benefit Bank site and trained counselors are available to assist customers in applying for Ohio benefits which include food stamps, medical card, cash assistance, and other benefits. For more information or to schedule an appointment to complete an Ohio Benefits Bank application, please call Community Action Committee of Pike County at 740-289-2371 between 8:00 am and 5:00 pm Monday through Friday.

AEP Energy Conservation Kits

Community Action Committee of Pike County Social Services department provided 500 AEP Energy Conservation kits to eligible AEP customers during the 2008-09 Winter Crisis Program.

The kits, which were provided by AEP Ohio, include information on conserving energy and lowering energy costs, as well as outlet covers to prevent drafts, compact fluorescent light bulbs, a self-stick door sweep, weather stripping, temperature and water flow measurement gauges, an LED night light, and a low-flow shower head.

Community Action of Pike County Social Services department has received an additional 75 AEP Energy Conservation Kits from Ross County Community Action which are being distributed to eligible AEP customers. *AEP customers with household income at or below 200% of federal poverty guidelines, and who have not already received a kit, are eligible to apply.* Currently, Social Services department has 32 AEP Energy Conservation kits available to distribute to eligible AEP Customers.

Documentation required to apply for an AEP Energy Kit includes:

Proof of current income for all household members

Current AEP bill and natural gas bill (if applicable)

Names, date of birth and social security numbers for all household members.

The Energy Conservation Kits are being distributed on a first come, first serve basis, until they are gone.

For more information or to schedule an appointment for an AEP Energy Conservation Kit, please contact Community Action of Pike County Social Services department at 289-2371.

D-Day 65th Anniversary

June 6th marks the 65th anniversary that the American, British and Canadian soldiers invaded the beaches of Normandy. D-Day was a turning point of WWII and it signaled the beginning of the end of the age of fascism. This mission had 2 phases to the landing. The first one was the air assault landing of the American, British, and Canadian airborne troops shortly after midnight and the second was the amphibious landing of Allied infantry. As one of the largest land, air and sea invasions in history with 150,000 soldiers invading the shores of Normandy, these soldiers were aboard heavy landing craft and braved 6-foot swells, machine gun fire and more than 6 million mines just to get to the sandy beaches. A full moon and spring tide were required to make this mission possible.

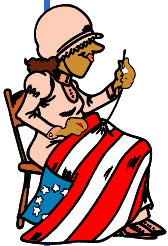


Flag Day Trivia

1. What is the color of the 1st stripe on the flag?
2. What Holidays do you fly the flag at half-mast?
3. Where is the proper location to wear a flag pin?
4. What kind of business did Betsy Ross have?
5. When the flag is completely folded, what should be visible?

Answers

1. Red, 2. Patriot Day (Sept. 11th), Pearl Harbor Day (Dec. 7th), and Peace Officers Memorial Day (May 15th), 3. On your left (pocket) close to your heart, 4. Upholstery Business, 5. Triangular blue field of stars should be visible



June is Dairy Month

Celebrate dairy this month by following the 3-A-Day program. Having 3 servings a day from dairy products like milk, cheese, and yogurt offers 9 essential nutrients that are healthy for your body. These nutrients may help better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. For information on the 3-A-Day go to www.3aday.org.



De-Stressing Vacations

- *A vacation should be a balance of new experiences and familiar things that will make you feel refreshed, relaxed, and renewed.
- *Ask family members what they liked best and least about previous years' vacations and how they want this year's to be different.
- *Talk about what it will really be like to wait in long lines, sit in a crowded plane for hours, or drive 500 miles with a hot, panting dog in the car.
- *Consider a STAYCATION instead of traveling. Enjoy the fun and interesting things in your own city that you've never seen or done.
 - *Plan some "down time," when you have nothing scheduled.
 - *Do as much research as you can to eliminate surprises.
- *Hold hotel reservations in advance with a credit card so you won't be caught without accommodations.

Did You Know . . .

- June 7th is Daniel Boone Day
- June 7th is National Cancer Survivor Day
- June 10th is Ball Point Pen Day
- June 14th is The United States Army Birthday
- June 20th is West Virginia Day
- June is the traditional start of Hurricane season in the U.S.



**Don't forget,
Father's Day
is June 21st.**

CAC News Community Action Committee of Pike County

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 740-289-2371.

We are on the web
www.pikecac.org

Adult Protective Services/Elder Abuse Awareness 5K Walk/Run

June 20, 2009 at 9:00 a.m.

Old Waverly North School parking lot (by Bristol Village)

\$15 registration before June 5th, \$20 registration after June 5th.

1K Kids Fun Run - FREE for children 12 and under

Winners of Run will receive prizes by Age/Gender categories

T-shirts for 5K Walk/Run Participants only

Treats will be provided to participating children



For more information contact: Adult Protective Services at 740-947-2171 ext. 1053 or ext. 1035

For Sale or Rent

NO land contract

3 bedroom, 2 bath house in Chillicothe area.

For more information call 740-493-1310

Yard Sale May 30th

103 Columbia Drive

Luggage, furniture, kids, men's, and women's clothing, baseball cards, and more.

FOR SALE

Kenmore four burner stove/oven in excellent condition. White with black accents, \$200.
Buffet, hunter green with natural wood drawers (2) and doors (2), \$100.

If interested please contact Lynn at 740-947-9087

A workout for couch potatoes

You can get 16 minutes of activity during an hour-long television program simply by marching around the room during commercials.

Lift your knees as you take each step.
March in place, or step side to side occasionally for variety.

Although it may be preferable to get 10 to 15 minutes in all at once, these short bursts still provide health benefits.



QuickBooks Training Workshop

The QuickBooks Training Workshop enables individuals and business owners to gain knowledge in the basics of QuickBooks. QuickBooks are easy-to-use computer accounting systems for small business. The main focus of this training is on how to use the features in QuickBooks Pro, specifically getting started and initial set-up.

Coming this Summer

Cornhole Tournament

The CAC of Pike County will be sponsoring a Cornhole Tournament Saturday, June 27, 2009 at 2:00 pm at the Moose Lodge in Waverly. All proceeds will benefit the local Shriners. Entry fee is only \$25.00 and the top 3 teams will receive a prize. For more information call 740-289-2371 for Pam Mustard at ext. 200 Pam Lawhorn at ext. 119. For registration sheet log on to www.pikecac.org, go to upcoming events, and click on the link to the Cornhole Tournament. Please pre-register by June 19, 2009.



20th Annual "RUN FOR SHELTER"

Sponsored by . . . The Community Action Committee of Pike County

Saturday, July 18, 2009

5k Run will begin at 8:30 am

3 mile walk will begin at 8:00 am

Registration time - 6:45 am on Race Day

Race registration will be at the Community Action Committee of Pike County located at 941 Market Street, Piketon, Ohio. T-shirts for all entrants. Time splits will be provided at each mile and at the finish. Refreshments will be provided after the race and awards will be given in all age/gender divisions listed below. Overall winners will not be considered in the age group awards. You must check in and pick up your t-shirt by 7:50 am on Race Day.

Registration Fee: \$12.00 before July 10, 2008
\$15.00 Race Day

Make Check payable to: CAC of Pike County
Mail Entry Form to : Vela Hannah
c/o Community Action Committee of Pike County
941 Market Street, PO Box 799
Piketon, Ohio 45661

Questions/Information: Call Cassie McDonald at 740-289-2371

Name: _____

Address: _____

Daytime Telephone: _____

Birthdate: _____ Age: _____

Event (circle one) 5K 3 mile walk Sponsor Only

Shirt Size (circle one) S M L XL XXL

Adult sizes only

Divisions

(Circle One)

WOMEN

14 & under
15-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74
75 & older

MEN

14 & Under
15-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74
75 & older

In consideration of the foregoing, for myself, my executors, assigns, and administrators, do hereby release and discharge the Community Action Committee of Pike County, the Race Committee, and the Village of Piketon from all claims of damages, demands, actions, and causes of action whatsoever in any manner arising or growing out of my participation in said event.

PARTICIPANT SIGNATURE: _____ DATE: _____

(Parent/Guardian signature required if under 18 years of age)