



CAC of Pike County

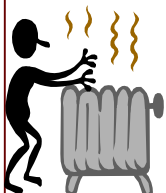
November 2009



2009-2010 Winter HEAP

The Home Energy Assistance Program (HEAP) is designed to help eligible low-income Ohioans meet the high costs of home heating. HEAP pays a one-time payment for most PUCO regulated utility customers reflecting their usage for the current winter heating season.

A special component of HEAP, the Winter Crisis Program (WCP) is administered by Community Action Agencies throughout Ohio. The WCP provides assistance once per heating season to eligible households that are disconnected, threatened with disconnection, or have less than a ten-day supply of bulk fuel.



Eligibility Requirements:

- Proof of U.S. Citizenship - verification of address, birth certificate or birth record, medical card/VA card or proof of current alien status for non-citizens (required for primary applicant).
- Proof of residence verified by: verification of address from a utility bill or item mailed to you.
 - Proof of "ALL" household gross income for the previous 13 weeks.
- Both Utility Bills (even if you are only seeking assistance with one) - Electric and Natural Gas customers in order to be assisted for Emergency HEAP you must be within 10 days of disconnect. If your disconnect date is more than 10 days away, you must reschedule your appointment. For bulk fuel customers, to be assisted you must have less than 10 days supply of fuel. If you have more than 10 days supply of bulk fuel, you must reschedule your appointment.
- Proof of Co-Payment - Attention rural Co-op customers - if you are required to pay a co-pay to your electric company, the co-pay must be made prior to your appointment. You must contact your utility company to find out the amount of the co-pay in advance. We will no longer send co-pays thru the mail from our office.
 - Social Security numbers for everyone in the household 2 years old and older.
 - Date of Birth for everyone in the household.
- Rent Information - landlord's name, address, phone number, and the amount of your rent.

All of these requirements must be brought with you to your appointment or you will have to reschedule. Any questions please contact the Social Services Department at CAC of Pike County at 740-289-2371.



HEAP appointments can be made at the Front Desk of Community Action Main Agency starting at 7:45 am each morning (289-2371) or at the Senior Center for anyone 60 years or older start at 8:00 am each morning (947-5555).



HEAP Income Guidelines

Eligibility: A household whose total income is at or below 200% of the 2009 federal poverty guidelines may be eligible. Guidelines are listed below:

<u>Size of Household</u>	<u>Income</u>
1 person	\$21,660
2 persons	\$29,140
3 persons	\$36,620
4 persons	\$44,100
5 persons	\$51,580
6 persons	\$59,060
7 persons	\$66,540
8 persons	\$74,020

For households with more than eight members, add \$7,480 for each individual.

CAC Staff Reminder on Parking

With HEAP beginning on November 2nd, parking at the main agency may be limited and it may be difficult to find a parking spot at the main agency during this time. Please remember to park in staff parking areas, if you are not sure where staff parking is ask your supervisor. The front door will be unlocked at 7:45 am with phone lines being turned on at 7:45 am also. Lines will be busy for the first few weeks so please be patient during these times. Thank You.



Upcoming CAC Events

Agency Holiday Party

December 11th 12:00 pm to 4:00 pm

Day with Santa at the Clothing Center

December 13th from 1:00 pm to 3:00 pm

Toy Distribution at Clothing Center

December 15th starting at 10:00 am



Trick or Treat in Pike County



Waverly, Village of Piketon, Pike County Rural, and Beaver will have their trick-or-treat night on Saturday, October 31st from 5:00 pm to 7:00 pm.

Waverly Lions Club will host their Halloween Parade that evening at 7:15 pm in Waverly. Piketon Lions Club will host the Piketon Activity in the Park beginning at 7:15 pm.

November Birthdays

- John Morgan Nov. 2nd
- Tamara Osborne Nov. 2nd
- Pam Mustard Nov. 3rd
- Phillip Roberts Nov. 3rd
- Pam Lawhorn Nov. 4th
- Lavonda Hart Nov. 5th
- Cora Gee Nov. 6th
- Christopher Aviles Nov. 8th
- Lisa Helphenstine Nov. 10th
- Kristi Montgomery Nov. 10th
- Annya Thomsson Nov. 11th
- Angela Knipp Nov. 12th
- Alondra Blair-Leturgez Nov. 12th
- Penny Jenkins Nov. 17th
- Angela Clark Nov. 17th
- Lori Veach Nov. 17th
- Erica Holsinger Nov. 17th
- Roger Patton Nov. 18th
- Debra Brust Nov. 18th
- William Harris Nov. 19th
- Mohammad Ali Nov. 19th
- Sandy Anderson Nov. 24th
- Jeannie Ross Nov. 27th
- Stephanie Jenkins Nov. 29th
- Sherry Riffe Nov. 30th

Congratulations!

Social Services Department earns the OBB Neighbors Helping Neighbors Award

At the 2nd annual, OBB Community Meeting and Training, the Ohio Association of Second Harvest Foodbanks and the Ohio Benefit Bank recognized several individuals and organizations for their outstanding work over the past year both as OBB service providers and program partners. Congratulations to the CAC of Pike County Social Services Department for all of their hard work and winning this award.

*Community Action Committee of Pike County
November Events*

November 10th
Senior Staff

November 19th
Governing Board

November 11th
Main Agency Closed for Veteran's Day
Family Health Centers are open

November 26th and 27th
Closed for Thanksgiving

State Of Ohio

Local Performance Area 1

(Adams, Brown, Pike, and Scioto Counties)

Pike County's
Performance

Total Participants Served	Adults		530	43
	Dislocated Workers		167	12
	Youth		369	28
Total Exiters	Adults		267	14
	Dislocated Workers		90	4
	Youth		66	14
Reported Information		Negotiated	Actual	
Entered Employment Rates	Adults	78.0%	92.3%	83.3%
	Dislocated Workers	87.0%	96.1%	100.0%
Employment Retention Rate	Adults	87.0%	93.1%	100.0%
	Dislocated Workers	92.0%	96.6%	100.0%
Average Earnings	Adults	\$14,500	\$15,439	\$14,563
	Dislocated Workers	\$17,000	\$19,375	\$24,785
Placement in Employment or Education	Youth (14-21)	63.0%	74.1%	100.0%
Attainment of Degree or Certificate	Youth (14-21)	42.0%	74.2%	100.0%
Literacy or Numeracy Gains	Youth (14-21)	37.0%	66.7%	N/A
Description of Other State Indicators of Performance (WIA 136(d)(1))		N/A	N/A	N/A
Overall Status of Local Performance	Not Met	Met	Exceeded	Exceeded
	0	0	9 of 9	8 of 8

WDA #1, comprised of Adams, Brown, Pike, and Scioto Counties, was one of only two Workforce Development Areas that exceeded all Department of Labor Performance Measures.

Congratulations to the Employment & Training Staff for their hard work and great accomplishments!!!!

Healthy Tips from WIC

Imagine you and me, and all our friends and relatives, and our children, are on a big boat in the middle of the ocean. And the boat is taking on water. On one side of the boat, you and I, our friends, family, and a whole bunch of other folks are bailing water as fast as we can. We're working hard, thinking smart, trying to save all of our lives and keep the ship afloat. On the other side of the boat is a smaller group working just as hard, punching holes in the boat. And no matter how much progress the big group makes, it just doesn't compensate for the damage the smaller group is doing.

Frustrating, right? Well, that's sort of the way it is with the battle against obesity and what American's food marketers are doing to us, to our children, and to our country.

Try making some small changes to your diet. Try patching the holes in your boat.

Eat/Drink This:	Avoid/Limit:
Small Soda or a diet soda	Large soda, 26 oz. - 36 oz. - - 330-430 calories
Wendy's small chili - - 8g fat	Southwest Taco Salad - - 39g fat
Taco Bell Fresco Crunchy Taco 8g fat	Ranchero Chicken Soft Taco 28g fat
Subway Roast Beef Sub 9.5g fat	Tuna Sub 22.5g fat
McDonald's Grilled chicken wrap 9g fat	Cheeseburger 12g fat
KFC 2 crispy strips with mash potatoes 18g	Small popcorn chicken and potato wedges 32g
BK Whopper Jr. no mayo with onion rings 19g fat	Cheeseburger with fries 29g fat
Arby's Roast Beef Melt 12g fat	Roasted Turkey and Swiss Sandwich 30g fat

Trivia Question: What is the worst cereal (with the most Sugar)?

E-Mail: asmith@pikecac.org

By Amy Smith, Nutritionist

References: foodandhealth.com. July 09, Eat This Not That by Zincenko 2008

The CAC/FHC Dental Department is now accepting new patients

The CAC/FHC Dental Department is now accepting new patients into the practice. Both Dr. Bissonette and Dr. Lee have opened their schedules, although it may take several weeks to get an appointment.

Also, the Dental Department has recently added a new Dental Hygienist, Cathy Blakeman, R.D.H., who previously worked in Dr. Schmitt's office in Waverly. This addition has greatly reduced the wait time to get an appointment with either Cathy or Sarah Williams, R.D.H. for cleaning and sealants. If you, or other family members who are established dental patients and have not had your recommended six month cleaning, now is a good time to get in quickly.

If you have a child, or are working with families with kids ages ten (10) and under, who are in need of a dental hygiene visit, the Hygienists are now able to take them as new patients before seeing the dentist. We recently changed this policy to encourage parents to start their children on the road to early and regular oral health care, which plays such an important role in their overall well-being.

To schedule an appointment, please call the Family Health Center-Pike-ton beginning Monday, October 2+6th at 289-3508. Thank you for your support of the CAC Family Health Center services.

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 December newsletter, please submit them in writing with all information by November 20th 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.

Don't forget to "fall" back on
November 1st.
Daylight Savings Time Ends
at 2:00 am on November 1st.

Please remember when ordering food to
be delivered here at the main agency
please give your name and
DEPARTMENT NAME. Thank you.



**Corrections from October
Newsletter**

Brandon Mustard is a new
employee not Brandy Mustard.

Janice Caughlan's last name
was misspelled in the Birthday
announcements.

Pumpkin Bar Recipe

2 c sugar
1/2 c vegetable oil
16 oz. canned pumpkin
4 eggs, beaten
3 c buttermilk baking mix
2 tsp cinnamon
1/2 c raisins



Cream cheese frosting
Combine sugar, oil pumpkin, and eggs in large bowl and beat one minute. Stir in baking mix, cinnamon, and raisins. Pour onto greased jellyroll pan. Bake 25-30 minutes at 350 degrees. Cool before frosting.

Cream Cheese Frosting

3 oz cream cheese, softened
1/3 c butter, softened
1 tbsp milk
1 tsp vanilla
2 c powdered sugar
Combine cream cheese, butter, milk, and vanilla until smooth. Stir in powdered sugar and beat again until smooth.

Be one of the first 10 people to e-mail Lori with the location of the hidden football and receive 5 tickets that can be used at the Holiday Party.

Don't forget you must EMAIL Lori at lwatson@pikecac.org with the answer. The hidden football is located in this newsletter.

FOR SALE

**NEW SUZUKI BOULEVARD M50
HARDTAIL**, right off showroom, driven 15
miles, black and yellow, lots of chrome.
Lists for \$8,900, will sell for \$7,000 or best
offer. For info call 740-947-8937,
740-708-0591, or 740-708-7053

FOR SALE

100% Authentic COACH Bag 10620,
Large Carly Signature Bag
Khaki/Brown, Minor wear. Paid retail
\$398 asking \$130.

For more information call Cassie
at 222-4418.