



October Newsletter

CAC of Pike County

2010 Census Cautions

The U.S. Census process of counting everyone in the United States is underway, the Better Business Bureau (BBB) is advising people to be cooperative and cautious. Right now the Census workers are in the first phase by verifying the addresses of households across the country but eventually, more than 140,000 U.S. Census workers will count every person in the United States. This will include gathering information about every person living at each address including name, age, gender, race, and other relevant data. The BBB is offering advice on how to tell the difference between a U.S. Census worker and a con artist.

1. If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.
2. Census workers are currently knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. While the Census Bureau might ask for basic financial information, such as a salary range, it will not ask for Social Security, bank account, or credit card numbers, nor will employees solicit donations. Eventually, Census workers may contact you by telephone, mail, or in person at home. However, they will not contact you by e-mail, so be on the lookout for e-mail scams impersonating the Census. Never click on a link or open any attachments in an e-mail that are supposedly from the U.S. Census Bureau. For more advice on avoiding identity theft and fraud, visit www.bbb.org.

What is the Importance of the Census?

Census data is used to distribute Congressional seats to states, to make decisions about what community services to provide, and to distribute \$400 billion in federal funds to local and state governments each year. The census is a count of everyone living in the United States every 10 years and is mandated by the U.S. Constitution. It only takes less than 10 minutes to complete and participation is required by law.



CAC Events

October 6th
Senior Staff

October 15th
Governing Board

October 23rd
COAD Chillicothe

October 24th-30th
Management Meetings

Welcome
New
Employees

Lori Veach
Megan Hicks
Angela Breech
Brandy Mustard
Cathy Blakeman
Gary Thompson

Upcoming Fall Festivals

Beaver Oktoberfest
Beaver - October 1st - 4th

Paul Bunyan Show
Cambridge - October 2nd - 4th

Bob Evans Farm Festival
Rio Grand - October 9th - 11th

Apple Butter Stirrin' Festival
Coshocton - October 16th - 18th

Fall Festival of Leaves
Bainbridge - October 16th - 18th

30th Annual Fall Hike
McArthur - October 17th

Fall Foliage Walk
Chillicothe - October 18th

Circleville Pumpkin Show
Circleville - October 21st - 24th

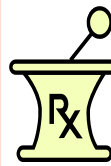
Halloween on the Hocking
Logan - October 31st

State Increases Home Energy Assistance Program Eligibility Guidelines

Ohio Department of Development announced that the state has increased the income eligibility guidelines for the federally funded Home Energy Assistance Program (HEAP) for the 2010 fiscal year. Households are eligible for HEAP assistance if their income is at or below 200 percent of the federal poverty guidelines, an increase from the previous level of 175 percent. More information on CAC of Pike County Winter Crisis program can be found on the next page.

Submitted by: Libby Fairchild

Free Antibiotics from Kroger



Kroger is now offering a free 14-day supply of antibiotics for new prescriptions for a limited time. All you have to do is take your prescription into Kroger and you are eligible for a free 14-day supply of antibiotics.

Dear CAC Friends,

I wanted to take this opportunity to let you all know how very grateful I am to all of my old friends from CAC; and to those of you who have never met me, but found it in your hearts to help out with the recent benefit yard sale held on my behalf.

Thank you for all for the donations of items to the sale, monetary donations, and all the time it took to make it so successful.

The funds that were raised will help more than you know, but the true generosity that lies in the hearts of those who work for CAC has been the greatest gift.

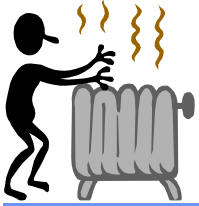
Thank you again,
Karen Boyce-Doherty



October Birthdays

Angela Bogges	Oct. 5	Mona Dixon	Oct. 13	Rebecca Fite	Oct. 23
Mark Francis	Oct. 5	Karen Ferguson	Oct. 13	Doris Williams	Oct. 24
Amy Ault	Oct. 6	Kay Harris	Oct. 15	Janice Cottman	Oct. 26
Rita Roberts	Oct. 7	Lilliam Ortiz	Oct. 16	Lori Bellomy	Oct. 28
Bernadine Ballew	Oct. 8	Janice Caughlin	Oct. 17	Scott Adams	Oct. 29
Lynn Holland	Oct. 10	Darin James	Oct. 22	Diana Beekman	Oct. 29
Tammy Goodrich	Oct. 11	Willa Henry	Oct. 23	Deidra Cline	Oct. 30
Kenneth Roberts	Oct. 12			Jamie Risner	Oct. 30

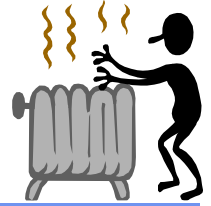




2009-2010 Winter Crisis Program

(also known as Emergency HEAP)

Begins November 2, 2009



Community Action Committee of Pike County will begin face-to-face interviews for 2009-210 Winter Crisis Program appointments on Monday, November 2, 2009.

Households are eligible for HEAP assistance if their income is at or below 200 percent of the Federal Poverty Guidelines.

Appointments

Appointments are scheduled one day at a time and 10 working days in advance of the actual appointment.

Appointments for Monday, November 2nd will be scheduled on Monday, October, 19th. Appointments for Tuesday, November 3rd will be scheduled on Tuesday, October 20th, etc. Pike County residents may schedule an appointment by calling Community Action Committee of Pike County at 289-2371 beginning at 7:45 am on October 19, 2009.

Customers who are 60 years of age or older may contact the Pike County Senior Center at 947-5555 beginning at 8:00 am on Monday, October, 19.

During the first month of the Winter Crisis Program, the appointment schedule becomes full in a short time. The phones are turned on each day at 7:45 am at Community Action Committee of Pike County in Piketon, and at 8:00 am at the Pike County Senior Center in Waverly. When customers are calling to schedule an appointment and experience a busy signal or reach a voice mailbox, customers should hang up and try again. If customers cannot get through to make an appointment, they may be seen as a walk-in if their electric is disconnected or they are totally out of fuel.

Walk-Ins

HEAP walk-in appointments are made *in person* and are scheduled each week day, Monday through Friday beginning at 8:00 am. There is a limit on the amount of walk-in customers that can be seen and walk-ins are taken on a first come, first serve basis. All customers, including walk-ins must bring proper documentation with them for the face-to-face interview. Walk-ins will start on Monday, November 2, 2009

Disconnect Extensions

Regulated utility companies (AEP and Pike Natural Gas) are required to provide an extension on the disconnect date for customers who have a scheduled HEAP appointment. In order to receive an extension on the disconnect date, the customer must provide Community Action Committee of Pike County Social Services Department or the Pike County Senior Center with their account information from their bill, their phone number and their appointment date in order for the agency to obtain and extension for the customer.

Outreach/Information

The *HEAP information Line* will provide information on the 2009-2010 Winter Crisis Program and will list the documentation required for the Winter Crisis Program interview. The 2009-2010 Winter Crisis Program HEAP Information Line will be available beginning October 19, 2009. To listen to the HEAP Information Line, please call Community Action Committee of Pike County at 289-2371 and ask for the HEAP Information line or spell HEAP from the company directory during off hours.

2009-2010 Winter Crisis Program *Customer Information Sheets* will be available for pick up beginning October 19, 2009 at Community Action Committee of Pike County, 941 Market Street, Piketon, Ohio, or the Pike County Senior Center at 408 Walnut Street, Waverly, Ohio 45690. All agency departments will be provided with Winter Crisis Program Customer Information Sheets as soon as they become available. If you have any other questions about the Winter Crisis Program contact the Social Services Department at CAC of Pike County.

Submitted by: Libby Fairchild

Pike County's Outstanding Achievement Awardees

To enter an License Practical Nursing (LPN) Program, one must be able to dedicate one full year of your life. Nothing else can be permitted to alter your focus because it is that intense of a program.

In Pike County last Program Year, twenty-four participants enrolled in and completed an LPN Program. All twenty-four are currently employed. Today we will recognize three of those individuals with Outstanding Achievement Awards.

Jessica Schackart

Jessica was a displaced homemaker and single parent when she visited Pike Employment and Training Systems.

She had enrolled at Pike County Career Technical Center's LPN Program to fulfill her goal of becoming a Licensed Practical Nurse. Her dream was to obtain an education in order to help others.

With WIA assistance, Jessica was able to graduate and become a Licensed Practical Nurse. She is now working with Bristol Village of Waverly as a Licensed Practical Nurse.

Sondra (Ford) Dunham

Sondra was employed as a STNA earning \$8.00 per hour when she visited Pike Employment and Training Systems to obtain assistance furthering her education in the nursing field.

Sondra's goal was to become a Licensed Practical Nurse and she enrolled in the Pike County Career Technology Center's LPN Program. With WIA assistance, Sondra was able to graduate on June 12, 2008 and successfully pass the NCLEX on August 25, 2008. She is now employed with Bristol Village as an LPN.

Kendra Mowery

Kendra was employed as a cashier at McDonald's of Waverly making \$6.85 per hour when she visited Pike Employment and Training Systems to obtain assistance with funding to further her education.

After taking classes at Shawnee State University and Ohio University Chillicothe, Kendra decided that she wanted to pursue a career in nursing so she enrolled in Pike County Career Technology Center's LPN Program.

With WIA assistance, Kendra was able to graduate and successfully pass the NCLEX exam. She immediately began employment with Ross County Health District as an LPN.

Barch's Cycle

Barch's Cycle has worked with the Community Action Committee of Pike County's Youth Program since the summer of 2005 as a work site for several Pike County Youth between the ages of 14-18. Youth are placed either in the repair shop or behind the counter assisting customers. The work site used depends upon the skill set of the youth. Currently, Barch's Cycle has one (1) WIA ISY working behind the counter. Over the years, numerous youth have gained invaluable social, communication, career and life skills in the real world of work through their placement at Barch's Cycle. Besides providing supervision and guidance, their employees have also been excellent role models and mentors.

CAC of Pike County and the Workforce Connections of Pike County Department would like to congratulate Barch's Cycle on the Employer of the Year Award which it richly deserves. We would like to thank Barch's Cycle for all of its past support and help, and all of us are looking forward to our continued future success, affiliation and partnership.

Submitted by: Rita Moore



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 each 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.



Just in time for Christmas!

For Sale: 4-wheeler, Kolt 50 EXCELLENT condition. Has safety features with very little riding time, perfect for kids. Also included in price, new chest protector (\$100.00 value) asking \$1,000. Also a 2-person go-cart - \$350. For more information contact Amy Smith at 740-947-4268.

FOR SALE

Cycle country front mounted mower. 48" cut, 10.5 HP Briggs & Stratton Motor. Good condition, has been setting for awhile. Make offer. For more info contact Bertha or Richard Scowden at 740-289-4143.

Way's Farm Pumpkin Patch

Plan a trip to visit the Way's Farm Pumpkin Patch located at 13 Denver Road, Waverly and pick your own pumpkins!



Pumpkin Patch open now through October.

Monday - Friday 4:00 pm until dusk

Saturday - 12:00 pm until dusk

Sunday - 12:00 pm until dusk

Phone 740-222-0179 for more information.

YARD SALE

3 FAMILY YARD SALE

Saturday, October 3rd

9:00 am to 4:00 pm

2202 Jasper Road

(1 mile past Jasper School)

Cancel if raining



FREE KITTENS

4 kittens free to a good home also a mother cat.

For more information contact Pam Mustard at 708-0591



Pike County General Health District 2009-2010 H1N1 Information

Public Health
Prevent. Promote. Protect.

THE H1N1 VIRUS AND YOUR WORKPLACE

What You Can Do to Anticipate and Respond to the Impact of the H1N1 on Employees

Examine policies for leave and employee compensation and review with managers, supervisors, and employees so they are up-to-date on sick leave policies, leave donation, and employee assistance services that are covered under the different employee-sponsored health plans. Leave policies should be flexible and non-punitive.

- Plan for the possibility of unscheduled leave that encourages employees who are sick to stay at home to care for themselves and others who are ill with the flu or children dismissed from school.
- Establish policies for flexible worksite (e.g., telecommuting) and flexible hours (e.g., staggered shifts), if needed.
- Communicate policies for employee access to health care, mental health, and social services

HOW IS THE H1N1 SPREAD? The H1N1 virus spreads the same way the seasonal flu spreads, mainly from person to person through coughing or sneezing. Employees can also become infected by touching a contaminated surface (doorknob, soiled tissue) and then touching their eyes, mouth or nose.

Who is at Risk? Although there is still much that remains unknown about H1N1 influenza, it appears that this strain may be more prevalent and/or severe in different groups of people than seasonal influenza. Currently, the Centers for Disease Control and Prevention have suggested that:

- **Pregnant women
- **Individuals birth to 24 years old
- **People 24 to 64 years old with chronic health conditions

May have increased risk for severe illness and complications associated with H1N1 influenza. However, it is important to know that everyone is at risk for contracting H1N1 and should take steps to protect themselves and others.

Associated Infections- Severe disease with pneumonia, respiratory failure and even death is possible with H1N1 flu infection. At times bacterial infections may occur at the same time as or after infection with influenza viruses and lead to pneumonias, ear infections, or sinus infections.

DID YOU KNOW? Influenza virus can survive on environmental surfaces and can infect a person for up to 2-8 hours after being deposited on the surface.

Symptoms- H1N1 flu virus infection can cause a wide range of symptoms, including:

- *Fever
- *sore throat
- *headache
- *fatigue
- *Cough
- *body aches
- *chills

Some people have also reported diarrhea and vomiting. Like seasonal flu, H1N1 flu in humans can vary in severity from mild to severe.

What You Can Do? COVER COUGHS! WASH HANDS OFTEN!

- **Cover Your Cough** with a tissue and throw the tissue in the trash immediately. If you do not have a tissue cough and/or sneeze into your arm instead of your hand.
- **Stay Home if You are Sick** and remain home until you have been free of a fever without the use of fever-reducing medication for 24 hours.
- **Wash Your Hands Often** with soap and warm water for at least 20 seconds. You can use alcohol-based sanitizers as well.
- **Avoid Touching Your Eyes, Nose, and Mouth** because germs spread this way.
- **Avoid Close Contact with Others** if they appear to be ill.
- **Follow Public Health Advice** regarding avoiding crowds and other social distancing measures.
- **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.