

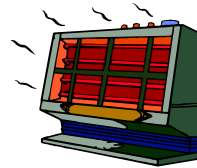
# FEBRUARY NEWSLETTER

## COMMUNITY ACTION COMMITTEE OF PIKE COUNTY



### Community Action Committee of Pike County 2011-2012 Winter Crisis Program

The Community Action Committee of Pike County (CAC) will operate the 2011-2012 Winter Crisis Program, also known as Emergency HEAP, November 1, 2011 through March 31, 2012. The program is intended to help offset the rising cost of winter heating bills for individuals at or below 200 percent of the Federal Poverty Guidelines. For example, a family of four can make up to \$44,700 annually and still be eligible for HEAP. The Winter Crisis Program will provide financial assistance to low-income households that are threatened with disconnection of their heating source; or have already had service disconnected; or have less than a ten-day supply (or 25% or less) of bulk fuel. Applicants must bring both primary and electric heating bills, income verification for the past 90 days for all household members, proof of disability if disabled, and social security cards for all household members to the face-to-face interview. Customers are encouraged to call prior to their scheduled appointment to make sure they have all the required documentation. Appointments are scheduled by phone at CAC each weekday beginning at 7:45 am by calling 740-289-2371 (TDD 289-2608). Appointments for senior citizens are scheduled by phone each weekday at the Pike County Senior Center beginning at 8:00 am by calling 740-947-5555. Customers in immediate danger of disconnection of service or with less than 1-day supply of bulk fuel may "walk-in" November 1, 2011 thru March 31, 2012 at both locations. Walk-ins are accepted at CAC in Picketon each week on Monday, Tuesday, Wednesday, and Friday beginning at 7:45am. Senior Citizens may walk-in at the Pike County Senior Center in Waverly each Thursday beginning at 8:30am. Walk-in appointments are limited and are taken on a first-come, first-served basis. When the walk-in schedule is full, no other walk-ins can be scheduled that day.



Submitted by: Libby Fairchild

### CAC EVENTS

#### February 1st - 3rd

OACAA Winter Conference

#### February 7th

Senior Staff

#### February 16th

Governing Board

#### February 20th

President's Day  
Agency Closed

#### February 21st - 23rd

Management Meetings



### Winter Car Emergency Kit

AAA recommends that travelers keep these items in their car trunk for emergencies.

- \*Flashlight with extra batteries.
- \*Flares or reflective triangles.
- \*Jumper cables.
- \*Cellphone with extra batteries.
- \*First-aid kit.
- \*Rags or paper towels.
- \*Gallon of water.
- \*Nonperishable food items.
- \*Blanket and extra set of clothes.
- \*Window washer fluid.
- \*Non-clumping cat litter.
- \*Ice scraper, snow brush and snow shovel.
- \*Extra car fuses.



## Valentine Candy Grams

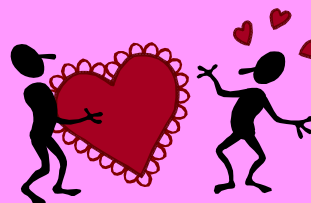
*Why not tell a co-worker Happy Valentine's Day with a bag of candy and a card? Show them you care.*

*For \$1.00 send a personalized thank you note and a bag of candy.*

*Pre-Orders starting now through February 9th. E-mail orders to [gstevens@pikecac.org](mailto:gstevens@pikecac.org). Orders must be paid for prior to delivery.*

*We will deliver your Candy Grams February 13th and 14th.*

*Sponsored by Team 3.*



**Attention!!!**

Employees of Reserve Network laid off from Masco Retail Cabinetry Group & Spouses of Employees of Masco Retail Cabinetry Group laid off after April 27, 2010.

You may be eligible for employment and/or training services through Workforce Connections of Pike County.

For additional information call or stop by today!!

Workforce Connections of Pike County  
 941 Market Street  
 Piketon, Ohio 45661  
 740-289-2371 or (866) 820-1185  
 Monday-Friday, 7:45 a.m. – 5:00 p.m.



A division of the Community Action Committee of Pike County

**Upcoming Training Workshops**

**February 1st**

QuickBooks 2010 Introduction  
 \$75 - 8:30 am to 4:30 pm

**February 22nd**

Microsoft Excel 2007 Level 2  
 \$75 - 8:30 am to 4:30 pm

**March 7th**

QuickBooks 2010 Advanced  
 \$75 - 8:30 am to 4:30 pm

**March 21st**

Microsoft Access 2007 Level 1  
 \$75 - 8:30 am to 4:30 pm

**April 4th**

Microsoft Word 2007 Level 1  
 \$75 - 8:30 am to 4:30 pm

Classes are held at  
 OSU Endeavor Center (unless noted)  
 1864 Shyville Rd  
 Piketon, Ohio 45661  
 \*Prices subject to change



**NEW EMPLOYEESS**

Tony Hawk  
 Ronald Parker  
 Keith Pederson



**FEBRUARY BIRTHDAYS**

|                  |           |                  |           |
|------------------|-----------|------------------|-----------|
| Carolyn Fyffe    | Feb. 4th  | Tracy Pederson   | Feb. 17th |
| Stephanie Remy   | Feb. 5th  | Angela Cutler    | Feb. 17th |
| Meka McClay      | Feb. 5th  | Sharon Price     | Feb. 20th |
| Amber Risner     | Feb. 6th  | Gina Ellenburg   | Feb. 20th |
| Sandra Jones     | Feb. 8th  | Greg Williams    | Feb. 20th |
| Sue Stevens      | Feb. 9th  | Tara Bowen       | Feb. 20th |
| Jacob Bissonette | Feb. 10th | Sumit Sharma     | Feb. 20th |
| Marsha Mitchell  | Feb. 13th | Sandra Helton    | Feb. 21st |
| Wilda Causey     | Feb. 16th | Valerie Fox      | Feb. 22nd |
| Karyn Farmer     | Feb. 16th | Cindy Balzer     | Feb. 24th |
|                  |           | Michael Strennen | Feb. 27th |



## Time to WORKOUT at the YMCA

You will find a **FREE** one week pass for you and your family with your check stub. This is a great opportunity to check-out a new way to get healthy. Here is a list below of some fun activities that the YMCA offers:



- Fitness Classes
- Pool
- Gym-Basketball
- Ping-Pong
- Kidz Smart Fitness Center
- Fitness Center
- ActivTrax



If you are currently a member of the YMCA, go ahead and give your pass to a friend or family member. Remember that when you start using the pass it is only good for seven **consecutive** days.

Submitted by : Amy Smith DTR, WIC Nutritionist



### ZUMBA

Keep your New Year's Resolution by going to ZUMBA at the Senior Center!

Tuesdays and Thursdays  
6:00 pm to 7:00 pm

Non-Seniors - \$4  
CAC Employees - \$3  
Seniors 60+ - FREE

### Chef Salads available from Senior Center

Lettuce, tomato, onion, carrots, peppers, eggs, ham, turkey, cheese, croutons, dressing of choice and crackers.

Large - \$5.00  
Small - \$3.50

Call before 8:30 am to place your order for delivery.

Delivery charge is \$1.00.



### Healthy Snacks to keep handy in your desk while working

- \*\*Trail Mix and/or dried fruits and nuts
- \*\*Breakfast cereal (choose a higher fiber, lower-sugar type).
- \*\*Cans of higher fiber, lower-fat, and lower sodium soup.
- \*\*Instant oatmeal packets (look for less-sugar options).
- \*\*Tuna salad kit (includes a small can of water-packed tuna, a relish packet, and crackers)
- \*\*Higher-fiber, lower-fat crackers.
- \*\*Natural-style peanut butter with crackers, bagels, and/or fruit.
- \*\*Packets of low-calorie hot chocolate.

### Soup and Sandwich Deals from Senior Center

Bowl of soup and whole sandwich  
\$6 - Non-senior  
\$4 - Seniors

Bowl of soup and half sandwich  
\$5 - Non-senior  
\$3.50 - Seniors

Call before 8:30 am to place your order for delivery. Call Senior Center at 947-5555 to place your order and/or to find out the weekly Soup and Sandwich combo.



\$1.00 Delivery charge

# CAC Monthly Newsletter

If you have any items or ideas for the monthly newsletter let us know. Please submit items in writing by the 22nd of the month to Lori Watson at [lwatson@pikecac.org](mailto:lwatson@pikecac.org) or Pam Lawhorn at [jojo@pikecac.org](mailto:jojo@pikecac.org). If you have any questions please call the front office at 740-289-2371.

## FREE PUPPIES

Beagle mix to a good home.  
5 females and 3 males.

Call Lloyd at 740-222-9205 or  
740-493-3596.

## February Facts and Trivia

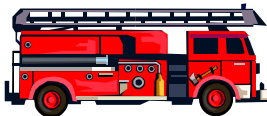
February 1, 1790 the Supreme Court met for the first time.  
February 2, 1887 the first Groundhog Day was celebrated.  
February 6, 1952, Queen Elizabeth became Queen of England.  
February 18, 1885, Mark Twain Published "The Adventures of Huckleberry Finn."  
February 20, 1962, John Glenn became the first American to orbit the earth.  
February 22, 1980 the USA Hockey Team beat Russia in the Olympics which is now called "Miracle on Ice."



Get your taxes filed for free! The Volunteer Income Tax Assistance (VITA) and Ohio Benefit Bank (OBB) tax preparation programs will soon begin. These programs provide free federal tax preparation for Pike County residents who meet income guidelines. The programs will begin filing taxes on January 23, 2012. Interested individuals can begin calling (740) 289-2371 on January 3, 2012 to set up an appointment. Appointments are available at both the Main Agency and at the Senior Center.

## Piketon Fire Department All You Can Eat Pancake Breakfast

Where: Piketon Firehouse  
Date: February 11th  
February 25th  
Time: 6:00 am to 1:30 pm  
Price: \$6.00



## Prom Gown Party

Free formals and special occasion dresses for all girls of any school district needing assistance with their high school prom and graduation attire.

This clothing is new (sizes 0 to 24) and will be given out on Saturday, March 17, 2012 from 11:00 am to 3:00 pm at Pike Community Action.

This year we have over 200 gowns and dresses to choose from. As we have added jewelry, we will have two jewelry specialists on site to help you select the jewelry that will compliment your selections.

Dresses will be given away by number starting at 11:00 am. First come first serve! Refreshments will be served. Come and join us for the party!

If anyone has any gowns or formal occasion dresses you would like to donate, please contact Kay Ingram at 740-289-3520. She would also welcome any jewelry that you would like to donate.



## FEBRUARY EVENTS

Ground Hog Day - 2nd  
National Wear Red Day - 3rd  
Super Bowl Sunday - 5th  
Valentine's Day - 14th  
President's Day - 20th  
Mardi Gras - February 21st  
Leap Day - 29th

American Heart Month