

march 2011

cac newsletter



Good Luck Charms

With St. Patrick's Day upon us, people start thinking of good luck and fortune. With good luck comes good luck charms and charms have brought people peace of mind for centuries. Carrying a lucky charm has been part of many cultures throughout history and they serve two purposes: first to attract good luck and secondly to ward off evil.

In ancient African culture, the carrying of an animal's foot was suppose to help a person be able to escape with the speed of an animal. Ireland's culture is in regards to St. Patrick. He is their patron saint and it is believed he drove out the devil from Ireland. St. Patrick's symbol is the shamrock, this symbol means "luck of the Irish."

Here is a list of "good luck charms" some may carry, have at their homes, or happen to have yourself?:

Horseshoe - This is one of the most well known and universally recognized good luck symbols. Placing a used horseshoe upright at the top right corner of your front door frame is considered to be an invitation to good luck to enter your home.

Ladybugs - When a ladybug lands on you it is said to be good luck. Killing a ladybug is considered bad luck.

Acorn - Carrying a dried acorn is believed to give the gift of youth to the carrier. An acorn can also be used for wealth and attraction of the opposite sex.

Four Leaf Clover - The four leaf clover is one of the better known symbols of luck. Four leaf clovers do exist but are rare to find, that is why when you find one it is considered lucky.



OBB Milestone!

As of December 2010, The Ohio Benefit Bank has helped over 181,000 individuals potentially access more than \$404 million in work supports and tax credits. From inception in 2006, the OBB has become the largest, most successful in application assistance in the nation!

The Benefit Bank has implemented a software improvement to better serve counselors and clients. Applications submitted electronically are now received by the County Job and Family Services office immediately. Formerly, the applications were submitted daily in one batch.

Counselors are now able to check the status of the electronic submission within five minutes. For more information, or to schedule an appointment for The Ohio Benefit Bank,

please contact the Community Action Committee of Pike County at (740) 289-2371 or TDD (740)2892608. Senior Citizens may contact the Pike County Senior Center at (740) 947-5555.

THE Ohio
BENEFIT BANK
neighbors helping neighbors

Submitted by: Libby Fairchild



March Birthdays

Dana Finley March 2nd
 Maria Stone March 3rd
 Laranda Johnson March 3rd
 Thomas Seeley March 7th
 Jan Conkel March 8th
 Rita Moore March 10th
 Mary Ann Williams March 10th
 Tesie McDaniel March 12th
 Delena Jenkins March 12th

Debra King March 13th
 Nellie Pittman March 13th
 John Ditraglia March 15th
 Jennifer Mills March 15th
 Pauline Howard March 17th
 Dawn Rose March 17th
 Rita Russell March 19th
 Bernice Conley March 19th
 Elizabeth Rose March 19th

Don Throckmorton March 20th
 Bertha Scowden March 24th
 Donna Carson March 25th
 Leigh Holsinger March 27th
 Megan Hicks March 27th
 Laura Dobbins March 28th
 Judy Rhoden March 28th
 Paula Childers March 28th
 Sarah Kaltenbach March 30th
 Stephanie Jones March 31st



Business Development Program

A division of the Community Action Committee of Pike County



Upcoming Training Workshops

March 23rd

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

April 20th

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

May 4th

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

May 10th

Small Business Class begins
(Every Tuesday and Thursday)
\$90 - 5 week course; Tuition Assistance is available.

*Prices subject to change

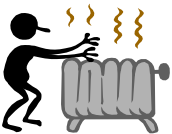
For more information about the classes and CAC employee discount contact the Business Development Program at the Main Agency at 740-289-2371 or visit www.pikecac.org/BD

Classes are held at:
OSU Endeavor Center
1864 Shyville Rd
Piketon, Ohio 45661

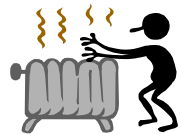


CAC Events

March 8th - Senior Staff
March 17th - Governing Board
March 22nd - 24th - Management Meetings



Community Action Committee of Pike County 2010-2011 Winter Crisis Program



The Community Action Committee of Pike County will operate the 2010-2011 Winter Crisis Program, also known as Emergency HEAP Program, November 1, 2010 through March 31, 2011. The program is intended to help offset the rising cost of winter heating bills for individuals at or below 200% of the Federal Poverty Guidelines. For example, a family of four can make up to \$44,100 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 of the past 90 days for all household members 2 years of age or older, to the face-to-face interview. For more information, or to schedule an appointment, please call 740-289-2371 or TDD 740-289-2608. Appointments are scheduled only by telephone. Individuals 60 years or older must apply at the Pike County Senior Center in Waverly by calling 740-947-5555 to schedule an appointment.

Submitted by: Libby Fairchild

Celebrate National Nutrition Month
Commit to eating more fruits and vegetables in March!

It's Easy to
Eat Right!

Eat Right with Color! Create a Colorful Fruit Salad



Mix together ANY frozen, canned and fresh fruits to make Fruit Salad.
Cover and refrigerate.

Winter time fruit salad

1. Peel and separate 2 fresh oranges, clementines or tangerines.
2. Add 8 ounces of frozen strawberries, cantaloupe, honeydew, blackberries or blueberries.
3. Add a big can (28 ounces) of sliced peaches, a can of pineapple chunks and a can of pears WITH juice.
4. Add 1 or 2 sliced fresh bananas and cut up 1-2 apples or a package of fresh apple slices.

Summer time fruit salad

1. Wash and slice fresh strawberries and place in big bowl.
2. Slice a fresh cantaloupe and honeydew melon in 1/2. Cut off the outside rind and cut center into chunks. Add to bowl.
3. Add some fresh watermelon chunks.
4. Add cut up fresh peaches, pears, nectarines or kiwi.
5. Add a can of mandarin oranges and pineapple.
6. Add some apple juice to keep it moist.

Create a Colorful Fresh Salad

Mix and match fruits and veggies to create a great salad!

Twisty Pasta Vegetable Salad

1. Cook 1/2 box(8 ounce) pasta (twisty, shells, bow ties) according to package and rinse with cool water.
 2. Add 2 cups of chopped up raw vegetables such as broccoli, cucumber, green onions, regular onions, zucchini, green peppers, carrots, celery.
 3. Add about 1/2 cup of cubed ham and 1/2 cup cubed or shredded cheese.
 4. Stir in your favorite salad dressing. Italian mixes very well.
- Makes about 6 cups of salad.

Mixed up Jumbled Salad

1. Wash and chop up iceberg or romaine lettuce, spinach, and cabbage for a large bowl (or buy bagged vegetable salad or lettuce)
2. Add chopped up fresh veggies:

Carrots	Avocado	Zucchini
Celery	Cucumber	Tomato
Broccoli	Corn	Cauliflower
Peas	Onion	Mushrooms
Radishes		
3. Add chopped up fruits:

Oranges	Strawberries	Apples
Grapes	Pears	Berries
4. Extras: dried cranberries, raisins, chopped nuts, sliced hard boiled eggs, cheese.



The institution is an equal opportunity provider.
Ohio Women, Infants, and Children Program:
1-800-755-GROW(4769)
www.ODH.Ohio.gov



COMMUNITY ACTION COMMITTEE OF PIKE COUNTY

This newsletter is published once per month. If you have any items you would like included in the April newsletter, please submit them in writing with all information by March 24th 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.



Spring is Coming!!

Spring those clocks forward at 2:00 am on March 13th.

Spring begins March 21st.



New Employees

Roberta Oiler



FOR SALE

2001 Eclipse Spider Convertible
4 cylinder, Automatic, Pioneer Stereo
\$4,900 (to pay lien off)

For more information, please contact Nancy at 740-663-5695

Happy Birthday Dr. Seuss

Dr. Seuss was born as Theodor Seuss Geisel on March 2, 1904. In 1937, Dr. Seuss's first book *And to Think That I Saw It on Mulberry Street* was published. This was the start of Theodor using "Dr. Seuss" in his publications. He used Dr. Seuss because his father had always wanted him to become a doctor and Seuss was his middle name and his mother's maiden name. While he wrote children's books he used Dr. Seuss because he wanted to save his real name for any serious writing that he may do later in life. Dr. Seuss went on to write books that has changed reading for youth everywhere. Ask anyone and they will have their favorite Dr. Seuss book, either *Green Eggs and Ham* or *Cat in the Hat*, and as children these books taught some of us to read. In honor of Dr. Seuss, this day has been adopted as "National Read Across American Day."



Dr. Seuss's Who's Whoses

How well do you know your Dr. Seuss books? Try to match the names with the descriptions below to test your Dr. Seuss character knowledge.

- _____ Some had plain bellies, some had bellies with stars
- _____ His heart was two sizes too small.
- _____ He doesn't speak words, he goes boing boing instead!
- _____ This lovable elephant is kind to creatures of all sizes.
- _____ This mischievous creature knows lots of good games for rainy day.
- _____ He can moo like a cow and make all kinds of sound.

1. Cat in the Hat
2. Grinch
3. Gerald McBoing Boing
4. Horton
6. Sneetches
7. Mr. Brown

Answers on bottom of page

Congratulations All!

We knew you could do it!



Answers for the Dr. Seuss's Who's Whoses: 5,6,2,3,4,1,8

FREE TAX Preparation

As soon as you receive your W-2 Forms, call the Community Action Committee of Pike County at 740-289-2371 to get information on **FREE Tax Preparation** and to schedule your appointment in Waverly or Piketon!!

The Free Tax Preparation Program will help prepare basic 2010 tax returns for low to moderate income families and individuals **FREE of charge**.

You may qualify for Earned Income Tax Credit (EITC)

If you earned less than **\$40,363** and you have two or more qualifying children, **EITC** could be as much as **\$5,036**.

If you earned less than **\$35,535** and you have one qualifying child, **EITC** could be as much as **\$3,050**.

If you earned less than **\$13,460** and you have no qualifying child, **EITC** could be as much as **\$457**.

Helping families put hard earned dollars back into their pocket!



FREE Tax Preparation, call the Community Action Committee of Pike County at 740-289-2371



Community Action Committee
of Pike County



Are you thinking about going to college?



**Are you having your taxes completed by the Community Action Committee of Pike County's Free Tax Preparation Program?

**Let us help you complete your Free Application for Federal Student Aid (FAFSA) Application free of charge!

You may be eligible for financial aid to attend college!

- ✓ Federal student aid can cover tuition and fees, room and board, books and supplies, transportation, and dependent childcare expenses. Types of aid include grants, loans, and work-study programs.
- ✓ Eligibility depends on: Expected Family Contribution (EFC), year in school, enrollment status, and cost of attendance.
- ✓ This application must be re-submitted each school year by all enrolled students.

For more information on assistance with the FAFSA application or the Free Tax Preparation Program, please call the Community Action Committee of Pike County at 740-289-2371.



Family Health Centers Southern Ohio's home for quality health care for 30 years



Elizabeth Nathan, CNP

Family Nurse Practitioner

Graduate of
Waverly High School

1999 Masters Degree in
Nursing, University of
Cincinnati

Thomas "Ty" Seely, CNP

Family Nurse Practitioner

Graduate of
Waverly High School

2008 Masters Degree in
Nursing, Wright State
University



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Family Health Centers are a division of Community Action Committee of Pike County