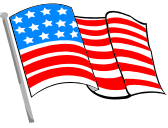
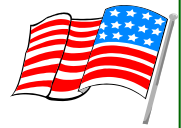


MAY 2011

CAC OF PIKE COUNTY NEWSLETTER



MEMORIAL DAY



Memorial Day is more than the unofficial start to summer and a day off of work, it is a day to remember loved ones we lost and most important the ones who fought for our freedom.

When Memorial Day was first founded it was called Decoration Day. This day honored fallen soldiers from the US Civil War from the Union and Confederate side of the war. After World War I the commemoration was extended to the fallen soldiers that fought and lost their life in WWI. Now the day honors all of our fallen soldiers. Decoration Day changed to Memorial Day after World War II and it was actually not declared the official name by Federal Law until 1967.

As many Americans have picnics and visit cemeteries here are some traditional observances around the nation:

- A national moment of remembrance takes place at 3:00 pm local time.
- The flag is to fly at half-staff from dawn until noon local time.
- For race fans, the Indianapolis 500, which has ran in conjunction with Memorial Day Weekend since 1911.
- Also NASCAR holds the Coca-Cola 600 later that same day since 1961.

Did you know that Ironton, Ohio lays claim to the nation's oldest continuously running Memorial Day parade? The tradition of the parade started on May 30, 1868, citizens of Ironton upheld the order of Decoration Day order by having a parade honoring the soldiers that were lost in the Civil War. Now on their 143rd year, Ironton is still honoring soldiers that lost their life for our country.

SafeLink Phones

You may qualify for SafeLink Service in your area if you . . .

1. Participate in one of the following programs:
 - Section 8/Federal Public Housing Assistance
 - Medicaid
 - Food Stamps
 - SSI
 - Free National School Lunch Program
 - General Assistance/Disability Assistance
 - Home Energy Assistance HEAP
 - SSDI
 - TANF or OWF
2. Your total household income is at or below 150% of the Federal Poverty Guidelines
3. No one in your household currently receives Lifeline Assistance through another phone carrier. If someone in your household is receiving Lifeline Assistance you must cancel the service before applying for SafeLink.
4. You have a valid US Postal Address. In order to receive your free cell phone you must live at a residence that can receive mail from the US Post Office.
SORRY NO P O BOXES.

For more information or to make an appointment for a FREE SafeLink Wireless phone, contact the Social Services department of Community Action Committee of Pike County at 740-289-2371 (TDD 740-289-2608). Senior citizens may contact the Pike County Senior Center at 740-947-5555.

Emergencies Happen



"My Mom is My Everything... and it's important She Can Reach Me."



EMERGENCIES HAPPEN
Be safe and stay connected with a free government supported cell phone and up to 250 free monthly minutes.

FREE Minutes every month for:
•Local & Long Distance Calling
•Text Messaging

Plus:
•FREE 411 Directory Assistance
•FREE 911 Emergency Tracking
•NO Contracts
•NO Credit Checks
•NO Fees



36044

Get your phone faster, use Promo Code: COH0011000

SafeLink.com

1-800-SafeLink
(723-3848)

MAY BIRTHDAYS

James Engle	May 1st
Angela Williams	May 1st
Anita Tackett	May 2nd
Robin Doll	May 3rd
Teresa Tuttle	May 4th
Imogene Williams	May 5th
Jeff Wing	May 7th
Michael Webb	May 8th

Vicki Blanton	May 8th
Susan Day	May 10th
Amber Wheeler	May 10th
Kara Brunner	May 13th
Nicole Spencer	May 14th
Bailey Caughlan	May 17th
Betty Southworth	May 18th
Tamara Ross	May 19th

Sid Royster	May 19th
Amy Sturgill	May 25th
Teresa Dummitt	May 26th
Tamara Wills	May 26th
Alicia Ward	May 26th
Teresa Hopkins	May 29th
Elizabeth Nathan	May 29th
Paul Rice	May 30th

May is Older Americans Month



Perhaps you, like so many seniors have had to go without the care you need due to increases in the cost of food, utilities and prescription drugs. When you feel your dreams are slowly dissolving with every utility rate increase and property tax hike, you may wonder if you have enough to purchase all the goods and services you've worked so hard to earn.

The Benefit Bank's **free**, counselor-assisted service is available in places you are familiar with, managed by people you trust, and simplifies the process of getting access to the programs you need to feel healthy and secure.

Your local Ohio Benefit Bank Sites for more information or to schedule an appointment please contact:

The Community Action Committee of Pike County
 941 Market Street
 Piketon, Ohio 45661
 740-289-2371 TDD: 740-289-2608

Pike County Senior Center
 402 Clough Street
 Waverly, Ohio 45690
 740-947-5555



Support for Seniors

- *Food Assistance
- *Medicare Rx Extra help
- *Medicaid
- *Pace/Pacenet
- *Property & Rent Rebates
- *LIHEAP
- *Income Tax Filing

Find out in minutes if you are eligible

Upcoming Training Workshops

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.

June 8th

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

Classes are held at:
 OSU Endeavor Center
 1864 Shyville Rd
 Piketon, Ohio 45661
 *Prices subject to change

Small Business Marketing Solutions

The Small Business Marketing Solutions Service enables business owners to receive affordable assistance in professionally marketing their business through printed media and the world wide web. This service can provide each client with a personalized website brochures, business cards and other marketing material needed for promotion and maximum success in advertising and networking.

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



What is Regular or "State" HEAP?

The Home Energy Assistance Program (HEAP) is a federally funded program administered by the Ohio Department of Development's Office of Community Service (OCS). It is designed to help eligible low-income Ohioans meet the high costs of home heating. If you are eligible for assistance, the amount of your one-time HEAP benefit will depend on federal funding levels, how many people live with you, total household income, and the primary fuel you use to heat your home. In most cases, the one-time benefit will be a credit applied to your energy bill by your utility company (or fuel vendor)



Eligibility Requirements

Applications for the 2010-2011 State HEAP program will be accepted August 1, 2010 through May 31, 2011. The total household income of an applicant must be at or below 200% of the federal Fiscal Year 2010 federal poverty guidelines listed below:

Size of Household	Total Household Income 12 months
1	up to \$21,660
2	\$29,140
3	\$36,620
4	\$44,100
5	\$51,580
6	\$59,580
7	\$66,540
8	\$74,020

**For households with more than 8 members add \$7,480 per member.

A household applying for HEAP must report total gross household income for the past 12 months for all members, except wage or salary income earned by dependent minors under 18 years old. Both homeowners and renters are eligible for assistance.

Exceptions to the Guidelines:

Families who live in federally subsidized housing where the heat is included in the rent are not eligible for HEAP.

Where Can you Obtain HEAP Applications:

Community Action Committee of Pike County
941 Market Street
Piketon, Ohio 45661

Pike County Senior Center
402 Clough Street
Waverly, Ohio 45690

Or by visiting the following website: <http://development.ohio.gov>

What else is required to be mailed with your completed and signed applications?

- Proof of income for the past 12 months
- A copy of a recent fuel/utility bill
- Please sign your application.

Mail completed and signed applications to:
HEAP
PO Box 1240
Columbus, Ohio 43216

For additional information:

Call HEAP toll-free at 1-800-282-0880 during regular business hours (7:00 am to 5:00 pm) Monday through Friday. For the hearing-impaired with a telecommunication device for the deaf (TTD), call toll-free number 1-800-686-1557.

Continued from previous page

Household Income:

Household income is defined as the total annual gross income before taxes (minus exclusions) of all household members, except earned income of dependent minors under 18 years of age. Head of household and spouse may never be considered minors. Gross household income includes wages, interest, dividends, annuities, and pensions. Additional sources that HEAP defines as income include but are not limited to the following:

- Social Security
- Supplemental Security Income (SSI)
- Railroad Pensions
- Retirement and/or Company Pensions
- Veterans Pensions (not for service related disability)
- Company Disability and Black Lung
- Strike Benefits
- OWF/TANF/DA
- Alimony
- Unemployment Benefits
- Workers Compensation
- Unearned income paid to or on the behalf of minors
- Cash Gifts
- Lump Sum Distribution (prorated when payment is designated for a set period of time)
- Estate and Trust Settlements (excluding attorney fees)
- Capital Gains (Example: Proceeds from sale of property, home and stock)
- Utility Allowance (as discretionary income)
- Immigrant Relocation Allowance
- Adoption Assistance
- Child Support Received
- Garnished Wages
- Active Military Pay
- Social Security Disability (SSDI)
- Veteran's Disability (VA Disability)



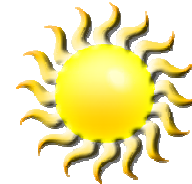
Excluded Household Income:

- Food Stamps/Cash Payment for food stamps
- Assets from bank withdrawals
- Tax refunds and rebates
- Handicapped Income self-sufficiency programs (e.g., work expenses for the blind)
- Loans from individuals or institutions requiring repayment of either principal or principal and interest
- Funds/training stipends designated for specific purposes (i.e., educational grants for tuition and/or books)
- Work Allowances (i.e., LEAP)
- Transportation Allowances (i.e., Workforce Investment Act (WIA))
- Title V Wages of the Older Americans Act
- Foster Grandparents program
- Medicare payments
- Stipend for Foster Care
- Agent Orange Compensation/Benefit
- Vista or other Americorp Stipends
- Health Insurance Premiums (dental, vision and health insurance, supplemental health insurance)
- Prevention, Retention, Contingency (PRC), assistance to attempt to divert families from long-term financial dependency
- Title III DREAP
- Military allowances for subsistence; housing, family separation, etc.

"A Vehicle is not a babysitter or play area . . . But can easily become an oven." - Every year, children die because they are left in a car.

A Child's body's cooling system is not as good as an adult's at cooling them down if they get overheated. A Child's body temperature heats up to a rate 3 to 5 times faster than an adult's.

It can happen on days when it is not even hot outside, about 70 degree F. Temperatures inside a vehicle can reach life-threatening numbers very quickly.

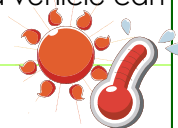


For Safety's Sake:

- * **NEVER LEAVE A CHILD UNATTENDED IN A VEHICLE. NOT EVEN FOR A MINUTE!**
- * **IF YOU SEE A CHILD UNATTENDED IN A VEHICLE CALL 9-1-1**
- * Be sure that everybody leaves the vehicle when unloading. Don't overlook sleeping babies.
- * Always lock your car and make sure children cannot get keys or remotes to cars. If a child is missing, check the car first, including the trunk. **Teach your children that vehicles are never to be used as a play area. IF A CHILD IS MISSING, ALWAYS CHECK THE CAR FIRST!**
- * Keep a stuffed animal in the car seat. When a child is in the car seat, place stuffed animal in the front with the driver as a reminder to get the child out. Or put your cell phone in the back seat as a reminder that you have your child in the car.
- * Make "Look Before You Leave" a routine whenever you get out of the car.
- * Have a plan that your childcare provider will call you if your child does not show up for school.

"Beat the Heat, Check the Backseat"

In 2010 there were at least 49 children who died when overcome by heat (heat stroke) from being in vehicles. It can happen on days when it is not even hot outside, about 70 degrees F. Temperatures inside a vehicle can reach life-threatening numbers very quickly.



This a problem:

- Total number of U.S. deaths of children left in cars, 2010: 49
- Total number of U.S. deaths of children left in cars, 2009: 33
- Total number of U.S. deaths of children left in cars, 1998-2010: 494

How did that many children die?

- Of the 494 deaths of children left in cars from 1998 through 2010:
 - 51% - child "forgotten" by caregiver - 253 children
 - 30% - child playing in unattended vehicle - 150 children
 - 17% - child intentionally left in vehicle by adult - 86 children
 - 1% - unknown (5)

MEDICAL FACTS

- Heatstroke happens when a person's body temperature is 104 degree F and their body's cooling system is overloaded and cannot keep up. Symptoms include: dizziness, person cannot remember anything, being fussy or irritable, confusion, sluggishness, seizure, hot dry skin that is red but not sweaty, passing out, fast heart beat, person sees things that are not there.
- A body temperature of 107 degrees F is deadly. There is so much damage that the body's organs shut down.
- A child's body's cooling system is not as good as an adult's and their body temperatures heat up at a rate 3 to 5 times faster than an adult's

VEHICLE HEATING DYNAMICS

The air around us outside and the windows of a car are not affected much by the sun's shortwave radiation and are warmed little. But this shortwave energy does heat things that it hits. For example, a dark dashboard or seat can easily reach temperatures of 180 to over 200 degree F.

These things - dashboard, steering wheel, child seat - heat the air around them by conduction and convection and also give off long wave radiation which is very good at warming the air trapped inside a vehicle.

Submitted by: Laura Dobbins



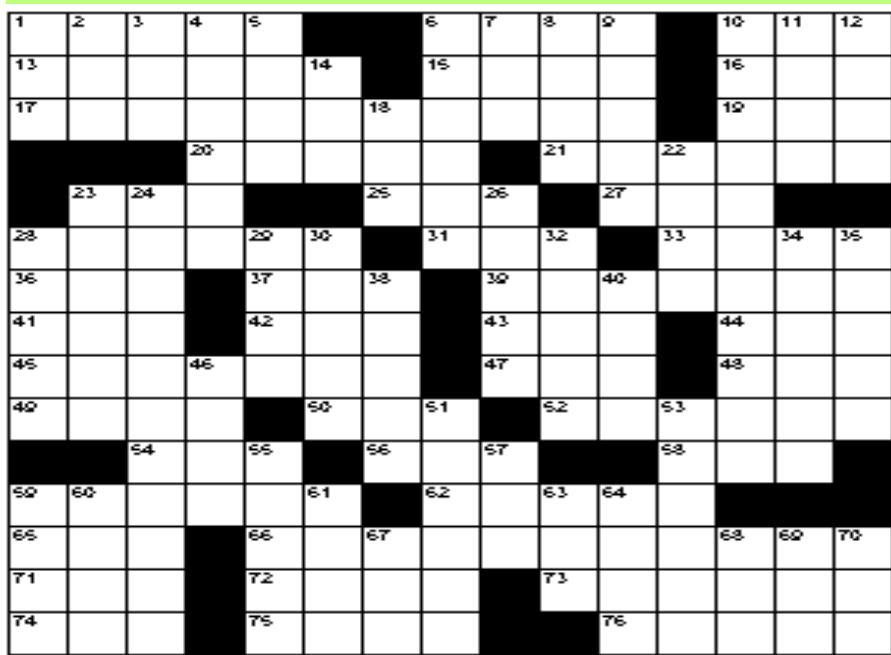
NUTRITION

Puzzle by Frank A. Longo
 Edited by Will Shortz

ACROSS

1. Pertaining to milk, cream, butter or cheese
6. Shopper's delight
10. Take advantage of
13. Submit right before the deadline: 2 wds.
15. Video game or Disney sci-fi film of the 1980's
16. Holiday drink made with 12-Down
17. Triangle-shaped chart that shows federal dietary guidelines: 2 wds.
19. Droop
20. Interior design
21. Carbohydrates such as glucose, fructose and lactose
23. Abbr. on a Monopoly board
25. Roman 1,400
27. Cooking container
28. Fragrances
31. Chop down
33. Cluster of small feathers
36. Chicken or lamb serving
37. Massage
39. Unit used to express the energy value of food
41. Gobbled up
42. Prefix meaning "equal"
43. From ___ Z (completely): 2 wds.
44. "Honest" president
45. Substance essential to normal metabolism, as thiamine or niacin
47. "___ sher!" ("Like, definitely!")
48. Perfect diving score
49. Swindle
50. Suffix with Hallow or velvet
52. People that take the bus, for example
54. One who may count to 48-Across in a boxing match
56. "So ___ me!"
58. Doorkeepers may need to check them
59. Direct a smile toward: 2 wds.
62. Weight loss queen Jenny ___
65. "Interview With the Vampire" actor Stephen
66. Compound found in animal-based foods that can clog arteries
71. Advice columnist Landers
72. "___ a chill pill!"

Nutrition crossword puzzle provided by the WIC department.



© 2000, The New York Times

73. Sweet baked food made of dough
74. Jan., Feb., Mar., etc.
75. "Yes, yes!", in Spain
76. Shock jock Howard

30. "Wake Up Little ___" (Everly Brothers hit)
32. Nutritionists recommend drinking eight glasses of this every day
34. Foods containing a high amount of plant carbohydrates, such as whole grains and fruits
35. Most MTV watchers
38. Body parts that are strengthened by calcium
40. "Tank Girl" star Petty
46. Last word of a prayer
51. Atom centers
53. What the body will do to consumed food
55. Nutrition ___ (listing of ingredients that is required by law to be printed on food packages)
57. Before, in poetry
59. Unit of dietary fat
60. Attorney General Janet
61. Resident of Bangkok
63. Egyptian cobra
64. "Take ___ a compliment!": 2 wds.
67. Gives the go-ahead to
68. Numbered highway: Abbr.
69. Hockey Hall-of-Famer Bobby
70. "She's All That" actress Jodi ___ O'Keefe

DOWN

1. Rod's ___ Leppard
2. Shakespeare's "Much ___ About Nothing"
3. "Where do ___ from here?": 2 wds.
4. Become flushed, as cheeks
5. Exclamation of fright or surprise
6. White, tasteless carbohydrate that's an important constituent of rice and potatoes
7. Elbow locale
8. "Superman" reporter Lane
9. Finish: 2 wds.
10. Kind of fat that's heart-healthy
11. Fly like an eagle
12. Breakfast items that are high in 66-Across
14. Where the Empire State Building is: Abbr.
18. CD-___ (PC insert)
22. Attend: 2 wds.
23. ___ acid (essential constituent of vinegar)
24. People who do not eat meat, fish or fowl
26. Nonstimulating coffee
28. People from Serbia, Poland and Croatia
29. Quick haircut

COMMUNITY ACTION COMMITTEE OF PIKE COUNTY

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

Free Puppies to good home.
German Shepherd and
Beagle mixed.

For more information please contact
Nellie at 740-493-3596
Or
740-222-8028

May Events

- Mental Health Awareness Month
 - Cystic Fibrosis Month
- National Military Appreciation Month
 - Skin Cancer Awareness Month
 - Older Americans Month
 - National Hamburger Month
 - National Barbecue Month
 - National Salsa Month



CAC Events

May 10th
Senior Staff

May 19th
Governing Board

May 24th - 27th
Management Meetings

May 30
Memorial Day - Agency Closed

NEW EMPLOYEE

Trudy Wolfe



This Month in History

*May 10, 1869 -- the presidents of the Union Pacific and Central Pacific railroads met in Utah and drove a "ceremonial" last spike into a rail line that connects their railroads. This made transcontinental railroad travel possible for the first time in U.S. history.

*May 21, 1881-- Humanitarians Clara Barton and Adolphus Solomons found the American National Red Cross.

*May 24, 1833 -- Brooklyn Bridge opens. The bridge took 14 years to build and connects Brooklyn to New York City.

*Charles Lindberg's 1st historic solo Trans Atlantic flight in the "Spirit of St. Louis" took place in May 1927.

*Amelia Earhart is credited as being the 1st woman to fly a plane solo and nonstop across the Atlantic on May 21, 1932.

*May 6, 1994 -- A rail tunnel under the English Channel connecting Britain and the European mainland opened.

NUTRITION

Answers from previous page

D	A	I	R	Y		S	A	L	E		U	S	E					
E	D	G	E	I	N		T	R	O	N		N	O	G				
F	O	O	D	P	Y	R	A	M	I	D		S	A	G				
						D	E	C	O	R		S	U	G	A	R	S	
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HELLO EVERYONE!

It is hard to believe that a year has passed by, and that we are planning our 4th annual Stephanie Knipp Scholarship Pancake Breakfast & Fun Walk! It will be May 14, 2011 at Eastern High School. The breakfast will be from 8:00 am to 11:00 am with the walk starting at 9:00 am. The Lord really blessed us the past several years with a beautiful day for the event. We have raised enough money over the last 3 years to give away ten scholarships totaling over \$9,000. Stephanie's son, Derrick, was a recipient last year and is now attending Rio Grande. Hopefully, we will be able to do the same again this year@

I have enclosed a registration form if you would like to participate this year! Please return it back to me by May 1st. My address is 10 California Pike, Beaver, Ohio 45613. If you have any questions, give me a call at 740-820-4555 (evening) or 820-2151 (day). You can also reach me by email at sfitch@falcon1.net.

Thank you again so much for your support!

God Bless,
Shelly Fitch

THE STEPHANIE (WILLIAMS) KNIPP 5K FUN WALK

REGISTRAION FORM

First & Last Name: _____

Address: _____

Phone: _____

T-shirt Size (Circle One) Y- Refers to Youth Sizes A-Refers to Adult Sizes

Y-S Y-M Y-L A-S A-M A-L A-XL A-XXL

___ I will be at the Fun Walk! (\$15.00)

___ I will not be able to attend, but would like a shirt (\$10.00)

Address

10 California Pike
Beaver, Ohio 45613
740-820-4555 (evening) or 820-2151 (day)