

# October Newsletter

## CAC of Pike County



# Autumn Adventures

Ohio has over 50 state parks for anyone and everyone to enjoy. This is a good time of the year to visit a state park because of the fall foliage. Many of the parks offer a variety of activities for families. From hiking to boating, families can go and enjoy the day with a picnic or even stay overnight. Ohio's Department of Natural Resources web site will let you know what each park offers. If you are wanting to take a scenic drive to see the fall foliage this site has driving routes to follow to get the best views. So this year when you are wanting to do an "Autumn Adventure" go to [www.dnr.state.oh.us](http://www.dnr.state.oh.us) for more information on Ohio's State Parks for a fun and inexpensive trip for everyone in the family.

### Leaf Peak Season

Want to see peak season in Ohio for the fall foliage? Southern Ohio is expected to peak in late October, Central Ohio will peak in mid-October, and Northern Ohio will peak in early October. To get up-to-date color conditions go to [www.discoverohio.com](http://www.discoverohio.com) and look for their interactive Fall color report and it will let you know where in Ohio that the leaves are peaking or getting ready to peak.



It is that time of year, time to start getting ready for the Holiday Gathering. In this newsletter there will be a canned food item hidden in the newsletter. The first 10 people that e-mails **Lori Watson** with the exact location of the canned food item will receive 5 auction tickets to be used at the Holiday Gathering on December 9th. E-mail Lori at [lwatson@pikecac.org](mailto:lwatson@pikecac.org) with the answer. There is only one canned item that is hidden so Happy Hunting!

### CAC Events

October 11th  
Senior Staff

October 20th  
Governing Board Meeting

October 25-28  
Management Meetings

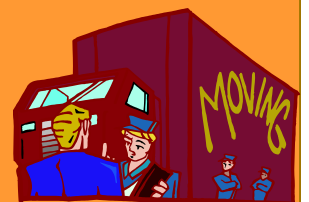
### The Masco Transition Center has moved!!!!

As of Monday, September 26th, 2011, the Masco Transition Center previously located at the YMCA in Waverly has RELOCATED to the Community Action Committee of Pike County, One Stop Center, 941 Market Street, Piketon, Ohio. The hours of operation will be Monday – Friday, 7:45 a.m. -5:00 p.m.

All services for the Masco Employees remain the same ONLY the location has changed!!!

Again, as of Monday, September 26th, 2011 the Masco Transition Center is located at the Community Action Committee of Pike County, 941 Market Street, Piketon, Ohio.

Submitted by: Rita Moore



# October Birthdays

Alisha Chabot	October 3rd
Angela Boggess	October 5th
Mark Francis	October 5th
Amy Long	October 6th
Bernadine Ballew	October 8th
Lynn Holland	October 10th
Tammy Goodrich	October 11th
Ruth Raison	October 12th
Karen Ferguson	October 13th
Cassandra Mootz	October 13th
Rachel Ross	October 13th
Kay Harris	October 15th
Lilliam Ortiz	October 16th
Victoria Adams	October 16th
Janice Caughlan	October 17th
Deborah Daniels	October 18th
Sandy Irvin	October 18th
Crystal Thornberry	October 23rd
Rebecca Fite	October 23rd
Lori Bellomy	October 28th
Scott Adams	October 29th
Diana Beekman	October 30th
Deidra Cline	October 30th

The Social Service Department is accepting toys or monetary donations for the Pike County Children Services Children's Christmas Fund and CAC of Pike County Toy Drive (Both organizations have teamed up to serve more families and help lessen duplication of families). Distribution date has not been set but tentatively will be between December 18th - 23rd.



Social Services is in need of bags for the food pantry. If you have any grocery bags sitting around your house bring them in to the Social Services.




**Business Development Program**  
A division of the Community Action Committee of Pike County

## Upcoming Training Workshops

### October 5th

Quick Books Advanced  
\$75 - 8:30 am to 4:30 pm

### October 19th

Power Point 2007 Level I  
\$75 - 8:30 am to 4:30 pm

### November 2nd

Microsoft Office Access Level I  
\$75 - 8:30 am to 4:00 pm

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



## New Employees



Lori Malone  
Sarah Tripp  
Sandy Irvine  
Kelly Hopkins  
Pam Fawcett

## Pike County Partnership Against Domestic Violence has moved.

They are now located at  
**194 E Emmitt Ave.**  
**Waverly, Ohio**  
**Behind the Post Office.**  
For more information call  
**740-947-1611**

# CAC of Pike County 2011 Food Pantry Challenge



Donate your change to the CAC Food Pantry this holiday season. Each department will have a container for money to be collected. Collection of the money will be taken until the week of the Holiday Gathering.



Did you know that one in six Americans is fighting hunger? The Community Action Committee of Pike County needs your help! Join us in the fight to end this struggle. Whether you are an individual who wants to help or a company looking to make a partnership, you can be sure your donations are always used efficiently, safely, and effectively to help those in need.

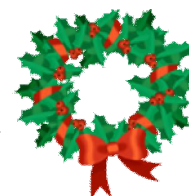
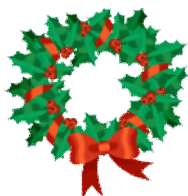
## 2011 Holiday Gathering Teams

**Team 1:** Fiscal, Front Office, Employment & Training, Administration and Business Development

**Team 2:** Early Childhood Programs

**Team 3:** Maintenance, Housekeeping, Energy, Social/Senior/Transit

**Team 4:** Family Health Centers, WIC, Home Health



## 2011 Holiday Gathering

The Holiday Gathering will be held on Friday, December 9, 2011 at the Livestock Building located at the lower end of the Pike County Fairgrounds from 12:00 pm until 4:00 pm. Below are the committee members for the Holiday Gathering:

### Social/Senior/Transit, Energy, Maintenance, and Housekeeping

Gail Stevens  
Kim Yoakem

### Early Childhood Programs

Casey Catanzaro  
Laranda Johnson

### Front Office, Fiscal, Employment & Training and Business Development

Denise Pherson  
Heather Barnett  
Amanda Elliott  
Shanna Mustard  
Stacie Peters  
Kathy way

### Family Health Centers, WIC, and Home Health

Nikki Spencer  
Ginny Dickerson

Meetings are scheduled for the following dates  
(all meetings will be held in the large conference room at the main agency):

Friday, October 21st at 2:30 pm

Friday, November 18th at 2:30 pm



### Team CAC 70's Competition "Staying Alive"

Judges: Board Members

Rules: Each team can have up to 10 members and can perform up to five (5) minutes for their competition (lip-synching, singing, dancing, acting, comedy, etc.).

Your team must furnish their own props and music. Timing of your team competition begins on the first beat of music, voices in unison, or choreographed movement after your team is announces. Timing will stop when your team comes to a complete final stationary position or final beat of music, voices, or movement. Your team will be judged on your routine, theme, and costume. The team with a 10 point or closest to a 10 point value will be the winners.



It's hard to imagine Halloween fun without the Halloween treats. But what starts out as a one-day special occasion quickly turns into a supply of candy that can last for weeks or months. As you plan you Halloween party you can use these fun recipes to keep your family healthy.

Submitted by: Amy Smith, WIC Nutritionist

### Carrot-Finger Food

- vegetable dip
- 4 long carrots
- 1 medium carrot
- Softened cream cheese
- Sliced-almond
- Baby carrots



1. To prepare them, just fill a serving bowl with your favorite vegetable dip. Wash and peel 4 long carrots for fingers and 1 medium carrot for a thumb.
2. With a pairing knife (a parent's job), cut a flat, shallow notch in the tip of each carrot. Then use a dab of dip or softened cream cheese to glue a sliced-almond fingernail atop each notch.
3. Stick the fingers in the dip, as shown, and service with plenty of peeled baby carrots for dipping.

### Melon Brain

- 1 small seedless watermelon

1. Use a vegetable peeler to remove the entire green rind, exposing the inner white rind.
2. Slice off the bottom of the melon to create a flat base that will keep it from rolling. With a toothpick, outline squiggly furrows that resemble the folded surface of the brain.
3. Finally, carve narrow channels along the tracings with a sharp paring knife (a parent's job) to expose the pink fruit beneath the rind.



### Pizza Mummies

- English Muffins
- Pizza Sauce
- Black Olives
- Scallions
- Red or green pepper
- Cheese sticks or slices



1. Heat oven to 350 degrees. For each mummy, spread a tablespoon of pizza sauce onto half of an English muffin (toast it first, if you like).
2. Set olive slices in place for eyes and add round slices of green onion or bits of red or green pepper for pupils.
3. Lay strips of cheese (we used a pulled-apart cheese stick) across the muffin for the mummy's wrappings.
4. Bake for about 10 minutes or until the cheese is melted and the muffin is toast.

### Apple Bites

- Apples
- Slivered almonds

1. Just quarter and core an apple, cut a wedge from the skin side of each quarter, then press slivered almonds in place for teeth.

Tips: If you are not going to serve them right away, basted the apples with orange juice to keep them from browning.



### Banana Ghosts

Here's a Halloween trick your child will have no trouble pulling off - turning a ripe banana into a Halloween treat. Remove any stringy fibers from the peeled banana, then cut it in half widthwise. Push a popsicle stick into each half through the cut end, then cover each pop with plastic wrap and freeze until firm (about 3 hours). Next, place a 1.5 oz piece of white chocolate candy in a microwave-safe bowl and cook on high until melted (it generally takes about 1 minute). With a butter knife, spread the melted white chocolate on the frozen banana halves.

Set the pops on a waxed -paper-covered dish. Press on candies or currants for eyes and mouths and return the pops to the freezer until ready to serve. Makes 2.



### Goblin Grins

- 1 pea pod
- 1 red bell pepper
- Few slivered almonds

1. For each one, use the tip of a paring knife to cut a slit centered in one side of an edible pea pod (a parent's job).
2. Cut out a tongue shape from red bell pepper and insert the top of it through the opening in the pea pod (it looks best if the inside of the pepper faces up).
3. For the finishing touch, insert a few slivered almonds for teeth.



### Pear Witch Project

- Sharp knife
- Fresh green pear (makes 2 heads and noses)
- 2 raisins (eyes)
- 1 chocolate chip (wart)
- Red apple (mouth)
- Canned chocolate frosting
- Oreo ice-cream cone (hat)
- Large, soft chocolate cookie (hat)
- Carrot (hair) and grater

1. Cut the pear in half lengthwise and remove the core (a parent's job). Place one pear half on a plate.
2. Slice a piece off the top of the pear, cutting away from the forehead at an angle. Shape that piece into a nose; carve a notch into the witch's face to hold it, and set it in place.
3. Attach the eyes and wart by carving small circles in the face to hold them.
4. Cut a grin from the red apple. Carve out an area on the face to hold the grin, and put it in place.
5. To make the hat, use frosting to glue the cone to the cookie. Let the frosting harden a bit, then place the hat on the head
6. Grate lengths of carrot hair and tuck them underneath the hat. Tip: If your child is too young to handle a knife, cut the nose and mouth and have them assemble the face with frosting.



### Cheese-Finger Food

- Mozzarella String cheese
- Green bell pepper
- Cream cheese

1. Wearing plastic gloves or sandwich bags over your hands to keep the cheese as smudge-free as possible, use a paring knife (parents only) to cut each string in half and then carve a shallow area for a fingernail just below the rounded end of each half.
2. Mark the joint right below the nail as well as the knuckle joint by carving out tiny horizontal wedges of cheese as pictured.
3. For the fingernails, slice a green bell pepper into 3/8 inch wide strips. Set the strips skin side down on your work surface and trim the pulp so that it's about half as thick. Then cut the strips into ragged-topped nail shapes and stick them in place at the ends of the finders with dabs of cream cheese.



Submitted by: Amy Smith, WIC Nutritionist



# SHOW YOUR STARS AND STRIPS REGISTER TO VOTE

## Voting helps make America great!

Each U.S. citizen - age 18 or older on election day - may be able to register to vote in their state and federal elections. It's a fundamental way to participate in the development of the policies and laws that govern our lives.

Be sure to register at least 30 days before election day.

Show your stars and stripes by taking the first step in the voting process: Make an appointment today to register to vote.

**THE BENEFIT BANK®**  
CONNECTING COMMUNITIES TO RESOURCES

## With the Benefit Bank, Registering to vote is easy.

The Benefit Bank online service connects low and moderate-income individuals and families to tax credits and public benefits. It also offers the Free Application for Federal Student Aid (FAFSA) and the National Voter Registration Application.

The National Voter Registration Application can also be used to update existing registration information such as changes in name, address, or party affiliation.

To schedule an appointment, contact:  
Community Action Committee of Pike County  
941 Market Street  
Piketon, OH 45661  
740-289-2371  
8:00 am to 5:00 pm

### CONNECTING COMMUNITIES TO RESOURCES

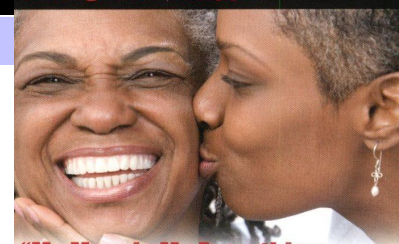
No Fees or Charges \* Counselor Assisted \* Completely Confidential

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

- 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
- Your total household income is at or below 150% of the Federal Poverty Guidelines
- 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.
- 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 PO 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."

**I PROMISE**

**250 FREE MONTHLY MINUTES**

**SafeLink WIRELESS**

**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  
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## Community Action Committee of Pike County

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

# CAC of Pike County Employment and Training Division's Outstanding Achievement Awardees

Adult Programs Awardee:

**Mandy Russell**

Dislocated Workers Program Awardee:

**Megan Rapp**

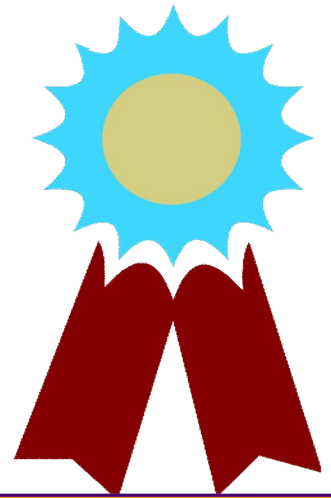
Youth Programs Awardee:

**Matt Wing**

Employers utilizing the Workforce Connections of Pike County:

**Kenworth Truck Company**

**Congratulations!!!!**



Awards were presented at the WDA #1 Regional Workforce Development Board Meeting Tuesday, September 27, 2001

## HUGE Yard Sale

Saturday, October 8th 9:00 am to 4:00 pm

Boys and girls teen clothing, men's and women's clothing, lots of shoes, purses, home décor, boat, bikes, TV, and portable trailer.

14347 State Route 220, Waverly  
East of Zahn's Corner



Submitted by: Cheryl Tackett

## Festivals in The Area

Fall Festival of Leaves in Bainbridge will feature arts and crafts, entertainment, flea markets, midway, and parades.

Festival will be held October 14th through the 16th.

Bob Evans Farm Festival in Rio Grande, Ohio is a celebration of the harvest season and will take place October 14th-16th.

The 104th Circleville Pumpkin Show will take place the 19th of October through the 22nd.

## October Facts and Trivia

\*In October of 1903 the first World Series was played between the Pittsburgh Pirates and the Boston Pilgrims. Cy Young was the losing pitcher of the first game.

\*October 1, 1971 Disney Opened Disney World in Orlando, Florida.

\*The Chicago Fire began and burned for about 30 hours starting on October 8, 1871.

\*The Statue of Liberty was dedicated October 28, 1886.

\*Free rural delivery of mail began in the United States, October 1, 1896.

\*First "Model T" Ford put on the market on October 1, 1908.

**Emergency Home Energy Assistance Program – Winter Crisis Program (E-HEAP)**  
**Administered by the Community Action Committee of Pike County**  
**Program begins: November 1, 2011, Program ends: March 31, 2012**

Customers who need assistance with winter heating bills may apply at one of two locations for the Emergency HEAP Winter Crisis Program. Customers may apply at Community Action Committee of Pike County (CAC), 941 Market Street, Piketon (289-2371). The Pike County Senior Center, 402 Clough Street, Waverly (947-5555) will be taking applications for all senior citizens of Pike County. Appointments will be taken only by phone at both locations.

With one application, households may apply for federal and state-funded energy assistance for the Home Energy Assistance Program (Regular or State HEAP), Emergency HEAP (E-HEAP) Winter Crisis Program and Percentage of Income Payment Plan Plus (PIPP Plus). An appointment is required.

The E-HEAP Winter Crisis Program provides assistance once per heating season to eligible households that are disconnected, threatened with disconnection, or have less than a ten-day supply (or 25% or less) of bulk fuel. Applicants must provide proof of residency, a copy of their utility bills for both the main heating and electric utility source, proof of income for all household members for the past 13 weeks, documentation of co-payment if required, proof of disability, proof of citizenship and social security cards for all household members. All applicants requesting assistance are required to provide the most current electric bill even if utility assistance for electricity is not being requested. Customers are encouraged to call prior to their appointment to make sure they have all documentation required.

Eligible households whose main heating source and/or necessary secondary heating source (electricity and natural gas) has been disconnected, or threatened with disconnection, may receive E-HEAP Winter Crisis Program funds for regulated utilities (AEP and Pike Natural Gas) or for rural cooperative electric companies. The electric and natural gas bill must be in the name of an adult household member or the landlord. If bill is in the landlord's name the customer must provide a statement from the landlord stating the applicant is responsible for the electric bill.

A household is eligible to receive a delivery of fuel if their tank contains 25% or less of its capacity. A household is eligible for a delivery of coal or wood, a delivery of propane/bottled gas, or a delivery of fuel oil or kerosene, all of which are classified as deliverable fuels. Along with the bulk fuel benefit, the applicant may also receive assistance with their electric source, if the maximum benefit amount will resolve the emergency for both energy sources. For regulated electric and municipalities and co-ops, a benefit can be used towards the electric source as long as a sufficient amount of fuel is delivered to end the customer's crisis. A 30-day line of credit may be arranged for propane customers that use 120 gallon tanks or 100 pound cylinders or for oil/kerosene customers that use tanks smaller than 100 gallons.

For American Electric Power (AEP) or Pike Natural Gas customers only: If a household has received a disconnect notice and no E-HEAP Winter Crisis Program appointments are available prior to the disconnect date, that household should obtain an appointment for the earliest available date and contact CAC or the Pike County Senior Center (for senior citizens only) with information from the utility bill. CAC Social Service Department staff or Pike County Senior Center staff shall notify the utility company of the appointment date and request an extension on the disconnect date. The appointment must be kept or the account is subject to disconnect.

The E-HEAP Winter Crisis Program can also help pay for heating system repairs in certain cases up to the maximum benefit amount. A household can receive E-HEAP Winter Crisis Program assistance only once per winter season .

Applications for E-HEAP Winter Crisis Program will be accepted November 1, 2011 through March 31, 2012. Appointments will be scheduled by phone beginning October 18, 2011 and continuing through March 31, 2012 at Community Action Committee of Pike County and at the Pike County Senior Center for senior citizens.

Beginning November 1, 2011 and continuing through March 31, 2012, a *limited number* of Walk-in customers will be scheduled each Monday, Tuesday, Wednesday and Friday beginning at 8:00 a.m. at the Community Action Committee of Pike County in Piketon. CAC can only accept seventeen (17) walk-in appointments each walk-in day. CAC offices open at 7:45 am. All others must call to schedule an appointment.

In addition, a limited number of senior citizens will be scheduled as Walk-ins each Thursday beginning at 8:00 a.m. at the Pike County Senior Center in Waverly. The Pike County Senior Center can only accept nine (9) walk-in appointments each Thursday. The Pike County Senior Center offices open at 8:00 am. All others must call to schedule an appointment.

More information continued on next page.

Walk-in customers are seen on a first-come, first-served basis and only if one of the following applies:

- the electric or natural gas is disconnected
- the electric or natural gas will be disconnected that day, or the household is completely out of fuel (wood, propane, fuel oil).

The applicant must have all documentation at the time of the walk-in visit in order for an eligibility determination to be made. Customers are encouraged to call prior to their appointment to make sure they have all documentation required.

Households whose gross income is at or below 200 percent of the federal poverty guidelines are eligible for the E-HEAP Winter Crisis Program. A household whose total income during the past 3 months prior to the HEAP interview is equal to or less than the following maximums may be eligible:

Size of Household	Annual gross income guidelines - effective 3-1-11
1	up to \$21,780
2	up to \$29,420
3	up to \$37,060
4	up to \$44,700
5	up to \$52,340
6	up to \$59,980
7	up to \$67,620
8	up to \$75,260

For households with more than eight members, add \$7,640 for each individual.

E-HEAP Winter Crisis Program is a special component of HEAP that provides payment assistance once per heating season to consumers who:

- o Have been disconnected or received a disconnection notice or Have less than a ten-day supply (or 25% or less) of bulk fuel

HOW TO APPLY FOR EMERGENCY HEAP Winter Crisis Program:

- o Schedule an appointment at the Community Action Committee of Pike County (740) 289-2371 (TDD 740-289-2608) or the Pike County Senior Center for senior citizens (740) 947-5555
  - o Arrive promptly at your appointment time for a face-to-face interview.
  - o Provide the most recent utility bills for both the main heating and electric utility source. Account number and name of vendor is required for bulk fuel.
  - o Provide proof of disability.
  - o Provide documentation of gross income for the past 13 weeks for **all** household members 18 years of age or older.
  - o Provide verification of Social Security numbers for all household members.
  - o Provide ID and proof of citizenship (required for main applicant).
  - o Provide documentation of co-payment (if required).
  - o Provide proof of residence. The utility bill fulfills this requirement if the utility bill lists the applicant's name and address.
  - o Provide a rent receipt and the landlord's name, address and phone number.
  - o Provide a document of responsibility or lease, if required. (If the utility bill is in the name of the landlord and the landlord will not allow the account to be transferred to the applicant, a lease or statement from the landlord, indicating the applicant is responsible for the bill, is required).
  - o Provide a power of attorney or notarized statement, if required. (An applicant may be represented by a non-household member at the EHEAP Winter Crisis Program interview by providing a power of attorney, or a notarized statement, at the time of the interview).
- Provide proof of custody for minor children, if required. (For marital status of divorced or separated parents).

For more information about the Emergency HEAP Winter Crisis Program call 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.