

December 2010



CAC of Pike County Newsletter



Happy Holidays



The 2010 CAC of Pike County Holiday/Longevity Awards Party will take place on December 3rd at the multi-purpose building at the Pike County Fairgrounds from 12:00 pm to 4:00 pm. The Theme for this year is: Team CAC Has "Stars"

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, and Home Health

Team CAC "Stars" Competition

Bring your talents to the CAC Holiday Gathering. CAC is in search of employee talent to perform at the 2010 Holiday Gathering. Teams can have up to 10 members and can they can perform a song, dance, play, movie clip, reality show skit, comedy skit, etc. Time limit for each team will be a maximum of 5 minutes. Gift Certificates will be awarded to the winning team.



Team CAC "Stars" Group Picture

We are planning to take a group picture at the gathering. We are asking all staff to wear a Community Action shirt if they have one. Any color is fine.

Community Action Committee of Pike County 2010 Food Pantry Challenge

Donate your change to the CAC Food Pantry Feeding the Hungry Competition. Each department will have a container for money to be collected.

CAC Events

Nov. 30th & Dec. 3rd
Management Meetings

December 3rd
Agency Holiday Gathering

December 7th
Senior Staff

December 16th
Governing Board

December 23rd & 24th
Holiday - Agency Closed

December 31st
Holiday - Agency Closed

This is your last chance to win auction tickets for the Holiday Gathering. Make sure to look for a "**YELLOW STAR**" hidden in this newsletter. There is only one. The 1st 10 people that e-mails Lori with the exact location of the star will receive 5 auction tickets to be used at the Holiday Gathering. E-mail Lori at lwatson@pikecac.org with the answer. Remember there is only one yellow star that is hidden so Happy Hunting.

Just a reminder for all those people who were enrolled in the flexible spending account or with United Health care that December 31, 2010 is the last day to submit any claims that you have for the benefit plan year ending September 30, 2010. Please call Vela at the Main Agency if you have any questions.

WELCOME

New Employees

Maria Stone
Matthew Cody

December Birthdays

Lori Watson	12/3
Cindy Golden	12/4
Ginny Dickerson	12/6
Shelly Blakeman	12/7
Dunia Mershon	12/10
Jack Cooper	12/11
Michelle Brown	12/13
Karen Vandegriff	12/14
Jessica Bates	12/14
Amy Smith	12/15
Bev Nelson	12/18
John Ward	12/19
Sandra Perdue	12/19
Kelli Crabtree	12/20
Casey Catanzaro	12/21
Ralph Hodge	12/24
Daisy Blevins	12/29

Happy Birthday



\$75	Microsoft PowerPoint 2007 Level I Wednesday, December 8th 8:30 am to 4:30 pm OSU Endeavor Center	Lunch Provided
\$75	Introduction to Quickbooks 2010 Wednesday, January 12th 8:30 am to 4:30 pm OSU Endeavor Center	Lunch Provided
\$75	Quickbooks 2010 Advanced Workshop Wednesday, February 23rd 8:30 am to 4:30 pm OSU Endeavor Center	Lunch Provided
\$75	Microsoft Publisher 2007 Level 1 Wednesday, March 23rd 8:30 am to 4:30 pm OSU Endeavor Center	Lunch Provided

For more information contact the Business Development Department at the main agency at 740-289-2371.

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.

Facts and Trivia about the upcoming Holidays

- Each night of Hanukkah, an additional candle is placed in the Menorah from right to left and then lit from left to right.
- The candles used for lighting Hanukkah Menorah are supposed to burn for at least half an hour after the stars come out.
- The middle or the ninth candle is called Shammash or Server Candle.



- Donner the Reindeer was actually Donder but his name was mispronounced in the song many years ago.
- Jingle Bells was first written for Thanksgiving and then became one of the most popular Christmas Songs.
- White Christmas has sold more than 100 million copies around the world.



- The New Year has not always been celebrated on January 1st, starting around 2000 B.C. the Babylonians observed the beginning of Spring as the start of a new year. The Babylonians also were the ones who established the setting of the resolutions. Their most common resolution was to return borrowed farm equipment.
- 1907 was the 1st year that the ball dropped in Times Square.



- The use of a Christmas wreath as a decoration on your front door, mantel or bay windows symbolizes a sign of welcome and long life to all who enter.
- Poinsettias, the most popular Christmas plant, are the number 1 flowering potted plants in the United States and is originally grown in Mexico. There it is known as "Flower of the Holy Night" and Joel Poinsett was the first to bring it to America in 1829.



A Holiday Survival Guide: How to Stay Healthy During the Holidays.

Did you know that eating 200 more calories per day from now until January will lead to a 5-pound weight gain. With high-calorie and low-nutrient foods around every corner this time of year, here are some good tips on how to stay health and not gain any holiday pounds.

1. **Keep exercising!** Many people think the holidays are a time to relax and indulge, but stay on track!
2. **Don't skip meals.** Eating small meals throughout the day will satiate your appetite.
3. **Don't deprive yourself.** Deprivation will lead to overeating and binging.
4. **Don't go to a holiday party starving.** Eat something little before you go avoid eating high-fat party foods.
5. **Limit alcohol.** Alcohol contains empty calories and can cause unwanted pounds.
6. **Use small portions.**
7. **Drink plenty of water.**
8. **Try limiting sweets.**
9. **Moderation is key.**
10. **Enjoy the Holidays!!**



Submitted by: Alyssa Weaver, WIC Nutritionist

Holiday Packing and Shipping tips from the USPS

Addresses

- Print addresses clearly and in all capital letters.
- Make sure all address elements, including apartment numbers, suite numbers and direction information for streets are included in the address.
- Mark packages that are breakable with "Fragile" in large print on the outside of the box so it will be noticed.
- Never guess a ZIP code. No ZIP is better than a wrong ZIP.

Packaging

- Select a box strong enough to protect the contents.
- Cushion contents with shredded or rolled newspaper, packaging material or foam peanuts. Pack contents tightly to avoid shifting during transit.
- Always use tape designed for shipping. Do not use wrapping paper, string, masking tape or cellophane tape.
- Put an extra label or notice with the delivery and return address inside the package in case the outside label is damaged or falls off.
- Stuff glass and fragile hollow items such as vases with newspaper or packing material to avoid damage. When mailing framed photographs, take the glass out of the frame and wrap it separately.
- Remove batteries from toys, then wrap and place them next to the toys in the mailing box. Customers should include the new batteries in the packaging.

USPS also wants to remind residents of some "mail-by" dates to ensure delivery in time for the holidays. For Military mail items should be mailed by December 4th, December 20th for first-class mail destined for Afghanistan and Iraq. For Priority Mail packages they need to be shipped by December 21st and December 22nd is the date for Express Mail.

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

250 FREE MONTHLY MINUTES

SafeLink WIRELESS

Community Action Partnership
Making People. Changing Lives.

Superior Coverage

36044

Get your phone faster, use Promo Code: COH0011000

SafeLink.com 1-800-SafeLink (722-3348)

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 24th of the month to Lori Watson, Front Office Specialist. If you have any questions, please call the front office at 289-2371.

Recipe Books On Sale Now!

Team 1 is selling recipe books this year to raise money for their team for the Holiday Gathering. Members of the team has compiled some of their favorite recipes into a book. These books will make great stocking stuffers for those who love to cook or like to collect cookbooks. To order a cookbook, contact anyone from Fiscal, Business Development, Employment and Training, and/or Front Office. Get your book now, supplies are limited.



Support the Buckeyes and the Food Pantry

Team 1 is selling Buckeye items to raise money for their team for the Food Pantry. Help support the CAC Food Pantry by purchasing one of these Buckeye items. Buckeye necklaces are \$10, Snowman Ornaments are \$3 and key chains are \$3.



Buckeye Ornaments

WANTED: Infant Car Seat. Contact Social Services at Main Agency



DO YOU KNOW SOMEONE WHO...

Has lost their job? . . .

The Benefit Bank can help individuals check eligibility for more than 20 work supports and public benefits.

Needs help with medical care? . . .

Programs such as Health Start and Healthy Families can often provide free medical assistance.

Needs help with groceries? . . .

Ohio's network of food banks is ready to help



For more information about the Ohio Benefit Bank or to make an appointment to apply for benefits, contact Community Action Committee of Pike County at 740-289-2371, (TDD 740-289-2608) Monday thru Friday 8:00 am to 4:30 pm. Senior Citizens may contact the Pike County Senior Center at 740-947-5555 Monday thru Friday from 8:00 am to 4:30 pm.

The Ohio Benefit Bank Can Help

The Ohio Benefit Bank (OBB), a Web-based, counselor assisted program, is a free service that can help you or your friends and family apply for public benefits and work supports, such as health care coverage, home energy assistance and food assistance.