

October 2010



CAC of Pike County Newsletter

New Employees

Ralph Hodge
Paul Ricer
Jennifer Taylor
Hanna Walls
Elizabeth Rose
Alice Martin
Kyle Brushart
Kim Kunder

Welcome



Trick or Treat Safety

It is that time of year for kids to go door to door begging for candy, so here are some safety tips to protect not only your little munchkins but also you the adults.

- 🍁 Carry a flashlight at all times so you can see where you are walking.
- 🍁 Wear something with a reflector on it so when cars pass they will be able to notice your group walking.
- 🍁 Never go into a stranger's house.
- 🍁 When walking down the street have the adult walk closest to the road and the kids on the inside.
- 🍁 Check all candy before allowing children to eat any of the candy.
- 🍁 Avoid costumes that drag the ground.
- 🍁 Be sure a child's mask allows full visibility and breathing.
- 🍁 Only go to houses that have their lights on.
- 🍁 Pickup objects in the yard, sidewalk, or driveway that could create safety issues.
- 🍁 Think trick-or-treat safety when decorating your yard.
- 🍁 Keep your house well lit and inviting.
- 🍁 Be sure your pets are secured and put away.



CAC October Events

October 12th
Senior Staff

October 21st
Governing Board

October 26th-29th
Management Meetings



Voter Registration

Voter Registration creates the opportunity for individuals to actively contribute to their society through the voting process.

Millions of American worked to make sure every eligible citizen could claim the right to vote, but it did not happen overnight. The ability to vote was the product of a continued struggle by many people, over many years; a struggle we can all be proud of.

US citizens - age 18 years or older on election - may be able to register to vote in federal, state, and local elections.

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.

For more information contact:
Social Services Department at 740-289-2371

THE Ohio
BENEFIT BANK
neighbors helping neighbors

CONNECTING COMMUNITIES TO RESOURCES

No Fees or Charges • Counselor Assisted • Completely Confidential



October Birthdays

Alisha Chabot	10/3
Angela Boggess	10/5
Mark Francis	10/5
Amy Long	10/6
Rita Roberts	10/7
Bernadine Ballew	10/8
Lynn Holland	10/10
Tammy Goodrich	10/11
Kenneth Roberts	10/12
Ruth Raison	10/12
Karen Ferguson	10/13
Cassandra Mootz	10/13
Rachel Ross	10/13
Kay Harris	10/15
Lilliam Ortiz	10/16
Victoria Adams	10/16
Janice Caughlan	10/17
Deborah Daniels	10/18
Willa Henry	10/23
Crystal Thornberry	10/23
Rebecca Fite	10/23
Doris Williams	10/24
Stephenie Schneider	10/26
Clara Dickerson	10/27
Lori Bellomy	10/28
Scott Adams	10/29
Diana Beekman	10/30
Deidra Cline	10/30
Jaimie Risner	10/30

October Events

- World Mental Health Day
October 10th
- Columbus Day
October 11th
- Apple Day
October 21st
- United Nations Day
October 24th
- Domestic Violence Awareness Month
- Breast Cancer Awareness Month
- SIDS Awareness Month
- Mental Illness Awareness Week
October 3rd-9th

Donate change for the Hungry

It is never too early to start collecting change to help those in need. Like last year, the teams are collecting change instead of non-perishable food items to donate to the food pantry here at Committee Action.

Each team will have containers that you can drop off your change. Every bit helps, so if you can give ¢.50 or \$50 it will help to stock our pantry and feed the people in need of Pike County.



Last year the food pantry here at Community Action assisted over 25,000 people and as of September 1st, they have assisted a little over 19,000 people. So whatever you give will help not only for your team to win but to feed a family in need.

For more information on the food pantry contact the Social Services Department at the main agency.

Teams for Holiday Party

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

Team 2 - Early Childhood Programs

Team 3 - Maintenance, Housekeeping, Energy, Social/Senior and Transportation

Team 4 - Family Health Centers, WIC and Home Health

Team 1 will have a luncheon on November the 1st from 11:00 am to 1:00 pm at the main agency.

Team 3 will have a luncheon on October 25th from 11:00 am to 1:00 pm at the main agency.

Information on menus and price of luncheons will be posted as time gets closer to the luncheons.

Upcoming Courses from Business Development

These classes are tentatively scheduled and may be subject to change.

Microsoft PowerPoint 2007 Level I

Wednesday,
December 8th
8:30am to 4:30pm
OSU Endeavor Center



Microsoft Word 2007 Level I

Wednesday, November 17th
8:30am to 4:30pm
OSU Endeavor Center

Microsoft Publisher 2007 Level I

Wednesday,
March 23, 2011
8:30am to 4:30pm
OSU Endeavor Center





Tips from WIC

Don't forget about the Orange & Yellow Fruits and Vegetables

Remember to stock the kitchen full of apple, oranges, sweet potatoes, squash, pumpkin, and carrots. These fruits and vegetables help with reducing age-related eye diseases, lower cholesterol, blood pressure, builds healthy bones and joints.

Here are a few recipes to start your fall season out right:

Carrot Coleslaw

2 medium carrots, shredded
 1 cup of green cabbage, shredded
 1/2 cup of red cabbage, shredded
 1/2 cup of light mayonnaise
 1 tbsp of skim milk
 1 tbsp of lemon juice
 1/2 tsp of sugar
 Freshly ground black pepper, to taste.



Directions

In a large bowl, combine the shredded vegetables. Whisk together the remaining ingredients and pour over the salad. Refrigerate for 1 hour before serving.

Apple Salad

5 medium red delicious apples
 1/2 cup of celery, sliced
 1/2 cup of chopped nuts
 1/2 cup of mayonnaise
 1/2 cup raisins
 Juice of one lemon
 1 head of lettuce, cleaned (to serve on)



Directions

Core the apple and dice into half-inch cubes. Sprinkle the apples with lemon juice. Combine the apples, celery, nuts, mayonnaise, and raisins. Mix thoroughly. Serve on lettuce leaves.

Baked Pumpkin

1/4 cup butter, melted
 2 medium eggs
 2 cups pumpkin puree
 1 cup sugar
 1 cup milk
 1/2 cup flour
 1 tsp vanilla
 1/2 tsp salt
 1/2 tsp baking soda
 1/4 tsp cinnamon



Directions

Preheat oven to 450°. Place all ingredients in a large bowl and mix until thoroughly combined. Pour into a lightly greased shallow baking dish and bake 30 minutes. Serve warm or at room temperature.

10 Tips for Fall Fitness

1. Be an active TV watcher-fall premieres are coming up - Make a date with exercise and TV.
2. Take advantage of the weather - raking leaves, walking, biking, and play outdoors with the kids.
3. Think outside the box - Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you.
4. Integrate exercise into your life - walk on your lunch break or while your kids are at soccer or football practice.
5. Rejuvenate yourself - Treat yourself not just with exercise but other activities that promote wellness, so you can feel good mentally and emotionally.
6. Remember the 30 day rule - It takes about 4 weeks for the body to adapt to lifestyle changes.
7. Strive for the 3 C's - commitment, convenience, and consistency
8. Set a goal - can help you stay on track.
9. Find an exercise partner - being accountable to someone will encourage you to continue with your exercise program.
10. Find your motivation - whether it's losing weight, strengthening and toning or preparing for a race or your class reunion.

REMEMBER TOO, THAT ANYTHING WORTH HAVING TAKES WORK!!!

Submitted by: WIC Nutritionist, Amy Smith



Sleep Deprivation

Sleep deprivation is a way of life in our society. Between busy schedules and trouble sleeping, many of us get far less than we need. Sixty percent of American adults have difficulty with sleep, according to the National Sleep Foundation. Getting too little rest can cause major problems. Lost productivity due to fatigue costs the national economy roughly \$100 billion every year. More than 100,000 auto crashes each year may be caused by sleepy drivers. In addition, psychiatric, and other health problems may be more likely to develop in people if they're sleep deprived.

Sleep Stealers

There are many reasons people don't get enough restful sleep. They include:

- Stress
- Shift work
- Unfavorable sleeping environment
- Discomfort due to a condition such as arthritis, asthma or anything causing chronic pain.
- Anxiety, or other emotional disorders
- Depression
- Hormonal shifts due to pregnancy, premenstrual syndrome or menopause.
- Side effects of over-the-counter or prescription drugs.
- Sleep disorders that disturb sleep throughout the night such as sleep apnea, narcolepsy, or restless leg syndrome.



Submitted By:
Vela Hannah
Information provided
By United Health Care

Get some sleep

Once you've set aside ample time to sleep and sought treatment for any underlying conditions, there are other steps you can take to help:

- Avoid caffeine, nicotine and alcohol close to bedtime.
- Avoid heavy or spicy meals right before bed.
- Exercise regularly. Be sure to complete your workout at least 3 hours before going to bed.
- Establish a relaxing bedtime routine. Try reading, listening to music or taking a warm bath
- Create a sleep environment that's pleasant and comfortable. Make it as quiet and dark as possible.
- Use your bed for sleep only. Don't catch up on work, watch TV or read.
- Establish a sleep routine. Go to bed and get up at the same time every day—even on weekends.
- If you can't fall asleep, don't toss and turn. Get up and do something relaxing, such as reading a book, until you feel sleepy.

Mental Illness Week October 3rd-9th

The first full week of October is Mental Illness Week. This week is dedicated to inform people that living with a mental illness is nothing to be ashamed about and to fight the stigma of living with a Mental Illness. Did you know that with every person diagnosed with a mental illness, 11 loved ones are affected and that nearly half of adults will experience some form of mental illness in their lifetimes! There's strength in numbers. The more people realize that people affected by mental illness are "just like me" the easier it will be to live with any form of mental illness.

Nkm2.org is an organization founded by actor Joe Pantoliano. He developed this organization to give people that have a mental illness to speak out about their disorder and not hide it. Just like everyone that is a mental illness advocate he wants to remove the stigma that is associated with mental illness.

His mission: Goal to empower those with BD (brain disorder) to admit their illness, seek treatment, and become even greater members of society. Also wants to make having a BD "cool & sexy" and wants normal conversation about it. Example: "I have bipolar/depression/ etc." " No kidding, me too" There fore Joe Pantoliano's website is "No kidding, me too"

Bringchange2mind is an organization founded by Glenn Close because both her sister and nephew live with a mental illness. Her mission is to provide people who have misconceptions about mental illness quick and easy access to information that combats stigma and provide people who have mental illness, and those who know them quick and easy access to information and support.

How to make a change

BE INVOLVED - Speak up and share your story. It may be difficult but talking about your illness can reduce stress, improve job satisfaction and increase support.

SUPPORT RESEARCH - Get involved. Mental illness is a reality and fighting the stigma is our responsibility.

So this week go out and give someone, that is living with a mental illness, a hug and/or tell them you are there for them and ready to fight the stigma.

For more information about these two organizations visit their websites at: www.nkm2.org and www.bringchange2mind.com.





2010-2011 Winter Crisis Program (also known as E-HEAP) Begins November 1, 2010



Customers who need assistance with winter heating bills may apply at one of two locations for the Emergency HEAP Winter Crisis Program. Customer may apply at 941 Market Street, Piketon (289-2371). **Appointments will be taken only by phone.** 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.

With one application, households may apply for federal and state-funded energy assistance for the Home Energy Assistance Program (HEAP), Emergency HEAP (E-HEAP) Winter Crisis Program and Percentage of Income Payment Plan (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 for the primary applicant, and **social security cards for all household members.**

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 up to \$175 for regulated utilities (AEP and Pike Natural Gas) and up to \$250 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.

To restore or continue their heating service, eligible households with less than a ten-day supply of propane or bottled gas may receive E-HEAP Winter Crisis Program funds up to \$600. Eligible households with less than a ten-day supply of coal or wood may receive E-HEAP Winter Crisis Program funds up to \$350. Households found eligible for fuel oil may receive E-HEAP funds up to \$600. Applicants requesting assistance for bulk fuel only (propane, fuel oil, kerosene, coal, wood) must still bring in 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.

For AEP or Pike Natural Gas customers only: If a household has received a disconnect notice and no appointments are available prior to the disconnect date, that household should obtain an E-HEAP Winter Crisis Program appointment for the earliest available date and then contact CAC or the Pike County Senior Center (for senior citizens only) with information from the utility bill. CAC Social Service Department or the Pike County Senior Center shall notify the utility company of the appointment date and request an extension on the disconnect date. AEP or Pike Natural Gas will extend the disconnect date only one time for 10 days. The appointment must be kept or the account is subject to disconnect.

Applications for E-HEAP Winter Crisis Program will be accepted November 1, 2010 through March 31, 2011. Regular appointments will be scheduled by phone beginning October 18, 2010 at Community Action Committee of Pike County and at the Pike County Senior Center for senior citizens.



The E-HEAP Winter Crisis Program can also help pay for heating system repairs in certain cases up to \$175. A household can receive E-HEAP Winter Crisis Program assistance only once per winter season.





2010-2011 Winter Crisis Program (also known as E-HEAP) cont.

Walk-In Eligibility

Beginning November 1, 2010 and continuing through March 31, 2011, a *limited amount* of Walk-in customers will be scheduled each weekday beginning at 7:45 am at the Community Action Committee of Pike County in Picketon. In addition, a limited number of Walk-in senior citizen customers will be scheduled each weekday beginning at 8:30 am at the Pike County Senior Center.

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 1-23-09
1	up to \$21,660
2	up to \$29,140
3	up to \$36,620
4	up to \$44,100
5	up to \$51,580
6	up to \$59,060
7	up to \$66,540
8	up to \$74,020

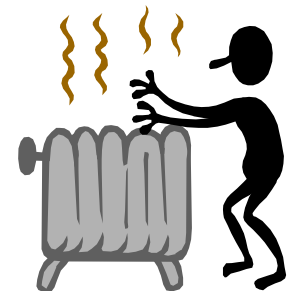
Households with more than eight members should add an additional \$7,480 per member.

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
- o 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 most current utility bills for both the main heating and electric utility source
- o Provide proof of disability
- o Provide income documentation for **all** household members for past 13 weeks
- 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 printed documentation of residency for the applicant. The utility bill fulfills this requirement if the utility bill lists the applicant's name and address.



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 must contact the Pike County Senior Center at (740) 947-5555.

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.

Way's Farm Pumpkin Patch

13 Denver Road, Waverly, Ohio
Open now through October 30th
Monday - Friday 4:00 pm to dark
Saturday & Sunday 10:00 am to dark.



Available:

Extra large white pumpkins
Extra large orange pumpkins
Large white and orange pumpkins
Baby-Boo pumpkins, munchkins, field trip
size pumpkins, large and small gourds,
dried corn stalks, and decorative corn.

October Festivals

Bob Evans Farm Festival

October 8th to October 10th

Fall Festival of Leaves

October 15th to October 17th

Pumpkin Show

October 20th to October 23rd



FOR SALE

Metal frame picnic table for sale,
asking \$40 or best offer. For more info
contact Penny at 740-357-4341



Community Action Committee of Pike County Fundraiser

Wear your favorite "Team" shirt on Fridays.

Every Friday now through March Madness (2011) donate a \$1 (or \$30 for whole season) to support your favorite team.

All donations will be placed in the CAC Fundraiser Account.

Donations should be forwarded to the Main Office on Market Street, Piketon by your supervisor. All donations are tax deductible.



Emergencies Happen



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



EMERGENCIES HAPPEN

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 - 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.