Valley View Piketon Welcomes New Dentist

Dr. Sean O’Day, D.M.D, General Dentist will be joining the staff of the Valley View Health Center on Monday, August 3rd.

Dr. O’Day received his Doctor of Dental Medicine in June 2013 from Southern Illinois University School of Dental Medicine. He also completed a residency in Advanced Education in General Dentistry from Luthern Medical Center in Lima, Ohio in June 2015.

Dr. O’Day is comfortable with all areas of general dentistry and will be located at the Piketon facility.

Please call 740-289-3508 to schedule your next appointment.

News from the HR Department

Unusual Incident Reports
Please remember when you have an unusual incident report, they are to be turned in within 24 hours of the incident. Copies of the report need to be turned in to the Program Director and Human Resources Director. The original needs to go to the Executive Director.

EOB’s
If you have the Max Plan with the agencies health insurance, don’t forget to turn the EOB’s in to HR. If you have any questions please contact Lori in Human Resources.

Miscellaneous
Remember to send in a copy of your car insurance to HR. We need an up-to-date copy of the card.

CAC Events

July 30 - August 8
Pike County Fair

August 10 - 15
Scioto County Fair

August 11th
Senior Staff

August 12 - 14
COAD Annual Conference

August 20th
Governing Board Meeting

August 25 - 28
2015 Community Action Partnership San Francisco
The CAC Early Childhood Program is now accepting applications for the 2015-2016 school year for children 3-5 years of age. Our program serves pregnant women as well as children from infancy to kindergarten age in our home based option. Child care is also available for children 3 to 5 years old. If you have questions or would like an application, please call 740-289-2371 and ask for Sue Stevens or Tiffany Bramel. You may also email us at www.headstart@pikecac.org for additional information.

**Business Development**

**August 11th**
Small Business Class- $90
Tuesday & Thursday 1:00 pm to 4:00 pm
5 Week Course
OSU Endeavor Center

**August 19th**
Introduction to Personal Computers - $60
8:30 am to 4:30 pm
OSU Endeavor Center
For more information on classes contact the Business Development Program
CAC Employees get a 33% Discount for all Public Trainings.
Times and dates are subject to change.

**Getting to Know NEW STAFF**
We want to take this opportunity to welcome the staff members who have started here at CAC of Pike County.

Angela Johnson - Social Services
Dave Rosen - CATS
Gail Stephens - CATS

The 50th Anniversary Logo contest is going on now. Don’t forget to submit your design to Amanda Elliott at amelliott@pikecac.org. Designs must be submitted by 4:00 pm on Thursday, August 6th.
The Garnet A. Wilson Public Library is holding its annual Velma Engle Memorial Read for the GOLD fundraiser event on Saturday, August 15th. The 5K Run and 3K Walk will be held rain or shine in Bristol Village, beginning at the Activity Center, located at 625 5th Street, Waverly. Registration and check-in begin at 7:30 a.m., with the race beginning promptly at 8:30 a.m. The registration fee is $10 if registered on or before August 8th, $15 if registered after August 8th. Participants will receive a t-shirt commemorating the event. Race registration sheets may be picked up at the Waverly, Piketon, Beaver, and Western library branches and at the Bristol Village Activity Center. You may also register the day of the race.
Here is how it works: Participation is for employees only (even though you can register your family or friends to run/walk with you, they cannot participate to win prizes). You must pay your own registration to each event. For each race in the series, the top 10 males and top 10 females will be rewarded points. 1st place will receive 100 points; 2nd place, 90 points; 3rd place, 80 points and so on. At the end of the race series, the male and female participants will be awarded a grand prize as listed. 1st Place, $100; 2nd Place, $75; 3rd Place, $50.

Race result information will be the responsibility of the participant. You must submit a copy of your registration with the time written on it (runs listed below only) to Pam Crawford. She will then add you to the grid. You will have 7 days from the race date to submit the results to Pam.

You do not have to participate in every race to be eligible for the cash prize. For more information, contact Pam Crawford at pcrawford@pikecac.org or 740-289-2371 ext. 7073.

Another way to have fun is the Mileage Contest: Keep track of your miles thru a ledger or phone app that can track miles and dates. The person who logs the most miles as of December 31, 2015, will receive a fun prize!!!!! Turn this information into Pam by January 8, 2016. All information will be posted on the Pike CAC Working on Wellness Facebook page.

(Those listed in red are tentative dates/events-go online to get actual dates and to register-this list will be updated monthly or as actual dates are confirmed)

CAC of Pike County is not responsible for accidents.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Distance</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/15/2015</td>
<td>Velma Engle Memorial/Read For Gold</td>
<td>5K</td>
<td>Waverly</td>
</tr>
<tr>
<td>9/5/2015</td>
<td>Pike Pet Pals Run For The Dogs</td>
<td>5K</td>
<td>Waverly</td>
</tr>
<tr>
<td>9/23/2015</td>
<td>SOMC Run For Your Life</td>
<td>5K</td>
<td>Portsmouth</td>
</tr>
<tr>
<td>9/26/2015</td>
<td>United Way</td>
<td>5K</td>
<td>Waverly</td>
</tr>
<tr>
<td>09/23/2015</td>
<td>Shawnee Univ. Bear Run</td>
<td>5K</td>
<td>Portsmouth</td>
</tr>
<tr>
<td>10/3/2015</td>
<td>Adams County Marathon</td>
<td>5K</td>
<td>West Union</td>
</tr>
<tr>
<td>10/17/2015</td>
<td>The Counseling Center Natural High</td>
<td>5K</td>
<td>Portsmouth</td>
</tr>
<tr>
<td>10/25/2015</td>
<td>Paint It Pink</td>
<td>5K</td>
<td>Portsmouth</td>
</tr>
<tr>
<td>11/21/2015</td>
<td>Outreach Council 5K</td>
<td>5K</td>
<td>Waverly</td>
</tr>
<tr>
<td>11/25/2015</td>
<td>Ohio State Four-Miler*</td>
<td>4 Miles</td>
<td>Columbus</td>
</tr>
<tr>
<td>12/15/2015</td>
<td>Outreach Council 5K</td>
<td>5K</td>
<td>Waverly</td>
</tr>
</tbody>
</table>
Top Walkers
David Sapp
Sharma Robson
Kathy Weiss
Rebecca Adkins
Keith Pitts
Val Schmidt
Denise Orr
Grace Schultz
Trina Payne
Tracy Ison

Top Male Finisher and 2nd place overall: Jacob Nichols

Top Female Finisher and 1st place overall: Megan Day

Run for Seniors Runners
1. Megan Day
2. Jacob Nichols
3. Thomas Meyer
4. Garrett Liff-Weiss
5. Kimberly Adams
6. Maddie McAllister
7. Mattie Elliott
8. Jenny Taylor
10. Delmar Scowden
11. Gregory Ervin
12. Sheri Remy
13. Patsy Bryan
14. Shawn Vandyke
15. Sarah Williams
16. Joe Bost
17. Dean Manning
18. Kim Keaton
19. Laura Adams
20. Carla Campbell
21. Jessica Robertson
22. Jason Blanco
23. Joy Nutt
24. Melodee Ruby
25. Tammy Fyffe
26. Sandy Colegrove

Thank you to all of the volunteers and supporters of the Run for Seniors. Be watching for information for the 2016 Run for Seniors!
THERE WILL BE NO BINGO ON THE FOLLOWING DATES

August 5, 2015
(Please enjoy the Pike County Fair)
September 30, 2015
November 11, 2015
November 25, 2015

Sorry for any inconvenience and Thank you for supporting the Pike County Senior Center

Sales Tax Holiday
Ohio Offering Tax Free Weekend for School Supplies and School Clothing
August 7th - August 9th.
During the holiday, the following items are exempt from sales and use tax:
**Clothing priced at $75 per item or less;
**School supplies priced at $20 per item or less;
**School instructional material priced at $20 per item or less.
For more information go to www.tax.ohio.gov and look for the Sales Tax Holiday.

Oak Dining Room Set. The table is 42’ round with a leaf making it 6x4; 1 captain chair, 5 chairs w/o arms; china cabinet (china not included) $700. Excellent condition. Please contact Cheryl Tackett @ 740-222-6539.
Community Action Committee of Pike County

**2015 Energy Assistance Summer Crisis Program - July 1, 2015 - August 31, 2015**

Community Action Committee of Pike County will operate the 2015 Summer Crisis Program (SCP) to assist eligible Pike County households with Summer Cooling July 1, 2015 through August 31, 2015. The program is designed to help qualified households pay for summer cooling. The program can assist during the summer months with the electric utility, can prevent electric disconnection, restore electric service to households that have been disconnected, or transfer service. A cooling device, such as an air conditioner or fan, may be provided to eligible households. To be eligible for assistance, households must have gross annual income at or below 175 percent of the 2016 Federal Poverty Guidelines. Households may receive assistance one time during the program.

### Appointments scheduled beginning June 17, 2015 thru August 31, 2015

Pike County residents, including senior citizens, age sixty (60) and older, may schedule appointments for the 2015 Summer Crisis Program beginning June 17, 2015 by calling Community Action Committee of Pike County HEAP Appointment Line (740) 289-4525 (toll free 888-328-9634) weekdays beginning at 8:00 am until the schedule is full. All Summer Crisis Program appointments are scheduled one day at a time and 14 calendar days in advance of the actual appointment. Appointments are scheduled only by phone.

### Walk-Ins scheduled beginning July 1, 2015 thru August 31, 2015

Seven (7) walk-ins meeting the walk-in criteria below will be scheduled on a first-come, first-serve basis at Community Action Committee of Pike County, 941 Market St., Piketon, Ohio 45661, Monday thru Friday, Four (4) walk-ins at CATs, 508 Howard Street Waverly, Ohio 45690 Monday thru Friday, and on Thursdays only at the Pike County Senior Center, 402 Clough St., Waverly for senior citizens, age sixty (60) and older.

**Walk-ins must meet the following criteria:**
- Walk-in customers must be signed in at the reception desk at both locations by 8:00 am.
- All required documentation must be provided to the scheduler upon arrival.
- The electric has been shut off or is scheduled to be shut off within 24 hours.

Note: After 8:00 am, when the walk-in schedule has been completed for that day, any remaining walk-in customers will be asked to return the next business day.

### Eligible Applicants

<table>
<thead>
<tr>
<th>Type of Benefits</th>
<th>Required Documentation - call 740-289-4525 for more details</th>
</tr>
</thead>
</table>
| Individuals with a documented medical condition | - Income for primary applicant and all household members 18 years of age or older.  
- Social Security numbers for primary applicant and all household members.  
- Proof of medical condition documentation signed by a licensed physician or registered nurse practitioner  
- Both the current electric and gas bills  
- Proof of disability, if disabled |
| Individuals age 60 and over | - Income for primary applicant and all household members 18 years of age or older.  
- Social Security numbers for primary applicant and all household members.  
- Both the current electric and gas bills  
- Proof of disability, if disabled |

### 2015 Federal Poverty Guidelines

<table>
<thead>
<tr>
<th>Size of Household</th>
<th>Total Household Annual Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$20,597.50</td>
</tr>
<tr>
<td>2</td>
<td>$27,877.50</td>
</tr>
<tr>
<td>3</td>
<td>$35,157.50</td>
</tr>
<tr>
<td>4</td>
<td>$42,437.50</td>
</tr>
<tr>
<td>5</td>
<td>$49,717.50</td>
</tr>
<tr>
<td>6</td>
<td>$56,997.50</td>
</tr>
<tr>
<td>7</td>
<td>$64,227.50</td>
</tr>
<tr>
<td>8</td>
<td>$71,557.50</td>
</tr>
</tbody>
</table>

Add $7,280 for each additional member for households with more than eight (8) members.

### Community Action Committee of Pike County

941 Market Street, Piketon, Ohio 45661  
Social Services Dept. Direct Line: 740-289-2375  
HEAP / PIPP Info & Appointment Line 740-289-4525 (toll free 888-328-9634)
THE FOLLOWING DOCUMENTATION IS REQUIRED FOR THE 2015 SUMMER CRISIS PROGRAM:

Proof of gross household income for the past 13 weeks for all household members 18 years of age and older verified by the following:
- Social Security, SSI, SSDI, Pension, Veterans (VA), Retirement, School Employees Retirement System (SERS): Award letter (current year), or Copy of check (current) or Bank statement showing direct deposits for the past 3 months (if direct deposited)
- Unemployment, Employment Disability, Worker’s Compensation: Award letter with clarification of amounts, or Copy of check with explanation letter, including company name and address
- Wages: Pay stubs showing gross income for the past 13 weeks (must provide the last 13 pay stubs for weekly wages or the last 7 pay stubs for bi-weekly wages), or, if missing pay stubs, A statement from your employer for the past 13 weeks, with the statement including the check dates, gross wages, insurance deductions, company name, address and phone number.
- Self Employment: Most recently filed tax returns – a signed IRS Form 1040 with Forms and Schedules
- OWF/TANF: Copy of check, or ODJFS statement
- Interest or IRA profits: Bank statement (if direct deposited)
- Utility Allowance: A lease or housing authority documentation
- Divorce Settlements, Child/Spousal Support, Alimony Copy of checks, with oral clarification, or Statement from ODJFS or Child Support agency, or Bank Statements, if direct deposited) Court documents for alimony
- Monetary Assistance: A signed/dated letter from the person(s) assisting the household with money or paying bills (must indicate their name, address and phone number). The letter must include the amount(s), frequency and type of assistance (cash or bill payment) provided to the household for each of the past 3 months form the date of the application, and indicate if the assistance provided is a gift or loan.

No Income /Zero Income: ALL Zero Income Households claiming Zero Income (those not being supported by another household member or by another household) must provide an IRS Tax Transcript or a copy of a Verification of Non-Filing Status Transcript from the IRS (see instructions below). Also, a signed Energy Assistance Self-Declaration Form (provided at the interview) must be completed explaining in detail how the customer is surviving and maintains their household. †

Other Required Documentation verified by the following:
(Note: Other documentation (not listed may be required in certain situations)
- Completed Medical Eligibility Form from a licensed physician or certified nurse practitioner, issued no more than one (1) year prior to the date of the application, or for “chronic” illness, issued within the past 3 years. The approved Medical Eligibility Form must indicate the patient would benefit from summer cooling or continued electric service due to an illness or a chronic medical condition. Please note: Households with a member sixty (60) years of age or older are not required to have a physician’s statement.
- Main Heating Bill and Current Electric: The applicant is required to bring in BOTH bills to the SCP interview since this meeting is used to evaluate the customer for a Regular HEAP benefit in the upcoming season. Both bills for the main heating and electric (with the account numbers) are required for the face to face interview. The electric utility must be coded as residential. Residents with tenant-based HUD Section 8 housing subsidy are only eligible for electric payment assistance when the electric bill is in their name.
- Proof of co-pay: If the maximum benefit amount is not sufficient to restore or continue service, the customer must make a co-payment towards the electric bill and provide documentation that the co-pay was paid prior to receiving the Summer Crisis Program benefit.
- Landlord statement indicating tenant’s responsibility for the electric bill when it is in the landlord’s name. If customer lives in subsidized housing documentation that the air conditioner will stay with the customer if the household moves to a new residence. If Applicable.
- Social Security cards and dates of birth for all household members.
- Proof of citizenship such as birth certificate/hospital record, military service record, US passport or voter registration card is required for the primary applicant.
- Proof of disability (if disabled) for any household member certified as permanently and totally disabled.
- DJFS case number if receiving any type of assistance.
- Photo ID for primary applicant.
- Current rent receipt and landlord name address and phone number.
- Power of Attorney: A Power of Attorney or notarized statement is required to apply for another household.

† Zero Income Households (those not being supported by another household member or by another household) must provide an IRS Tax Transcript. Households that were not required to file taxes can request a copy of a “verification of Non –Filing Status Transcript” from the IRS three ways:
1) By Phone: If customer filed a tax return: 1-800-908-9946. If the customer did not file a tax return: 1-800-829-1040
2) In Writing: Internal Revenue Service (IRS), Return and Income Verification Services (RAIVS) team, PO Box 145500, Stop 2800F, Cincinnati OH 45250
Community Baby Shower

AUGUST 13, 2015
1-4 PM

At Valley View Health Center
Waverly, in the Parking Lot

Come enjoy an afternoon of free fun and games with Nurse-Midwife, Tiffany Harris and the VVHC Prenatal Staff at Valley View Health Center’s first ever Community Baby Shower!

Gifts, Games and Information from VVHC and our Community Partners

Special Raffle just for New and Expectant Mommies

Car Seat Safety Checks

Healthy snacks Smoothies Snow Cones

Bouncy house Outdoor games for children

Made possible by donations from Valley View Health Center, Caresource, Molina, Paramount and United HealthCare Community.

227 Valley View Drive, Waverly 740-947-7726 valleyviewhealth.org
The best protection is early detection

King’s Daughters mobile mammography unit will be at Valley View Health Centers in Jackson from 9am to 3pm. Friday, Aug. 14, professionals with digital equipment.

A physician/provider order is not require for a screening.

For an appointment please call Pam Ross @ (740)-286-2826 ext.7405

Valley View Health Center
14590 State Route 93
Jackson, Ohio

Friday
Aug. 14
(740)286-2826
Ext. 7405
9 am to 3 pm

King’s Daughters
National Health Center Week 2015 is taking place August 9-15. Our community will be joining with thousands of communities around the nation to recognize and celebrate the work of Community Health Centers.

While there are countless reasons to celebrate America’s Health Centers, among the most important and unique is health centers’ long success in providing access to affordable, high quality, cost effective health care to medically vulnerable and under-served people throughout the United States.

The Valley View Health Centers will be celebrating by passing out information and items pertaining to that day’s specific health topic. Valley View is also conducting a community baby shower at the Waverly site on Aug. 13th as well as hosting a mobile mammography unit at the Jackson site on Aug. 14th. Please see accompanying flyers for more details.

Monday, Aug. 10th – Senior Health Day
Tuesday, Aug 11th – Oral Health Day
Wednesday, Aug. 12th – Health and Wellness Day
Thursday, Aug. 13th – Infant and Children’s Health Day
Friday, Aug. 14th – Men’s and Women’s Health day
ATTENTION: Young at Heart!!
Join the Pike County Senior Center Walking Group!

Stay Active! Be Socially Connected!
Feel more energized! Improve your personal mobility.

Beginning June 2, 2015, the Young at Heart Walking Group will meet at the Pike County Senior Center every Tuesday morning at 9:30 a.m.

**For your safety, we ask that all walkers get a health release from their physicians before participating.**

If you need transportation to attend walking group activities, you can schedule a ride with CATS by calling 740-835-8474 at least 24 hours in advance. (there will be no transit fare for seniors—donations only)

CATS
Community Action Transit System

For more information, or to sign up contact Amanda Elliott, Mobility Management Specialist, at 740-835-8474 or amelliott@pikecac.org or in her office at the Transit Facility Adjacent to the Pike County Senior Center.
Vernon Beasley Golf Scramble

Saturday, August 22, 2015
8:00 - 8:30am Registration
9:00am Tee Off
Little Scioto Golf Course
4-Man Golf Scramble
$55/Single  $220/Team

Send your check made out to:  Chasity Hudson
1319 Rosemount Rd.
Portsmouth, Ohio 45662

We need to receive all checks on or before 8-14-15

1st PLACE  $800.00
2nd PLACE  $400.00
3rd PLACE  $200.00

Prizes For
Longest Drive on Hole #3
Longest Putt on Hole #9
Straightest Drive on Hole #3
Closest to the Hole on Hole #8

Hole In One On Hole #4
Prize $10,000

50/50 Drawing

Club Raffles

Based on 12 Teams or More

1 Man - 5 Handicap
2 Men - 6-15 Handicap
1 Above 15
Friday, August 21st, 2015
1:00 - 6:00 p.m.
At the Pike County Senior Center

During the fair, individuals will have an opportunity to meet local Community Service Providers! Learn about the services and programs available to assist you!

100.9 FM WXIZ Live Remote!
1:00 - 3:00 p.m.

Bouncy Houses will be set up for the Kids!!!

Cornhole Tournament!
$25/2-Person Team
Cash Prizes Awarded
for 1st, 2nd, & 3rd Place
Prize Amounts Based on Participation

Purchase Tickets for the Gift Basket Raffle!
(Items valued at over $450)

Fire Department and Law Enforcement will be there!
Explore emergency response vehicles!

Hotdogs, Chips and Baked Goods!
(Available for purchase)

Please limit shredding to 2-3 banker’s boxes per individual. Shredding service is between 3:00—6:00 p.m.

Provided By:
SHRED DEVIL
Onsite Document Disposal

All proceeds benefit the Community Action Committee of Pike County and the Pike County Senior Center. For more information or to register for the Cornhole Tournament, contact Clinton Throckmorton or Tracy Mathews at (740) 443-6020.
CORNHOLE TOURNAMENT
Friday, August 21, 2015
At the Pike County Senior Center

Registration is $25 per 2-person team

Cash Prizes awarded for 1st, 2nd, & 3rd Place (Prize Amounts Based on Participation)

Teams slotted at random

Check-in is 1:00 p.m.
Tournament starts at 2:00 p.m.

Name Player #1:_________________________________________

Name Player #2:_________________________________________

Address: ________________________________________________________________
________________________________________________________________

Phone ________________________

Method of Payment (check one):_______Cash _____Check (make payable to CAC of Pike Co.)

_____ Credit Card OR VISA

Credit Card# __________________________ Exp. Date ___________

Your 3 digit security # _________ Zip code ___________

Company Name or Name on Card ______________________________

Signature ___________________________________

Mail or fax form to:   CAC of Pike County, 941 Market Street, Piketon, Ohio  45661
FAX: 740-289-4291. For more information contact:  Tracy Mathews or Clint Throckmorton at 740-443-6020