REMEMBERING
IN MEMORY OF MY FRIEND AND CO-WORKER

To Stephanie Bevens
by Pam Mustard

Working for CAC of Pike Co., has given me the opportunity to meet many interesting people as well as make lifelong friends. One friend, Stephanie Bevens, will hold a special place in my heart because of her professionalism, kindness, and compassion for those she worked with and helped throughout her many years with CAC.

I admired her poise, kind words, selflessness, and her dedication to her family.

My fondest memory of Stephanie was dressing up in “YMCA” costumes.

I was enjoying the sanctuary of sitting at a table with friends but Stephanie had other plans. She pulled me up with her to where the DJ’s were sitting, they handed us costumes to dress up in, we put them on, laughed at each other and danced the dance!!!

I miss you Stephanie. You have beautiful, kind children. You would be very proud.

Remembering: Forever in our hearts!

May 2006 marks the 1-year anniversary of Stephanie Bevens’ Memorial Service, it has been suggested that the June CAC Newsletter be dedicated in memory of her and also to any others who worked for Community Action, but have passed away. The Front Office will be accepting contributions for this special edition of the CAC Newsletter now through May 25, 2006. If you have a special memory of a former co-worker who has passed on, a poem or other contribution you would like to share in the May Newsletter, please submit it in writing to Pam Lawhorn, Front Office Coordinator.

Congratulations go out to Glenn and Kay Harris from Head Start. They’re the proud Grandparents of Latasha Kay Ellen, born Monday, April 17, 2006. She weighs 5 lbs. 6 ozs. and is 19 inches long.
National High Blood Pressure Education Month

Join the Mission and Stick to It for National High Blood Pressure Education Month

It’s National High Blood Pressure Education Month - a good time to “Prevent and Control High Blood Pressure: Mission Possible,” which is this year’s theme.

High blood pressure can cause damage without showing any signs or symptoms. That’s why it’s called “The Silent Killer.” For while you may feel fine, high blood pressure is taking its toll on your heart, your blood vessels, and your kidneys. In fact high blood pressure is one of the most important factors leading to heart attacks, strokes, congestive heart failure, and kidney disease. High blood pressure also increases your chances of dementia.

But the appropriate medications, along with some lifestyle changes like healthy eating, physical activity, and weight control, can reduce and control your blood pressure.

So join the Mission and stick to your treatment plan. It can save your life.


Are you taking your medications as your doctor prescribed? Here are some tips to help you stick to your treatment plan:

1. Take your medications at the same time every day. For example, if your doctor told you to take your pills with food, try taking them at meal time every day. Or, take your medications at the same time as you do some other regular activity - like brushing your teeth.

2. Keep your pills near the kitchen table or your toothbrush as another reminder to take your medication at the same time as your eat or brush your teeth.

3. Try to keep using a special pillbox that helps keep your pills organized. You can buy these containers at most drugstores or pharmacies.

4. Write yourself reminder notes. Put them on the refrigerator, by the phone, on the medicine cabinet, or even on the bathroom mirror.

5. Ask for help. Family or friends can be a great support system. Put together a team. If you have friends who also take medication, help remind each other.

6. Put a favorite picture of a loved one on the refrigerator with a note that says, “Remember to Take Your High Blood Pressure Medicine and Stick Around for a Them.”

Congratulations on New Positions

We would like to congratulate the following employees on their new positions within the Agency. Libby Fairchild and Missy Hughes have accepted positions in Social Services. Libby previously worked at the Front Desk as Switchboard Operator and Missy Hughes worked in the Fiscal Department in Billing/Data Entry. Lamona Whitt from the Energy and Maintenance Department accepted the position of Switchboard Operator.
Quilt Sale

Libby is offering for sale three different versions of her handmade quilt. They are absolutely beautiful.

- Bears in the Woods - This is a queen size quilt including shams. The woodsy color combinations of green and brown make this quilt a perfect country quilt. It also would make a beautiful quilt to display during the Holiday Season. Cost $150.00.

- If you’re a NASCAR fan, this is the quilt for you. Bring on the checkered flag with colors of black, red and white. This is a nice queen size quilt to snuggle up in on those cool summer evenings at the track. No shams. Quilt is long enough to cover pillows. Cost $100.00.

- Heirloom Pattern - You may have seen a quilt in this pattern called Courthouse Steps on your Grandmother’s bed. Pumpkins, corn stalks, gourds, hot spiced cider and fall leaves come to mind with this cozy blend of fall colors. No shams. Quilt is long enough to cover pillows. Cost $100.00. You may contact Libby at (740) 259-5329.

The Summer Cooling Crisis Program will start June 1st, 2006. Appointments can be scheduled for this program beginning May 18th.

CAC Weight Loss Meeting Update - Meetings have been going very well. There are approximately ten staff at each meeting. Everyone is doing pretty well and a few people are doing extremely well. If you would like to get the e-mails that I send out to everyone about the meetings and what we are doing send me your email address at jlcaughlan@pikecac.org. We are currently trying to come up with ideas to help motivate everyone. Please feel free to join us anytime. Meetings begin at 5:00 on Thursdays and have only been lasting 1/2 hour. We all weigh in before the meeting or right after. Janice Caughlan.

I long to accomplish a great and noble task, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker.

Helen Keller