GOLDEN OLDIES EXTRA

Community Action Committee of Pike County, Inc.

APRIL 2007

The Senior Advisory Council.

The Pike County Senior Advisory Council is the voice of Pike County seniors. Please make your voice heard by contacting a Senior Advisory Council member when you have questions, concerns, problems or recommendations concerning senior programs.   In addition, please contact a Senior Advisory Council member if you are interested in serving as a council member.

Senior Advisory Council

Walter Dawson (Chairperson)

Larry Teeters (Co-Chairperson)

Don Beavers

Joan Cox

Juanita Bryant

Edna Lansing

Peggy Mickey

Ruby Dixon

Ed Smith

John Harbert

Teddy West

Jean Mangan

Gene Terry

Betty Blanton

Wanda Lawson

Elinor Setty

Special Events

THE TRIP TO THE SOUTHERN OHIO OPRY IS SCHEDULED FOR **APRIL 7th**. PLEASE CALL THE SENIOR PROGRAM OFFICE AT 947-5555 TO SIGN UP FOR THE SOUTHERN OHIO OPRY TRIP.

THE EASTER LUNCHEON IS SCEHDULED FOR **APRIL 4th**. PLEASE MAKE A RESERVATION ON THE SIGN UP SHEET IN THE OFFICE IF YOU

BETTER HEARING PLACE

MELODY WIPERT FROM THE BETTER HEARING PLACE WILL VISIT THE SENIOR CENTER ON THE FIRST FRIDAY OF EVERY MONTH BEGINNING IN APRIL. MELODY WILL BE AVAILABLE FROM 1:00 to 3:00 TO ASSIST SENIORS WITH QUESTIONS AND PROBLEMS WITH HEARING AIDS.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new

"To catch the reader's attention, place an interesting sentence or quote from the story here."

procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column

that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands

of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be

sure to place the caption of the image near the image.

Caption describing picture or graphic.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new

"To catch the reader's attention, place an interesting sentence or quote from the story here."

procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands

of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure

to place the caption of the image near the image.

Caption describing picture or graphic.

**We're on the Web!
example.microsoft.com**

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to re-fer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

Caption describing picture or graphic.

If space is available, this is a good place to insert a clip art image or some other graphic.

MENU IS SUBJECT TO CHANGE

APRIL, 2007

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz	PORK TENDERLOIN PARSLEY BUTTERED POTS. CAULIFLOWER & BROCCOLI APPLESAUCE CORNBREAD / BUTTER MILK 2	CHEESEBURGER ON BUN TATOR TOTS COLE SLAW MIXED FRUIT MILK 3	CHICKEN & NOODLES GREEN BEANS BANANA ORANGE JUICE (1-CAN) WHEAT BREAD / MILK 4	BEEF STEW TOSSED SALAD PEARS BISCUIT / BUTTER MILK 5	HAM SLICE SWEET POTATOES CANBERRY SAUCE PEAS / ROLLS CINNAMON STREUSEL CAKE 6
vegetable or fruit 1-cup fruit	PEPPER STEAK HASH-BROWN POTATOES CARROT RAISIN SALAD WHEAT BREAD / MILK PEACHES & PEARS 9	OVEN BAKED CHICKEN QTERS WHIPPED POTATOES SPICED BEETS PINEAPPLE CHUNKS BISCUIT/BUTTER / MILK 10	CHILI / 1/2 BOILED EGG GARDEN SALAD APPLESAUCE CRACKERS MILK 11	BEEF BBQ ON BUN OVEN FRIES CORN COLE SLAW / MILK BUTTERSCOTCH SQUARES 12	TUNA NOODLE CASSEROLE GREEN LIMAS PEACHES WHEAT BREAD MILK 13
Bread 1 serving **Butter - 1 tsp.**	SPAGHETTI/MEAT SAUCE GARDEN SALAD PEARS RYE BREAD MILK 16	TURKEY & GRAVY WHIPPED POTATOES ITALIAN VEGETABLES APPLE / MILK WHEAT BREAD 17	MEAT LOAF PARSLEY BUTTERED POTS. PENNY CARROT SALAD MANDARIN O. SLICES WHEAT BREAD / MILK 18	HAM PATTY SWEET POTATOES THREE BEAN SALAD PEACHES WHEAT BREAD / MILK 19	BAKED FISH PARSLEY BUTTERED POTS. LIMA BEANS PINEAPPLE CHUNKS WHEAT BREAD / MILK 20
Dessert **1/2 cp.**	CUBE STEAK/MUSHROOM GR. OVEN BAKED FRIES CARROT STICKS/SL. BEETS JELL-O W. PINEAPPLE WHEAT BREAD / MILK 23	SAUSAGE PATTY HASH BROWN POTATOES STEWED APPLES BISCUIT/BUTTER / MILK CHOCOLATE CHIP COOKIE 24	OVEN BAKED CHICKEN QTER. WHIPPED POTATOES GREEN BEANS ROLLS WHITE CAKE/FR. TOPPING 25	LASAGNA / 1/2 BOILED EGG TOSSED SALAD FRUIT CUP ITALIAN BREAD / BUTTER MILK 26	FISH / CHEESE SL. ON BUN BUTTERED PEAS & CARROTS COLE SLAW ORANGE MILK 27
	SCALLOPED POTS/HAM KALE PINEAPPLES CORNBREAD / BUTTER MILK 30				

Choice of Beverages Available (2% milk / skim / buttermilk)

Condiments Available

Diabetic Desserts Available

TO OBTAIN INGREDIENT'S INFORMATION, CONTACT THE MANAGER AT YOUR NUTRITION SITE

MENU SUBJECT TO CHANGE