

October 2007



COMMUNITY ACTION COMMITTEE OF PIKE COUNTY, INC.

GOLDEN OLDIES EXTRA

A NOTE FROM THE OHIO CONSUMER COUNSEL

The Office of the Ohio Consumer's Counsel is pleased to announce the return of complaint handling to their agency. Beginning October 1, 2007, OCC can assist consumers with complaints about electric, natural gas, telephone and water services provided by investor-owned utilities.

The passage of the state's budget legislation restored the ability for the OCC to handle individual consumer complaints, an authority that was removed during the 2005 budget process.

Please see the attached brochure for more information about the Ohio Consumer Counsel's complaint handling authority.

EMERGENCY HEAP INFORMATION

- *Emergency HEAP begins November 1, 2007.*
- *Appointments may be scheduled beginning October 18, 2007.*
- *Please call 289-2371 to schedule an appointment.*

MEMBERSHIP RENEWAL

It is membership renewal time again!
Please see Shelley in the Senior Programs
Office to renew your membership for 2008.

AARP 55 ALIVE CLASS

Will be held November 8th & 9th; 10:00 a.m. to 3:00 p.m. To successfully complete the class, participants must attend both days. The cost for the class is \$10.00 per person. Please see Shelley in the Senior Programs Office to enroll.

OCTOBER, 2007

MENU IS SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz.	SMOKED SAUSAGE & KRAUT MASHED POTATOES PEAS MIXED FRUIT BREAD & MILK 1	SALISBURY STEAK HASH BROWN PATTY CARROT RAISIN SALAD PEACHES BREAD & MILK 2	CHICKEN AU GRATIN POTATOES SPICED BEETS LEMON JELL-O w./cabbage/carrots BISCUIT - 2 oz. <i>Milk</i> 3	CHILI GARDEN SALAD APPLESAUCE GRAPE JUICE CRACKERS & MILK 4	BBQ ON BUN -- PICKLE SLICES OVEN BAKE POTATOES COLE SLAW CAKE w/ 1/2 FRUIT TOPPING MILK 5
vegetable or fruit 1-cup total	TUNA CASSEROLE GREEN LIMAS STEWED TOMATOES PEACHES BREAD MILK 8	SPAGHETTI / MEAT SAUCE GREEN BEANS GARDEN SALAD STRAWBERRY JELL-O w/peaches ITALIAN BREAD MILK 9	TURKEY w/ GRAVY MASHED POTATOES MIXED VEGETABLES MANDARIN ORANGE SLICES BISCUIT - 2 oz. MILK 10	MEAT LOAF PARSLIED BUTTERED POTATOES PENNY CARROT SALAD Cinnamon Streusel Coffee Cake Topped w/Apple Treat-- 1/2 FRUIT BREAD & MILK 11	POTATO SOUP -- 8 oz HAM SW. ON BUN COLE SLAW TROPICAL FRUIT BLEND CRACKERS MILK 12
Bread 1 serving Butter 1 tsp.	MEAT BALLS in SAUCE RICE PEAS PINEAPPLES BREAD & MILK 15	CUBE STEAK w./ Mushroom Gravy HOMINY SLICED BEETS JELL-O w./ MIXED FRUIT-1/2 cp fruit ROLL -- 2 oz. 16	SAUSAGE PATTY w./country gravy HASH BROWN PATTY STEWED APPLES SPINACH w./ vinegar BISCUIT - 2 oz. & MILK 17	BBQ CHICK WINGS-- 3 WHIPPED POTATOES GREEN BEANS TROPICAL FRUIT BLEND ROLL--2oz & MILK 18	LASAGNA TOSSED SALAD PEAS FRUIT CUP ITALIAN BREAD & MILK 19
Dessert 1/2 cp.	FISH ON BUN -- tartar sauce CARROTS GARDEN SALAD APPLE MILK 22	BEEF VEGETABLE SOUP - 8 oz. 1/2 BOLOGNA SALAD SW. PINEAPPLES GRAPE JUICE MILK 23	HUNGARIAN GOULASH / NOODLES SUCCOTASH BEETS Chocolate Cake w/ Strawberry Fruit BREAD & MILK 24	SLOPPY JOE ON BUN / pickle slices POTATO WEDGES COLE SLAW APPLESAUCE MILK 25	CHICKEN PATTY TATAR TOTS GREEN BEANS PINEAPPLE CARROT SALAD BREAD & MILK 26
	JOHNNY MARZETTI BROCCOLI MIXED VEGETABLES PEARS ITALIAN BREAD & MILK 29	CHICKEN a' la KING OVER RICE LIMA BEANS COLE SLAW MIXED FRUIT BREAD & MILK 30	PORK TENDERLOIN & DRESSING MASHED POTATOES COOKED CABBAGE BANANA CORNBREAD MUFFIN-2oz & MILK 31		

Choice of Beverages Available

Condiments Available

Low Sugar Desserts Available

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

Community Action Committee
of Pike County, Inc.

*CAC of Pike Co.
408 Walnut Street
Waverly, Ohio 45690*

Phone: 740-947-5555

Fax: 740-947-7648

Email: shelleyhyon@pikecac.org

Check out our website!

www.pikecac.org

*Golden Oldies
408 Walnut Street
Waverly, Ohio 45690*

First Class Mail

Services provided with funding, in part, from the Ohio Department of Aging, the Area Agency on Aging, District 7, inc., the Pike County Dept. of Job and Family Services, Community Services Block Grant, The Pike County Commissioners and Title III-B and III-C of the Older Americans Act. All Services provided on a nondiscriminatory basis.

Meka McClay