



GOLDEN OLDIES NEWSLETTER

Community Action Committee of Pike County, Inc.

UPCOMING EVENTS



MARCH / APRIL
2008

Would you like to attend the Aladdin Shriner Center Circus in Columbus? If you are interested, please let the Senior Program Office staff know. If enough people are interested, a trip may be scheduled in March.

MARCH TRIPS

March 15, 2008

Southern Ohio Opry
\$7.00 for the bus and
\$5.00 for Admission

APRIL TRIPS

April 24, 2008

Lancaster Mall

\$7.00 for the bus

THE PIKE COUNTY SENIOR CENTER WILL BE HOSTING LIFELINE SCREENING AGAIN ON MAY 30, 2008. PLEASE WATCH FOR MORE INFORMATION IN THE NEXT NEWSLETTER FOR MORE INFORMATION.

SPECIAL

LUNCHEONS

March 19, 2008

Easter Luncheon

Election Day is March 4, 2008

Don't forget to vote YES! for the Senior Citizens Levy

The one-mill, five year senior citizens levy on the March 4th ballot will go toward construction and operation of a new Senior Citizens Center. For more information, call 947-5555 or check out the website at: www.pikecountyseniorlevy.org

HAPPY BIRTHDAY! MARCH



- | | |
|-------------------|----------------------|
| 1—Rosita Bamba | 23—Phyllis Rapp |
| 5—Dorothy Ratliff | 25—Patricia Lemaster |
| 8—Alline Brown | 27—Grace Lahm |
| 8—Tom Brown | 28—Allie Westfall |
| 8—Virginia Little | 30—Johnny Miller |
| 9—Violet Lawson | 31—Darlene Smith |
| 9—Rosalie Stone | |
| 9—Patty Todt | |
| 13—Lloyd Failor | |
| 21—Hollis Pfeifer | |

HAPPY BIRTHDAY! APRIL

- | | | |
|----------------------|------------------------|---------------------|
| 1—Bob Gibson | 14—Nancy Shepherd | 23—Ruth Dunham |
| 4—John Paul Brewster | 15—Ronald Hurles | 24—Isabelle Brezney |
| 5—Dolly Cotton | 17—Fern Bandy | 24—Grace Schultz |
| 5—Judith Pennisten | 19—Mary Ann Hilterbran | 26—Betty Brewster |
| 5—Jack Shepherd | 19—Aileen Ison | 29—Velma Teeters |
| 5—Ezra Teeters | 19—Evelyn Lewis | |
| 8—Betty Haga | 20—William Dicus | |
| 11—Ruth McAllister | 21—Edward Smith | |

WATCH FOR A
SPECIAL FLYER
IN MARCH
REGARDING
THE
BLUEGRASS /
GOSPEL MUSIC
FUNDRAISER.
APRIL 12th

HEAP

Do you, or someone you know, need help with winter heating bills? The HEAP Program is still available and operates through March 31, 2008. HEAP Guidelines are attached to the Newsletter.



**THANK YOU TO
HELLO SHIP FOR
THE HOLIDAY
DONATION**

THANK YOU FOR YOUR DONATIONS!

Pat LeMaster

Vivian Pelfrey

Ruth dunham

Bonnie Yates

Darlene Davis

Juanita Bryant

Karen Rowland

Marie Woods

Sarah Ballard

Elinor Setty

Helen Slaughter

Rev. & Mrs. Walter
Dawson

Mia Bernhardt

Pam Hunt

Many thanks to the Bingo Committee for purchasing the umbrella stands that are located through out the dining room.

FREE INCOME TAX PREPARATION

If you are low income and need help preparing and filing your taxes, please contact the Community Action Committee of Pike County, Inc. at 289-2371 or the Pike County Senior Center 947-5555 for an appointment.



*Looking for a
volunteer project for
2008? Please
consider the Senior
Center.*

PLEASE REMEMBER THE SUGGESTED
MEAL DONATION OF \$1.75 TO HELP
COVER THE COST OF THE MEAL.



**VOTE YES
MARCH 4 for the
SENIOR LEVY.**

IRS Will Send Stimulus Payments Automatically Starting in May

Q: Do YOU qualify?

**A: Definitely NOT if you don't file your
2007 Tax Return!**

The IRS will use information on the 2007 tax return filed by the taxpayer to determine eligibility and calculate the amount of the stimulus payments. Therefore, in most cases taxpayers will not have to do anything extra this year to get the economic stimulus payments beginning in May.

In most cases, the payment will equal the amount of tax liability on the tax return, with a maximum amount of \$600 for individuals (\$1,200 for taxpayers who file a joint return).

Eligible taxpayers who qualify for a payment will receive an additional \$300 for each child who qualifies for the child tax credit.

Payments to higher income taxpayers will be reduced by 5 percent of the amount of adjusted gross income above \$75,000 for individuals and \$150,000 for those filing jointly.

Low-Income workers who made at least \$3,000 but under \$8,750 (Single, under 65) or \$17,500 (Married Filed Jointly, under 65)

Select taxpayers who have no tax liability, such as low-income workers or those who receive Social Security benefits or veterans' disability compensation, pension or survivors' benefits received from the Department of Veterans Affairs in 2007 may also be eligible to receive a payment of \$300 (\$600 on a joint return) if they had at least \$3,000 of qualifying income.

While you may not be normally required to file a tax return because you do not meet the filing requirement, the IRS emphasizes you must file a 2007 return in order to receive a payment.

So, the bottom line message is: ***FILE YOUR TAX RETURN!***

Do it whether you do it yourself or hire have a Volunteer Income Tax Assistant to it your you. Call 740-947-5555 to make an appointment.

MARCH, 2007

MENU IS SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz.	CHICKEN PATTY With Bun OVEN FRIES / GREEN LIMAS PINEAPPLES MILK 3	SALISBURY STEAK MASHED POTATOES MIXED VEGETABLES PEARS / MILK WHOLE-GRAIN BREAD 4	HAM & BEANS w/ ONIONS MIXED GREENS STEWED APPLES CORNBREAD MUFFIN -2oz. MILK / CHEESE CUBE 5	OVEN BAKED CHICKEN SOUR CREAM & CHIVE POTATOES BROCCOLI MIXED FRUIT BISCUIT-2oz. / MILK 6	CHILI © GARDEN SALAD / DRESSING APPLESAUCE 100% CAN JUICE CRACKERS / MILK 7
vegetable or fruit 1-cup total	CUBE STEAK w./ MUSHROOM GRAVY WHIPPED POTATOES STEAMED CARROTS & CELERY WHOLE-GRAIN BREAD PEACHES MILK 10	BEEF BBQ ON BUN/pickle slices OVEN-BAKED POTATOES COLE SLAW © APPLESAUCE MILK 11	FISH PARSLEY BUTTERED POTATOES GARDEN SALAD - 1-cup WHOLE GRAIN BREAD FRUIT CUP MILK 12	CHICKEN STRIPS w/ DIP SCALLOPED POTATOES GREEN BEANS MANDARIN ORANGE SLICES ROLL - 2oz. MILK 13	POTATO SOUP TURKEY ON BUN GREEN PEPPER COLE SLAW MIXED FRUIT CRACKERS MILK 14
Bread 1 serving Butter 1 tsp.	SCALLOPED POTATOES w/HAM KALE w/ VINEGAR PACKET BUTTERED CARTOS PINEAPPLES CORNBREAD MUFFIN - 2oz MILK 17	LASAGNA TOSSED SALAD - 1 cup GREEN BEANS PEACHES ITALIAN BREAD MILK 18	ROAST BEEF & GRAVY WHIPPED POTATOES CALIFORNIA BLEND VEGETABLES FRUIT SALAD ROLL - 2oz. / MILK EASTER CUPCAKE 19	SLOPPY JOE ON BUN PICKLE SLICES COLE SLAW HOMINY APPLESAUCE MILK 20	CHICKEN PATTY SWEET POTATOES PEAS PEACHES & PEARS WHOLE GRAIN BREAD MILK 21
Dessert 1/2 cp.	PORK TENDERLOIN & DRESSING COOKED CABBAGE BUTTERED POTATOES APPLESAUCE WHOLE-GRAIN BREAD / MILK 24	HAM & BEANS w. CHOPPED ONIONS CHEESE CUBE 2" SPINACH w./VINEGAR PACKET FRUIT CUP/ CORNBREAD - 2oz. 100% CAN OF JUICE / MILK 25	COUNTRY STEAK w/ GRAVY WHIPPED POTATOES BEETS PEARS BISCUIT - 2oz. / MILK 26	CHICKEN & NOODLES GREEN BEANS BUTTERED CAULIFLOWER BANANA WHOLE GRAIN BREAD / MILK 27	Beef Stew (8oz)-pots/carrots/celery/ons GARDEN SALAD-1cup / DRESSING PEARS BISCUIT - 2oz. MILK 28
	SCALLOPED POTATOES w/HAM LIMA BEANS & CORN PINEAPPLES WHOLE GRAIN BREAD MILK 31				

Choice of Beverages Available

Condiments Available

Low Sugar Desserts Available

TO OBTAIN INGREDIENT INFORMATION, CONTACT THE MANAGER AT YOUR NUTRITION SITE: 947-5555 or 1-822-820-1165



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: shelleylyon@pikecac.org

WE'RE ON THE WEB
AT WWW.PIKECAC.ORG

CAC Senior Programs
408 Walnut St.
Waverly, Ohio 45690

Services provided with funding, in part, from the Ohio Department of Aging, the Area Agency on Aging, District 7, Inc., the Pike County Department 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.

VOTE YES

MARCH 4

SENIOR CITIZENS LEVY