

WMCAP INFORMER

Season's Greetings!

December 1st, 2010

Note from our Executive Director.....

I know many of you have been wondering what the recent election will mean for this agency and the people we serve. It is difficult to tell at this time what good or bad results may transpire. We have always looked for ways to be efficient and to save money, we hope, those attributes will continue to serve us well under the new administration.

Our National, State, and Regional organizations will be working hard to make sure that the newly elected officials know what we do and how important our services are.

Please continue to do what you always have done, work hard and serve our clients with respect and caring. I will keep you updated.

David Brightbill

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TRIVIA QUESTION

Who has a "heart two sizes to small and lives north of Whoville? Think you know the answer? Be the first person to contact HR with the correct answer and you could win a fabulous prize!

Home Energy Assistance Program (HEAP), Regular HEAP

The Home Energy Assistance Program (HEAP) is designed to help low income families meet the high costs of home heating during the winter months. Applications may be completed by the applicant and mailed directly to the State or by visiting any of the WMCAP Case Managers.

Winter Crisis Program (WCP)

The Winter Crisis Program can prevent disconnection of heating utilities and restore heating services to household that have been disconnected. WCP can also pay for an emergency delivery of bulk fuel when the supply is down to 10 days or less. Households can receive WCP assistance one time per program year.

Applicants for both HEAP programs must have a household income at or below 200% of the federal poverty guidelines according to the household size.

Secret Santa Update

The Secret Santa program is in full swing now. All of the applications are in and we are now shopping to make sure that all the children have a wonderful Christmas. For those interested in sponsoring, donating, or volunteering please call the Putnam Street offices at 740-373-3745. Also, if you know of others outside of the agency please share the information.



We would also like to take this opportunity to send out huge THANK YOU to all who participated, by either selling tickets or eating pancakes, at the Secret Santa Pancake Breakfast at No Idea Restaurant. The grand total from that event was \$728. The Beverly American Legion Riders not only coordinated a Toy Run which gave us two vehicles full of toys they also raised \$1,000 for Secret Santa.

WMCAP HOLIDAY SCHEDULE REMINDER..



The Holidays fall on a Saturday this year so WMCAP will be closed the following dates:



Christmas:



Thursday, December 23rd
& Friday, December 24th



New Year's



Friday, December 31st

Have a safe and wonderful
Holiday Season !

Welcome to the WMCAP Family

Angie Alexander—HS Teacher Aide—Norwood
 Loretta Liedtke—HS Sub Teacher Aide—Both Counties
 Ila Russell—HS Bus Driver/Aide—Belpre
 Amber Mayle—HS Teacher Aide—Chesterhill
 Courtney Smith—HS Teacher Aide—PALS
 Haley Mayle—EHS Teacher—PALS
 Shannon Jones—S & CS Case Manager—Meigs Building
 Theresa Taylor—S & CS Case Manager—Meigs Building
 Nicole Lowther—FHS Breastfeeding Peer Helper—Wash. Co.

HELP WANTED

The Title V program is currently recruiting senior citizens ages 55 and older in Washington, Morgan, and Athens County. If you know of someone that is age 55 and older, low income, and interested in working 20 hours per week, please have them contact Nancy Wade at 740-373-3745 ext. 321.

WORKING IN COLD WEATHER

Prolonged exposure to cold, wet and windy conditions, even when the temperatures are above freezing, can be dangerous. To help prevent any cold-induced injuries or illnesses, take simple precautions, such as these listed below:

- ◇ Wear several layers of clothing rather than one thick layer.
- ◇ Wear gloves and a warm wool hat or a helmet liner under another hat. Remember to cover your ears.
- ◇ Wear synthetic or cotton clothing next to the skin to help wipe away sweat.
- ◇ Weather warm footwear with one or two pairs of warm socks.
- ◇ Wear a scarf or face mask in cold windy weather.
- ◇ Take frequent short breaks in a warm shelter to allow the body to warm up.
- ◇ Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- ◇ Drink warm, sweet beverages and ignore drinks with caffeine and alcohol.
- ◇ Eat warm, high calorie food such as pasta dishes.
- ◇ Workers who take certain medications, are in poor physical condition or suffer from illnesses such as diabetes, high blood pressure, or heart disease are at increased risk and should therefore check with a doctor for additional advice.

Winter Birthdays!!



As the holidays pass us by, let us not forget to wish those employees in December, January, and February a very HAPPY BIRTHDAY!

December

Jamie Mc Grew—1st	Carisa Cline—13th
Sarah Miller—1st	Jolene Sexton—13th
Nancy Weekley—1st	Keith Ellis—15th
Sherene Palmer—5th	Kenny Vigneron—17th
Peggy Jordan—6th	Greg Richards—18th
Becky Singree—7th	Regina Williams—19th
Brenda Holmes—12th	Craig Gibbs—30th
Darla Johnson—13th	

January

Cheyenne Oaks—1st	Penny Reed—16th
Debbie Greene—2nd	Anna Dye—21st
Bruce Martin—2nd	Carolyn Jenkins—22nd
Tom Polk—3rd	Debbie Earich—24th
Terri Robinson—5th	Dave Riley—24th
Trisha McMaster—10th	Wendy Ketelsen—29th
Heather Berga—13th	Candice Grose—30th
John Priest—14th	Jessica Stanley—31st

February

Rachel Knotts—5th	Don Sheets—17th
Jane Winstanley—5th	Thomas Bohl—18th
Tabby Patterson—5th	Dixie Pascoe—19th
Pat Glover—7th	Tracy Carver—22nd
Tracy Lee—14th	



HAPPY BIRTHDAY!!



Kudos Korner



Congratulations to our fall newsletter winner!!
Tonya Mock (Early Head Start FEA at Play & Learn)
was the first person to correctly identify the
ghostly hidden object. She won a gift box of as-
sorted movie theatre popcorn and candy.
Way to Go Tonya!

