

WMCAP INFORMER



Welcome Spring!

March 1st, 2011

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Note from Executive Director

By this time most of you should have received my letter concerning the difficult times we are facing because of the current Continuing Resolution and the 2012 Federal Budget. We continue to do what we can through our national, state, and local organizations. We also continue to work with our local partners to educate our elected officials about the value of the work we do for the community.

I ask that you to continue to work hard and treat our clients with respect. I appreciate all that you do. Thank you, David

ATTENTION :UNITED HEALTH CARE PARTICIPANTS HOW TO BE PROACTIVE

United Health Care became our health care provider on 9/1/2010. New health care provider means learning what services are covered in our plan, which is in network and out of network.

We need to become proactive. What does this mean? It means the following:

Making sure your physician (s) is or is not in the network. Ask if they contract with United Health Care Choice Plus. Asking if they take United Health Care Insurance is not sufficient. The person to ask is the person responsible for billing. They are required to know this information.

Any testing (MRI, CAT scan, etc.) that is prescribed by a physician, be sure to check with the facility and make a call to UHC to verify that the facility is in network. (The UHC online provider list is not a good place to check. It is not always up to date).

Always request that blood work be tested by LabCorp. They are the only in-network Lab in this area. The physician's office can take blood, but LabCorp needs to be the facility doing the testing to get the service paid at 100%.

Anyone having issues with invoices not being paid please call HR at 373-3745 or Stephanie Casto at Schwendeman's at 740-373-6793. We will be happy to assist you.



ST. PATRICK'S DAY SOUP & SANDWICH LUNCHEON

There will be a St. Patrick's Day Soup and Sandwich Luncheon held on Thursday, March 17th from 11:30 a.m. to 1:30 p.m. in the Main Office Board Room. For more information please call Cathy Rees at 740-373-3745 ext. 315. All proceeds will go toward the Secret Santa program.



Fire Prevention FOCUS



AT WORK: If you or someone in your area works with flammable substances, take precautions as required by your company's safety policy.

Remember:

- **Keep** flammable substances in appropriate containers and label them "flammable". Arrange your work area so that spills are prevented from spreading.
- **Store** flammable materials away from ignition sources such as hot surfaces, sparks from electrical or welding equipment, and open flames. Never smoke or light a match near any flammable substance.
- **Be sure** there's adequate ventilation. Store all flammable substances separately from general storage items.

AT HOME: Keep these residential fire hot spots and fire prevention tips in mind.

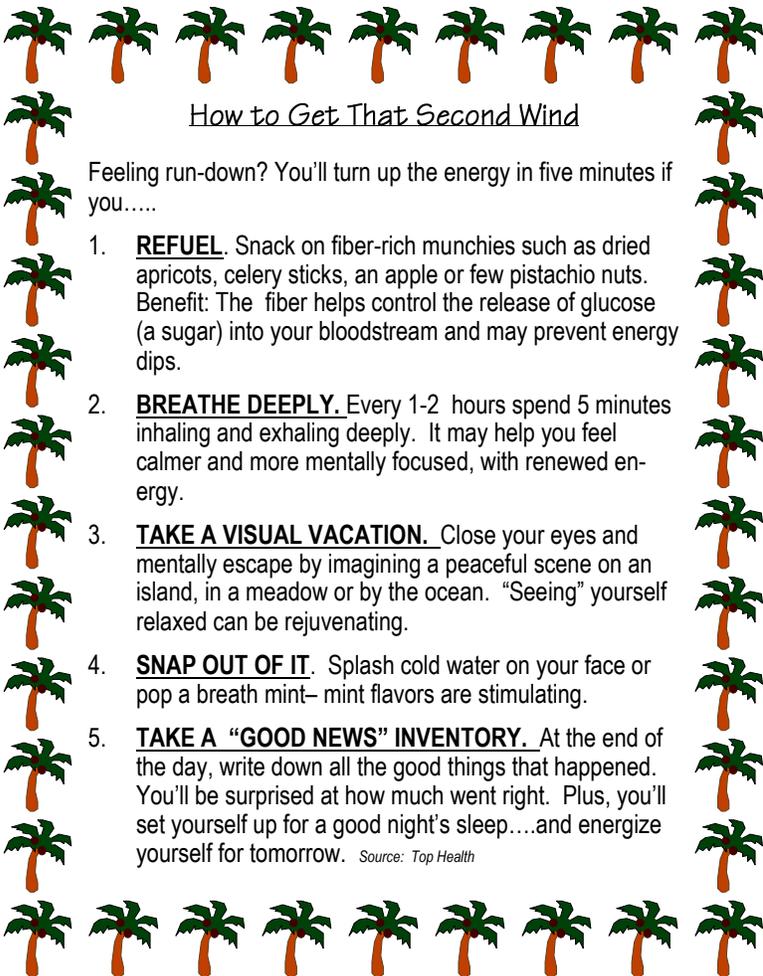
Electrical. Avoid overloading outlets, particularly if you're using a high-wattage appliance. If outlets or switches feel warm, shut off the circuit and have them checked by an electrician. Replace or repair loose or frayed cords on all electrical devices.

Kitchen. Never leave food cooking on the stovetop unattended, and keep a close eye on food cooking inside the oven. Keep cooking areas clean and clear of combustibles such as pot holders, towels, rags, drapes and food packaging.

Heating Equipment. Heaters: Dryers: Clean your dryer's lint filter frequently to prevent accumulation. Turn off the dryer when leaving home.

DID YOU KNOW? You should never pour water on a grease fire and never discharge a fire extinguisher onto a pan fire because doing so can spray or shoot burning grease around the kitchen.

Smart: Put on an oven mitt, turn off the burner and carefully smother the fire with the pan lid. Source: National Fire Protection Association



How to Get That Second Wind

Feeling run-down? You'll turn up the energy in five minutes if you.....

1. **REFUEL.** Snack on fiber-rich munchies such as dried apricots, celery sticks, an apple or few pistachio nuts. Benefit: The fiber helps control the release of glucose (a sugar) into your bloodstream and may prevent energy dips.
2. **BREATHE DEEPLY.** Every 1-2 hours spend 5 minutes inhaling and exhaling deeply. It may help you feel calmer and more mentally focused, with renewed energy.
3. **TAKE A VISUAL VACATION.** Close your eyes and mentally escape by imagining a peaceful scene on an island, in a meadow or by the ocean. "Seeing" yourself relaxed can be rejuvenating.
4. **SNAP OUT OF IT.** Splash cold water on your face or pop a breath mint— mint flavors are stimulating.
5. **TAKE A "GOOD NEWS" INVENTORY.** At the end of the day, write down all the good things that happened. You'll be surprised at how much went right. Plus, you'll set yourself up for a good night's sleep....and energize yourself for tomorrow. *Source: Top Health*

WMCAP NEWS by Lauren Behe

Tax filing through the Ohio Benefit Bank will continue through April. Ohio residents can file both their federal and state taxes with assistance of a trained Tax Counselor in our Washington or Morgan County offices. The free tax filing is offered to anyone whose annual household income is less than \$60,000. Clients or employees can make an appointment by calling the Washington Co. office at 740-373-3745 or Morgan County office at 740-962-3827.

WMCAP is still taking HEAP applications through March for the Winter Crisis Program and regular HEAP. Clients must be at or below the 200% poverty level to qualify. Clients can come in to either the Washington or Morgan County offices and meet with an intake staffer.

Marietta College's "College 400" class will be putting on three workshops for the Employment & Training clients of Washington-Morgan Community Action in March and April. The workshops will cover different obstacles and issues facing those who are seeking employment in the area. Some topics that will be discussed include resumes, interviews, changes in the workplace and how to apply for positions. One workshop will work with Senior Aide workers, another with the Youth WIA participants and another with the Network Alliance Group that helps many in the adult WIA program.

Kudos Korner

Congratulations goes out to Susie Wilhelm for guessing the Winter newsletter riddle. She won a \$10.00 gift card from Walmart. Way to go Susie!



Spring Birthdays!!!

Spring is one of the happiest times of the year, and what a great way to help celebrate it is to wish the following employees a very HAPPY BIRTHDAY!!!

March

Joe Carpenter—1st
 George Jenkins - 3rd
 Tom Bartlett— 5th
 Virginia Lockhart—5th
 Anna Mayle—10th
 Lloyd Hale—11th
 Julia Ryan—13th
 Betsy Stevens— 14th
 Barbara Chalfant—15th

Steve Hallett—15th
 Ruth Vandall—17th
 Janey Graham—18th
 Dawn Rauch—19th
 Rene Rudd—21st
 Joe Holden—23rd
 Shannon Jones—24th
 Darlene Welch—25th
 Sondra Frye—28th

April

Haley Mayle—3rd
 Colleen Herndon—4th
 Denise Thomas—5th
 Dorothy Ogaz—9th
 Shawn Haga—11th
 Diane Seevers—12th
 Carl Carpenter—13th

Becky Cline—13th
 Jamie McCombs—19th
 Loretta Liedtke—20th
 Randy Hamilton—25th
 Norma O'Curran—27th
 Debbie Sharp—27th
 Titus Robison—27th

May

Courtney Smith—1st
 Kathy Lott-Gramkow—3rd
 Debbie Ellis—5th
 Angie Alexander—8th
 Cathy Ryan—9th
 Becky Caldwell—11th
 Kelly McLeod—11th

Mary Bogatay—15th
 Kathy Boersma— 20th
 Rick Loane—20th
 Tammy Davis-23rd
 Mary Robertson—26th
 Joyce Drake—30th



HAPPY BIRTHDAY!!



SPRING TRIVIA

Be the first person to call with the correct answer from Washington County and the first person to call with the correct answer from Morgan County and you could win a fabulous prize.

TRIVIA QUESTION: What was the first daily comic strip published in the United States?

Bonus Question:

Who was the creator of the comic strip?



Daylight Savings Time Begins
March 13th, 2011