SUMMER SAFETY TIPS

Summer isn’t just a time for vacations and relaxation; it’s also a time to be aware of your surroundings and to develop a safety plan so that all your summer plans go without a hitch.

Staying in a Hotel?

- Use discretion in saying your room number out loud;
- Reserve a room that’s on the 3rd or 4th floor;
- Always check that window and door locks are secure;
- Use the safe at your hotel; it’s there for a reason!

Leaving the Country?

- Don’t forget your passport;
- Learn a few local phrases;
- Take cash and a debit/credit card;
- Check with the State Department for warnings and alerts at https://travel.state.gov

On the Go?

- Take turns driving;
- Have directions handy;
- Never leave your valuables in plain sight in your car;
- Keep water in your car.

Going to be in the Water?

- Use waterproof sunscreen, at least SPF 30 and reapply often;
- Avoid sun exposure during the hours when UV rays are the most intense (between 10am and 4pm) even when it’s cloudy;
- Always swim with a buddy;
- Don’t dive if you don’t know for sure how deep the water is;
- Try not to swim within an hour of eating, your body can become sluggish making swimming more difficult.

"Anyone who has ever struggled with poverty knows how extremely expensive it is to be poor."

— James Baldwin

Author Spotlight: James Baldwin

Writer and playwright, James Baldwin, was born on August 2, 1924 in Harlem, New York. Breaking ground by bringing light to a multitude of social and racial issues, he provides a much needed exploration of issues that many might see pushed aside. Controversially known for his essays on the black experience in America. Most notable works include his books “Go Tell It on the Mountain,” “Giovanni’s Room,” and “Notes of a Native Son.”
I came across a sign hanging on a wall that said, "We Rise by Lifting Others," and my thoughts immediately went to Community Action. Because this is what we do; and we do it well, but we are hesitating in telling our story. We are to assist individuals who walk into our offices daily looking for a sense of hope. They are enrolling their children in Head Start; they are requesting assistance with their gas or electric bills; they are enrolling in our Fathers Matter and Motherhood programs to connect with their families and children; they are seeing Employment Training assistance; they are receiving personal hygiene items or emergency clothing; and they are visiting our food pantry to get food until the first of the month. These are just a few of the many services we offer. Community Action Commission of Erie, Huron, & Richland Counties, Inc. (CACEHR) knows the reality of poverty. As an agency, we strive to provide a level of customer service that is beyond the expected to all customers. But, when we are able “to promote self sufficiency and improve the quality of life of those in need” we are also lifting others.

We were recently able to help a young woman, Brenda, who has been struggling on many different levels including both financial and personal obstacles. She struggled with maintaining steady employment and housing. In April 2019, she participated in both the Motherhood and Female Employment Training classes that we offer. By the third week of class, Brenda had found employment and she went on to complete both the Motherhood and the Female Employment Training, receiving a certificate of completion in both and a career passport. Because of work obligations, she was unable to attend her graduation from the classes; but she was able to claim success as a participant. “We Rise by Lifting Others” because as James A. Baldwin says, “Anyone who has ever struggled with poverty knows how extremely expensive it is to be poor.” Brenda, a 34-year-old single mother, was faced with a never-ending battle between wages, housing, and finding time and energy to raise her four children under the age of 18. Across the 1,000 Community Action agencies in America, there are many stories like the one of Brenda. As we partner with all customers, we are reminded to be encouraging, and be an understanding friend who spreads positivity, joy, smiles, and laughter; but, most important who always spreads kindness.

Blessings!

Programs in Action: A Success Story

Brenda is a 34-year-old female with four children under age 18. She has struggled on many different levels that include both financial and personal obstacles. Brenda has bounced from job-to-job and had trouble maintaining a steady household over the years.

In April 2019, Brenda was referred to the Community Action Commission of Erie, Huron & Richland Counties, Inc. for inclusion in both the Motherhood and Female Employment Training classes. During the course of the program, Brenda took the assignments and activities seriously, from the beginning. It was evident, from day one, that Brenda had goals and clear intentions of providing a better life for not only her children, but also for herself.

Brenda began working hard on her assignments and made some major realizations about her current situation. Between personal struggles with addiction and unemployment, she knew she had to make a change... and fast!

By the third week of class, Brenda had already found employment and began working toward her ultimate goals. She was able to successfully complete both the Motherhood and Female Employment Training courses in May 2019. Because of work, Brenda was unable to attend the graduation ceremony for her participation in Motherhood and Female Employment Training, but she did receive her certificates and her Career Passport.

In the future, Brenda’s journey should be easier thanks to her hard work and dedication during her participation in classes offered by CACEHR. Her Career Passport gives her easy access to important documents including her resume, education records, cover letters, contact numbers, reference materials, and any certificates or awards she receives during her course of employment. Way to go Brenda, we’re proud of you!
For Immediate Release:
June 18, 2019

Community Action Commission of Erie, Huron, & Richland Counties, Inc. Contact:
Timothy Brown, 419-626-4320 x 203
tbrown@cacehr.org

Ohio Development Services Agency Contact:
Penny Martin (614) 644-8774
Penny.Martin@development.ohio.gov

Summer Crisis Program Starts July 1, 2019
Applications Due by August 31

Don't let summer's heat leave you beat! The Ohio Development Services Agency and Community Action Commission of Erie, Huron & Richland Counties, Inc. (CAEHR) will help income-eligible Ohioans stay cool during the hot summer months. The Home Energy Assistance Summer Crisis Program provides eligible Ohioans assistance paying an electric bill, assistance obtaining an air conditioner or fan, or assistance paying for central air conditioning repairs. The program runs from July 1, 2019, through August 31, 2019.

To apply for the Summer Crisis Program assistance, customers are required to schedule an appointment with Community Action Commission of Erie, Huron & Richland Counties, Inc. Appointments can be scheduled by calling 1-866-861-6360 or by visiting https://capointments.com/ehcnc on the web.

Customers must bring copies of the following documents to their appointment:
- Copies of their most recent energy bills;
- Proof of income for all household members age 18 and older for the most recent 30 days or 12 month period (depending on employment type);
- Proof of United States citizenship for each household member, or proof of legal residency;
- Proof of disability (if applicable);
- Physician documentation that cooling assistance is needed for a household member’s health (if there isn’t a qualifying household member who meets the minimum age requirement of 60-years); and
- Additional documentation may be necessary on a case-by-case basis. This will be determined at your face-to-face interview.

Last year, more than 598 families in Erie, Huron & Richland Counties were assisted through the Home Energy Assistance Summer Crisis Program.

The mission of CAEHR is to promote self-sufficiency and improve the quality of life of those in need. With this in mind, CAEHR strives to help each customer fulfill their potential in creating a household environment where utility burdens and other expenses aren’t the forefront of everyday worries.

The Summer Crisis Program assists low-income households with an older household member (60-years or older), or households that can provide physician documentation that cooling assistance is needed for a household member’s health. Conditions can include lung disease, Chronic Obstructive Pulmonary Disease, or asthma, among many others. Ohioans enrolled in the Percentage of Income Payment Plan Plus Program (PIPP Plus) are not eligible for bill payment (monetary) assistance through the program, but are encouraged to work with CAEHR to identify other opportunities for assistance.

For more information about the features of the Summer Crisis Program, contact CAEHR, for the Erie County office call 419-626-4320, for the Huron County Office call 419-668-9823, and for the Richland County office call 419-589-2520. For more information about energy assistance programs call 1-800-282-0880, Monday through Friday (hearing impaired customers may dial 711 for assistance) and for a list of energy assistance providers select option 2, or visit www.energyhelp.ohio.gov.
Huron County

HOT CAR SAFETY

Did you know that heatstroke is one of the leading causes of death among children? Unfortunately, even the best parents can forget their children in the back seat with the pace of living these days. Be aware of those in the car with you, especially if you suddenly change your routine or if you are a caregiver who isn’t accustomed to driving children. The Malden Fire Fighters (2019) want you to always look before you lock, keep in mind children’s sensitivity to heat, and understand the potential consequences of leaving kids in hot cars.

- Always check the back seats of your vehicle before you lock it and walk away;
- Keep a stuffed animal or other momento in your child’s car seat when it’s empty and move it to the front seat as a visual reminder when your child is in the back seat.
- If someone else is driving your child, or your daily routine has been altered, always check to make sure your child has arrived safely.
- In 10 minutes, a car’s temperature can rise over 20 degrees.
- Even at an outside temperature of 60 degrees, the temperature inside your car can reach 110 degrees.
- A child dies when his or her body temperature reaches 107 degrees.
- Consequences include severe injury or death, being arrested or jailed, and a lifetime of regret.

(Malden Fire Fighters, 2019)
Senior Nutrition: Senior Lunch Bunch

Join Community Action Commission of Erie, Huron, & Richland Counties, Inc. for a nutritious meal three days each week.

The Senior Lunch Bunch: Senior Nutrition program is for those community members aged 60-years and older who wish to partake in lunch and socialization activities with their peers. The goal of the Senior Nutrition program is to increase senior food security and improve social connectedness. This program is beneficial to the seniors in our community because it provides a much needed service that provides not only a nutrition meal and socialization opportunities, but also nutrition education so that seniors can make smart and healthy choices when they shop and eat at home.

On Mondays and Thursdays you can join us at the Fairhaven Cafeteria located at the Richland County Fairgrounds in Mansfield at 11:00am. Please note that this is a temporary location and CACEHR is working diligently to locate a permanent location for this program in the Madison area so that we may accommodate a larger customer base. Please bear with us while we look for a new home and understand when the time comes to move. On Tuesdays you can join us at the Hawkins Corner in Ontario at 11:00am.

Reservations must be made by 12:00pm on the day before your wish to attend so that we have enough time to order the appropriate number of meals. If you are currently attending, no need to call in your reservation, just sign up while you are at lunch. For more information, or to reserve your spot contact Alexis Sanderfer at 419-589-2520, Ext. 234, or Jennifer Atwell at Ext. 223.

Motherhood, Fathers Matter, and Employment Training

Community Action Commission of Erie, Huron & Richland Counties, Inc.—Richland County offers the Motherhood, Fathers Matter, and Employment Training classes for both men and women. These classes help mothers and fathers learn effective communication tools to facilitate healthy environments in which to raise families. All classes facilitated by Alexis Sanderfer, Eric Viall, and Jennifer Atwell. Call 419-589-2520 for more information about the program or details on how to enroll.

♦ Fathers Matter—held twice per week for five weeks, this class provides Dads with the tools necessary to lead successful and healthy families. Also helps with issues surrounding child support, visitation and custody, and criminal record issues.

♦ Motherhood—held twice per week for five weeks, this class provides Moms with the tools necessary to effectively communicate with the fathers of their children and those involved in their familial life. Also helps with issues associated with custody and criminal record issues.

♦ Employment Training—held twice per week for five weeks, this class teaches soft skills associated with finding and maintaining employment. Focusing on resume writing, cover letters, the application and interview process, interview techniques, mock interviews, and financial literacy.
Head Start
Getting Ready for Kindergarten

Did you know that the concept of kindergarten began in Strasbourg and Bavaria, on the French-German border? Kindergarten didn’t make its way to the United States until 1860 when Elizabeth Peabody founded the first English-speaking educational establishment (National Day Calendar, 2019). Because kindergarten can be stressful for young people, it is essential to get them prepared. This is where Head Start comes in to help your child prepare for social situations ahead of time. Parents, you can also help your child prepare for kindergarten by getting them involved in activities like birthday parties, summer camping, and family gatherings. Help them memorize basic information about themselves including phone numbers and correct spelling of address and name. Work on letter and number concepts ahead of time by reciting the ABCs and learning to count. Tactile activities are a good idea as well; assist your child with basic physical activities like shoe tying, buttoning shirts, and zipping zippers.

While Head Start is an excellent way to give your child the running start they need to be fully prepared for kindergarten, it is important to help them get excited for the transition. Doing activities together is important for the physical, mental, and emotional development of your child. Contact your child’s doctor to get a full work-up, and don’t forget to check their eyes and ears. Establishing a routine at home is also a good idea. Young children require plenty of rest, so get a bedtime and waking time routine in order. Be sure to prepare necessary school supplies, and remember, if you need help Community Action has resources that may be available. Finally, the big day has come... Your child’s first day of kindergarten is at hand. Be sure to document the occasion with pictures. Post to social media using the hashtags #getreadyforkindergartenmonth #headstartworks #communityactionworks #cacehr

Kindergarten Readiness Skills:

- Point to, and name, a minimum of 10 different colors;
- Identify, and name, basic shapes;
- Recognize UPPERCASE and lowercase letters;
- Retell stories, or events, in order (first...then...and then);
- Use, and follow, location words (above, below, next to);
- Talk about quantities (many, full, less/more, some);
- Talk about qualities (hard/soft, sweet/sour, rough/smooth);
- Group items together based on color, size, or shape;
- Produce rhyming words for common pictures (hat/bat);
- Recognize when words begin with the same sound;
- Hold books the proper way;
- Count to 20 by ones (one, two, three, four...);
- Read numbers 0-10;
- County up to ten objects in a pile;
- Compare quantities of objects (more than, less than);
- Think about, and solve, problems (how can we...?)

Now Enrolling
Head Start is currently enrolling! Promoting school readiness for children ages 3–5 and children with disabilities.

Call 419-625-2214 for more information.
For Your Information

Calendar of Events

Summer Crisis 2019: The Summer Crisis Program begins July 1, 2019 and runs until August 31, 2019. Contact your local delegate agency for more information.

Walk Ins: During regular HEAP and PIPP seasons you may walk-in during normal walk-in hours. Check with your local delegate agency for days and times. During Crisis seasons, walk-in hours vary. Contact your local delegate agency for more information.

July is National Anti-Boredom Month
August is National Eye Exam Month
September is International Update your Resume Month

Important Notice

Head Start is currently enrolling, promoting school readiness for children ages three—age five and children with disabilities. Call 419-625-2214 for more information.

The Customer Portal is now available! Customers can apply for HEAP and PIPP from home via the internet. Visit https://portal.ocean.ohio.gov or www.energylife.ohio.gov to set up an account and complete an application!

Support Us! Did you know that it may be possible to write-off your donations to CACEHR on your taxes? Ask us for information.

Ohio Energy Kit: Ohio Edison (First Energy) customers can visit www.ohioenergykit.com or call 1-800-249-0276 to receive a free home energy savings kit that includes light bulbs, power strips and other goodies.

Income Requirements for HEAP: Beginning July 1, 2018, applicants for the HEAP program will only need to provide 30-days of income (initially). Additional income may be requested on a case-by-case basis. Other programs, including CSBG, will still require a minimum of 90-days verification.

CACEHR will be CLOSED on Thursday, July 4, 2019 in observance of the Independence Day Holiday and Monday, September 2, 2019 in observance of Labor Day. We apologize for any inconvenience.

HEAP Income Guidelines

Eligibility: A household whose total income is at or below 175% of the 2018-2019 federal poverty guidelines may be eligible.

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<tr>
<th>Size of Household</th>
<th>Annual Income Allowed</th>
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<tbody>
<tr>
<td>1</td>
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<td>2</td>
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<td>8</td>
<td>$76,002.50</td>
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"Summertime is always the best of what might be." ~Charles Bowden

Prescription Assistance Program

Need help with prescription medication costs? CACEHR can help. If you are 60-years-of-age, or older; or have documented proof that you are undergoing opioid treatment contact your local delegate agency for more information. Elderly customers can receive help, up to $250, every 90 days and those undergoing opioid treatment may receive help, up to $250, every six months. Contact your local delegate agency for more information on our Prescription Medication/Opioid Assistance Program.
**Mission Statement**

"To promote self-sufficiency and improve the quality of life of those in need."

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**CACEHR Board of Trustees**

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<thead>
<tr>
<th>Richland County</th>
<th>Erie County</th>
<th>Huron County</th>
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<tbody>
<tr>
<td>Stefanie Caldwell</td>
<td>John Jacobs</td>
<td>Annie Schafer</td>
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<tr>
<td>Pervis D. Brown, Jr.</td>
<td>Sherri Marshall</td>
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<td>Marilyn Dillon</td>
<td>Mayor Steven Schag</td>
<td>James Watkins</td>
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**Contact Information**

- **Erie County**
  - 908 Seavers Way
  - Sandusky, OH 44870
  - 419-626-6540

- **Huron County**
  - 92 North Prospect Street
  - Norwalk, OH 44857
  - 419-668-9823

- **Richland County**
  - 597 Park Avenue East
  - Mansfield, OH 44905
  - 419-589-2520

- **Willard Office**
  - 1530 South Conwell Street
  - Willard, OH 44890
  - 419-935-1010

Visit our newly updated website at [www.cacehr.org](http://www.cacehr.org) for more information about CACEHR, our history, and programs!