

Our Community In Action

A Quarterly Publication of Green Hills Community Action Agency
Volume 5, Issue 2 - Spring 2010



In this issue

Agency Headlines P.1
Agency Headlines P.2
Counties in Action P.3
Our Promise P.4

Weatherize Your Home

Did you know the typical family in the United States spends over \$2,000 per year on utility bills? Did you know that a large portion of that money is wasted because of lack of sufficient home weatherization?

The warmer months of spring and early summer are excellent times to perform some simple, do-it-yourself weatherization on your home. Start small! Use cans of spray foam or caulking around cracks and obvious holes and leaks. Focus on windows, doors, and electrical outlets as these can all be major trouble spots.

For more great ideas, contact your local GHCAA office, or visit us online at www.ghcaa.org!

Community Action Month

May is National Community Action Month! This May your local GHCAA office will have events lined up celebrating the 12th anniversary of National Community Action Month!

Check with your county's office to see what great things they have planned this month!

Annual Report Available

The 2009 Green Hills Community Action Agency Annual Report is now available. If you would like to receive a copy of the report, please contact GHCAA Central Office by calling our toll free number: 877-611-7600.

New GHCAA Website

Green Hills Community Action Agency has a brand new website design. Visit us online @ www.ghcaa.org to view the new layout and updated program information!

United Way 211 Partners with CAAs



Green Hills Community Action Agency has partnered with the United Way to bring Missouri residents the new 2-1-1 telephone service.

2-1-1 is a strictly confidential, toll-free number that connects people with available community resources and volunteer opportunities in their area.

Many people simply do not know where to turn when they need help with basic needs such as finding food pantries, shelters, obtaining emergency assistance, health resources, and other support.

Dialing 2-1-1 will immediately put Missourians in contact with a knowledgeable staff person who can quickly connect them with the services they need, no matter where in Missouri they might live.

Women's Health Services Available

Nearly 2,000 women living in a 10-county area in northern Missouri rely on Green Hills Community Action Agency for their health-care needs. Green Hills Community Action Agency **Women's Health Services clinics** are open to all people living within the service area, regardless of financial or age restrictions. Fees for the strictly confidential services are charged on a **sliding scale based on the patient's income**. Private insurance, Medicare and Medicaid are accepted, as well as donations from patients and the public. Clinic staff includes a physician/medical director, a nurse practitioner, and educators specifically trained in family planning services.

Money spent on public health services is not wasted. For every government dollar spent on family planning services, an average of \$4.40 is saved as a result of averting short-term expenditures on medical services, welfare and nutritional services. Regular annual examinations also can detect cancer and other diseases in early, treatable stages, saving patients and the public money.

GHCAA's Women's Health Services schedules clinics in Caldwell, Carroll, Chariton, Daviess, Grundy, Harrison,

Linn, Livingston, Putnam and Ray counties. Most clinics are conducted during business hours, but some evening and weekend clinics are scheduled.

For more information or to schedule an appointment for a clinic in Caldwell, Daviess, Grundy, Harrison, Linn, Livingston and Putnam counties, call the GHCAA office in those counties or call the main office at 660-359-2855 or toll-free 1-877-7600. For clinics in Carroll County, call 660-542-3247; Chariton County, 660-288-3675; and in Ray County, 816-776-5413.

The national economic recession has been a double-edged sword for **GHCAA's Women's Health Services**. More women are seeking low-cost reproductive health services while state and federal funds to help pay for these services have been cut. Tax-deductible donations from the public are needed to help cover expenses. To donate, call GHCAA at 660-359-3907, 660-359-2855 or toll-free 1-877-611-7600.

Green Hills Women's Health Services For Every Woman



NEW FACES

Paul Daniel

Paul Daniel has joined the staff of Green Hills Community Action Agency as a new Weatherization Crew Member. Paul lives in Pattsonburg and has over 20 years of construction and carpentry experience. Paul will be dividing his time between the Weatherization Crews and the Housing Rehabilitation Crews.

EMPLOYMENT & TRAINING services offered

Did you know that GHCAA's WIA Adult Employment and Training Program can offer links to the following services through a partnership of area schools and agencies in your community.

- Tutoring
- Study Skills Training
- Resume Writing
- Mock Interviews
- Occupational Skills Training
- Leadership Development
- Supportive Services

While the E&T program is not a job placement program, it IS designed to lead adults toward a successful career through education.

Contact GHCAA by calling 359-3907 to learn more about these services!

Shelter Plans Annual Bull Ride Event



The Green Hills **Women's Shelter** has begun planning for their 4th Annual Extreme Bullriding Tour event in Trenton. The bull ride is always great entertainment for the entire family.

Currently the Shelter is seeking businesses or individuals who are interested in becoming event sponsors.

Banner Sponsorships start as low as \$200.

If you or your business are interested in **learning more about the Shelter's** Extreme Bullriding Tour, please contact Cheryl Leffler at 660-359-3297.

The event will hit town May 29th, 2010, 7:30pm at the North Missouri Saddle Club Arena (on 28th Street) in Trenton, Missouri.

~ Caldwell County in Action ~

Phyllis Heckenbach
Community
Services Manager



Service Center
101 S. Frame
Hamilton, MO
816-583-2022



Paula McCoy
Coordinator

GHCAA - 2009 In Review

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PHYLLIS HECKENBACH assumes new agency role



The newly formed position of Community Services Man-

ager, a position which oversees both Caldwell and Daviess Counties, had been filled by Phyllis Heckenbach.

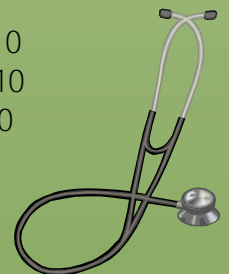
Mrs. Heckenbach previously held the title of Daviess County Director, and has been with the Green Hills Community Action Agency for nearly 17 years.

Phyllis is very excited about her new role within the Agency. "It's been an interesting journey, and I learn something new each and everyday."

WOMEN'S HEALTH clinic dates

Telephone: 816.583.2022

May 26th, 2010
June 23rd, 2010
July 28th, 2010



Car Donation Program

Do you have an old car that you no longer need? Could you use a tax credit on next year's taxes?



You might consider Green Hills Community Action Agency's Car

Donation Program. This program, in which individuals can donate vehicles to the agency, has made a real and immediate impact in numerous lives over the years.

Donors receive a tax credit for the generous gift they provide, which sometimes amounts to more than the trade-

in value of the vehicle.

In order to qualify for this program, recipients must first meet income guidelines, be willing to set and achieve required personal goals, maintain monthly contacts and maintenance agreements, and submit all their required, completed paperwork on time.

If you, or someone you know, might be interested in donating to this worthwhile program, please visit our website to learn more or to download the necessary forms. Those with questions should call Karla Garner at (660) 359.3907.

~ Daviess County in Action ~

Phyllis Heckenbach
Community
Services Manager



Service Center
Clay & Jackson
Gallatin, MO
660-663-3211



Janna Barton
Coordinator

GHCAA Car Donation Program

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Mrs. Heckenbach previously held the title of Daviess County Director, and has been with the Green Hills Community Action Agency for nearly 17 years.

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Our agency is working hard to extend help to even more residents of the Green Hills area in the year 2010!



POVERTY SIMULATION held in March

The Daviess County GHCAA held a Poverty Simulation this past March. Participants were each assigned the role of someone living in poverty. They were then charged with the task of making it **through the "month" on a very fixed income, simulating a reality that many in our area deal with every day.**

For further information please contact the Daviess GHCAA office by calling 663-3211!

~ Grundy County in Action ~

Debbie Cribb
Director



Service Center
1506 Oklahoma Ave
Trenton, MO
660-359-6863



Theresa Miller
Coordinator

Healthy Food Available Through Community Garden

With spring just around the corner, area residents will have an opportunity to get free, healthy food if they participate in the Grundy County Community Garden Project.

One key focus of the garden project will be to help low income families who will be given free seeds, hoes, soil amendments, and education about gardening and food preservation. Any family falling under 200% of poverty guidelines may participate by simply paying a \$1 annual membership fee. Anyone having income higher than 200% of federal poverty may participate by paying the \$1 membership fee and will have the opportunity to purchase seeds at a reduced cost.

The garden, to be located at Harris &

18th St., will be closely connected to the Grundy County Food Pantry due to its close proximity, serving many of the same clients, and having similar missions which involve feeding people healthy foods.

There are no income restrictions on this project. All members of the public, service organizations, 4H Clubs, FFA Chapters, school organizations, FCCLA chapters, churches, and businesses are encouraged to participate.

Anyone wishing to sponsor a family on an annual basis may do so by sending \$150 to GHCAA, attn: Terri Henderson, P.O. Box 278, Trenton, MO 64683. The annual sponsorships are tax deductible and should be notated on the check memo: Community Garden Grundy Co.

GHCAA REDUCES STRESS workshop held

Grundy County held a workshop in March with information on the impact stress can have on your life.



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WOMEN'S HEALTH

clinic dates

Telephone: 660.359.2855

May 7th, 2010
May 15th, 2010
May 18th, 2010
June 4th, 2010
June 15th, 2010
June 19th, 2010
July 2nd, 2010
July 7th, 2010
July 17th, 2010



~ Harrison County in Action ~

Sherry Parkhurst
Community
Services Manager



Service Center
4114 Miller St.
Bethany., MO
660-425-3755



Ann Pettit
Coordinator

New Community Services Manager Joins Agency

Sherry Parkhurst joined the Green Hills Community Action Agency this March, filling the position of Harrison County/Mercer County Community Services Manager.

Most recently Sherry worked for the South Harrison School District as a Special Education Paraprofessional. She has also worked for the Grand River YMCA as a Gymnastics Coach, and for Missouri Probation and Parole as a Probation Officer.

Ms Parkhurst has a Bachelor of Science from UCM in Warrensburg in Criminal Justice and Psychology and a Masters

from UCM in Criminal Justice and Administration. She currently resides in Ridgeway.



ACRONYMS EXPLAINED CSBG?

CSBG stands for Community Services Block Grant. The CSBG program is a federally funded program which provides funds to lessen poverty in communities.

The funds provide a range of services and activities to assist the needs of low-income individuals including the homeless, migrants and the elderly.

GHCAA utilizes the grant to provide programs like Step-Up to Leadership, Poverty Simulations, Enhanced Skills Workshops, and PETS (Pre-Employment & Training Services), among others.

Working together to build stronger families & stronger communities!



WOMEN'S HEALTH clinic dates

Phone: 660.425.3755

May 6th, 2010
June 3rd, 2010
July 1st, 2010



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~ Linn County in Action ~

Debra Wade
Director



Service Center
105 W John
Brookfield, MO
660-258-2211

Coordinator

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WOMEN'S HEALTH clinic dates

Phone: 660.258.2211

May 19th, 2010
June 16th, 2010
July 21st, 2010



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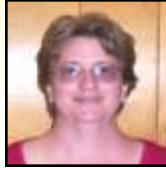
times amounts to more than the trade-in value of the vehicle.

In order to qualify for this program, recipients must first meet income guidelines, be willing to set and achieve required personal goals, maintain monthly contacts and maintenance agreements, and submit all their required, completed paperwork on time.

If you, or someone you know, might be interested in donating to this worthwhile program, please visit our website to learn more or to download the necessary forms. Those with questions may also contact Karla Garner at (660) 359.3907.

~ Livingston County in Action ~

Service Center
511 Elm St.
Chillicothe MO
660-646-3379



Sherrie Wohlgemuth
Director



Linda Allen
Coordinator



Rachele Taylor
Coordinator

Poverty Simulation is a Success

The 2010 Livingston County Poverty Simulation was held this past March at the M.W. Jenkins Expo Center in Chillicothe. Over 30 people participated in the four hour long Simulation event.

Participants were each given a role to play - some were school children; working single mothers; homeless families; or grandparents raising their grandchildren.

These "families" then had to survive a month in their assigned roles. Families dealt with the public school system, utility companies, quick loan outlets, banks, and social service agencies.

Through the course of the simulated month, some families were evicted **from their homes when they didn't** have enough income to pay their mortgage, some had social services called **because they couldn't afford to buy** the food to feed themselves, and some lost their utilities when they chose to

pay the mortgage instead of the light bill.

At the end of the four 15 minute long **"weeks" the group came together to** discuss their experiences. The event succeeded in raising questions in many **people's minds, and lent itself to a** lively discussion. Green Hills staff was on hand to provide information and to answer any questions.

If you would like any further information about the Poverty Simulation, please contact the Livingston GHCAA



GHCAA HOSTS CHAMBER business after hours

GHCAA hosted a Chillicothe Chamber of Commerce Business After Hours event at the Alaska House in Chillicothe to help raise awareness about issues facing many residents of **Livingston County, the Agency's** Poverty Simulation, and also to help build and strengthen ties between the community of Chillicothe and the Green Hills Community Action Agency.

WOMEN'S HEALTH clinic dates

Telephone: 660.646.3379

May 3rd, 2010
May 17th, 2010
June 7th, 2010
June 21st, 2010
July 12th, 2010
July 26th, 2010

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~ Mercer County in Action ~

Sherry Parkhurst
Community
Services Manager



Service Center
606 W Main St
Princeton MO
660-748-3565

Coordinator

New Community Services Manager Joins Agency

Sherry Parkhurst joined the Green Hills Community Action Agency this March, filling the position of Harrison County/Mercer County Community Services Manager.

Most recently Sherry worked for the South Harrison School District as a Special Education Paraprofessional. She has also worked for the Grand River YMCA as a Gymnastics Coach, and for Missouri Probation and Parole as a Probation Officer.

Ms Parkhurst has a Bachelor of Science from UCM in Warrensburg in Criminal Justice and Psychology and a Masters

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~ Putnam County in Action ~

Margaret Salisbury
Community
Services Manager



Service Center
117 S 16th St
Unionville MO
660-947-2471



Dianne Hendee
Coordinator

Food Pantry to Distribute Senior Food Boxes

The Food Bank in Putnam County will begin distributing Senior Food Boxes in April.

The program is available for income eligible seniors 60 and over. Income guidelines have changed over the past year so that a single person earning around \$14,000 or less per year may qualify for this program. That amount jumps to an annual income of around

\$19,000 for a two person household. Call the Putnam County GHCAA office at 947-2471 to see if you or a loved one qualify for this new food program.

In addition to the new Senior Food Boxes program, pantry clients of all ages will begin receiving fresh produce such as potatoes, grapefruits and apples each month.



STEP-UP TO LEADERSHIP classes under way

Putnam County Step-Up to Leadership classes got under way March 30th, 2010.

The Step-Up program helps individuals gain the confidence and skills they need to become better leaders within their communities.

The Step Up to Leadership curriculum is hands-on learning. Participants are encouraged to share their experiences so they can apply them to their own situations and learn from one another.

Participants must commit to attending all 12 of the 3 hour long sessions in order to graduate from the program. To learn more about this program, contact the GHCAA office by calling them at 947-2471.

Energy Usage Assessments

Raymond Tennill and Peter Williams from Putnam County have been hard at work providing area residents with Energy Usage Assessments through the GHCAA Energy Department.

Citizens falling below 200% of poverty guidelines can qualify for the free Energy Usage Assessment. For example, a single person earning less than \$21,660 annu-

ally, a two person family with an income below \$29,140 annually, a family of three earning \$32,620 or less annually, or a family of four, earning \$44,100 or less annually would all qualify.

In order for members of the public to determine if they qualify or not, interested persons are asked to call 660-359-3907 ext. 113.

CSBG Area Meeting

The Green Hills CSBG Staff met recently in Putnam County to discuss various programs and issues related to community and family development.

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GHCAA & CSBG are working together to help build stronger families and stronger communities!

WOMEN'S HEALTH clinic dates

Telephone: 660.947.2471

May 12th, 2010
July 14th, 2010



~ Sullivan County in Action ~

Margaret Salisbury
Community
Services Manager



Service Center
101 E. Second St
Milan MO
660-265-4510



Andrea Luper
Coordinator

GHCAA Plans Poverty Simulation

GHCAA has partnered with High Hope and Probation and Parole to begin planning on a Poverty Simulation in Sullivan County.

The simulations last several hours and **each participant is given a "role"** to play during that time, sometimes that of a single mother raising three children, or a middle-aged man who has recently become unemployed and has a family to care for, or a senior citizen living on a very fixed income. While these situations are all very different, they all are charged with the stressful task of providing for basic necessities and shelter on a limited budget during the course of four 15-minute **"weeks."** Through the course of the simulation, individuals interact with human service

agencies, grocers, pawnbrokers, bill collectors, job interviewers, police officers and others.

The goal of the Poverty Simulation is to move people to think about the harsh reality of poverty and how communities address the ongoing problem. It can be quite an eye-opening experience for those who have never experienced poverty first-hand, and can also help to break down stereotypes and prejudices about those living in poverty.

Information will be released as it is available. If you have questions about the Simulation, please contact the GHCAA office by calling us at 265-4510!

GED CLASSES OFFERED in Milan

The Northwest Workforce Investment Board and North Central Missouri College are currently offering Adult Education & Literacy classes in the basement of the Green Hills Community Action Agency located in Milan. The classes started March 16th, 2010, and are held every Tuesday from 3pm - 8pm and Thursday from 9am - 2pm.

The classes are open to anyone age 17 or older, and are offered free of charge.

Anyone with questions is urged to call 660-359-3622, ext 12 to learn more.

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Check Us Out Online @ www.ghcaa.org

Non-Profit Organization

U.S. Postage
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Trenton, MO 64683
Permit No. 227

Green Hills
Community Action Agency
1506 Oklahoma Ave.
P.O. BOX 278
Trenton, MO 64683



Green Hills Community Action
1506 Oklahoma Ave.
Trenton, MO 64683
www.ghcaa.org

Scott Long
Executive Director
longs@ghcaa.org

Tammy Taylor
Community Services Director
taylor@ghcaa.org

Deena Smith
Director of Communications
& Resource Development
smithd@ghcaa.org

Phone: 660-359-3907
Fax: 660-359-6619

If you have information about projects or efforts that you would like to see highlighted in future issues, or if you know someone who would like to be on our mailing list, please contact:

Deena Smith, Director of Communications & Resource Development
Green Hills Community Action Agency
1506 Oklahoma Ave.
Trenton, MO 64683
660-359-3907, ext. 133

Our Promise

Green Hills Community Action Agency positively impacts people's lives, embodies the spirit of hope, improves communities and makes our region a better place to live. We care about the community, and are dedicated to empowering people to help themselves and each other.

This newsletter is a publication of Green Hills Community Action Agency.
It is made possible by funding from a Community Services Block Grant.