

Local News

Healthy Lifestyle Programs

BY AAA7

Most know the Area Agency on Aging District 7 (AAA7) for the assistance we can provide with long-term care home and community-based services, programs and resources that are available in our 10-county district. Did you know that we also provide "Healthy Lifestyle Programs"? These evidence-based programs help individuals learn to take control of their lives and manage health conditions.

"A Matter of Balance" is an educational program for individuals age 60 and over that teaches practical strategies to reduce the fear of falling and increase activity levels. Participants learn to view falls as controllable, set realistic goals, change their environment to reduce risk factors, and increase strength and balance through exercise.

The "Chronic Disease Self-Management Program" and "Diabetes Self-Management Program" helps adults age 60 and over gain confidence in their ability to manage symptoms and understand how their health problems affect their lives. Individuals who could benefit from the program are those with long-term health challenges such as asthma, arthritis, heart disease, diabetes, or other

life-long conditions. The program emphasizes the person's role in managing their illness and building their self-confidence so that they can be successful in adopting healthy behaviors. Participants in the class learn to deal with pain, fatigue and depression; discover ways to be more physically active; learn how to eat healthier; learn better ways to talk about their health with physicians and family; set personal goals; and find ways to relax and deal with stress. Participants can represent an individual with a chronic disease, a caregiver of someone with a chronic disease, or someone who wants to learn more about healthy living.

The "Chronic Pain Self-Management" workshop is an educational series presented by the AAA7 that is designed to help individuals age 60 and over with learning proven strategies to manage chronic pain and feel better. The program was developed with Stanford University and has been evaluated in clinical trials. People who participate in the program generally report more energy, less pain, and improved mental health. They are also less dependent on others, more involved in everyday activities, and are more satisfied with their lives. The class is not a substitute for medical treatment,

but can give you tools and ideas to improve or complement treatments and other efforts to manage your pain. Participants will learn about treatment options and be better able to make informed decisions about the treatments that are right for them.

"Powerful Tools for Caregivers" is an educational series that is designed to provide family caregivers with the tools to take care of yourself while caring for a relative or friend. It is available to help family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

The AAA7 is excited to offer these wonderful programs to our communities. If you would like to learn more about these classes, or are interested in attending an upcoming class in your county, please call 1-800-582-7277 and we can share the schedule with you and add you to the list for an upcoming class. You can also locate a class schedule on our website under "About AAA7" and "Upcoming Events" or follow us on Facebook to find out about upcoming programs. To be added to our quarterly wellness newsletter, "Living Well", call us at our toll-free number or e-mail info@aaa7.org .

Upcoming ODOT work this week

SUBMITTED BY ODOT DISTRICT 9

For the week ending April 6, 2019: The following traffic advisory includes road construction and major maintenance projects requiring long-term lane restrictions and/or closures along the state and federal highway system in Pike County. For statewide information regarding road conditions affected by weather, construction, maintenance or

accidents, visit ODOT on the web at www.Ohgo.com

PIKE COUNTY:

State Route 124 is reduced to one lane just west of C.R. 6 (Lapperell Road) as part of an intersection improvement and bridge replacement project. Traffic is being maintained in one, 11-foot lane with the use of temporary signals, and the entire project is scheduled to be completed in Spring 2019. (#17-0579)

Pike County Government offices raise money for outreach council

SUBMITTED NEWS

On Feb. 25 the Pike County Government offices held a fundraiser to benefit the Pike County Outreach Council. Lunch was served for a donation and a raffle was held. All government offices were invited to participate. We raised \$551. This money was donated to the Outreach Council to purchase food for the food pantry.

Picture attached — Bottom row — left to right — Jerry Miller, County Commissioner, Tony Montgomery, County Commissioner and Blaine



SUBMITTED PHOTO

Beekman, County Commissioner. Top row — left to right — Valerie Riley, Job and

Family Services Director, and Autumn Topping, Outreach Council Director.

News of Record

PIKE COUNTY COURT NEWS

Jan. 4, 2019

Ashleigh Halfhill - Fail to control motor vehicle. Bond forfeiture. Pled guilty. Found guilty. \$30 fine. \$80 in court costs.

Jack L. Dodridge - Left of center. Pled guilty. Found guilty. Bond forfeiture. \$30 fine. \$80 in court costs.

Dwight Paul E. Schilling - Driving under suspension (fail/reinstated). Dismissed. Case dismissed without prejudice due to plea negotiations and defendant's plea to companion case and not due to lack of probable cause to arrest. No cost to defendant.

Christopher T. Ferguson - Domestic violence. Dismissed. Case dismissed without prejudice due to victim's request or victim's unwillingness to prosecute. No cost to defendant.

Mollie K. Wilson — Domestic violence. Dismissed. Case dismissed without prejudice due to victim's request or victim's unwillingness to prosecute. No cost to defendant.

Jan. 7, 2019

Pamela M. Vulgamore - Weaving. Dismissed. Case dismissed without prejudice due to prosecutor's decision not to proceed to trial but not due to lack of probable cause to arrest. No cost to defendant.

Armani Worthy - Possession of marijuana. Dismissed. Case dismissed without prejudice. To be re-filed on long form complaint. No cost to defendant.

Billy J. Leatherwood - False information. Dismissed. Case dismissed without prejudice. To be re-filed on long form complaint. No cost to defendant.

Neil T. Bowen - Domestic violence and assault. Dismissed. Cases dismissed without prejudice due to victim's request or victim's unwillingness to prosecute. No cost to defendant.

Jonathan W. Deacon - Domestic violence and obstruction of official business. Dismissed. Cases dismissed without prejudice due to plea negotiations and defendant's plea to companion case and not due to lack of probable cause to arrest. No cost to defendant.

Jonathan W. Deacon - Criminal mischief. Pled no contest. Found guilty. One year standard probation. Defendant shall undergo mental health counseling. \$80 in court costs. 4 jail days.

Summer Dawn N. Borchart - Child endangerment. Pled no contest. Found guilty. Defendant shall undergo mental health counseling and shall serve 80 hours of community service as assigned by the probation officer.

Tracy M. Harris - Child endangerment. Pled no contest. Found guilty. Defendant shall undergo mental health counseling and shall serve 80 hours of community service as assigned by the probation officer. Defendant shall

comply with any case plan or safety plan with the Pike County Board of Children's Services.

Brittany N. Baker - Criminal trespass. Pled guilty. Found guilty. Three years standard probation. Defendant shall obtain an assessment for alcohol/drug counseling and shall stay away from the premises located at 213 2nd Street, Beaver, Ohio 45613. Defendant shall serve 20 hours of community service as assigned by the probation officer. \$80 in court costs.

William C. Bishop - Aggravated menacing. Pled no contest. Found guilty. Three years standard probation. Defendant shall obtain an assessment for alcohol/drug counseling and shall undergo mental health counseling. Defendant shall serve 104 hours of community service as assigned by the probation officer. \$80 in court costs. 4 jail days.

William C. Bishop - Assault (2X), inducing panic, disorderly intoxication and disorderly conduct. Dismissed. Cases dismissed without prejudice due to plea negotiations and defendant's plea to companion case and not due to lack of probable cause to arrest. No cost to defendant.

Autumn N. Satterfield - Escape. Bindover. Defendant waived preliminary hearing. Case is bound over to next term of grand jury. Bond is modified to \$10,000.00 cash or 10 percent bond. Random drug testing.

Robert J. Crawford - Physical control. Pled no contest. Reduced. \$500 fine. \$80 in court costs.

Amber Swackhammer - Fail to control motor vehicle. Pled no contest. Found guilty. Defendant is able to pay the fine and court costs imposed in full within 60 days. \$25 fine. \$80 in court costs.

Melvin S. Wilburn - Possession of drugs. Dismissed. Case dismissed without prejudice. To be re-filed on long form complaint. No cost to defendant.

Charman R. Thompson - Left of center. Pled guilty. Found guilty. \$30 fine. \$80 in court costs.

PIKE COUNTY LAND TRANSFERS

Village of Beaver

Lot #3-4 Fuller Subdivision, Lot #1 Hammerstein Addition: Ronald E. Dennison and Rita F. Dennison to Joe Boyd and Tammy Boyd. Survivorship Deed. November 14, 2018.

Lot 1: Marcia L. Crace, Paul E. Cochenour, Shirley J. Cochenour and Paul Cochenour to Gary E. Cochenour and Traci J. Cochenour. Survivorship Deed. November 20, 2018.

Mifflin Township

7.03 acres: Skid Montgomery Trustee, Skid Montgomery Family Trust and

Charlotte Montgomery Family Trust to Paul McKinney. Warranty Deed. December 27, 2018.

10 acres: Christopher W. Cottrell and Crystal N. S. Smalley to Crystal N. S. Smalley. Quit Claim Deed. January 3, 2019.

2.429 acres: Albert A. Blanken and Linda C. Blanken to Austin R. Tackett and Tina A. Tackett. Survivorship Deed. January 3, 2019.

.25 acres, also 6,262 sq ft: Byington Christian Union Church and Ohio Council of the Christian Union to Lonnie A. Nichols and Patricia A. Nichols. Survivorship Deed. January 3, 2019.



Is Sponsoring a Residential HOUSEHOLD HAZARDOUS WASTE COLLECTION EVENT

Date: Saturday April 13, 2019

Time: 9am to 1pm

Place: Pike County Government Center

230 Waverly Plaza

Waverly, Ohio 45690

Toxic and flammable household chemicals will be collected for proper disposal. Acceptable items include Lighter Fluid, Thinners, Turpentine, Adhesives, Old gasoline, Polishes, Kerosene, 2 Cycle Gasoline, Used Oil, Vehicle Batteries, Oil based Paints, Latex Paints, Aerosols, Cyanides, Acids & Caustics, Drain Cleaners, Bleach, Household Cleaners, Rat Poisons, Fluorescent Bulbs, Pesticides, Propane, Insecticides, Fertilizers, Lawn Chemicals, Antifreeze, Fire Extinguishers, Ni-Cad Batteries, Lithium Batteries, Alkaline Batteries, Smoke Detectors, Pool Chemicals, Strong Chemicals, Asbestos, PCB Materials, Asbestos, Aluminum Paint, Reactives, Flammable Solids, Animal Repellent.

Do not bring Appliances, Ammunition, Computers, Electronics, Medical Waste, Pharmaceuticals, Tires, Solid Waste (Trash), Air Conditioners, Refrigerators, Stoves, De-humidifiers, or Business Waste.



Event workers will unload your materials so please remain in your vehicle.

This residential collection event will be held rain or shine.



For more information please call Daphne at 740-947-4104 or 740-648-6041.

NOTICE OF SECOND PUBLIC HEARING PY2019

The Pike County Commissioners intend to apply to the Ohio Development Services Agency for funding under the Community Housing Impact and Preservation Program (CHIP) on May 3rd 2019. The County is eligible to apply for up to \$400,000 under this program to assist lower income households with housing needs, provided the County meets the following applicable requirements. To be eligible under the current CDBG Program Description, projects must meet one of three national objectives:

- Benefit to low and moderate income (LMI) persons or communities
 - LMI area benefit
 - LMI benefit to a limited clientele
 - LMI job creation/retention
 - LMI housing
- Elimination of slums or blighting influences
- Urgent need

On January 31, 2019 the County conducted its first public hearing to inform citizens about the eligible programs, how they may be used and what activities are eligible, and other important program requirements. Based on both citizen input and local official's assessment of the County's need, the County is proposing to undertake the following activities.

Countywide Owner-Occupied Rehabilitation (HOME)	\$232,000
Countywide Home Repair (CDBG)	\$120,000
Administration (CDBG/HOME)	\$ 48,000
Total	\$400,000

The County will hold a second public hearing on this application Monday, April 22nd, 2019 at 10:00 a.m. at the Board of Commissioners Office at 230 Waverly Plaza, Suite 1000, Waverly, Ohio to give citizens an adequate opportunity to review and comment on the County's proposed Community Housing Impact and Preservation Program (CHIP) application. Residents are encouraged to attend this hearing. If a participant will need auxiliary aids (interpreter, brailled or taped material, assistive listening device), or other, due to a disability, or needs further information, please contact Marenda Carter, Pike County Community & Economic Development Specialist, prior to the meeting at 740-947-4104 ext. 7 in order to ensure your needs will be accommodated.

BOARD OF PIKE COUNTY COMMISSIONERS:

April Elliot, Clerk
Community Development
116 S. Market St., Ste. 103
Waverly, Ohio 45690

The Pike County Board of Commissioners will hold a **Community Development Implementation Strategy (CDIS)** meeting on **Thursday, April 18th at 9:30 a.m.** at the Pike County Board of Commissioners Office, 230 Waverly Plaza, Suite 1000, Waverly, Ohio 45690. Pike County is required to disseminate information about the Community Development, Residential Public Infrastructure, and Economic Development Programs to local stakeholders and encourage their participation. County grantees are required to notify villages, and township representatives and other stakeholders may also include regional planning, economic development, community improvement, downtown, and neighborhood organizations, local development and water and sewer districts, community action agencies, and other public service providers. The CDIS is a tool to facilitate communication with stakeholders in eligible applicant communities. The CDIS will supplement the required Citizen Participation process, provide a format for disseminating information about Economic and Appalachian Development Section programs, and assist with identifying and prioritizing potential funding opportunities. The CDIS is required to apply for the PY 2019 Community Development, Economic Development, and Residential Public Infrastructure Grant programs.

A second public hearing will be held on a date(s) to be announced to solicit comments and public input about specific CDBG activities proposed for the PY 2019. Citizens and local officials are encouraged to provide their input on Pike County's CDBG programs. Please call 740.947.4104 in advance of the meeting if a participant will need auxiliary aids (interpreter, brailled or taped material, assistive listening device), or other, due to a disability, if further information is needed, please email Marenda Carter, Pike County Community & Economic Development Specialist, prior to the meeting at marendacarter@pikecountydevelopment.com or call 740.947.4104 ext. 7 in order to ensure your needs will be accommodated.