# CANDIDS

**Spring 2007 Issue**
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# ICCAP LAUNCHES WEBSITE

# ICCAP

# Mission Statement

**To make the entire community
more responsive to the needs
and interests of the poor
and to encourage self-sufficiency.
Our effectiveness is determined,
not only by the services
we directly provide,
but also by the improvements
and changes we encourage
in the community's attitudes
and practices
toward the poor.**

# Confused about No Cost or Low Cost Prescriptions?

**You may qualify for prescription assistance directly from pharmaceutical companies. These programs offer more affordable medicine for you and your family!**

**The Community Health Advisory Council in partnership with ICCAP is here to help Indiana County residents who are without prescription drug coverage.**

Help is just a phone call away!

**For More Information Contact:**

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# CANDIDS Snapshots

## The Buzz on Energy Drinks

### What are energy drinks? Do they work?

Drinks with lots of caffeine, B vitamins, sugar, herbal supplements and other ingredients claiming to boost your energy; the USDA and FDA do not recognize the term "energy drinks". They are nothing more than lots of sugar and caffeine!

### Caffeine Content of Popular Drinks:

| Drink | Size | Caffeine |
|---|---|---|
| Coffee, Brewed | 8 oz. | 237 mg |
| Coca Cola | 12 oz. | 30 mg |
| Diet coke | 12 oz. | 38 mg |
| Mountain Dew | 12 oz. | 45 mg |
| Sprite | 12 oz. | none |
| Red Bull | 8 oz. | 67 mg |
| SoBe No Fear | 8 oz. | 71 mg |
| Amp | 8 oz. | 71 mg |

- ***Remember that caffeine is a drug.***
- ***Drinking one or two cans of any of these drinks a day will not harm you.***
- ***The concern comes with drinking lots of these drinks on a daily basis, or combining them with alcohol.***

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## ➢ What does it mean to have a Big Brother or Big Sister?

A Big Brother or Big Sister is someone you can talk to when you are feeling happy, sad, excited or confused. A Big Brother or Big Sister is someone who will spend time getting to know you and being your friend.

Bigs and Littles spend 3-4 hours together every week doing activities that they both enjoy. Bigs and Littles try new things together and teach each other about their hobbies. Some things that Bigs and Littles do together are:

- Play games/sports
- Crafts
- Go to the park
- Go to the mall
- Do homework/read
- Watch movies
- Holiday activities
- Go fishing, swimming, bowling or skating
- Talk
- Have Fun!!!

***Please contact Big Brother or Big Sister of Indiana County call 724-463-3377***.

# ARE YOU AT RISK FOR IDENTITY THEFT?

**You may not be able to prevent identity theft, but you can take a few simple steps to reduce the risk of becoming a victim. Here's a quiz to see how vulnerable you are. Each one of these statements represents a possible avenue for an ID crook. If you agree with any of them, place a checkmark in the right hand column.**

- **You receive several offers of pre-approved credit every week.** _____
- **You carry your Social Security card in your wallet** _____
- **Your pin number is your birthday or the last 4 digits of your Social Security number.** _____
- **You do not have a post office box or locked/secured mailbox.** _____
- **You drop off your outgoing mail at an open/unlocked box** _____
- **You carry your military ID in your wallet at all times.** _____
- **You do not shred banking and credit information when you throw it in the trash.** _____
- **You provide your Social Security number whenever asked.** _____
- **You receive your new checks in the mail rather than picking them up.** _____
- **You do not carefully monitor your monthly credit card statements every month.** _____
- **You carry a piece of paper in your wallet with your pin number on it.** _____
- **You always return the plastic room key card when you leave a hotel. (Take it with you- shred when you get home)** _____
- **You have cut credit cards no longer used without notifying the business that you are closing the account.** _____
- **You carry your insurance card in your wallet that contains your Social Security number or your spouse's Social security number.** _____
- **You register to win free giveaways in malls and stores.** _____
- **You have not ordered a copy of credit report for at least two years.** _____
- **You do not believe that people would root around in your trash looking for creditor financial information.** _____
- **Your telephone number is printed on your checks.** _____
- **You throw ATM receipts in public trash containers.** _____

# SUMMER IS UPON US
# ARE YOU READY?

As the hot summer approaches, here are a few things to remember. When you and your family enjoy the outdoors remember to always wear sunscreen. Consider using a sunscreen with a SPF (sun-protection factor) number 30 or more. Don't forget the babies, there are special sunscreens for babies and toddlers as well as sunscreen to be used only on their face. Consider wearing a hat to protect you and your family from the sun's rays.

As you protect the outside of your body, it is important to protect the inside of your body as well. Keep yourself well-nourished and hydrated with healthy foods and plenty of water. As you travel to parks for picnics and barbeques remember to pack all cold items in a cooler of ice or ice packs to avoid spoiling, and place them in shaded area, away from direct sunlight.

*Finally, remember to take time and enjoy your friends and family.*
*Relax catch fire-flies, make some smores' and have a ball!*

## *TAX TIP*
## *Volunteer Income Tax Assistance Program*
## *(VITA)*

You may qualify to receive part of your 2007 Earned Income Credit in your paycheck by completing Form W-5 and giving it to your employer. ***ADVANCED EARNED INCOME TAX CREDIT (AEITC)***.

The Advance Earned Income Credit (EITC) allows those taxpayers who expect to qualify for Earned Income Tax Credit (EITC), and have a least one qualifying child, to receive a portion of the credit in each paycheck during the tax year in which the taxpayer qualifies for the credit.

If you are working and

- ◊ You expect that your 2007 adjusted gross income and earned income will each be less the $ 33,241 ($35,241 if you expect to file a joint return for 2007),
- ◊ You expect to have a least one qualifying child, and
- ◊ You expect to qualify for the EITC, you can choose to get part of the credit with your paycheck.

The Advance Earned Income Tax Credit (AEITC) for tax year 2007 maximum credit the employer is allowed to provide throughout the year with the employee's pay is $ 1,712.00.

Ask your employer about the Advance Earned Income Tax Credit and complete Form W-5 and begin taking a little extra money home with you each payday.

Reference: www.irs.gov

# Welfare to Work Transportation Program

We all know the sinking feeling that comes after turning a car ignition key and being met with dead silence. How many times have struggling breadwinners lost employment because of mechanical malfunctions? Reliable transportation is the foundation on which long-term employment is based.

ICCAP's Welfare to Work Transportation Program is designed to provide transportation services to eligible Indiana County residents in order to maintain employment. Eligible individuals include persons receiving Temporary Assistance to Needy Families (TANF) and individuals at or below 235% of the federal poverty guidelines and have a minor child. Services are contingent on maintaining employment.

Components of this transportation program available to income-eligible individuals include:

- Auto repair (may also include inspections, title transfer and towing)
- Donated autos (if available)
- Vehicle repair and maintenance workshops
- Inspection/registration fees
- Subsidized drivers' training classes
- Auto club memberships
- Auto insurance

If any of these program components would help you or someone you know to gain or maintain long-term, permanent employment, call 724-465-0755 or 724-465-2657.

*Contact*

ICCAP
Transportation Supervisor

Indiana County Community Action Program, Inc.
"ICCAP"

724-465-0755
Or
724-465-2657

**REMEMBER ... ICCAP's 827 Water Street Office in Indiana has extended office hours until 7:00 p.m. *every* Tuesday evening for clients who cannot schedule appointments between 8:30 a.m. and 4:30 p.m.**

## ICCAP SERVICES

**CASE MANAGEMENT/OUTREACH**
Information and direction on human service programs, budget counseling, advocacy, attainment of self-sufficiency goals and crisis intervention.

**COMMUNITY MOBILIZATION**
Education for community groups on poverty, recruitment of volunteers and local resources to create community-based solutions to local problems.

**EMPLOYMENT**
Assistance by providing job development, job preparation and intensive case management to program participants in order to find and retain employment.

**ENERGY/WEATHERIZATION**
Installation of energy saving measures for low-income homes, education on conservation and financial help for utility bills.

**FAMILY SAVINGS ACCOUNT**
Low-income participants learn personal financial strategies and build capital to help purchase or repair a home, fund a business or pay for higher education.

**FOOD PROGRAM**
Central warehouse and distribution system supplies food boxes to income-eligible families regularly through 19 pantries operated by 250 volunteers.

**DONATIONS**
This program secures donated items from the community and distributes them to individuals in need.

**HOUSING**
Emergency, transitional and permanent housing programs for homeless and low-income families and individuals.
-Loan packaging prepared for special low-interest mortgages for first-time homebuyers.
-Assistance in applying for loans to aid the purchase, building, rehabilitating, improvement or relocation of a dwelling. Assistance in applying for loans/grants to provide a safe water supply/sewage system, or equipment for a household member's physical handicaps.
-Assistance in applying for relief for those facing mortgage foreclosure.

**REPRESENTATIVE PAYEESHIP**
Assistance for mental health consumers who receive Social Security, Social Security Disability, or Supplemental Security Income to pay monthly bills and budget their resources.

**TRANSPORTATION**
Social service bus tickets to human services appointments.

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**I would like to make a tax deductible donation of ( ) $10 ( ) $25 ( ) $50 ( ) $100 ( ) Other**
**Please use my donation where it will help most. ( ) Please use my donation for _____.**
**I want to volunteer my time. My telephone number is _____.**

**Name** _____

**Address** _____

***Contributions may be mailed to:*** **ICCAP, P.O. Box 187, 827 Water Street, Indiana, PA 15701**
Although ICCAP receives federal and state grants, we are not a government agency and must raise funds locally.

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