

## Making A World of Difference

As a 67-year-old widow who lives alone in Richmond, Mary depends on Foothills to help her maintain her independence.

At home, Mary is very independent. She cooks her own meals and does some light housework, but requires help with her heavy housework and shopping. Foothills' Home Care fills this void.

Our helping hand, along with companionship, gives Mary the stimulation, attention, and support she needs.

Mary, who is struggling with losing her hearing, has had knee and hip replacements in the same leg.

Mary receives regular visits from her home care aide, Sherry, who provides companionship, transportation, and housekeeping assistance. All of these services allow Mary to remain in the comfort of her home and familiar surroundings... and for that she is thankful.

Mary says, "I am very happy with the service. It has made a big difference in my life. My aide takes care of so many things for me that I no longer need to worry. I have received more help than I ever expected and I don't know what I would do if I didn't have her to assist me."

Home Care Services Include:  
Meal Preparation  
Home Delivered Meals  
Grooming & Dressing  
Personal Care & Bathing  
Light Housekeeping  
Laundry & Linen Washing  
Transportation Assistance  
Errands - Shopping  
Escort Services  
Rewarding Companionship  
Affordable Rates/Sliding Fee  
Temporary or Long Term Care

Mary has had the same home care aide for eight years.

Home Care promotes health and independence for seniors while offering support and respite for their loved ones. Foothills' Home Care program enables participants to avoid, or at least delay, the need for the institutionalized care of a nursing home.

Home Care Aides can provide service Monday through Friday, anytime from 8 a.m. to 4 p.m. A Home Care Aide can help with homemaker and home management services. Hot meals are delivered Monday through Friday to participants. In addition, local escort services are provided to grocery stores and doctor's offices.

Through Home Care, Foothills makes a remarkable difference in the lives of patients and families.

Last year Foothills served 135 home care clients and provided 30,945 home care services.

Our care is based on individual needs. We can accept doctor's referrals, but they are not necessary.



*Mary Ross, a long-time Home Care client, loves and appreciates the service.*

Our services are intended to help those with limited incomes. There is a sliding scale fee for services. Foothills strives to provide the highest level of quality care to all persons served by our Home Care program.

Call Foothills to schedule a free in-home consultation or to ask any questions that you may have. We will have our staff come to your home and conduct a free, no obligation assessment.

Home Care is offered in Clark, Madison and Powell counties. In Winchester call 859/744-3235. In Berea call 859/986-8350. In Richmond call 859/623-0474. In Stanton & Clay City call 606/663-5981.

## Liberty Place Recovery Center for Women Opens Soon!



Foothills is enthusiastically preparing to open the doors to Liberty Place Recovery Center for Women, LLC, and we need your help.

Liberty Place will be Richmond's first long-term substance abuse recovery center for women. Services will be free to all clients. This program will restore opportunities to thousands of women by preparing them to lead sober, stable, and productive lives.

The recovery program will be open to women in the 6<sup>th</sup> Congressional District (Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Jessamine, Lincoln, Madison, Mercer, Montgomery, Powell, Scott, and Woodford counties).

As a transitional supportive housing development, Liberty Place will use a recovery program model that includes peer support, daily living skills training, job responsibilities, and challenges to practice sober living. There are three living phases in this program, - Safe off the Streets, Motivational Tracks 1 & 2, and Transitional Housing.

This project is a joint effort by the Kentucky Housing Corporation, the Governor's Office for Local Development, the Department of

Corrections, and the Federal Home Loan Bank of Cincinnati (FHLBank) to build housing recovery centers in ten locations across the state. The center, which is part of the City of Richmond's Linden Street Revitalization effort, is also supported by the FHLBank, Section 8, and the City of Richmond.

As we near opening day, we greatly need your help! Construction on Liberty Place Recovery Center for Women will be finished in May, and we will begin to serve clients in July.

There are 40 bedrooms that need to be furnished and decorated. Anyone (businesses, church groups, school groups, individuals, etc.) can adopt a room.

This unique center will provide support and hope for women recovering from drug and alcohol addiction.

Our 100-bed residential substance abuse recovery center is centrally located on Lake Street in Richmond.

Bedrooms are now ready for sponsors. All items will be needed before move-in begins in June 2008. For each bedroom, Foothills will purchase the twin bed frames, mattress sets, a writing desk, desk chair, and curtains. We need your help to make each room warm and inviting.

There are 38 double-occupancy bedrooms, called Transitional Housing and Motivational Track 2, which require furnishing. Additionally, there are two short-term rooms (twelve people per room),

### Room Sponsor List Double-Occupancy Rooms (38 Available)

*Purchase items or contact us to make other arrangements.*

- 1 desk lamp
- 1 alarm clock with radio
- 2 sets of storage (*under the bed*)
- 4 sets of white twin sheets with pillowcases
- 2 twin comforters
- 4 pillows
- 2 blankets
- 2 twin mattress pads
- Clothing hangers
- 8 bath towels (*no white or light colors*)
- 20 washcloths (*no white or light colors*)
- 2 laundry bags
- Wastebasket for the bedroom
- Wastebasket for bathroom
- Over-the-door shoe rack
- Shower curtain & shower liner
- Shower curtain hooks
- Bath rug
- Hairdryer
- Medium size bulletin board
- Rug for entry (*optional*)
- Additional storage containers (*optional*)
- Throws (*optional*)
- Framed artwork (*optional*)

called Motivational Track 1 and Safe off the Streets, that needs to be furnished.

There are other rooms (classrooms, kitchen, offices, laundry rooms, conference rooms, a patio, and a clothing room) that we also need help furnishing.

This is an opportunity for the region to assist in this coordinated effort to confront addiction and its associated problems. Please join us as this new facility is prepared to greet women searching for answers and healing.

For more information please contact Karen Bailey at 859/624-2046 or by email at [karen@foothillscap.org](mailto:karen@foothillscap.org).



# The News in Brief...



Recently staff and volunteers sold \$1 raffle tickets on a beautiful homemade Dresden Plate Quilt. Proceeds from the raffle will go towards purchasing items needed for families living at the New Liberty Homeless Shelter. Located in Richmond, the New Liberty Homeless Shelter provides temporary shelter for homeless families for up to

six months, while these families work to obtain permanent housing. Pictured l-r: Betty Miller, Homeless Services Coordinator, presents Felicia Shearer, the winner, with her new quilt. Sales of raffle tickets generated \$250 for the shelter.



Recently Foothills presented two new Richmond Transit buses to the Richmond City Board of Commissioners. These 24-passenger, wheelchair accessible, buses were purchased through federal funds secured by Congressman Ben Chandler. Pictured above: Bill Strong, Robert Blythe, Mayor Connie Lawson, Kay Jones, and Mike Brewer.

Jeri Allison has been hired as Program Director for Liberty Place Recovery Center for Women, LLC. John Catron, EKU co-op student, has been hired as a staff accountant. Mr. Catron will begin full-time when he graduates in May.

David Sowder has been hired as Transportation Director. Barb Griec, who previously filled that role, left Foothills to pursue another opportunity. Welcome and congratulations!

## Making An Extreme Difference

On March 6 & 7 two of Foothills Richmond program offices received a much-needed facelift. Matching the recent trend in reality television with the need for volunteerism and assistance for our community's nonprofits, United Way of the Bluegrass sponsored Extreme Community Makeover, a two-day annual event. Extreme Community Makeover allows local volunteers to try their hands at renovation projects to benefit their community. Volunteer teams bring their time, talents, and creativity in building a better community. On



Members of Lambda Alpha Epsilon and Phi Sigma Pi from EKU renovated two rooms at Foothills' Outreach Office in Richmond.

February 13, the pairing announcement took place at the Lowe's of Northeast Lexington. Foothills' Richmond Senior Citizens Center was matched with the EKU College of Justice and Safety. Foothills' Outreach Office / Reception Area was matched with Phi Sigma Pi, a co-ed honors fraternity at EKU. Foothills' Outreach Office / Coordinator's Office was matched with Lambda Alpha Epsilon, a nationally recognized criminal justice organization at EKU. Volunteer teams provided a \$500 cash budget for the renovations. United Way will host an awards event in late-March to show off the before and after photographs of the agencies and the work of each of the teams. Awards will be given to the best rooms in various categories. Not pictured are members from the EKU College of Justice and Safety who renovated the front room at the Richmond Senior Citizens Center.

### footnotes

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## Foothills Hosts Annual Dinner

Foothills held its Annual Dinner/Board Meeting at Eastern Kentucky University on December 18. Foothills' Annual Dinner provides an opportunity for staff, volunteers, clients, community leaders, political leaders, and funding sources to celebrate recent accomplishments. Foothills was honored to have David H. Hehman as our guest speaker. Mr. Hehman, President and Chief Executive Officer of the Federal Home Loan Bank of Cincinnati, spoke about poverty and how programs like Foothills' Affordable Housing help people in our communities. Natisha Barnes, a recent new homeowner spoke about how her family has benefited from the Affordable Housing program. A Sargent Shiver Award was presented to Georgia Parks. This award recognized the many achievements Ms. Parks has had to overcome to change



her life and attain self-sufficiency. People's Bank of Madison County sponsored this award and chose to honor Ms. Parks as its first recipient. Pictured above is April Stone, Director of Community & Health Services, with Georgia Parks. Marilyn Tyree, Youth Assistant (not pictured) helped Ms. Stone present this award. A Volunteer Recognition Award was given to Walker Harris. This award was given to Mr. Harris for his outstanding dedication and contributions to Foothills' Estill County Outreach Office and Mobile Health Clinic, where he has volunteered. Bluegrass Family Health was proud to sponsor this award. Pictured left are Bluegrass Family Health employees Marci Johnson, Nancy Atkins, and Heather Fox with Walker Harris.



### Foothills Community Action Partnership

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