

footnotes

Quarterly Newsletter / March 2011



Cheryl, Liberty Place client, shared her story of hope at a recent meth forum

In February, community members, law enforcement officials, and judges learned more about meth and its impact on the community at an all day forum at Central Bank in Richmond.

The forum, titled "The Ice That Burns" was hosted by the Madison County Agency for Substance Abuse Policy (ASAP) and the Kentucky Methamphetamine Prevention Enhancement Site. The forum addressed combating the illegal use, manufacture, and sale of the drug.

Methamphetamine, commonly referred to as meth, is one of the fastest growing drug addictions in America. Currently, over 1 million Americans are in need of treatment for meth addiction.

A highly addictive central nervous system stimulant, meth can be injected, snorted, smoked, or ingested orally. Unfortunately,

Liberty Place Client Shares Hope, Judges Honored at Meth Forum

meth is easy and inexpensive to make by "cooking" it in a meth lab, which is usually done in homes, trailers, even hotel rooms. According to a press release from Kentucky State Police, an alarming 1,080 meth labs were discovered in Kentucky last year, up 339 from 2009. Kentucky State Police spent \$2.9 million last year to investigate and clean up the labs which contain hazardous waste.

Kentucky's meth situation is so bad that earlier this year legislation was brought before the KY House and KY Senate to require a prescription to buy cold medicines that contain ingredients used in the manufacturing of meth. That legislation did not pass this year. There is, however, a limit on the amount of pseudoephedrine (an ingredient used in making meth) a person can purchase each month. Even so, people can evade these restrictions easily.

There is hope for meth addicts. For example, those with this addiction, as well as other drug and alcohol addictions, can reclaim their lives at one of the 10 Recovery Kentucky Centers such as Liberty Place Recovery Center for Women. In 2005 the Governor's Drug Summit Task Force initiated the Recovery Kentucky Program. The goal of this program is simple: combat addiction and homelessness.

During lunch Cheryl, a Liberty Place client, shared her story of hope with forum attendees.

Scheduled to transition from the program in May, Cheryl is grateful for the guidance and awareness Liberty Place gave her during the darkest parts of her life. She related that she grew up in an alcoholic household, gave birth to a child at age 13, and suffered as a domestic violence victim. "Tired of everything, I began to drink," she said. "It only took one drink before a vicious cycle began." An alcohol addiction turned into a prescription pill addiction. During one of the times she was in jail, Cheryl was offered a chance to participate in Drug Court. Desperate to change, she accepted the offer, which led her to Liberty Place. Through a tough process Cheryl began to change. "If it hadn't been for Drug Court and Liberty Place I would not be standing here today," she said proudly. "Today I have the tools to manage my disease. Today I'm responsible. Today I have a job, an apartment, and a car. Today I'm grateful."

continued on pg. 4



Pictured l-r: Liberty Place committee member Dr. Paula Maionchi, Judge Hardin, Cheryl, Judge Logue, Judge Neal and Liberty Place Program Director Jeri Allison

Diminishing Federal Dollars and Budget Battles

By Adriel Woodman
Administrative Officer

The President's Budget Request for FY 2012 includes reductions in the funding for Kentucky River Foothills Development Council, Inc. including the core Community Services Block Grant (CSBG), Head Start, Low-Income Heat and Energy Assistance (LIHEAP) and other dollars essential to providing critical services to our communities. What is the likelihood that this agency will face: one, budget reductions, or two, closing down? The answer to one is "very likely there will be cuts," and the answer to two "not even close to closing."

It seems like the bad news comes every day, but it is important to remember that Congress has not even started the discussion about next year funding (FY 2012). They are presently fighting over the Federal Fiscal Year 2011 which ends September 30th. Since the funding for most of our programming is in place and under contract through June 30th or September 30th, it is not very likely that this program year will suffer any significant losses.

On the other hand, next year will probably bring some reductions in money and services. It is obvious that a majority in the House of Representatives wants to scale back on any kind of program that helps the poor, elderly, or children in need. What is worse, the budget proposal offered by the White House also calls for drastic cuts, so it is easy to see how difficult it will be to

sustain all of the community action services. The President's budget message says that the White House budget "cuts funding for the Community Services Block Grant (CSBG) by 50 percent. CSBG provides funding for the important work of Community Action Agencies (CAAs), but does not hold these agencies accountable for outcomes. The Budget provides \$350 million to fund the highest performing CAAs so that scarce taxpayer dollars are targeted to high-performing agencies that are most successful in meeting important community needs." The White House is also proposing cuts of 50% for heating assistance. Some of the heating assistance budget is used for weatherization so that program may also suffer.

One way to estimate the recklessness of the most extreme budget slashes is to consider that a majority of the House voted to cut Head Start funding by \$1.1 billion which would have resulted in the reduction of Head Start spaces for 3,800 Kentucky children this year. The Senate rejected this proposal but could not manage to get a sustaining budget passed for Head Start. Head Start has long enjoyed strong bipartisan support but that support is somewhat diminished.

Head Start, Weatherization, CSBG, and other projects have helped to increase employment in hard hit industries this year due to ARRA funding (American Recovery and Reinvestment Act). Sometimes called "stimulus funds" this program, which not only employed workers but helped make

important investments in facility development and vehicles, was never meant to be renewed and certainly its day is over.

The size and financial strength of Kentucky River Foothills and our considerable assets can make us confident that even the significant cuts that are on the table would not be crippling in the long run. However, the proposal to make CAAs compete against each other would mean that smaller and weaker agencies would lose such competition and be unable to survive, weakening the national movement of CAAs and the Head Start network. Our colleagues in service to their own communities are an important part of the challenge of fighting poverty and their loss would not be our gain.

With all the gloomy news it is worthwhile remembering that this organization was born in a War on Poverty and in all of our battles we have had powerful and friendly forces behind us. We have a Senate that favors our continued services to the community, and the community itself is our strongest advocate. We also have a history of increasing and more effective services, a reputation for getting results, a financial strength that can withstand setbacks, and most of all, a generous and dedicated corps of volunteers, board members, and staff that have long been in service to the public and to this organization. Since 1962, we have grown to have the financial integrity and human capital to withstand hard times and the resilience to sustain our organization for another 50 years.

EKU Students Participate in Service-Learning Projects

During the spring semester, the NOVA program at Eastern Kentucky University has been working with Foothills on several service-learning projects. NOVA is a student success project providing instruction and individualized support services empowering limited income and first generation EKU learners to persist and graduate. Through the service-learning component of the program, participants learn about leadership by becoming active and engaged in the world around them. Four service learning teams are working with Foothills. One team coordinated a social event for children, parents, guardians, and family members at the Berea Head Start Center. At the Richmond Child Care Center (RCCC), a team has been providing activities on nutrition and physical movement with children in the four-year-old classroom. Another team worked on painting three hallways at Liberty Place Recovery Center for Women, and also started a tennis shoe drive for the women at the center. If they have time they plan to plant flowers around the center. At the Richmond Senior Citizens Center, a team is working on minor repairs, such as painting and grounds keeping, which will make the center more inviting to participants. This team is also working on one-on-one activities with the seniors. "I like this program because college students can give back to the community," said Maddie Schuller, NOVA participant, volunteering at the RCCC. "The NOVA program has also been instrumental to me in figuring out how to use campus and its resources wisely."

The News in Brief...



Foothills Now on Twitter & Facebook and to Celebrate We're Giving Away an iPod

Kentucky River Foothills is now on Twitter and Facebook. Through these social media tools, Foothills will be able to share news and information, urgent messages, and information about current issues for those who choose to become followers and fans. "These sites will complement our website as a way to keep the public informed and updated on the agency," said Karen Bailey, Public Information & Projects Director. "We recognize how popular Twitter and Facebook have become. People share much of their lives with family members and friends through these sites. We want to utilize this medium to help keep people in-the-know." Twitter, the popular mobile short-messaging tool, provides followers with 140-character-or-less text updates. Facebook, the world's largest online social networking platform, has more than 600 million active users communicating with friends, co-workers and acquaintances, as well as companies, organizations and public agencies. To help us celebrate and kick-off of our Facebook fan page, Foothills has started a "Facebook 1,000+ Fans Giveaway" promotion. On Monday, May 9th, one Facebook page fan will be randomly drawn to win an Apple iPod Nano 8 GB player. "All you have to do is "like" us from your personal or organizational Facebook page," said Bailey. "If you have already "liked" us your name will be in the drawing. Please feel free to share this info with friends, co-workers, and family." No Foothills funding was used to pay for this iPod. Foothills employees are not eligible to win.



⇒ Follow Foothills on Twitter at www.twitter.com/KRFDCInc.

⇒ Foothills can be found on Facebook at [www.facebook.com/Kentucky River Foothills Development Council, Inc.](http://www.facebook.com/KentuckyRiverFoothillsDevelopmentCouncil,Inc) To become a fan click "Like" at the top of the page.


Let Foothills Help You Reduce Your Energy Costs

All weatherization services are FREE!!

This FREE program could provide:

- wall, attic, and floor insulation
- repair or replacement of inefficient appliances
- sealing of air infiltration
- weather-stripping
- replacement of leaky doors and windows
- installation of bath vent fans and smoke alarms

*Applicants must meet 200% of the Federal Poverty Guidelines



A service of Kentucky River Foothills Development Council, Inc. Funded through a grant provided by the U.S. Department of Energy and passed through Kentucky Housing Corporation. Also funded by ARRA (stimulus). <http://www.foothillscap.org/Services/WX.html>

Staff and Board Transitions

John Roden has been hired as the Early Learning Mentor Program Coordinator/ Associate Head Start Director. Jessica Scott joined Liberty Place as the Transitions/Phase II Coordinator. In Family Services, Wilma Stith was promoted to Supervisor for the Northern/Bluegrass Service Area and Josh Elliott was promoted to Lead Crisis Intervention Specialist. Foothills also welcomes Wilma Morton, Powell County, to its Board of Directors.

Financial Partners will begin new class on Tuesday, April 12. This free class, that follows the concepts of Dave Ramsey's Financial Peace - The Next Generation, will meet every Tuesday for 12 weeks from 6:30-8:30 p.m. at Bowen First Church of God located at 5521 Campton Road in Stanton. All training materials are provided at no cost to participants. For more information or to sign up please call Bill Arrowood at 859/624-4116, ext. 306.



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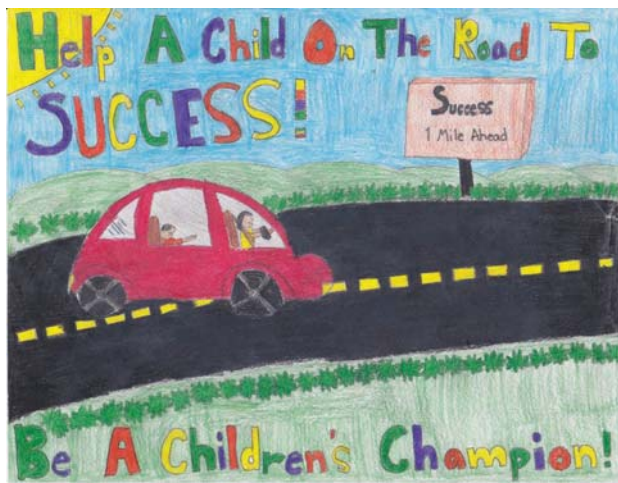
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Seniors Keep Fit While Having Fun

Zumba, a dance fitness program, is the most popular fitness program in the world. The Berea Senior Citizens Center now offers a Zumba Gold® class for ages 60+ on Thursdays at 3 p.m. The cost is \$3 per class and registration is required. According to its Web site, the fitness program Zumba eliminates the "work" from "working out" by combining Latin and international music with dynamic, yet simple exercise moves. While Zumba embraces all the fundamental principles of fitness, the secret behind the program is how it motivates the body to efficiently burn calories, tones all muscle groups, incorporates a full range of motion and improves the cardiovascular system. Fun and music are the two special motivational ingredients. Participants are constantly engaged and entertained with the variety of rhythms, including salsa, merengue, samba, belly dancing, cumbia, flamenco, reggaeton and more. "It's really all about having fun and letting go," said Paula Woodman, Berea Senior Center Director. For more information on Zumba, visit www.zumba.com. To register for class, call 859/986-8350.



Billboard Contest Kicks Off Be a Children's Champion Month



Eleven-year-old Kirksville Elementary student Annie Harden is this year's "Be a Children's Champion" billboard contest winner. Each year the contest kicks off the annual "Be a Children's Champion month (BACC)". Started in 1997 by Foothills Head Start in connection with the Madison County Family Resource and Youth Service Centers, the month is full of activities that advocate for children and their well-being. The top of Annie's picture reads "Help a child on the road to success." Her picture includes a mother and child traveling in a car. On the road in front of them is a sign that reads "Success, One Mile Ahead." As this year's winner she was honored at the Madison County School Board and in a ceremony in her school. Her artwork is currently displayed on two of the three billboards publicizing March as BACC month in Madison County. As an added reward Annie received \$100. Kyla Wilkie, a fifth-grader from Berea Community School, was selected as the second-place winner. Kyla's drawing is displayed on a billboard in Berea. The individual school winners were: Emily Colwell, Silver Creek; Megan Warren, Shannon Johnson; Dassika Gelkey, Mayfield; Brittany Bradley, Kingston; Lydia May Carey, Kit Carson; and Abby Jolly, White Hall. Other BACC activities included proclamation signings by the Madison County Fiscal Court as well as the cities of Richmond and Berea; display of pole banners in Richmond; and free car seat checks by Richmond Fire Station #5. Multiple activities and workshops for children were also offered throughout the month. Among the activities were a prescription drug abuse prevention forum for teens, a drug and alcohol abuse presentation, a bully proof workshop, an indoor petting zoo, a Mardi Gras party, a Green Your Routine workshop, Book Buddies, and ACTIVE parenting classes. *Pictured top left is Annie's drawing; and pictured below is Kyla's drawing.*



SAVE THE DATE: The Berea Senior Citizens Center will host its annual Linens & Lace Tea on Saturday, June 4 at the Acton Folk Center in Berea from 2-4 p.m. Tickets will be \$14/person. Tables of eight can be purchased for \$100. The event will feature a traditional afternoon tea, table decoration auction, and a silent auction. Call 859/986-8350 for details. More info coming soon!!

Meth Forum/*continued from page 1*

During the forum Liberty Place had the opportunity to recognize several Clark and Madison County judges for their dedicated support of the Recovery Kentucky Program. Dr. Paula Maionchi, committee member, and Jeri Allison, Liberty Place Program Director, presented plaques to Chief Circuit Judge Jean C. Logue, Circuit Judge William G. Clouse, Family Court Judges Nora J. Shepherd and Jeffery M. Walson, Chief District Judge Earl-Ray Neal and District Court Judges Brandy O. Brown and Charles W. Hardin.

"Our judges in the Madison and Clark County Circuit and District Courts are committed to continuously developing and implementing creative, productive methods of assisting people who are responsibly working towards addiction recovery," said Dr. Paula Maionchi, Liberty Place committee member. "The awards presented by Liberty Place are small tokens of our sincere appreciation of the judges' professional and personal commitment to the rehabilitation of people and the protection of our community."

Open House Celebration

On Thursday, February 24, Family Preservation and Reunification (FPP/FRP) staff celebrated the expansion of the program by hosting an Open House at FPP's new Florence, KY office. FPP/FRP works to prevent the abuse and neglect of children and to prevent the recurrence of child abuse or neglect in 31 counties.

Pictured front row l-r: Amanda Moline, Kristy Hudson, and Keith Long.

Middle row l-r: Sonia Epps, Laura Byerle, Rob Slone, Kellie Dryden, and Denise Hodge.

Back row l-r: Donna Cole, Lynn Prather, and Wilma Stith.

