

## Liberty Place To Host 2<sup>nd</sup> Annual Holiday Tea

Liberty Place Recovery Center for Women will host its 2<sup>nd</sup> annual Holiday Tea on Saturday, November 14 from 1-3 pm at 218 Lake Street in Richmond.

As Liberty Place's signature fundraiser, this distinctive event features a fun and relaxed traditional afternoon tea. The highlights of the tea will be the decorated table auction and silent auction.

There are 156 tickets available to the public for \$20 per person. A whole table can be reserved by purchasing 4 to 6 tickets.

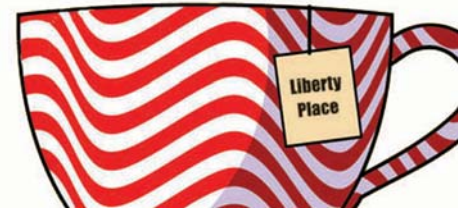
This year WLEX Channel 18 News at Sunrise Co-Anchor Chris Goodman will host the event as the Emcee/Auctioneer.

As a long-term residential substance abuse recovery facility for women, Liberty Place provides support and hope for women recovering from drug and

alcohol addiction. A portion of the proceeds will go into the residents' events budget, which will allow them to attend special activities and training, such as AA conferences. Our guest speaker will be a Peer Mentor/Program Graduate who will speak to the group about her experience with Liberty Place. Peer mentors work to help other clients in the program. Peer mentors are still actively participating in the program themselves, but are farther along in the healing process.

Liberty Place residents and volunteers will be preparing and serving a varied and delicious menu to serve with tea. This year there will be chicken salad on croissants, meatballs, mini country ham sandwiches, vegetable surprise sandwiches, artichoke dip on bagel chips, pumpkin bread, pecan tassies, pumpkin spread on ginger snaps, biscotti, and lemon squares.

We are seeking individuals, businesses, clubs, and churches to decorate a table for our Table Auction. This year we have 30 tables available to decorate. Eighteen of those are round tables that seat six. The other twelve are square tables that seat four. Tables that seat six are 60" rounds. Tables that seat four are 33" squares. Table requirements include:



a table cloth or a table runner, or placemats or chargers. Place settings for each seat may include dinner plates, glassware, linens, etc. Lit candles are not permitted (unlit candles are allowed). Tables can include optional items such as: favors, additional table linens, teapots, silk flowers, ornaments, and greenery. We will also have a silent auction of many exciting items. Bidding will begin on all silent auction items at noon.

Tables may be set up beginning at 10 a.m. on November 14<sup>th</sup> and must be ready by noon. Also, all Table Hosts will be listed in the event program.

The deadline to sign up to decorate a table as a "Table Host" is November 7<sup>th</sup>. Tickets are not given to Table Hosts. Table Hosts can purchase some or all of the seats at their table or can choose to sit at another table. Tickets will be mailed to those who reserve by October 30<sup>th</sup>. All other tickets will be held at the door for pick up. For people who do not have the time to decorate a table themselves, they can donate money to the program and staff will decorate it for you.

For more information on donating money for us to decorate a table for you, hosting a table yourself, or purchasing tickets please call Jeri Allison at 859-625-0104 or by email at [jeriallison@bellsouth.net](mailto:jeriallison@bellsouth.net).



*Last year Liberty Place Community Advisory Committee Member Barb Griec decorated this beautiful table.*

## Excellent Talent, Skills at Senior Games

The Berea College and Bluegrass Area Agency on Aging and Independent Living's 2nd Annual Bluegrass Regional Boomer and Senior Games were held on Saturday, September 12th.

Berea College's Seabury Athletic Center was the location for most of the competitions. Participants paid a \$15 entry fee which included a t-shirt, lunch, and entertainment.

Participating seniors competed in Olympic-style games. Anyone fifty years old and over could participate. Athletic events included: badminton, basketball, cycling, golf, racquetball, swimming, track &



field, and tennis. There was also a 5K run, which began at the Berea Artisan Center. Medals were awarded for 1st, 2nd and 3rd place finishes in each age division.



“The games are set up to physically and mentally challenge senior citizens,” said Foothills’ Berea Senior Citizens Center Director Paula Woodman, Committee Co-Chair. “This is a great way for people 50-and over to socialize as well as live a little healthier.” Woodman stated that 50+ seniors participated in the games, many attend one of Foothills’ four senior centers.

The Battlefield Golf Course was the venue for the men and women’s golf competitions. This year participants were able to enjoy a new event, Art at the Games. All athletes, spectators and any other interested persons were asked to enter their best art and/or crafts in the “Art at the Games” exhibit. First, second and third place “best of show” were selected by a panel of independent judges and awarded ribbons in each medium of art work. Woodman hopes that next year’s event will be bigger and better!

## Program Throws Spotlight on Women’s Health

Foothills co-sponsored a Women’s Health Program to help area women of all ages understand the variety of issues directly related to women’s health. Held on August 24<sup>th</sup> at the Stanton Christian Church in Powell County, many women came out to gather information and expand their health knowledge.

The event included free blood pressure screenings, skin cancer checks, and BMI (body mass index) readings. Several display booths featured educational materials and resources. The event also featured door prizes and light refreshments.

The event featured a Women’s Survivor Speaker’s Panel. This panel featured women who have dealt with a variety of health problems such as heart attack,

stroke, cancer, obesity, and diabetes. The survivors spoke about their struggles and triumphs of coping with their illness. These survivors were also highlighted on a Wall of Fame presentation board that was displayed at the entrance hall.

“This was the perfect time for women to set a course for self-improvement and self-awareness and to have fun in the process,” said April Stone, Director of Community and Health Programs. “Our goal was to encourage women to take steps to improve their physical and mental health as well as prevent disease. We provided valuable education and resources.”



*Pictured l-r: Survivors Loretta Stewart, Linda Huettner, Pam Dooley, Elaine Hurst, Karen Sebey, Brandy Meadows McCoy, and Sarah Rentz.*

Event Partners/Sponsors included Foothills’ Mobile Clinic, Red River Clinic, Powell Health Department, Powell Co-operative, Extension Service, American Cancer Society, and the Kentucky Cancer Program. Partial funding for this event was provided by Department of Health and Human Services Office of Women’s Health.



# The News in Brief...

## Transportation Stimulus



Foothills has been awarded an additional \$468,000 for its transportation program, Foothills Express. This money was awarded under the

American Recovery and Reinvestment Act of 2009 (ARRA). Foothills will use this money to purchase 10 new vehicles, as well as additional AVL/MDT for these new buses. AVL (automatic vehicle locating) is a GPS tracking system that will allow Foothills to know where its vehicles are at all times. MDT (mobile data terminal) is a computerized device used in public transit vehicles to communicate with a central dispatch office. This stimulus money will also be used to purchase a generator and a battery back up for the phone system for essential communications during an emergency. Transportation Director David Sowder was delighted to hear the news, saying, "Public transportation is essential to our area for growth. For a small community, these stimulus funds will provide a huge benefit."



### Park Dedication Honors Foothills' Board Member Charles Vanhuss

*Photo and story by Rhonda Smyth, CV&T*

The Charles Vanhuss Park next to Ravenna City Hall was dedicated in fine style as friends and acquaintances gathered on August 25<sup>th</sup> to help Charlie cut the ribbon to officially open the park. Sixth District Congressman Ben Chandler told the crowd "Charlie was my friend since before I was born and not many people can say that." Pictured l-r: Eugene Bush, Bo Leach, Ernest Farmer, Larry Stewart, Vicki Adams, Wallace Taylor, Chandler, Vanhuss, Charles Crowe, Regina Robertson, and Joe Crawford.

Foothills Express was honored recently at the KPTA (Kentucky Public Transit Association) bi-annual conference held August 10-14 in Lexington. Foothills Express received the Outstanding Central Kentucky Section 5311 Public Transit System Award and the Outstanding Statewide Kentucky New Horizon Award. These awards were presented by the Office of Transportation Delivery.

### footnotes

Published quarterly by Foothills Community Action Partnership. Foothills Community Action Partnership serves residents of Clark, Estill, Madison, and Powell counties with some services in additional areas. Funding for this newsletter is provided by private and public sources including a Community Services Block Grant through the Cabinet for Health and Family Services and the Department for Community Based Services.

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### footnotes is Going Online!

Starting with the December issue, "footnotes" will be distributed through the Internet by email and with a link on our website at [www.foothillscap.org](http://www.foothillscap.org). This will allow Foothills to save a great deal of money on printing and mailing costs, and will allow us to publish more news and information on our website. Printed copies will always be available in the reception area at the main office located in Richmond. This electronic publication will be distributed via email quarterly (March, June, September, and December).



\*If you would like to receive *footnotes* electronically please email Karen Bailey at [karen@foothillscap.org](mailto:karen@foothillscap.org). Please provide your full name and email address, and you will be added to the e-mail list.

Questions? Please call Karen at 859/624-2046 or email at [karen@foothillscap.org](mailto:karen@foothillscap.org).



*On Thursday, September 3<sup>rd</sup> the Richmond Seniors Citizens Center rekindled their friendships with seniors at the Clark County Senior Center. Both groups gather annually for a fun, relaxed day of fellowship. This year they met at Lake Reba in Richmond. "It is always great for us to visit with friends we don't get to see often," said Heather Slone, Richmond Center Director. Richmond Mayor Connie Lawson joined the group for a picnic lunch. Then seniors spent the beautiful day visiting each other by fishing, walking around the park, and playing corn hole.*

Foothills is offering free weatherization services (WX) to eligible applicants to help lower their home's heating and cooling costs. Foothills has received funds from the American Recovery and Reinvestment Act of 2009, commonly known as the Economic Stimulus Act, for the weatherization of homes that are determined as eligible. Persons may be eligible for these services if their total household income is at or below 200% of the poverty level and if they haven't received WX services since Oct. 1, 1993. Homes that receive WX often see a reduction in heating and cooling costs. WX may include: insulation of ductwork, attics, walls, and floors; repair or replacement of inefficient appliances; sealing of air infiltration, weather-stripping, replacement of leaky doors and windows; and the installation of bath vent fans and smoke alarms. In Clark County call 859-744-3235, in Estill County call 606-723-4492, in Madison County call 859-623-6514, and in Powell County call 606-663-2659.

## **Foothills Community Action Partnership**

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