

Weatherization Enhances Quality of Life for Clark County Man

Thanks to the American Recovery and Reinvestment Act of 2009 (ARRA), Kentucky River Foothills is able to provide weatherization assistance to a greater number of households in its service area of Clark, Estill, Madison, and Powell counties.

One of the most recent weatherization clients, Bill Alford, is tremendously grateful for the help he received. Bill, 78, has lived in his two-bedroom mobile home in Winchester for 18 years.

Bill, an Army Veteran, admits that it was very hard to ask for help. When asked how long he spent in the Army, Bill very boldly and proudly stated, “6 years, 6 months, and 25 days.” He spent most of his time overseas in places such as Korea, Japan, Germany, and France. In 1955, he came home and began working as a construction worker.

Bill has suffered 10 heart attacks over the past 10 years. He has had six open heart surgeries and all of his veins have been replaced. All in all he has been operated on 24 times. All of which, mount up financially.

When Bill needed home repairs and couldn't bear thinking about how he was going to pay for them – he heard about KY River Foothills. “I heard about the Weatherization program through friends,” said Bill. “They encouraged me to call.”

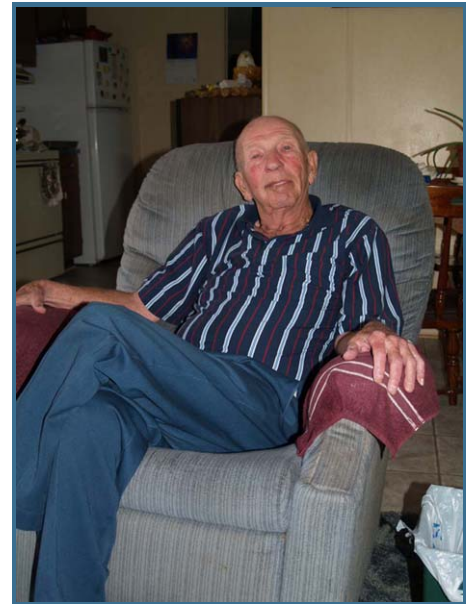
Shortly after Bill applied at the agency's Outreach Office, he was informed that he had qualified to receive weatherization services.

Before any work began, a blower-door test was conducted to determine the home's air leaks. After a walk through and the Energy Audit was performed, weatherization workers deemed Bill's home to be in dire need of assistance.

Various improvements were made to Bill's mobile home. Fiber glass insulation was blown into the walls and under the floor. All of the home's air leaks were sealed. Numerous holes in the floor were repaired. Ground cover was installed under the home. All of the floor registers were replaced. New, energy efficient, light bulbs were installed. The front and back doors were replaced and a front storm door was installed. His water heater was wrapped with an insulating blanket. A carbon monoxide detector and two smoke alarms were installed.

Also, Bill's refrigerator, which was only working at 50% efficiently, was replaced with a new one. “I don't know where I would have come up with enough money to replace the fridge,” he said.

On average Weatherization decreases energy bills by 23 percent. However, depending on the home it can be much higher.



Weatherization client Bill Alford sits comfortably in his home.

“Bill should see a considerable savings in his energy bills over the next few months and especially this winter,” said Herbert Charles, one of five additional weatherization crew members hired by Foothills with Recovery Act funds.

Before he received Weatherization assistance, Bill's energy bills were running in the low \$90's. His last bill was \$61, which is a huge savings for him. Overall, Bill received more than \$2,256 in energy-efficiency improvements through Foothills' Weatherization program. “What a great service,” exclaimed Bill. “I have been telling everyone about Foothills – friends, family and neighbors. They took really good care of me. I never could have afforded the work that was done. Thank you!”

New TREK Program Helps High School Dropouts Re-Start Their Careers and Educational Directions



Youth drop out of high school for a variety of reasons: Some are teen parents and have jobs and family responsibilities. Some suffer from drug and alcohol addiction, homelessness, or abuse. Some are just not interested in what high school has to offer or see it as irrelevant to their lives. No matter the reason, navigating through life without a high school diploma or GED is hard.

To combat this problem, Kentucky River Foothills has been awarded a grant to help youth who have dropped out of school obtain GEDs. This new initiative, The Teamwork, Readiness, Experience & Knowledge Project (TREK) will provide services to 30 out-of-school youth, ages 16-18, in Clark, Estill and Powell counties.

“This program is designed to help youth obtain their GEDs and to address issues that arise during the course of GED studies, as well as obtaining employment or continuing their education,” said Sharon Niece, TREK program consultant. Program recruitment will focus on: (1) high school dropouts, ages 16-18 years old, (2) pregnant or parenting youth, (3) youth seeking employment, and (4) youth requiring additional help to complete their education or to obtain or retain employment.

TREK staff will work to help youth and their families with any problems that present during the program year, as well as during the follow up year. TREK will be able to help participants with transportation, clothing, supplies, and with the scheduling of required testing.

“We want to engage youth who are disengaged, taking them at whatever point they left off with their education,” said Niece. “This unique program will work with the whole family unit. We will strive to help program participants address whatever barriers they face. We will assist youth with transportation needs and referrals to other supportive services including those provided by Foothills.”

Visits will be made to colleges and businesses to increase awareness of educational opportunities. Program participants will prepare work or educational portfolios that will include resumes that reflect credentials obtained in the project. Participants will design and participate in community service projects and leadership activities. Additionally, they will be provided the opportunity and encouragement to showcase their talents at the regional WIA competition near the end of the project year.

With GED completion and receipt of other credentials; fulfillment of educational functioning levels goals; and employment, participants can receive up to \$500 in cash incentives.

TREK will partner with local college admissions, financial aid, and other resources to secure assistance for each youth entering post secondary education. TREK will also partner with local employers to provide job shadowing

opportunities, mentors, guest speakers, and work experience.

“Ultimately through this project young people in Clark, Estill and Powell counties will gain exposure to opportunities that optimize their potential for success in the workforce,” said Niece. “With local volunteer mentors, other established partnerships, and the efforts of experienced program staff; youth will receive the highest level of service available.”

TREK is funded through a grant provided by the U.S. Dept of Labor’s Workforce Investment Act administered by the Bluegrass Area Development District.

To find out more or to apply for the TREK program please contact the Foothills Outreach Office located at these locations:

In Clark County:
contact Beverly Daugherty
32 Meadow Lane
Winchester
859/744-3235

In Estill County:
contact Eloise Mullins
209 River Drive
Irvine
606/723-4492

In Powell County:
contact Cindy Herald
70 7th Avenue, Suites D & E
Clay City
606/663-2659

The News in Brief...

New Walk-In Clinic Open in Powell County

Foothills' new Walk-In Clinic provides a convenient option for medical care without an appointment. This new service is available for new and established mobile healthcare clinic patients, a program Foothills currently provides. The Walk-In Clinic, located at 176 12th Street in Clay City, is open every Tuesday from 8 am to 4:30 pm. Care is provided by a licensed nurse practitioner. Designed to treat the same types of acute health concerns that are seen at the mobile health care clinic during regular business hours, the Walk-In Clinic will provide care for urgent medical needs that do not require emergency treatment. Acute health concerns include strep-throat, the flu, stomach viruses, and ear infections. The Walk-In-Clinic cannot accommodate care for traumatic injuries. The Walk-In-Clinic can serve eligible patients from Powell and surrounding counties. New patients are encouraged to call in advance to make sure they qualify for the program. New patients are also required to bring proof of income to the visit. Persons or families must be homeless to be eligible for services. An individual is considered homeless if they are without permanent housing. The program is income based and operates on a sliding fee scale. The clinic also accepts Medicare and Medicaid and most private insurances. Eligible patients will be seen on a first-come, first-served basis and only one medical problem will be addressed through the Walk-In Clinic. For more information call 606-663-9011 or toll free 1-866-774-5615.



In July, Foothills' Family Preservation and Reunification Program received more than \$3M in grant funding to work to prevent the abuse and neglect of children and to prevent the recurrence of child abuse or neglect in 31 counties. The program was re-funded in three service areas: Bluegrass Rural, Bluegrass Fayette, and KIPDA Rural. The program also received new funding to serve the Bluegrass Northern region of the State. FPP/FRP provides services to referred families who are experiencing situations that may place their children at risk and is an alternative to placement. These services are based on an assessed need and are to prevent children from going into out-of-home care as well as promoting a safe, timely and lasting reunification of families. FPP provides in-home services for families and FRP reconnects children with their families through involvement of the child's caregiver. Within Foothills, FPP/FRP are the most intensive programs available to families. FPP/FRP is the agency's second largest program, behind Head Start and employees' 65 people.

footnotes

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Earlier this month, Foothills Board member Marcy Martin drove the Senior King and Queen through downtown Winchester during the Annual Labor Day Parade. A few months ago Coleman Ginter and Irene Woosley were crowned this year's Senior King and Queen at the Generations Center. Coleman and Irene proudly represented the Generations Center, which provides seniors sixty years and older with socialization, recreation, exercise programs, and nutritious meals. The annual parade in Winchester concluded a week-long celebration and was "the" main event. Labor Day festivities date back to 1904, when the celebration began with a parade. Marcy also serves as Treasurer to the Board of Directors and serves on the Liberty Place Community Advisory Committee.



Annual Holiday Tea Party Benefiting Liberty Place Recovery Center for Women Scheduled for Nov. 13th.

Liberty Place Recovery Center for Women will host its third annual Holiday Tea on Saturday, November 13 from 1:30-3:30 p.m. at the center, located at 218 Lake Street in Richmond.

There are 160 tickets available to the public for \$20 per person. Groups can reserve a table together by purchasing a whole table. A table for eight is \$160. This unique event will feature a traditional afternoon tea, decorated table auction, silent auction and vintage tea shoppe.

Dave Baker will serve as this year's event Emcee/Auctioneer. Since 1982, Dave Baker has been a sports anchor, reporter and account executive at WKYT-TV, the CBS television affiliate in Lexington.

Proceeds will benefit Liberty Place, a long-term substance abuse recovery program for women. This program provides support and hope for women recovering from drug and alcohol addiction. This program works to restore opportunities to women by preparing them to lead sober, stable and productive lives. Services provided are free of charge to clients. Liberty Place meets the needs of women in KY's 6th Congressional District.

"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," said Karen Bailey, Foothills' public information & projects director. "The rest of the money raised will allow us to purchase program supplies."

During the tea a Peer Mentor/Program Graduate will speak to the group about her experience at Liberty Place. Peer Mentors work to help newer clients

in the program. Peer mentors are still in recovery themselves, but are further along in the healing process.

The residents who are in Phase I of the program will serve as hostesses and servers this year. They will also be preparing some of the delicious food. "The residents are very excited to be a part of the community event that will be taking place at the center – their house," said Bailey. "Liberty Place is home to them and they are pleased to have the opportunity to welcome guests into this warm, caring environment that offers each client hope and healing."

"This is an exciting time of the year," said Bailey. "During this time people are lending a hand and reaching out to those less fortunate. Our residents don't get to go home for the holidays. This is a tough time for them. We want the community to show them that they are supported and are encouraged to get well. We also hope to raise awareness of substance abuse. This event will serve as an excellent opportunity for someone who has wanted to support or visit Liberty Place but hasn't yet."

This year's tea will offer two ways for people who do not attend the tea to participate. The Center will open its silent auction and vintage tea shoppe to the public. Both the silent auction and vintage tea shoppe will be open from noon-2 p.m. on the day of the tea. "Some of our silent auction items include a Digital Camera, Apple iPod, UK Basketball Coach John Calipari signed signature

tem, gift baskets, and various other items," said Jeri Allison, Center Director.

"This year we will incorporate a vintage tea shoppe into the event," said Allison. "We are especially excited about this. Items such as antique and vintage collectibles including tea cups, saucers, teapots, ornaments, hand embroidered linens, crocheted doilies, and various knick knacks will be for sale."

The center is in need of additional silent auction and vintage tea shoppe items. Anyone wishing to donate an item(s) can call Jeri at 625-0104 or deliver them to the center at 218 Lake Street. All sponsors will be listed in the event program.

The center is also seeking individuals, businesses, clubs, and churches to decorate a table for the decorated table auction. Each Table Host will set a table and determine the table's theme. Tables can be decorated for any season or holiday. Some of last year's table themes included The Sweet Shoppe, Horsing Around, Paula Dean, UK Basketball, Fall Gathering, and It's Game Time.

The decorated tables including dishes, centerpieces, linens, etc. will be auctioned during the tea. There are only a few available tables remaining to be sponsored.

For more information about purchasing tickets, donating a silent auction or vintage tea shop item, or donating money for the center to decorate a table for you please call Jeri Allison at 625-0104.

