

Bourbon County Senior Center Receives Grant

Bourbon County Senior Center has been awarded the Elder Wellness and Enrichment Initiative Grant from the Kentucky Office of Rural Housing. Bourbon County Senior Center is one of six recipients of this grant in Kentucky. The grant is designed to help community-based organizations and healthcare organizations provide services to help older adults age in place. The senior center in Paris was awarded \$5,000 to provide meals to Bourbon county residents over 60. Since the beginning of the pandemic the Bourbon County Senior Center has served over 13,000 meals. This grant will help them to keep serving meals to any Bourbon county resident over the age of 60.



Top- meal served to Bourbon County Senior
Bottom- Bourbon County Senior Center

Woodford County Celebrates Heart Healthy Month

We're proud to introduce the new Woodford County Senior Center director- Samantha Meece. Some may recognize her name from her work at the Jessamine County Senior Center where she has been working as an assistant to the director for the last few years.

Woodford County Senior Center has already been busy since the arrival of the new director. Heart healthy snack bags were prepared and delivered to Woodford county seniors to celebrate Healthy Heart Month.



Above: Woodford County Senior Center delivers heart healthy snack bags

Capital City Activity Center Director Honored

The Frankfort Area Chamber of Commerce honored Capital City Activity Center's Director, Marchele Jenkins, with the 2021 President's Award. Marchele Jenkins has been the Director of Capital City Activity Center since 2011. In her almost 10 years as director, she has worked to provide the seniors of Franklin county with a variety of programs and activities in addition to meals. During the pandemic, the Capital City Activity Center worked hard to serve its community's older adults to prevent food insecurity by expanding its commodity food box program. Congratulations to Marchele for this wonderful honor!



Marchele Jenkins-
Director of Capital
City Activity Center
preparing and
delivering meals to
Franklin County
seniors



SCAM ALERT

Many new scams have developed over the last few months of the coronavirus pandemic. Recently, a scam that targets the family members and loved ones of people who passed away during the pandemic has risen in popularity. Family members receive a call from someone who claims that the deceased had an outstanding balance on their life insurance or other debt.

Another scam that has risen in popularity are tech support scams. The Consumer Financial Protection Bureau warns that the increase in telehealth and reliance on technology due to the pandemic has led to more tech support scams. Here are some tips:

- Never give control of your computer to someone you didn't contact first
- Recognize legitimate tech companies
- Don't click links in unsolicited pop-ups or emails

SCAM ALERT



**DON'T FALL FOR
COVID-19-RELATED
SCAMS**

Medicare
.gov



Vaccine Update

Many of us are wondering when will be able to get our Covid-19 vaccine and how will we get it? The state of Kentucky has put together a valuable resource to help navigate the vaccine confusion.

Call 1-855-598-2246 or visit kycovid19.ky.gov - [Kentucky Vaccine Survey \(egov.com\)](https://egov.com) to determine when you are eligible to schedule a vaccine.

FROM THE DIRECTOR...

Hello everyone,

Ole man winter is hitting us pretty hard this month. Please stay safe and warm at home. If you have problems maintaining your utilities, please contact our ADRC. We are happy to help link you to assistance with that.

I want to congratulate our Senior Centers. The Directors, staff and volunteers in each of our counties are working so hard to continuously get meals out to our seniors. They are so blessed by the help of each of their communities as well. The donations made are vital to their success. I also want to recognize MarcheLe Jenkins from Franklin County on her award from the Chamber of Commerce. Our team is fabulous. We couldn't do all we do without them.



Celeste Collins

Celeste Collins, BSW
BGAAAIL Director

Happenings Around The Region



Donation from Connie Ollish to Lincoln County Senior Center meals recipients



Capital City Activity Center received a donation of a Nissan Maxima for meal delivery from Topy America



Seniors over 70 received Covid-19 vaccine at the Lexington Senior Center

Lincoln County Senior Center
February 2021
Sponsor a Senior this Valentine's Day!
Help us spread some LOVE this Valentine's Day with a special delivery to a senior citizen.
\$5.00
Donation includes a gift delivery to a senior and a heart with the donor's name displayed in our front door.
Deadline is Friday, February 12th
100 Senior Way, Stanford
(606)365-9016

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