

A Publication of the Bluegrass Area Development District

BLUEGRASS

A D D - V A N T A G E

\$45 MILLION OF BLUEGRASS PROJECTS INCLUDED IN NEW TRANSPORTATION BILL

The US House of Representatives approved a six-year (2004-2009), \$284 billion authorization of Federal highway and transit programs in the Transportation Equity Act-A Legacy for Users (TEA-LU). Congressman Ben Chandler, a member of the Committee on transportation and infrastructure, was responsible for obtaining \$45 million in earmarked funding for Bluegrass region projects. Kentucky's estimated highway allocation for the program would total nearly \$3.491 billion, nearly 20 percent more than the total for TEA-21.

As the House voted overwhelmingly for the legislation, the Senate is expected to do likewise.

Bluegrass Region earmarked high priority projects are:

Anderson Co.	Replace bridge and approaches on Searcy School Road over Beaver Creek	875,000
Berea	Improve Prospect Street pedestrian access	2,750,000
Berea	Comprehensive traffic study for intersection of Main Street and Berea College Campus	600,000
Bourbon Co.	Replace bridge over Stoner Creek, 2 miles east of US 27 Junction	\$1,000,000
Central Ky	Multi-highway preservation project	2,300,000
Estill Co.	Reconstruct KY 89 from Irvine Bypass to 2000 feet north of Estill Co. High School	750,000
Garrard and Lincoln Co.	Widen US 27 from KY 34 to US 150 Bypass	2,000,000
Lexington	Extension of Newtown Pike from West Main Street to South Limestone Street	20,000,000
Lincoln Co.	Widen and reconstruct KY 698 at Mason Gap Road	1,200,000
Madison Co.	Widen US 25 from US 421 North to KY 876	1,000,000
Mercer Co.	Reconstruct US 127 at Bellows Road	600,000
Mercer Co.	Reconstruct US 127 at US 127 South	600,000
Mercer Co.	Reconstruct US 127 at the US 127 and US 127 North Bypass	600,000
Perryville	Replace US 68 and US 150 bridge over Chaplin River	750,000
Powell Co.	Construct westbound access to Mountain Parkway from Exit 18 (KY 1057)	2,900,000
Scott Co.	Construct Georgetown Northwest Bypass from US 460 West to I-75 North	3,000,000
Wilmore	Construct pedestrian mall and streetscape improvements	3,905,000

HIGHLIGHTS

PAGE

\$45 Million of Bluegrass Projects Included in New Transportation Bill 1

2005 Kentucky Lifesavers Conference 13

Administration on Aging Announces You Can! Program Champions 17

Berea Presses Forward 7

Bluegrass ADD Annual Meeting Set 19

Bluegrass Area Agency on Aging Hosts Grandparent and Older Relative 20
Caregiver Conference 20

Bluegrass Cities and Counties Recieve \$9.5 Million in County Road and Municipal 8
Aid Bonds 12

Bluegrass Water Supply Commission—on the Move 8

Challenges of Aging Seminar on the Challenges of Aging 19

Danville Boyle County Senior Center is Named One of Seventeen Champions!! 17

Doug Castle Succumbs at Age 77 8

Elder Abuse Awareness Event Planned for May 21

Enhancing our Regional Bioterrorism/Emergency Response System for Seniors Conference 20

Flood Insurance Rate Maps to be Updated 5

General Assembly Invests in Water and Sewer Infrastructure 2

Happy Anniversary! 23

Harrison County Chosen for Pilot Safety Program 15

Harrodsburg Passes 50 Percent Mark 6

Homeland Security Council Builds Relationships Among Central Kentucky
First Responders 11

HUD Community Development Block Grant Competition Underway 13

Jessamine County Seeks HUD Grant for Sewer Extensions 12

Lancaster Poised to Advertise for Bids 7

Lexington Senior Center Wins NISC Research Award 16

Lost Memories: A Discussion of Alzheimer’s Disease Part II 18

Millersburg Tobacco Development Project To Close Out 5

New Loan Program Could Mean \$40 Million in Developments for Downtown 7

Powell County Native Kicks Off Second Cross Country Bike Tour 10

Recreational Trail Program Funds Local Projects 10

S.W.A.T PROGRAM(Seniors Walking and Touring) 21

Stamping Ground Sustains Construction Pace 6

The Bluegrass Area Water Management (409) Council Upcoming Meeting 10

Upcoming Highway Safety Workshop 16

Waste Tire Clean-up Effort Concluding 19

Wastewater Planning Effort Continues 11

Winchester Continues Environmental Review 7

GENERAL ASSEMBLY INVESTS IN WATER AND SEWER INFRASTRUCTURE

Within the State Budget, the General Assembly has invested almost \$30.6 million in water and sewer infrastructure projects in the Bluegrass Area. Sixty-three single county projects and one regional project were funded in whole or in part by an appropriation from the General Assembly. Governor Fletcher has signed the Budget Bill into law.

ADD staff expects to be offering assistance to area cities, counties, and to water and wastewater utilities as each seeks to get project paperwork in order to be in a position to draw upon the state funds. The availability of these state grants will likely depend upon the sale of bonds by the Commonwealth. Funds could be available in about six months.

<u>County</u>	<u>Applicant</u>	<u>Description</u>	<u>Grant Amount</u>
Anderson	Anderson Co. Fiscal Court	Stringtown Sewer Project	\$830,000
Bourbon	Bourbon Co. Fiscal Court	Water/Sewer Projects-various	440,000
	Bourbon Co. Fiscal Court	Bourbon Hills Sanitary Sewer	260,000
	Bourbon Co. Fiscal Court	Centerville Sewer Project	500,000
	County Total		1,200,000
Boyle	Danville	Junction City Sewer Project	400,000
	Danville	Sewage Force Main and Pumping Station	400,000
	Danville	WWTP Upgrade	300,000
	County Total		1,100,000
Clark	Clark Co. Fiscal Court	Water/Sewer Projects-various	250,000
	Clark Co. Fiscal Court-WMU	South Main Wastewater	325,000
	Clark Co. Fiscal Court	I-64 Bore - Hood's Creek Sewer	325,000
	Clark Co. Fiscal Court-WMU	US 60-E KY Power Sewer	100,000
	Clark Co. Fiscal Court	Lower Howards Creek Backbone	
		Interceptor Sewer Pumping Station	500,000
	East Clark Co. Water District		
		Coal Road Water Storage/Pump	500,000
	County Total		2,000,000
Estill	Estill Co. Fiscal Court	Water/Sewer Projects-various	875,000
Fayette	LFUCG	Wastewater Project	1,700,000
	LFUCG	Enhanced Nutrient Removal at the Blue Sky WWTP	600,000
	LFUCG	Service to Remaining Unsewered Areas	2,300,000
	County Total		4,600,000
Franklin	Franklin Co. Fiscal Court	Peaks Mill Water District Knights Bridge Area Water	330,000
	Frankfort	Water/Sewer Projects-various	750,000
	Franklin Co. Fiscal Court	Water/Sewer Projects-various	500,000
	Franklin Co. Fiscal Court-North		
	Shelby Water Company	Bain Moore Hill Water Project	225,000
	Frankfort	Holmes Street Sewers-Expansion	695,000
	County Total		2,500,000
Garrard	Lancaster	Water/Sewer Projects	540,000
	Garrard Co. Water Association	Water Line Projects	425,000
	County Total		965,000
Harrison	Cynthiana	Eastern Transmission Bypass	200,000
	Cynthiana	Industrial Park Waterline Loop	150,000
	Cynthiana	Water Line Improvements	30,000
	Harrison Co. Fiscal Court	Harrison Co. Airport Waterline	152,000
	Harrison Co. Fiscal Court	Friendship Church Waterline	100,000
	Harrison Co. Water Associ.	Telemetry Upgrade	53,000
	County Total		685,000

BLUEGRASS ADD-VANTAGE

Jessamine	Nicholasville	Dragstrip Sanitary Sewer Project	635,000
	Jessamine-South Elkhorn Water District	Southeast County Water Unserved Areas Water System Improvements including Marshall Branch	800,000
	Jessamine Co. Water Dist. No. 1	Water System Connections	820,000
	Wilmore	Water System Connections	100,000
	Nicholasville	McGee Lane Water Line Extensions	180,000
County Total			2,535,000
Lincoln	Lincoln Co. Fiscal Court	Crab Orchard/Stanford Sewer Extension	500,000
	Lincoln Co. Fiscal Court	Eubank Water Extensions in Lincoln County	110,000
	Lincoln Co. Fiscal Court	Waterline Extensions to Chancelor Road, Hawkins Branch, Henry Clay Road, Old Ottenheim Road South, Boone Connector Extension	240,000
	Lincoln Co. Fiscal Court	Foster Lane Sewer Extension	100,000
	Lincoln Co. Fiscal Court	First Southern Veterans Park-Water and Sewer Lines	300,000
	Lincoln Co. Fiscal Court	McKinney Water District Waterline Extensions and Replacements	150,000
	Lincoln Co. Fiscal Court	Hustonville Waterline Repairs/Extensions	100,000
County Total			1,500,000
Madison	Berea	Berea Sewer Project	50,000
	Richmond	Water System Improvements	1,000,000
	Northern Madison County Sanitation District	I-75 Area Sewers	1,250,000
	Madison Co. Fiscal Court	Madison County Utilities-Clarksville-Terrill Sewer Project	750,000
	Madison Co. Utility District	Waterline Improvements	50,000
	Southern Madison Water Dist.	Water and Sewer Projects-various	500,000
County Total			3,600,000
Mercer	North Mercer Water District	2004 Water Extensions	400,000
	Mercer County Fiscal Court	Anderson-Dean Park Sewage Pumping Station Replacement;	
	Pumping Station Replacement;	Brentwood Sewage Pumping Station Upgrade	250,000
	Lake Village Water Association	Contract 13 Water System Upgrade	500,000
	Mercer Co. Fiscal Court	Wastewater Facilities Planning for Mercer County	50,000
Mercer Co. Fiscal Court	New Sewer Interceptor South to US 127 Bypass	750,000	
County Totals			1,950,000
Multi-county	Kentucky River Authority	Bluegrass Water Supply Commission Phase I Construction Project	900,000
Nicholas	Nicholas County Water District	Phase VII Water System Improvements	400,000
Powell	Stanton	Wastewater Treatment Plant Expansion	212,500
	Clay City	Inflow/Infiltration Project for Wastewater System	212,500
	County Total		425,000
Scott	Scott Co. Fiscal Court	Scott County Reservoir Project	1,100,000
	Georgetown	Etterwood Subdivision Sewer Extensions	1,000,000
	County Total		2,100,000
Woodford	Versailles	Water System Improvements	1,269,365
	Versailles	Fire Protection	200,000
	Northeast Woodford Water District	Water Distribution System Extensions	67,135
	Midway	Streetscape Utility Relocation	313,500
	South Woodford Water District	Waterline Extensions and Water Storage Tank; Brushy Run Road Water Extension Completion	550,000
	County Total		2,400,000
Total for Bluegrass ADD			\$30,565,000

For more information, contact Don Hassall or Jayne Combs at the ADD.

FLOOD INSURANCE RATE MAPS TO BE UPDATED

Slowly but surely, the Flood Insurance Rate Maps (FIRMs) are scheduled to be updated in the coming years as Congress has appropriated money for this effort. Bluegrass Area maps are scheduled to be updated according to the following schedule:

<u>County</u>	<u>Cost</u>	<u>FIRM Completion Date</u>
Fayette	—	FY 05
Franklin	188,000	FY 05
Anderson	80,000	FY 07
Boyle	96,000	FY 07
Lincoln	84,000	FY 07
Mercer	96,000	FY 07
Clark	120,000	FY 08
Estill	96,000	FY 08
Garrard	72,000	FY 08
Jessamine	90,000	FY 08
Madison	150,000	FY 08
Powell	84,000	FY 08
Woodford	102,000	FY 08
Bourbon	114,000	FY 09
Harrison	132,000	FY 09
Nicholas	70,000	FY 09
Scott	126,000	FY 09

Up-to-date and accurate flood hazard area maps are an important tool of planning professionals. Knowledge of the location of flood prone areas permits local and regional planners to direct urbanization away from areas with a greater risk of flooding.

For more information, contact John Allread at the ADD.

MILLERSBURG TOBACCO DEVELOPMENT PROJECT TO CLOSE OUT

The City of Millersburg has concluded the Tobacco Development grant project funded by the Kentucky Infrastructure Authority and will begin the process of officially closing the project. As the City completes the necessary paperwork, it will be able to accept \$48,000 of the grant funds held in escrow. Upon receipt of the escrow balance, the City will have received a total of \$320,000 in Tobacco grant funding.

Project funds have been used for new water lines and water valves in the downtown area, a new master meter at the water treatment plant, and a new truck. In addition to the construction and equipment purchases, approximately \$156,000 of the funding has been used to retire bonds sold for construction of the Millersburg Water Extension project completed in the summer of 2004. For additional information, contact Dave Ewen at the ADD.

HARRODSBURG PASSES 50 PERCENT MARK

The City of Harrodsburg began construction in late September of 2004 for its Water System Improvements Program and is now more than halfway through the construction phase. The City's Water System Improvement Program is composed of three primary components:

- The erection of a 1.0 million-gallon elevated water storage tank on the city's southeast side, and
- The construction of over nine miles of water lines ranging in size from 6 inches to 20 inches in diameter, and
- Replacements and additions at the municipal water treatment plant

The project is, in part, funded by a \$1.0 million HUD Community Development Block Grant. Other funding sources for this \$5.5 million project include a Kentucky Infrastructure Authority grant of \$1.0 million, a \$2.5 million loan from Rural Development and a \$1.0 million RD grant.

The project addresses significant problems that have developed over time. The problems are associated with the water treatment plant, deficient elevated water storage, and water transmission/water distribution. Benefits of the project will accrue to retail customers of the Harrodsburg municipal water system as well as to the customers of the three water utilities to which Harrodsburg supplies potable water. For more information, contact Dave Ewen at the ADD.

STAMPING GROUND SUSTAINS CONSTRUCTION PACE

The City of Stamping Ground broke ground in January on a contract awarded for the construction and installation of water lines, valves, meter reconnections, and other associated appurtenances. The line portion of the project is approximately 40 percent complete. The second component of this water system improvements project is the erection of a 200,000-gallon storage tank which is 80 percent complete.

The total project constitutes an upgrade of the City's potable water storage and distribution system expected to cost \$819,300. Specifically, Stamping Ground is:

- Replacing an aged 100,000-gallon elevation water storage tank with a new 200,000-gallon elevated water storage tank.
- Demolishing and removing the existing aged water storage tank.
- Providing an inter-connection (as a standby source of potable water) with the Georgetown municipal water system.
- Improving system-wide hydraulics by installing looping water lines where none exist on Burch Street, Riley and Woodlake, Springview to Sebree Road, and East Main Street.

The HUD Community Development Block Grant of \$312,000 matches a \$250,000 grant from the Kentucky Infrastructure Authority and a \$193,000 US EPA grant to enable construction of the project. Additionally, Tobacco Development grant funds will provide gap financing for the project. For more information, contact Dave Ewen at the ADD.

BEREA PRESSES FORWARD

The City of Berea continued making excellent progress with the construction of its Wastewater Treatment Plant Expansion Project which began in June 2004. The project is being funded in part by a \$1.0 million HUD Community Development Block Grant, which is being applied to this \$10.145 million project to expand the municipal wastewater treatment plant. The J. C. Chambers Wastewater Treatment Plant will be expanded from its present capacity of 2.34 million gallons per day (MGD) to a new and larger capacity of 4.3 MGD. A Kentucky Infrastructure Authority low interest loan of \$5.0 million and \$4.145 million in local cash reserves complete the financial package. For more information, contact Dave Ewen at the ADD.

WINCHESTER CONTINUES ENVIRONMENTAL REVIEW

The City of Winchester and Winchester Municipal Utilities continued work on the Environment Assessment for the proposed construction of its new wastewater treatment plant. The City and WMU decided to have the Bluegrass Area Development District assist in preparing an Environmental Assessment required for a project seeking Community Development Block Grant funds.

CDBG funding in the amount of \$2 million has been requested in a grant application submitted in January. Disposition of the grant application has not yet been determined. For more information, contact Don Hassall or Dave Ewen at the ADD.

LANCASTER POISED TO ADVERTISE FOR BIDS

Lancaster officials continue to press forward with the City's Water System Improvement Project and anticipates advertising for bids in the next six weeks. The Environmental Assessment was completed and the City formally requested and received release of funds in mid-February. The City is currently working to fulfill Rural Development's Letter of Conditions which must be completed prior to advertising.

The water system improvement project will seek to deal with age related deficiencies within the municipal water distribution system. Proposed is the installation of almost seven miles of 6- and 8-inch diameter water lines, 53 new water line valves, and 34 fire hydrant assemblies. The project involves system improvements that were recommended as a part of a 2002 engineering study.

Funding for the project comes from a HUD Community Development Block grant for \$595,000. Other funds include a \$100,000 grant commitment from the Kentucky Infrastructure Authority and a pending grant loan from USDA's Rural Development. Lancaster is asking for a \$222,000 RD grant and a \$273,000 RD long-term loan to round out the \$1.19 million project. For more information, contact Dave Ewen at the ADD.

NEW LOAN PROGRAM COULD MEAN \$40 MILLION IN DEVELOPMENTS FOR DOWNTOWN

Downtown proponents announced a \$4.1 million loan program that could spur millions more in new development in Lexington's downtown area.

This program will provide a means to stretch development dollars to allow for bigger and better projects," said Lexington Mayor Teresa Isaac. "This program could also provide \$40 million in new housing initiatives for our downtown with this initial \$4.1 million investment."

The Lexington Downtown Housing Fund is a public for-profit partnership between the city of Lexington, the Kentucky League of Cities, and nine banks that operate in Lexington. The Lexington Downtown Development Authority will oversee the housing fund.

The League is offering \$2 million in loan money for the housing fund. The nine Lexington banks will match that money with a total of \$2.1 million of their own.

The money will be used to fund 10 percent of a project's financing, said Harold Tate, president/executive director of the Lexington Downtown Development Authority. In most developments, the developer secures 80 percent of the financing from a financial institution, and then must fund the remaining 20 percent from his own funds. Through this program, developers who qualify can apply for a Housing Fund loan for 0 percent, then put up the final 10 percent on their own.

"The Downtown Housing Fund is a great step for downtown and the community," Tate said. "First, this project shows working together as a community creates a solution that will help the city, the banks, the developments and the citizens. Second, the project will be a means to provide new housing units for downtown, which will mean a more exciting downtown. And last, the project will provide revenues back to the city through jobs and increased property taxes."

Banks that are involved in the project are BB&T, Bank of the Bluegrass & Trust Co., Bank One, Central Bank & Trust Co., Community Trust Bank, Fifth Third Bank, National City Bank, Republic Bank & Trust Co., and US Bank.

DOUG CASTLE SUCCUMBS AT AGE 77

Doug Castle, who had until 2003, served as Mayor of Paris for 29 years, died on March 11 after a short illness. Known for his quick grin and his winsome personality, Mr. Castle served his community and the Bluegrass Region in just about every possible capacity during his many years of public service. He was a leader in the successful efforts to widen and otherwise improve Paris Pike. He was instrumental in gaining improvements to the Paris utility systems. He was a leader in the creation of the Paris-Bourbon County Economic Development Authority that brought hundreds of jobs to Paris/Bourbon County.

Over the years, Mr. Castle became a fixture at the Bluegrass ADD. At one time or another, he filled every single officer position on the Bluegrass ADD Board of Directors. He was a long time chairman of the ADD's Aging Council. Reflecting upon Mr. Castle's long tenure on the Bluegrass ADD Board, ADD Executive Director Jas Sekhon said, "If we had an important job to be done, we would just call on Doug Castle. He'd do it."

The Bluegrass ADD family of board members and staff members extends heartfelt sympathy to Mr. Castle's wife Pat, to his children, and to the citizens of Paris/Bourbon County. Doug Castle *will* be missed.

BLUEGRASS WATER SUPPLY COMMISSION—ON THE MOVE

It appears that nothing will stop the Bluegrass Water Supply Commission short of its stated goal of bringing a safe and dependable source of potable water supply to the participating communities in Central Kentucky.

In recent weeks, the Bluegrass Water Supply Commission (BWSC) has accepted a \$330,000 operating loan from the Kentucky League of Cities to finance its pre-construction activities until such time that a revenue stream is realized. In early March, BWSC was the recipient of a \$900,000 appropriation from the Kentucky General Assembly. The state appropriation to the BWSC for the Phase 1 Construction Project will be routed through the Kentucky River Authority, an organization with which the BWSC has already developed significant linkages.

Within the BWSC membership, four standing committees are at work doing much of the *heavy lifting*. Those committees and their chairs are:

Administrative Guidelines: Vernon Azevedo, Chair

Financial Guidelines: J. H. "Bunk" Sullivan, Chair

Master Planning and Capital Construction: Bob Riddle, Chair

Operations and Maintenance: Kevin Crump, Chair

Don Hassall has been selected as the BWSC's General Manager on an interim basis.

A Phase 1 Construction Project has been identified as a water transmission line that would connect the Frankfort Electric and Water Plant Board's water system with that of Kentucky American Water. The planned water pipeline will likely come west to east through southern Scott County to connect to the Kentucky American Water system near the Scott-Fayette County line.

Proposals for professional services are set to be received on April 20 in connection with the identification of appropriate alternate routes for the proposed Phase 1 water transmission line and booster pumping station.

Entities that are a part of the regional potable water supply effort and their representatives are:

Cynthiana	Mayor Virgie Wells
Frankfort	J. H. "Bunk" Sullivan
Georgetown	Bob Riddle
Lancaster	Mayor Pro-tem Donna Powell
LFUCG	Charles Martin
Mt. Sterling	Dave Pearce
Nicholasville	Thomas Calkins
Paris	Kevin Crump
Winchester	Vernon Azevedo
KY River Auth.	Bill Grier (Ex-officio member)

KAWC and its representative Linda Bridwell is a partner to the regional water supply effort.

Officers of the Bluegrass Water Supply Commission are Thomas Calkins, Chair; Donna Powell, Vice-Chair; Bob Riddle, Secretary; and David Pearce, Treasurer.

For more information, contact Thomas Calkins at 859/885-1121 or Don Hassall at 859/269-8021 or 859/230-5005.

RECREATIONAL TRAIL PROGRAM FUNDS LOCAL PROJECTS

The Governor's Office for Local Development has begun announcing recipients of the FY 2005 Recreational Trails Program grant. The program is funded by the Federal Highway Administration to establish walking, biking, and other recreational trails within communities. From the money that has been allocated to the state thus far, two BGADD communities have been selected by the Governor's office to receive funding. As the remainder of total funds is allocated to Kentucky, additional selections for grant recipients will be made. The Governor's Office for Local Development has stated no specific time frame for additional award selections.

Estill County has been chosen to receive \$50,000 for a recreational trail to be located in the newly developing Veterans Memorial Park and Recreation Complex. Also, Friends of the Parks in Fayette County has been funded in the amount of \$50,000 for a recreational trail to be located in Dogwood Park. Both recipients may begin construction on their projects pending final approval by the Federal Highway Administration.

The Recreational Trails Program provides funding for land acquisition, development, and rehabilitation of recreational trails in addition to purchase of trailside facilities. The grant requires a 50/50 match and will provide funding up to \$50,000. For more information on the Recreational Trails Program, please contact Lora B. Littleton at 859-269-8021.

POWELL COUNTY NATIVE KICKS OFF SECOND CROSS COUNTRY BIKE TOUR

Joe Bowen of Powell County recently began his second cross country bike tour to promote the scenic Red River Gorge area. This will be a literal trip down memory lane for Mr. Bowen as he will be able to see how the countryside has changed since his original trek in 1967-68. The tour will cover approximately 14,000 miles.

The trek will start in Lompoc, California on the same street corner where Mr. Bowen began his earlier trip. He will travel across the country, stopping to take in the scenery and the changes as he goes along. In addition to promoting his home area of Red River Gorge, Mr. Bowen hopes to take this opportunity to help educate students at home in Powell County. He will be taking along with him a laptop, cell phone, and digital camera. Hopefully, he will be able to link various images and experiences online so that students at Bowen Elementary School in Powell County will be able to learn from Mr. Bowen's experiences while traveling.

Not only will this be a learning experience for the students and a nostalgic trip for Mr. Bowen, but also it will help to promote the scenic beauty of one of the Bluegrass area's most treasured places.

THE BLUEGRASS AREA WATER MANAGEMENT (409) COUNCIL UPCOMING MEETING

The next quarterly meeting of the Bluegrass Area Water Management Council will be held on Friday, April 15, 2005 at 9:30 a.m. at the Bluegrass Area Development District. There will be several topics for discussion. Among them will be guest speaker Timothy P. Crowley of Indeck Inc. who will discuss Membrane Filtration as an alternative water treatment plant technique. There

will also be discussion about ongoing projects that are pertinent to water as well as wastewater service and delivery in Central Kentucky. As usual, this will be a public meeting and for those who are interested in these issues, please attend.

WASTEWATER PLANNING EFFORT CONTINUES IN FULL FORCE WITH COUNTY ELECTED OFFICIALS/WASTEWATER TREATMENT PERSONNEL LEADING THE WAY

Efforts continue on the Bluegrass Wastewater Management Plan. As proposed by the Kentucky Infrastructure Authority in mid-2003, the wastewater management plan continues on track with little departure from its original goal—to assess the nature and delivery of wastewater service throughout the Bluegrass Region and explore the possibility of comprehensive wastewater service delivery, utilizing the best available technology. Data collection and background research continues to explore what is currently in place with respect to the various municipalities and independent utility districts that offer wastewater service.

The most important aspect of the project involves local participation. There have been several local county wastewater-planning meetings held thus far throughout the Bluegrass ADD. It is pleasing to note that there have been many people at the table to discuss current and future wastewater delivery in their area. In particular, local elected officials, utility managers, wastewater treatment personnel, and health department officials should be thanked in their effort(s) to plan for wastewater needs in their community.

By developing a coverage strategy and a long-term plan with respect to wastewater in our cities and counties, communities will be better prepared to accommodate development. Moreover, it is encouraging to see everyone working together and plan for the future delivery of wastewater service in his or her community. The value of adequate wastewater service cannot be overstated. This project is slated to be complete by June 2005.

For more information concerning the ongoing wastewater management planning effort or other aspects pertaining to this topic, please contact Matt Belcher at the Bluegrass ADD.

HOMELAND SECURITY COUNCIL BUILDS RELATIONSHIPS AMONG CENTRAL KENTUCKY FIRST RESPONDERS

The next meeting of the Bluegrass Area Homeland Security Council will be held on Wednesday, April 20, 2005 at 2:00 p.m. at the Bluegrass Area Development District. There has been a great deal of cooperation in the formation and operation of this regional effort on the part of elected officials and most especially, Central Kentucky's first responders. It is important to note that the majority of the membership of the Homeland Security Council (who were appointed by the county judge-executive and mayor of each county and city respectively in the Bluegrass ADD) is comprised mainly of first responders (police, law enforcement, Emergency Management, and EMS) personnel. Under the leadership of Chairman Larry Tincher of Nicholas County and Vice-Chair, Connie Lawson of the City of Richmond, there has been a great deal of positive response to the council and its purposes. Thus far the council has provided direction for the submission of 2004 Homeland Security Grant, which brought nearly \$800,000 to central Kentucky first responder agencies for interoperable

communications equipment. This money is currently being spent among the communities who were approved in their grant award. The council has also laid the groundwork for a regional approach to data and voice communications as well served as a basis of regional cooperation in the submission of two 2005 Homeland Security grants, one for the creation of an interoperable communications plan for Central Kentucky and another for further data communication equipment needs for first responders.

For questions pertaining to the Bluegrass Area Homeland Security Council, please log on to Bluegrass Area Development District website at www.bgadd.org and click on "Committees" on the left hand menu. One may also call or e-mail Matt Belcher at the Bluegrass ADD at the (859) 269-8021 / mbelcher@bgadd.org for information.

ALMOST \$9.5 MILLION IN COUNTY ROAD AND MUNICIPAL AID BONDS FOR BLUEGRASS CITIES AND COUNTIES

Governor Ernie Fletcher announced the release of \$50 million in County Road bonds to all 120 counties, and \$25 million in Municipal Road bonds to 419 eligible cities across Kentucky. The awarded funding is a result of passage of a new budget during the 2005 session of the General Assembly, which included \$150 million in bonds for county and city roads and bridges.

Municipal Aid funding amounts are:

Berea	\$179,306.26	Lawrenceburg	164,071.33
Berry	5,642.57	Midway	29,486.97
Burgin	15,908.40	Millersburg	15,325.94
Carlisle	34,892.91	Nicholasville	358,212.08
Clay City	23,716.99	Paris	167,147.44
Crab Orchard	15,325.94	Perryville	13,888.00
Cynthiana	113,907.07	Ravenna	12,613.87
Danville	281,709.78	Richmond	494,216.19
Frankfort	504,937.07	Sadieville	4,787.08
Georgetown	329,089.15	Stamping Ground	10,302.24
Harrodsburg	145,869.49	Stanford	62,432.29
Hustonville	6,316.04	Stanton	55,133.35
Irvine	51,747.81	Versailles	136,713.97
Junction City	39,752.80	Wilmore	107,481.83
Lancaster	67,965.65	Winchester	304,407.46
		Total	\$3,752,307.97

County Road Aid amounts are:

Anderson	\$290,301.52	Harrison	382,288.50
Bourbon	329,274.09	Jessamine	282,909.04
Boyle	265,207.40	Lincoln	454,146.72
Clark	336,880.26	Madison	571,314.92
Estill	339,700.60	Mercer	338,922.39
Fayette	302,938.27	Nicholas	266,247.99
Franklin	308,420.72	Powell	278,453.31
Garrard	317,021.59	Scott	361,359.78
		Woodford	278,150.43
		Total	\$5,703,537.53

Additionally, an estimated \$135 million will be available to eligible county and city governments from the Kentucky Transportation Cabinet's Department of Intergovernmental Programs. The amounts awarded to each community are based on a formula developed by statute, with the award amount dependent on the population of each eligible community.

The \$150 million in bonding to county and city governments is the result of a measure placed in the budget by the Senate to permanently freeze the penny increase per gallon on the motor fuels usage fee. Approximately half of the one-cent increase will go toward funding for County and Municipal Aid, with the remaining half-cent to be used by the Transportation Cabinet in the general Road Fund.

JESSAMINE COUNTY SEEKS HUD GRANT FOR SEWER EXTENSIONS

In an effort to extend public sewer service to an area populated primarily with mobile homes, Jessamine County expects to file an application seeking \$1.0 million in HUD Community Development Block Grant funds by late-spring. Jessamine County tried to apply for HUD funds in the 2004 program year but could not quite meet the threshold requirements to become an eligible applicant as the deadline arrived for the 2004 round of funding.

A USEPA STA grant is already in hand and grant/loan funding from USDA's Rural Development is pending. The complete project is expected to serve more than 600 dwellings and cost about \$5.2 million. The Jessamine-South Elkhorn Water District would own and operate the system of sewers and Lexington's West Hickman Creek Wastewater Treatment Plant would accept the collected sewage for treatment. For more information, contact Don Hassall at the ADD.

2005 KENTUCKY LIFESAVERS CONFERENCE

This conference is to be held in Louisville from April 25 – 27. Geared towards everyone, there will be breakout sessions for a look at Highway Safety from all angles. Lifesavers participants will have the opportunity to network with their highway safety peers in a setting where they can share program success stories, learn from others, and develop valuable alliances.

For the purposes of the County Elected Officials Training Incentive Program, the upcoming Kentucky Lifesavers Conference has been approved for a possible 13.75 hours credit. A proof-of-attendance form based on the agenda will be available at the event for the attendees.

More information can be found at the 2005 Kentucky Lifesavers Conference website (lifesavers.ky.gov).

HUD COMMUNITY DEVELOPMENT BLOCK GRANT COMPETITION UNDERWAY

While the Governor's Office for Local Government still ponders the merits of some of the Program Year 2004 HUD Community Development Block Grant applications, a new round of Block Grant applications opened for competition in early April 2005.

Only cities and counties are eligible applicants for HUD Block Grants. In most years, the ADD assists its member units of local government with the development of six to ten Block Grant applications, and the ADD's success rate

is quite good. As the 2005 Program Year opens, the ADD solicits from Bluegrass Area cities and counties the opportunity to explore with the local leadership what might or might not be a credible HUD Community Development Block Grant application.

There are six basic application categories.

	Program Year 2005	Change from 2004
Economic Development/Microenterprise	\$8.2 million	down \$1.0 million
Public Facilities	\$8.2 million	down \$4.1 million
Public Services (Recovery Kentucky)	\$4.4 million	new category
Housing	\$3.7 million	no change
Community Projects (Renaissance on Main)	\$3.7 million	down \$0.9 million
Community Emergency Relief Fund	\$1.0 million	no change
Total Available for Grants	\$29.2 million	down \$1.6 million

Grant ceiling remains unchanged. In most instances, grants would be capped at:

- \$1.0 million for economic development projects
- \$1.0 million for public facilities projects
- \$0.3 million for public services projects
- \$1.0 million for projects involving housing proposals
- \$0.5 million for community projects
- \$0.25 million for Community Emergency Relief Fund projects.

Ten ADD staff attended the Block Grant Guidelines Training in Louisville in mid-March. There are many similarities but also some differences in the proposed guidelines for the 2004 program year as compared to the guidelines for the previous year.

For public facilities grant applications, the following are pre-requisites.

- Public hearing and other citizen participation requirements shall have been satisfied.
- One of three national objectives (usually a benefit to persons at least 51 percent of whom are low or moderate income) must be demonstrated.
- For water or wastewater projects, a profile must have been electronically submitted.
- State Clearinghouse review shall have been completed.
- For wastewater projects, the project shall have been clearly identified in an approved Wastewater Facilities Plan.
- For water projects, the project shall have been clearly identified in the appropriate areawide water management plan.

- Threshold requirements shall have been met. Public Facilities, Housing, and Community Projects grantees may apply for Public Facilities, Housing, or Community Projects if at least 80 percent of the year 2003 or year 2004 grant funds have been expended, program income reports are approved, and audit requirements have been met. More stringent threshold requirements apply to older projects.

Priority I Public Facility projects are those that have met all program requirements, have a minimum one-to-one match of other funds, all other funds are firmly committed, and engineering design is completed and approved by the KY Division of Water. Regionalization issues shall have been adequately addressed.

Priority II Public Facility projects are those that have met all program requirements and have a minimum one-to-one match. The “other funds firmly committed” and the “engineering design completion” are not required for a Priority II rating.

Other rules together with rule changes are too lengthy to be discussed here. Mayors and/or judges-executive are encouraged to seek a face-to-face meeting with ADD staff to discuss crafting a competitive project grant application.

To discuss a potential Public Facilities project, contact ADD staffers Jayne Combs, Dave Ewen, Don Hassall, Josh Ayoroa, or Matt Belcher.

To discuss a potential Economic Development project, contact Craig McAnelly or Jack Morgan.

To discuss a potential Community project or a Renaissance on Main project, contact Jayne Combs, Josh Ayoroa, Lora Littleton, or John Allread.

To discuss a potential Community Emergency Relief Fund project, contact Jayne Combs or Josh Ayoroa.

HARRISON COUNTY CHOSEN FOR PILOT SAFETY PROGRAM

The UK’s Kentucky Transportation Center (KYTC) has recently developed a program called the UK Safety Circuit Rider Program. A Steering Committee selected 15 counties across Kentucky (one in each ADD) using Crash Data, Collision Data, Seat Belt Usage Data, etc. from the UK Traffic Collision Report. From those 15 counties, it was decided to focus on six (6) counties the first year. Those six counties are:

- | | |
|--------------------|-------|
| 1. Marion County | LTADD |
| 2. Harrison County | BGADD |
| 3. Perry County | KRADD |
| 4. Pike County | BSADD |
| 5. Pulaski County | LCADD |
| 6. Union County | GRADD |

The purpose of the pilot program is to reduce crashes on local roads and streets as well as some Rural Secondary, State Maintained roads. By focusing on, Improvements for Intersection Safety, Improvements that may prevent “Run-off-the-Road” and “Fixed Object” collisions, and Pedestrian Safety the number of injuries and fatalities should be reduced. Mindocino County,

California used the same techniques outlined above and reduced their fatal crash rates on local roads by 42% and maintained that level for 10 years.

Through a high level of local involvement, educational workshops, and assistance from the KYTC and the Transportation Cabinet, Harrison County will be a safer place to drive.

UPCOMING HIGHWAY SAFETY WORKSHOP

The ADD will play host to a workshop on "Low-Cost, Safety Improvements on Rural Roads" on May 19, 2005. This is an all day workshop, which includes lunch, conducted by the UK Kentucky Transportation Center. There will be three very qualified instructors:

1. Ken Agent, P.E., is a Transportation Research Engineer in the Traffic and Safety Section at the UK Transportation Center. He earned his BS and MS in civil engineering at the University of Kentucky. Mr. Agent has conducted research in highway safety, evaluations of various traffic control and operations, and accident reconstruction.
2. Terry Chism is the Transportation Safety Engineer for the Kentucky Division of the Federal Highway Administration. He is a National Highway Institute (NHI) instructor for the AASHTO Roadside Design Guide and Road Safety Audits. He has developed training in Guardrail Installation and Low Cost Maintenance Opportunities that can Improve Highway Safety. Mr. Chism earned his BS in civil engineering at the University of Louisville.
3. Freddie Goble is the Safety Circuit Rider for the Local Technical Assistance Program (LTAP) at the UK Transportation Center. Goble was previously employed as a Transportation Planner for the Big Sandy Area Development District and also worked as a Certified Bridge Engineering Technologist with the Kentucky Transportation Cabinet for twenty-eight years.

At the conclusion of the workshop certificates will be presented.

LEXINGTON SENIOR CENTER WINS NISC RESEARCH AWARD

The Lexington Fayette County Senior Center and the University of Kentucky were presented with the *National Institute of Senior Centers Research Award* at the American Society on Aging/National Conference on Aging in Philadelphia on March 11, 2005. The award recognized the 2002 Cohort of Doctoral Students University of Kentucky Center for Gerontology's report on the Lexington Senior Center. The research project was directed to develop foundations, both practical and conceptual, necessary for the planning of future programming and services of the Lexington Senior Citizens Center.

"The scope of the inquiry was ambitious, including a detailed historical account of American senior centers, policies and regulations influencing the growth, operation and viability of centers, a theoretical treatment of the intersection of centers and seniors' quality of life, and anticipated future demand for senior centers. The applied research involved the development of survey instruments, which then were administered to a random population of Lexington-area elders. In-depth semi-structured interviews with center users and site visits to establish the environmental context of the center were also conducted."

The report goes on to find that “despite their successes, senior centers have not been immune to debate and controversy. Community-level fiscal priorities and federal policies both influence funding to centers, while property availability and costs affect the potential for necessary renovation and viability of services offered. Regardless of the debates and controversies, the fact remains that each passing year will see many thousands of individuals moving through retirement and into situations that may require support. From social engagement and activities, to essential medical screening and nutrition, senior centers are important to millions of older Americans, and these facilities demand ongoing efforts to ensure they are of the best possible quality.”

The National Institute of Senior Centers award program states “Lexington is fortunate to have been the target of this group effort, which may well position the city as a national model for senior center planning.”

Congratulations to Lexington Fayette County Senior Center and the research team: Keith Anderson, Shannon L. Bowles, Linda Centers, Heidi Holmes, Amy Hosier, Dory Marken, Carol Palmer, Gail Towsley and LaVona Traywick.

ADMINISTRATION ON AGING ANNOUNCES YOU CAN! PROGRAM CHAMPIONS

PHILADELPHIA - Today, the U.S. Administration on Aging (AoA), announces selection of 17 You Can! Program Champions at the 2005 Joint Conference of the American Society on Aging and the National Council on the Aging. The You Can! Steps to Healthier Aging campaign aims to boost physical activity and improve food choices among older Americans, and has enrolled more than 1,850 partners nationwide since the campaign launch last September.

The 17 Program Champions are partnering organizations that exemplify what it means to offer nutrition education and physical activity programming for older adults at the community level. Champions were selected from nominations submitted by national You Can! partners and AoA program experts.

“The You Can! Program Champions are working with us as partners to encourage healthier lifestyle choices among older adults that can save and improve the quality of many lives,” said AoA Assistant Secretary Josefina Carbonell. “AoA congratulates these You Can! Champions for joining the campaign and for spreading the word about the importance of prevention among the older adults in local communities.”

DANVILLE BOYLE COUNTY SENIOR CENTER IS NAMED ONE OF SEVENTEEN “YOU CAN” CHAMPIONS

For the past several years the County Extension Agent has provided nutrition education to older adults attending their center on various topics related to health, exercise and making wise food choices for one or two people. Signing up as a You Can! Steps to Healthier Aging partner gave the Danville Boyle County Senior Citizen’s the impetus to find out what their senior center wanted and to reach out to community non-profit organizations and clubs as partners.

As a result, the Senior Center decided to start a new major project to build a walking track. The Leadership of Danville is working with them to build the walking track on center property which will be used by their newly formed

SWAT walking program. The trail is being built through the generosity of local volunteers from private businesses and companies that are a part of the Leadership of Danville program. A volunteer landscaper will make this an attractive addition. Laps will be marked and enhancements such as bird houses and benches will make this an appealing place for participants. Approximately 40-65 older adults will be using the track.

Key partners are Leadership of Danville Committee, Timberland Factory, the local County Extension Agent and a local nursery. They are also working with the local health department, the Area Agency on Aging, and the local hospital.

Congratulations to the Danville Boyle County Senior Center!

LOST MEMORIES: A DISCUSSION OF ALZHEIMER'S DISEASE PART II

In a previous issue of ADD-Vantage this section discussed the prevalence of Alzheimer's disease and the 10 common warning signs: memory loss, difficulty performing familiar tasks, problems with language, disorientation to time and place, poor or decreased judgment, problems with abstract thinking, misplacing things, changes in mood or behavior, changes in personality, and loss of initiative. This article will take a look at causes of Alzheimer's Disease.

Biology of Alzheimer's Disease

Scientists believe that whatever triggers Alzheimer's disease begins to damage the brain years before symptoms appear. When symptoms emerge, nerve cells that process, store and retrieve information have already begun to degenerate and die. Scientists regard two abnormal microscopic structures called "plaques" and "tangles" as Alzheimer hallmarks. Amyloid plaques (AM-uh-loyd plaks) are clumps of protein that accumulate outside the brain's nerve cells. Tangles are twisted strands of another protein that form inside cells. Scientists do not yet know whether plaques or tangles cause Alzheimer's or are a by-product of some other process. Clinical trials of experimental drugs targeting amyloid are under way and should help clarify the role plaques play.

Risk Factors

Late-onset Alzheimer's, which chiefly affects individuals over age 65, is the more common form of the illness that is most often associated with the term "Alzheimer's disease." The greatest known risk factors for late-onset Alzheimer's are increasing age and a family history of the disease. The likelihood of developing late-onset Alzheimer's approximately doubles every five years after age 65. By age 85, the risk reaches nearly 50 percent. Scientists have so far discovered one gene that increases risk for late-onset disease.

Rare, familial types of Alzheimer's found in a few hundred families worldwide have been linked to specific genes. Individuals who inherit these genes are virtually certain to develop the disease, usually before age 65, and sometimes as early as their 30s or 40s.

Researchers worldwide are working to discover other factors that affect Alzheimer's risk. Some of the most exciting emerging evidence suggests that strategies for general health may also help reduce the risk of developing Alzheimer's. These measures include controlling blood pressure, weight and cholesterol levels; exercising both body and mind; and staying socially active.

In the next issue of ADD-Vantage we will discuss the difference between Alzheimer's and normal age-related memory change. For more information contact the local chapter of the Alzheimer's Association at (859) 266-5383, the National Alzheimer's Association Office at 1-800-272-3900, or the Area Agency on Aging at the ADD.

(Information from Alzheimer's Association web-site www.alz.org)

"MEETING THE CHALLENGES OF AGING" SEMINAR

The Bluegrass Area Agency on Aging along with the Fayette County Cooperative Extension Service, the LFUCG, Office of the Mayor & Department of Social Services, and the University of Kentucky Sanders/Brown Center on Aging are presenting the 22nd annual Meeting the Challenges of Aging seminar on May 19th at the UK Student Center. The event is for older adults in Fayette and surrounding counties and their caregivers. Session topics include health and wellness, world events, recreation, legal issues, Medicare and Medicaid issues, maximizing your memory, medication and prescription information. Ray Larson will conduct a workshop on victim's rights and author, Martha Evans, will share strategies for long distance caregiving. The keynote speaker will be former Lexington-Fayette County Mayor, Pam Miller. The registration deadline is May 6th. The cost is \$5 for Fayette County residents 60 and older, and \$10 for those younger than 60 and residents of other counties. For more information, call (859) 257-5582, visit www.research.uky.edu/aging/challenges or contact Randy Lawson at the ADD.

WASTE TIRE CLEAN-UP EFFORT CONCLUDING

Ten Bluegrass Area counties are wrapping up the clean up of waste tires from illegal dumps. For several years, the Kentucky Division of Waste Management has made available limited funding to counties for the lawful disposal of waste tires that were collected from illegal dumps during specific times in March and April. The effort is aimed at cleaning up Kentucky and removing from the environment waste tires that could become breeding places for disease causing vectors.

Typically, the tires are picked up by county highway crews and are stored temporarily at a central location. The county then hires a state certified tire hauler to transport the waste tires elsewhere for lawful disposal. The state government reimburses the participating counties for tire hauling costs.

Bluegrass counties participating in the 2005 effort were Clark, Estill, Franklin, Garrard, Jessamine, Lincoln, Madison, Mercer, Powell, and Scott.

BLUEGRASS ADD ANNUAL MEETING SET

The Annual Meeting of the Bluegrass ADD Board of Directors is scheduled for Wednesday evening, April 27, 2005 at the Embassy Suites near Newtown Pike in Lexington. The evening's schedule of events is as follows:

- 5:30 pm Registration Begins
- 6:00 pm Reception
- 6:30 pm Dinner

The annual business meeting will follow the dinner. ADD Board Members, Advisory Committee and Advisory Council Members, and special

guests have received invitations in the mail. The kindness of a prompt reply to the ADD would be appreciated. For more information, contact Wanda Underwood at the ADD.

BLUEGRASS AREA AGENCY ON AGING HOSTS GRANDPARENT AND OLDER RELATIVE CAREGIVER CONFERENCE

Staff from the Bluegrass Area Agency on Agency and the Bluegrass Area National Family Caregiver Support Program played host to approximately 150 attendees at the Annual Grandparents and Relative Caregivers Conference in Lexington, on March 24th, 2005. The Conference, planned and co-sponsored by the LFUCG Office of Aging Services, Fayette County Cooperative Extension Services Office at Red Mile Road, the Kentucky Department of Mental Health and Mental Retardation, Fayette County School Family Resource Centers, the Access to Justice Foundation, as well as a number of area grandparent caregivers, was an all day event featuring keynote speaker, Dr. Joanne Cantor, Professor Emeritus at the University of Wisconsin. Dr. Cantor's presentation, entitled *Understanding the Media's Influence on Childhood Development*, struck a chord with many of the caregivers present, most who have had to deal with issues related to their grandchildren's television viewing, internet use, video game playing, and the saturation pattern of news reporting, that often uses repetitive and violent images to dramatize event coverage and boost ratings.

The Conference also featured a number of local and regional presenters who spoke on a variety of topics of relevance to grandparent and older relative caregivers. Topics such as guardianship, adoption, and trust, as well as topics related to alcohol, drug, and substance abuse, and their effect on families, were both addressed by guest presenters. Other presenters also facilitated workshops addressing issues such as sexuality, recreational opportunities, meal planning, and Social Security. Roundtable discussions were also made available to conference participants, so that they could have an opportunity to follow-up the workshops with informal discussions over lunch.

The Bluegrass Area Agency on Aging, through the National Family Caregiver Support Program, is charged with providing information, assistance, and referral services to grandparent and older relative caregivers, over sixty years of age, and caring for children through the age of nineteen. The Bluegrass Area Agency on Aging, in addition to the conference sponsorship, also provides a number of summer camp scholarships to children being raised by an older relative, as a respite service to grandparent and older relative caregivers. Anyone interested in obtaining more information about the Summer Camp Scholarship Program is encouraged to contact David Bassoni, at the Area Agency on Aging, at (859) 269-8021.

"ENHANCING OUR REGIONAL BIOTERRORISM/EMERGENCY RESPONSE SYSTEM FOR SENIORS" CONFERENCE

Bluegrass Area Agency on Aging staff, in conjunction with the University of Kentucky-Ohio Valley Appalachian Regional Geriatric Education Center (OVAR/GEC) and the Kentucky Department for Public Health have been working on plans for an upcoming bioterrorism conference which targets all professionals working in the field of aging and emergency preparedness. The regional conference will be held on Thursday, April 28, 2005 at the Fayette

County Extension Offices, 1145 Red Mile Road in Lexington, from 8:30 AM till 12:45. The conference will present information about the proposed roles of regional public health and aging networks in emergency responses to bioterrorism and emergency preparedness. Participants will be asked to apply creative problem solving and flexible thinking to regional bioterrorism/emergency preparedness challenges and evaluate the effectiveness of possible actions. Interested persons may register at www.ky.train.org or contact Randy Lawson at the ADD.

ELDER ABUSE AWARENESS EVENT PLANNED FOR MAY

May is a very special month in that it is Older American's month and Elder Abuse Awareness month. In an effort to raise public awareness about elder abuse, an event is being planned at the Capitol where Governor Fletcher will proclaim a week as "Elder Abuse Awareness Week" in the state of Kentucky. There will be several speakers including someone whose family has lived through the nightmare of elder abuse. Recognition of the Chairperson of the 26 Local Coordinating Councils on Elder Abuse will take place, with each of them being handed a candle to symbolize carrying the light of awareness to their communities. There will be two simultaneous informative sessions in the Chambers of the House and Senate on elder scams and the impact of the new elder abuse legislation. AARP of Kentucky will sponsor the transportation of seniors to this event and ECU will be providing refreshments. The Attorney General's Office is working on a tool kit to be provided to all Coordinating Councils on Elder Abuse that will be instrumental in raising public awareness. For more information on this event contact Mary Crowley-Schmidt at the BGADD.

S.W.A.T PROGRAM (SENIORS WALKING AND TOURING)

Who?

- All members of the Bluegrass Area Development District / Area Agency on Aging Senior Citizens Centers and Community Centers. This includes 17 counties in central Kentucky with 18 Senior Centers and multiple Community Centers.

What is the main objective?

- Seniors will choose 2-4 state resort parks (depending on the size of their center) to 'walk' to.
- They will then participate in physical activity of any type to earn the mileage to get to and from those parks.
- Once they have 'walked' to and from each park they have selected, the participants will have the chance to vote on which park they wish to visit.
- They will then be provided transportation to visit the park for the day or overnight (depending on funds and distance to the park). There will be a meal in the resort lodge (free to participants) and activities planned and provided by the state park staff.
- In conjunction with the activity programs, Family & Consumer Science Extension Agents from each Bluegrass County will contact and coordinate with each Senior Center Director to provide educational information and presentations targeted at nutritional improvements for Senior Citizens.

How does it work?

- Each center will receive a large map of the state of Kentucky with each Kentucky State Resort Park marked.
- Once the parks are chosen, the director of the center, or a volunteer selected, will figure the mileage to and from each park starting at the city where their center is located. This can be done using the resources on the map.
- Participants will be asked to keep track of all of their physical activity and turn it into the director, or a selected volunteer, each week. The mileage will then be added and a marker (pin, sticky note, flag) will be placed on the map as to where the group is on their 'walk' towards the parks.

How is activity recorded?

- All physical activity counts, not just walking. Fifteen minutes of continuous physical activity is equal one Physical Activity Mile (PAM). One PAM is equal to one road mile.
- PAMs or actual miles can be used to track progress along the map. It is a one to one conversion.

15 minutes of continuous activity = 1 PAM = 1 road mile

- Each participant will record their activity in PAMs or miles and turn it in to the appropriate person at their Senior Center at the end of each week. (The center can designate the day.)

What about registration and organizing the program?

- Each center can organize the program to meet their needs at the county level.
- You can set up your own methods for registration. It might include a one day sign up, or a few weeks to include everyone who might be interested
- Each senior participant will be required to fill out a registration form with questions about health and nutrition status. NAMES OR PERSONAL IDENTIFICATION INFORMATION WILL NOT BE ASKED! We will ask their county, age, gender and 5-6 questions about health and nutrition.
- Partner with other individuals in your community to help organize the program.
- PAM or mileage collection can be adjusted also. You can collect weekly, biweekly or any way that allows you to keep track of total PAMs/miles that your center is 'walking.'

What do I do when we meet our goal?

- Once a center has accumulated the mileage to get to and from each of the parks they have chosen (2-4 depending on center size), the director will then contact Randy Lawson to organize presentations about the parks and the trip.

This program is designed to be on going. Once a total distance goal is met, and the trip to a State Resort Park completed, 2-4 more parks are

selected and the program begins again and ends with a trip to another State Resort Park.

There is ongoing work being done currently on PHASE II of SWAT, which will include INTER-COUNTY travel to state shrines, historic locations and tourist attractions within the 17 county Bluegrass area. Also, there is some interest in incorporating intergenerational efforts into SWAT as well, like teaming Senior Centers with local elementary schools in joint exercise/activity programs.

Agencies Involved in the Program

- Gov. Fletcher's "Get Healthy KY!" initiative, with Glenna Fletcher as Special Advisor
- KY State Parks – George Ward, Commissioner
- Bluegrass Area Agency on Aging
- Bluegrass Community Action Partnership
- U.K. Cooperative Extension HEEL Program: "Get Moving KY!"
- "You Can!" program from US Dept. of Health and Human Services
- KY Cabinet for Health and Family Services, Div. Of Aging

HAPPY ANNIVERSARY!

The ADD would like to wish the following employees a Happy Anniversary for the past 5 years of employment.

Chip Clark	3/20/00
Jennifer Compton	4/10/00
Jeff Levy	5/09/00

Thanks for the past 5 years of hard work and dedication.

MEETING CALL

ADD Executive Board Meeting	5/25 6:00 p.m.
Homeland Security Council	4/20 2:00 p.m.
Development Advisory Commission	5/3 2:00 p.m.
Regional Planning Council	5/4 4:00 p.m.
Transportation Advisory Committee	4/11 5/9 1:30 p.m.
Tourism, Historic Preservation, Recreation Advisory Committee	5/10 10:00 a.m.
Aging Council	4/13 5/11 10:00 a.m.
Natural Resources & Environmental Protection Advisory Committee	4/13 4:15 p.m.
Human Services Advisory Committee	4/18 1:30 p.m.
ADD Annual Board Meeting	4/27 6:00 p.m.

ALL meeting dates/times subject to change.

Chairman	Judge Tony Wilder
Vice-Chairman	Judge R.W. Gilbert
Secretary	Mayor Dodd Dixon
Treasurer	Mrs. Linda Magee
Executive Director	Jas S. Sekhon
Assistant Executive Director	Lenny P. Stoltz II

Pre-Sorted Standard U.S. POSTAGE PAID LEXINGTON, KY Permit No. 1042

BLUEGRASS AREA DEVELOPMENT DISTRICT

699 PERIMETER DRIVE
 LEXINGTON, KENTUCKY 40517
 PHONE (859) 269-8021
 FAX (859) 269-7917

BLUEGRASS ADD-VANTAGE