SENIORS ENJOY ANNUAL PICNIC
PHOTOS HIGHLIGHT LC360 EVENTS
HUNDREDS ATTEND 2015 SOAR SUMMIT
The LCADD Board of Directors met on May 28, 2015. A full line up of speakers presented at the meeting on a variety of topics pertinent to the region.

Counterclockwise from top, left: Christopher D. Taylor, Director, HUD Kentucky Field Office, spoke about the challenge to end Veteran homelessness; Donna Diaz, LCADD Executive Director, and LCADD Chairman Tony Young conducted agency business during the meeting; Darryl McGaha, Associate Director of LCADD’s Workforce Development Department, gave an update of the Workforce Innovation and Opportunity Act; Loretta Coppage, Director of the Lake Cumberland Children’s Advocacy Center, presented information about the center and its services to the region; Larry Combs, Center for Rural Development, spoke about the Ky. Information Highway/iWAY Middle Mile Architectural Plan; and Delaney Stephens, Community Liaison and Youth Programs Coordinator at the Center for Rural Development, gave an overview of the many programs and services offered at the Center in Somerset.

Albany Mayor Nicky Smith Elected Chairman of KCADD

The mayor of Albany, Kentucky, Mayor Nicky Smith, was elected chairman, the highest position of the Kentucky Council of Area Development Districts (KCADD), at the council’s April 30, 2015 meeting. KCADD is the state governing body over all state area development districts and represents all 120 counties and 418 cities in the Commonwealth of Kentucky.

KCADD determines legislative priorities, comprises a statewide network of multi-county planning and development organizations working along multi-jurisdictional lines to advance local, state, and regional priorities including, but not limited to, workforce development, assistance to the elderly by fostering independent living, and assistance to all cities and counties with grant writing and infrastructure planning.
Great Things Happening In District

By Donna Diaz, LCADD Executive Director

Enjoy the articles and photographs in this newsletter. They give a glimpse into the many activities that are happening throughout the district as well as explaining how busy our staff has been in doing great things for the region. Thanks, Judy Hachey, for another great newsletter.

The focus over the past few months has been programs — program changes, new legislation, new proposed regulations, on and on — primarily in aging and workforce.

Aging programs continue to be under review as proposed regulation changes, along with the new proposed contract language, are under review at this time.

Workforce is currently transitioning out of Workforce Investment Act and into Workforce Innovation and Opportunity Act (WIOA), with changes in the makeup of the local workforce boards, designation as workforce areas and sub-grant recipients, decisions about administration, fiscal management and provision of services.

We want to give a heartfelt and hearty “Thank You” to the 13 county judges executives in the Cumberlands Workforce area for coming together and working to continue operations with the same footprint under the new WIOA regulations.

Congratulations are in order for Monticello and Wayne County as they were recently recognized for their participation in the USDA self-help housing program. Citizens have voluntarily trained in construction methods and built 26 houses to date with 14 more in process.

A take on “barn-raising,” which is a part of our history, families come together for “house-builds,” with low interest USDA loans to purchase materials. Congratulations Judge Mike Anderson and Mayor Jeffrey Edwards! You were great hosts to federal, state and regional partners as the initiative of you and these families was recognized and celebrated.

With farm-to-table initiatives becoming more and more popular, we salute McCreary County for the creative take they have on the local Farmer’s Market. Staged like a boutique, with locally grown produce, honey, crafts, etc., who would not want to come by and shop! Baskets and wooden crates serve as containers and the goods for sale are displayed with the creative touch of a professional designer. Keep up the great work and the great marketing!

Congratulations are also in order for the initiative shown by the people of Casey County upon the completion of the Casey County Community and Education Center to house classroom and community spaces as well as offices for workforce staff. A combination of grants, local contributions and bonded indebtedness built the facility.

Many generous local people have been involved as donors to one or more of the three Lake Area Foundation funds to benefit this effort. The Casey College Capital Fund, O & M Fund and/or Linda Hatter Scholarship Fund have received penny collections from local school children, $100 brick sponsorships, $10,000 corporate sponsorships, a stock donation valued at $100,000 and everything in between.

This project has been a labor of love for dozens of Casey County committee members and hundreds of supporters. We are proud to have been a part of this effort and LCADD staff member Jim Brown is also to be congratulated for his efforts.

The Third Annual Lake Cumberland 360, an activity of Lake Area Foundation, is now history. One new “twist” this year was a Lake Cumberland 360 Challenge to the senior population of the region to walk “around Lake Cumberland” during the weeks leading up to the annual senior picnic in May.

The results were impressive. All ten senior centers in the region and senior citizens in all counties participated. Collectively the group circumnavigated Lake Cumberland a total of 15 ¾ times, visiting all the marinas around the lake in the process!

They walked over 2,600 miles improving health and fitness while earning money through sponsorships to begin an endowment fund to support aging needs in the region. We encourage everyone to support this effort each year if approached by a participant for sponsorship in your county.

The “winners” by sponsorship earned were: 1st Place – Casey County Senior...
For Good, Forever

Esther House Raises Money for LAF Fund

On May 2, 2015, the Esther House in Burkesville operated the Esther House Yard Sale and Produce Stand, an event designed to raise money for the organization’s Lake Area Foundation fund that was started in 2014. This is a worthy organization, doing good work to help others and putting resources to good use.

The Russell County Women’s Circle held its May Main Street Event on May 22, 2015 at the South Kentucky RECC Community Room. Lunch was served, booths showcased Russell Springs Main Street businesses, and local violinists provided entertainment.

Speakers included representatives from two organizations that were former recipients of Women’s Circle funds: Geraldine Johnson, from the ARC Pregnancy Center, and Lewell Wilson, from God’s Food Pantry.

Prior to the event, Circle members voted on the charity they wanted to assist in 2015. Fifty percent of funds raised during the event went to the Lake Cumberland Children’s Advocacy Center, which serves a 10-county region. The Circle presented the center with a check for $1,700. The remaining $1,700 went into the Circle’s Lake Area Foundation fund so that the group continues to build resources for the future.

The 2015 Lake Area Foundation Annual Meeting will be held August 18, 6:00 p.m. central time, at the Casey County Ag Expo Center in Liberty.

Women’s Circle Holds May Main Street Event to Raise Funds

Special Thanks to Our Lake Cumberland 360 Sponsors and Volunteers

Bicyclists, motorcyclists, and runners/walkers participated in the Third Annual Lake Cumberland 360, held in June.

Proceeds from the Lake Cumberland 360 motorcycle and bicycle events went to the Lake Cumberland Children’s Advocacy Center fund. The center serves all of LCADD’s 10-county service area. Proceeds from the Tiki Trail 5K event went to the Russell Springs Revitalization fund.

Preparations are already underway for the 2016 events, which will take place June 10-11. For more information, go to www.lakecumberland360.com or check the Lake Cumberland 360 Facebook page.
The 2015 Senior Picnic and Games day, themed “Getting Into the Act,” took place on May 8 at the Casey County Ag Expo Center in Liberty. Participants from each of the 10 senior citizen centers within the Lake Cumberland Area Development District enjoyed a variety of games, competitions, musical entertainment and lunch during the day.
Older American’s Month
By Cindy Branscum,
LCADD Associate Director
Aging and Independent Living

May was Older American’s Month, and each year Lake Cumberland Area Aging Agency and Independent Living (LCAAAIL) and its provider network celebrate it by organizing events that honor seniors and celebrate their contributions to our communities.

In May, we had an opportunity to not only recognize seniors in our region but to bring attention to issues that affect older adults.

Each year the Administration for Community Living announces the theme for Older American’s Month, and this year the theme was “Get into the Act.”

In honor of the 50th anniversary of the Older American’s Act (OAA), we focused on how older adults are taking charge of their health, getting engaged in their communities, and making positive impacts in the lives of others. We used Older American’s Month to promote individual and community empowerment.

Each year the LCAAAIL-funded senior citizen centers come up with different ideas to celebrate Older American’s Month. Also, a Senior Picnic was held on May 8th at the Casey County Ag Expo Center in Liberty.

Approximately 300 seniors attended the event, which featured musical entertainment by the Southern Thunder band, booths and games provided by various providers and vendors, and lunch provided by the Casey County Pork Producers.

Call for Volunteers

Community volunteers are needed throughout the Lake Cumberland Area Development District’s 10-county area to lead six-week interactive, wellness classes to benefit individuals who are living with a chronic physical or mental health condition. Classes serve as educational support groups, with an emphasis on goal setting.

LCADD’s Aging and Independent Living Department partners with The Adanta Group/Behavioral Health Services and Lake Cumberland District Health Department to provide Chronic Disease Self Management Education (CDSME) leaders and classes.

LCADD utilizes both staff and volunteers. Classes are provided at the federal prison in McCreary County, as well as adult day centers, senior centers, housing complexes, and other venues as needed.

The Kentucky Department of Aging and Independent Living (KDAIL) in Frankfort is licensed by Stanford University to provide lay leader training in CDSME. Volunteers are required to attend a four-day training in Kentucky. Lodging expenses are paid.

At the completion of the four-day training, volunteers are certified as CDSME Lay Leaders. Upon certification, volunteers commit to lead two classes per year. Each class consists of six weekly sessions, for approximately two hours, one day per week.

The KDAIL provides class supplies. Volunteers receive small stipends at the end of each six-week series that they lead. Senior citizens and disabled adults are encouraged to apply. For more information, please contact Lisa Oliver, Chronic Disease Education Coordinator at the Lake Cumberland Area Development District at 270-866-4200.

Clinton Seniors Win Senior Games Traveling Trophy

The Clinton County Senior Center was awarded the 2015 Lake Cumberland Senior Games traveling trophy for logging the most minutes walked during the “Walk Around Lake Cumberland” senior center competition. Collectively, the seniors walked a total of 13,932 minutes during the six-week competition period.

The center was awarded the coveted trophy during the Senior Picnic and Games held in May at the Casey County Ag Expo Center in Liberty.

At right, Vicky Avery, Center Director, accepted the trophy on behalf of the Clinton County senior citizens.

“Our seniors had a lot of fun walking together during the competition period,” said Avery. “Everyone participated and everyone felt better because they were moving. More importantly, however, the competition has inspired them to continue to walk and to make exercise a part of their daily routines.”
Forums Discuss Changes to Medicaid Waiver Program

In April and May, the Kentucky Department for Aging and Independent Living (DAIL) conducted a series of forums at each of the 15 Area Development Districts throughout the state to discuss upcoming changes in the Medicaid Waiver Program.

On April 29, 2015, DAIL Commissioner Deborah Anderson and her staff held a forum at the LCADD office to inform LCADD staff and others in the region who work with Medicaid waivers about the new changes affecting the program.

An Adair County native will lead the Southeast Kentucky Economic Development Corporation’s (SKED) Board of Directors for the next two years.

Darryl McGaha was installed as the nonprofit economic development organization’s president at the April Board meeting. McGaha takes the reins of the 29-year-old organization from Corbin resident Tim Barnes who had served as the Board’s president since April 2011.

McGaha brings seven years of SKED experience to the office, having served previously as the organization’s secretary and vice president.

He’s been a director since 2008, and his role as workforce development director for the Lake Cumberland Area Development District has kept him at the forefront of economic development activities around the region for years.

“Since becoming a member of the SKED Board of Directors, I have experienced great leadership from the president, other officers and members of the board,” McGaha said. “To be named president at SKED is humbling and comes with great responsibility to ensure the high quality of service that has been delivered in the past will continue.”

“The opportunity to improve the economy of Southeast Kentucky by assisting existing and new businesses within SKED’s service area is exciting to see both continued growth and to provide job security for existing employees and new opportunities for others.”

McGaha has served in his current position with the Lake Cumberland Area Development District for more than 15 years. As director, he has played a role in administering the Workforce Investment Act (WIA), which works with youth, adults, dislocated workers and trade-affected participants.

Its goal is to help individuals find a job with the skills they possess or assist in helping them gain a skill with demand occupations. It also assists the business community and economic development leaders to strengthen and recruit businesses by supplying them with a trained workforce.

McGaha graduated from Adair County High School, Lindsey Wilson College and Campbellsville University. He worked for Imo Pump in Columbia for 19 years.

SKED is a non-profit economic development organization and has been designated a Certified Development Corporation (CDC) by the U.S. Small Business Administration.

The organization was formed 29 years ago by Fifth District Congressman Hal Rogers to create jobs in Southeast Kentucky. Its corporate office is based in Somerset, with satellite locations in Morehead and Whitesburg to serve its 45-county service region.

A staff of nine professionals works with business owners, small and large, to identify financing solutions to fund their location, expansion and working capital needs, and provide them the technical assistance and training they need to succeed.

For more information about SKED, visit the website: www.southeastkentucky.com or call (606) 677-6100.

McGaha Elected President of SKED Board of Directors
SOAR Strategy Summit 2015 Held in Pikeville in May

Around 1,000 people, including entrepreneurs, students, volunteers, nonprofit employees, parents, elected officials, employers, educators, community leaders and more, attended the Shaping Our Appalachian Region (SOAR) Strategy Summit 2015, which was held on May 11 in Pikeville. The day-long event was packed with speakers and breakout sessions designed to support the SOAR mission, which is to expand job creation, enhance regional opportunity, innovation, and identify, improve the quality of life, and support all those working to achieve these goals in Appalachian Kentucky.

The event kicked off with comments from Governor Steve Beshear and Congressman Harold “Hal” Rogers, who together helped launch the SOAR movement due to huge job losses that have been devastating Kentucky’s coal industry. Next, a number of speakers covered the topics of working with federal partners and translating broadband into economic growth.

Breakout sessions offered more focused information about such topics as Engaging the Next Generation of Leaders; (Local) Food for Thought; Preparing Tomorrow’s Workforce, Today; The Role of Coding in our Future; Regional Collective Impact - Aligning Private/Public/Philanthropic Investments; The Role of Local Government; Building a Culture of Innovative Entrepreneurship; Community Health; Recruiting Industry in Rural Communities; Mountain Parkway Expansion Update; Broadband and Emerging Opportunities; and Tourism, Arts, and Heritage as an Economic Driver. During a Legislative Panel, attendees heard from Senate President Robert Stivers, Senator Ray S. Jones, Senator Brandon Smith, Speaker of the House Greg Stumbo, Representative Rocky Adkins and Representative Leslie Combs.

Jay Williams, Assistant Secretary of Commerce for Economic Development for the Economic Development Administration (EDA), spoke about his experience with Youngstown, Ohio, and what that city has experienced since the steel industry bottomed out in the 1970s. He spoke of the similarities between that city and what is happening with the coal industry in eastern Kentucky.

For more detailed information about the summit, check out John Gregory’s blog notes from the SOAR Summit at www.ket.org/public-affairs/soar-summit-2015-notes/.

Job Club Seminar for Adair Students

Senior students at Adair County High School participated in a job club seminar in May with staff from the Kentucky Career Center and College and Career Readiness Counselor Robin Loy.

LCADD staff, Jenny Hughes, Leslie Davis, Laquita Goodin and Elizabeth White spent the morning registering students and assisting students with building resumes through a website. They also discussed interviewing tips, phone etiquette, dressing the part, and training opportunities available through the Kentucky Career Center in high need job sectors.

Students spent the afternoon with Andy Watts from Walmart participating in mock interviews. Watts practiced various interview scenarios with students and gave them feedback.

Self-Help Housing Program Celebrated in Wayne County

On June 19, 2015, local, state and federal officials gathered in Wayne County with community leaders and families to celebrate the 50th anniversary of the Mutual Self-Help program, which will build its 50,000th home this year nationwide.

Kentucky Highlands Community Development Corporation’s Self-Help Housing Program has assisted 26 low-income families in Wayne and Clinton counties buy affordable housing (23 in Wayne and three in Clinton).

On hand were USDA Under Secretary for Rural Development Lisa Mensah, U.S. Representative Hal Rogers, Lieutenant Governor Crit Luallen, Wayne County Judge-Executive Michael Anderson, Monticello Mayor Jeffrey E. Edwards and several families who are now homeowners.

USDA has contributed more than $1 million in administrative grant funds to Kentucky Highlands’ self-help program since 2008 and $1.8 million in permanent mortgage financing to the families.
Water Operator Continuing Education Offered in June

On June 4, 2015, the Rural Community Assistance Partnership worked with the Lake Cumberland Area Development District to offer a water operator continuing education program to water professionals and elected officials within the region.

Thirty seven people participated in the session, which offered six continuing education hours to certified drinking water operators.

The session covered an array of topics, including water loss, water loss detection strategies, water audits, water loss control programs, optimizing the operations and maintenance of water systems and cross-connection control.

Thanks to funding from USEPA, USDA Rural Development, and Health and Human Services, there was no charge for the training. The next session will be held in September.

September 15, 2015
Mark your calendar for the next Continuing Education Session

Water and Wastewater Operator Continuing Education

Tuesday, September 15, 2015
8:30 a.m. - 4:00 p.m.

Lake Cumberland Area Development District Conference Center

Agenda:
- Asset Management
- Alternative Rate Filing
- Demystifying the Annual Audit
- Preventative Maintenance of Assets
- Safety

To register or for more information, contact Kasey Hoskins at LCADD, 270-866-4200.
Great Things, continued from page 3

Center and 2nd Place – Taylor County Senior Center. All counties received certificates of participation. Next year this event is expected to be “bigger and better” in support of aging programs.

The Lake Cumberland Children’s Advocacy Center, a regional non-profit, is the beneficiary of proceeds from the signature LC 360 motorcycle and bicycle events, growing their existing endowment fund while receiving assistance in meeting current needs. The Tiki Trail 5K, held at twilight on the trails within the city park, was also a popular event. The brainchild of Russell Springs City Councilwoman Sherry Daniel, proceeds from this event go to benefit the city’s Downtown Revitalization Committee.

Anyone in the region is welcome to join in with a 360 event the second week in June to benefit the local charity of your choice. Events other than those already mentioned have included golf, Color 5Ks, Jug Race (build and race your boat made from milk jugs and duct tape.) Come up with your original idea and contact us to coordinate dates, publicity, advance registration, etc.

As we prepare to enter a new fiscal year, Lake Cumberland Area Development District remains positioned to be your extended staff, your partner in developing projects, providing assistance to elderly citizens, planning, public safety, workforce development, preparing for the future and so much more. Give us a call.

### Bennett Attends CDBG Training

Kentucky’s Community Development Block Grant (CDBG) Certified Administrator Training was held in Frankfort June 22-25.

Chari Bennett, center and standing in the photo at right, recently transferred from LCADD’s Finance Department to the Community and Economic Development Department where she works as a community development specialist. Bennett attended the required training which provides a strong foundation in the stringent rules and requirements associated with the administration of Community Development Block Grants.

### Stearns Recognized as Ky. “Trail Town”

On July 8, 2015, First Lady Jane Beshear recognized the community of Stearns in McCreary County as a Kentucky “Trail Town” – part of an effort to promote and develop adventure tourism destinations across the state. Stearns is only the sixth community in Kentucky to receive this elite tourism recognition.

The Kentucky Trail Town Program is designed to help connect communities to trail systems and assist in developing them as tourist destinations. The Trail Town Program highlights a community’s authenticity through partnership and promotion of local restaurants, retail stores, lodging and artists. It creates an environment that is inviting to travelers, entrepreneurs and economic development.

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### LCADD Calendar

**Central Time applies unless otherwise indicated**

**Meetings held at the Lake Cumberland Area Development District in Russell Springs unless otherwise indicated**

#### July

- **15** LCADD Executive Committee Meeting 8:30 a.m.
- **22** Area Aging Council Meeting 12:00 noon
- **23** LCADD Board of Directors Meeting 6:30 p.m.
- **30** Elder Abuse Council Meeting 10:00 a.m.

#### August

- **18** Workforce Investment Board Meeting 10:00 a.m.
- **18** Lake Area Foundation Annual Meeting at the Casey County Ag Expo Center, Liberty, KY 6:00 p.m. (central)
- **19** LCADD Executive Committee Meeting 8:30 a.m.
- **19** Hazard Mitigation Regional Committee Meeting 10:00 a.m.

#### September

- **3** Water Council Meeting 10:00 a.m.
- **7** Office Closed Holiday
- **15** Water/Wastewater Operator Training 8:30 a.m. — 4:00 p.m.
- **16** LCADD Executive Committee Meeting 8:30 a.m.
- **23** Area Aging Council Meeting 12:00 p.m.
- **24** LCADD Annual Meeting at Lake Cumberland State Resort Park Convention Center, Jamestown, KY 6:00 p.m. (central)