

### Upcoming Events

Cullman Senior Health Fair  
**DATE:** September 7  
**LOCATION:** Cullman, AL

Calhoun Career Fair  
**DATE:** September 14  
**LOCATION:** Calhoun Commu-  
nity College in Tanner, AL

Annual AARC Conference  
**DATE:** October 8-11  
**LOCATION:** Orange Beach, AL

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www.narcog.org

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# Opportunities to Change Lives

With generous donations from the public and our partners, the NARCOG Foundation can pay for small projects, such as wheelchair ramps, grab bars, and more. This year, NARCOG also has funds set aside solely for projects that qualify as a "Chore" under the Older Americans Act.

Last year, NARCOG Area Agency on Aging disbursed \$15,000 through this program, building 11 wheelchair ramps for older adults in the Region.

NARCOG appreciates all the work our contractors and volunteers do to make this happen.

Recently, NARCOG participated in a Morgan County Senior Health Fair, where funds were raised to fulfill wish lists created by senior centers. Roughly \$2,500 was spent on fulfilling senior wish lists like bookcases, card games, printers, and more. The remaining funds were set to benefit future projects of the NARCOG Foundation.

Kelly McIntyre, Admissions Director at The Cottages Assisted Living, presented a check for \$2,600 on August 21 for the NARCOG Foundation. NARCOG greatly appreciates Kelly for taking the initiative to plan this every year and her choice to continue to benefit the NARCOG Foundation.



<https://www.narcog.org/impact/impact-giving>



NARCOG Director of Aging, Justin Graves, and Kelly McIntyre

# Hartselle Comprehensive Plan

The NARCOG Planning and Economic Development team and the City of Hartselle have been working together to update Hartselle's Comprehensive Plan. A comprehensive plan addresses the city's future growth and development proactively. It is essential to the long-term

planning of the city; creating a broad long-term vision for the future.

The City of Hartselle's last plan was adopted in 2012. While many projects have been implemented since then, it's time to look forward and consider how Hartselle will grow over the next

20 years.

The City of Hartselle and Steering Committee held its first Public Engagement Workshop at the Sparkman Civic Center on Thursday, August 17, 2023.

**CONTINUED ON PAGE 2**

**Robby Cantrell | Executive Director**

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### August Anniversaries

**Courtney Nolan**  
Clinical Coordinator  
1 year of service

**Raven McCray**  
Case Manager  
1 year of service

**Justin Graves**  
Director of Aging  
2 years of service

**Crystal Julien**  
Director of Finance  
4 years of service

**Kim Dove**  
Director of Administration  
7 years of service

## FROM PAGE 1: Hartselle Comprehensive Plan

Over 50 people around Hartselle attended the workshop to share their opinions and vision of the future of their hometown. Different topics were available for input, such as transportation, land use, and economic development.

"We were very pleased with the turnout and enthusiasm at the Kickoff Open House Workshop! A lot of good input was received,

and we are currently working on compiling everything to report back to the mayor, city council, planning commission, steering committee, and the public in the near future. NARCOG is thrilled to be working with the city to update their comprehensive plan. We really believe that Hartselle has a very bright future," Director of Planning and Economic Development Joey

Hester comments.

A new vision, goals, objectives, and strategies will be formulated to direct future growth and development and guide public investments in a way that acknowledges current opportunities. Join the conversation by submitting your input at <https://planhartselle.my.canva.site/help-hartselle-plan>.



# Medicare Open Enrollment Dates

Medicare Open Enrollment is fast approaching; and will begin October 15 and end December 7. The NARCOG State Health Insurance Assistance Program (SHIP) Coordinator, Julie Campbell, is currently preparing for this busy season of open enrollment.

Individuals in Cullman, Lawrence, or Morgan County interested in a free consultation must make an appointment with Campbell at 256-355-4515. Walk-ins are welcome at any facility outside of the NARCOG Office, which are listed in the block to the right, along with current dates available for Medicare Open Enrollment counseling with Campbell.

### Open Enrollment Dates

#### October

- 16 – NARCOG Office
- 17 – City Center Village
- 18 – NARCOG Office
- 23 – NARCOG Office
- 24 – NARCOG Office
- 25 – Moulton Senior Center
- 27 – NARCOG Office

#### November

- 13 – NARCOG Office
- 14 – Hartselle Senior Center
- 15 – NARCOG Office
- 21 – Lacey's Spring Senior Center
- 22 – NARCOG Office
- 28 – Presbyterian Tower
- 29 – Presbyterian Tower

#### December

- 1 – NARCOG Office
- 4 – NARCOG Office
- 5 – NARCOG Office
- 6 – NARCOG Office



# Picnic Tables for Senior Centers

The NARCOG Area Agency on Aging has been busy purchasing picnic tables for the 22 senior centers in our Region, just in time for cooler weather to be making its way to Alabama.

Outdoor seating can be very beneficial for socialization by providing a place to eat outside, relax, talk with friends, do a messy craft, or rest. They promote outdoor time, and NARCOG hopes this will increase center attendance.

Most Cullman County centers have received their picnic tables, with Lawrence and Morgan County's picnic tables on the way.

Some centers were able to receive multiple picnic tables due to their senior center size.

Senior center manager Kimberly Overton said, "a BIG thank you to NARCOG for these picnic tables for [their] seniors!" She comments that "they are very nice [and she] knows [they] will enjoy them!"

NARCOG is happy to provide our senior centers with new picnic tables and give back to the community. We look forward to spending time at the local centers with the seniors.



# SHIP

State Health Insurance  
Assistance Program

# NARCOG Attends EDAA Conference



FROM LEFT TO RIGHT: Joey Hester, Kim Dove, Robby Cantrell, Tabitha Pace



Senator Garland Gudger (right) recognized with Legislator of the Year Award

## Planning Department Events and Deadlines

### August 30, 2023

Land and Water Conservation Fund (LWCF) Grant Workshop in Montgomery at ADECA (Grant Deadline - TBD)

### September 6, 2023

Recreational Trails Program (RTP) Grant Deadline

### September 11, 2023 -

**September 12, 2023**  
Appalachian Regional Commission (ARC) Appalachia Rises Conference

### September 11, 2023 -

**September 13, 2023**  
Auburn EDA University Center/ Intensive Economic Development Training Course Week 2

### October 18, 2023 - October 20, 2023

Alabama and Mississippi Chapters of the America Planning Association (APA) Annual Joint Training Conference

The Economic Development Association of Alabama (EDAA) is a membership-based organization focused on promoting economic growth in Alabama. NARCOG Executive Director Robby Cantrell, NARCOG Director of Administration Kim Dove, and NARCOG Director of Planning and Development Joey Hester recently had the opportunity to attend the EDAA Summer Conference.

During these successful statewide events, members have the chance to engage in educational programming and networking opportunities with economic development professionals and government leaders, as well as discuss issues, practices, and ways of enhancing your service to your community and business clients.

Event topics covered this year included Alabama Department of Economic and Community Affairs (ADECA) initiatives, Alabama Industrial Development Training (AIDT) updates, generational change in economic development, CONNEX Marketplace, the First Solar project, and more.

Pictured above on the left is part of the NARCOG Director team - Joey Hester, Kim Dove, and Robby Cantrell - as well as Tabitha Pace, President/CEO of The Industrial

Development Board of Lawrence County. Pace was instrumental in bringing the First Solar project to Lawrence County. Pace comments that "this project - this company - will have a tremendous impact on our economy and our region. Everyone on our team, the Savills team, the First Solar team, all have worked diligently for this project."

This project will bring 715 new jobs to Lawrence County, which is a big deal after the International Paper plant shut down years ago, affecting 1,100 jobs.

The NARCOG Planning and Development team was excited about the opportunity to work so closely with this project and help prepare the CDBG grant application for \$1.5 Million.

NARCOG also extends its congratulations to Senator Garland Gudger, State Senator of District Four (Cullman, Marion, and Winston Counties), for receiving a Legislator of the Year Award for working to bolster the state's business climate through economic development legislation.

Senator Gudger mentioned, "One of the keys to not only attracting industry, but to retaining job growth in Alabama, was the requirements companies must fulfill prior to receiving incentives.

The Game Plan (a four-part series of individual economic development bills) carries over previous restrictions, which require companies to conduct business within the state for a full year and be able to show it had produced the promised amount of job creation before receiving its tax incentive.

"We want companies to stay in Alabama, and I think that is one of the reasons we possibly have the best economic incentive package in the nation."

NARCOG appreciates Pace's and Senator Gudger's diligent work to help grow economic development in Alabama. For more information on conferences, workshops, and general information about EDAA, please visit [edaa.org](http://edaa.org).



**New Hire - Erica Dillard**  
Grant and Economic Development Specialist

# Alabama Cares

Caregivers play a vital role in helping seniors and individuals with disabilities maintain their health and independence.

Alabama Cares, part of the National Family Caregiver Support Program, supports family caregivers with information, assistance, and resources to help them care for their aging or disabled loved ones.

The Alabama Cares program provides many services, including support groups for caregivers, respite services that offer temporary support to relieve family caregivers from their daily caregiver responsibilities, counseling with education and guidance, training, and more.



Renae Reynolds

There are three main groups of people who have access to these services. First, primary family caregivers of frail, older adults. Second, Older relative caregivers (not parents) caring for children 18 and younger with or without disabilities. Third, older relative caregivers and parents care for adults aged 19 to 59 with disabilities.

A person's income doesn't prevent them from receiving services; however, family caregivers with the most significant social and economic needs are considered when prioritizing services.

Recently, NARCOG has named a new Alabama Cares Coordinator. Renae Reynolds, initially a NARCOG Case Manager, has been promoted to this position and is currently training under the previous coordinator, Dana Dobson.

"I am excited to start my new position, and I am looking forward to working with the community. One of my goals is to make the community more aware of the Alabama Cares Program. The mantra that I live by is 'Love is spoken here. Care is given here, and we are all in this together,'" states Reynolds.

NARCOG wishes Reynolds the best in her new position and is excited to see her grow.

# Halloween Celebrations

As cooler weather approaches, fun fall activities will be in full swing.

NARCOG is currently planning Halloween celebrations for our 22 senior centers in Cullman, Lawrence, and Morgan County.

There will be two separate spooktacular events, one for Cullman County and one for Morgan and Lawrence County. This is to help with crowding and meal head counts.

The Cullman County "Creepy Cookout" will be on October 19 from 9 AM - 12 PM at the Active Adult Center in Cullman. Sheriff Matt Gentry and the Cullman County Commission on Aging will

be providing a cookout lunch for their seniors.

The Morgan and Lawrence "Bad to the Bone Shindig" will be on October 25 from 9 AM - 12 PM at the Sparkman Civic Center in Hartselle. Picnic lunches by TRIO meals will be available.

Both celebrations will have trick-or-treat vendors, Bingo, and costume contests with prizes.

Any organization interested in being a vendor should contact Kylie Bolyard at 256-606-4352 or kbolyard@narcog.org.

Seniors interested in attending should contact their local senior center to sign up by September 26.

Thursday, October 19, 2023 | 9AM - 12PM  
at the Cullman Active Adult Center

Are you 55 years or older?  
Come sink your fangs in at the NARCOG

## HALLOWEEN CREEPY COOKOUT

Cullman COA and Sheriff Matt Gentry  
will be providing a cookout lunch

**COSTUME CONTESTS | GAMES  
TRICK-OR-TREAT VENDORS**

RSVP to your Center Manager by  
October 10, 2023. Part-time centers can  
RSVP to Cullman COA.

Are you 55 years or older?  
Come have skele-fun at the NARCOG

## Bad to the Bone Shindig

Wednesday, October 25, 2023 | 9 AM - 12 PM  
at the Sparkman Civic Center in Hartselle

**COSTUME CONTESTS | GAMES  
TRICK-OR-TREAT VENDORS | LUNCH PROVIDED**

RSVP to your Center Manager by September 26, 2023