

## Upcoming Events

Career & Workforce Expo  
**DATE:** February 6  
**LOCATION:** Decatur, AL

Fraud Seminar  
**DATE:** April 25  
**LOCATION:** Cullman Senior Center

Older Americans Month Luau  
**DATE:** May 15  
**LOCATION:** Decatur, AL

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# Senior Farmers Market Nutrition Program



The Senior Farmers Market Nutrition Program (SFMNP) applications are now open! SFMNP is a valuable program offering eligible seniors the opportunity to purchase fresh produce from local farmers' markets. This program allows seniors to acquire fresh fruits, vegetables, cut herbs, and locally harvested honey.

Participating seniors will receive a one-time benefit worth \$50, which can be utilized across

multiple visits until the balance reaches zero. The yearly, one-time \$50 benefit is added to a reloadable card, similar to a debit card. If possible, reapplying seniors are encouraged to have their benefit cards from the previous year on hand. It's important to note that the benefit card is exclusive to farmers' markets and cannot be redeemed at commercial grocery stores.

This program operates on a

## Senior Farmers Market Nutrition Program Requirements

60 years of age or older

\$2,248 mo. - Household of 1  
\$3,041 mo. - Household of 2  
\$3,833 mo. - Household of 3  
\$4,625 mo. - Household of 4  
\$5,419 mo. - Household of 5  
\$6,210 mo. - Household of 6

first-come, first-served basis, so it is crucial to submit applications promptly. The application window will remain open until the funds are completely distributed.

If you need assistance with the application process, don't hesitate to contact the NARCOG Aging and Disability Resource Center at 256-355-4515. We're here to help ensure eligible seniors can fully utilize this beneficial program.

# Career Expos and Job Fairs

NARCOG recognizes the importance of promoting career readiness among high school students and transparency in the job-hunting process. We actively seek opportunities to engage with the community and share information about available positions and career paths, whether to students or the public.

This week, NARCOG had the privilege of participating in the Hartselle High School Finding Your Future Career Fair. The event saw an impressive turnout, with over 50 organizations and 400 students in attendance, highlighting the enthusiasm for

exploring future career possibilities.

Looking ahead, NARCOG is gearing up for more community engagements. In the upcoming months, we are excited to participate in the 2024 Career and Workforce Expo on February 6, the Falkville High School Career Fair on March 22, and the PACT Hand-In-Hand Career Fair on April 19. These events provide valuable platforms for connecting with students and job seekers.

NARCOG remains committed to playing an active role in shaping the career readiness

landscape for high school students and promoting jobs to the public, ensuring they are well-informed and prepared for future opportunities.



**Robby Cantrell | Executive Director**

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# Enjoy Retirement, Courtney!

After ten years of dedicated service, our cherished Case Manager, Courtney Taylor, is retiring, leaving a legacy of compassion and positive change.

Deborah Wilson, Medicaid Waiver Division Manager, commented, "Courtney was always willing to help with anything for the clients or the agency. She would search until she found a resource to address a need identified by the client, even to get gravel delivered and the road fixed for one client. Courtney was always positive and established a good rapport with her clients. She was great at doing initial assessments, but she loved her clients and would not move to that role full-time. Courtney truly

made a difference in the lives of her co-workers and the individuals she encountered as a Medicaid Waiver Case Manager."

NARCOG celebrated Courtney's retirement on January 26 with family and colleagues. We wish her a happy retirement, and we will miss her dearly!



**New Hire - Kristy Parkerson**  
Transit Dispatcher/Scheduler

## Planning Department Events and Deadlines

**January 29, 2024 -  
January 31, 2024**  
EDAA Winter Conference

**January 30, 2024**  
Getting the Grant Workshop

**January 31, 2024**  
Alabama LDD Training

**February 2, 2024**  
Rebuild Alabama Act (RAA)  
Grant 2024 Application Dead-  
line

**February 26, 2024 -  
February 28, 2024**  
Tennessee Riverline Summit

# 2024 Washington Update

NARCOG Directors recently attended the Decatur-Morgan County Chamber of Commerce's 2024 Washington Update, held at the DoubleTree by Hilton on January 23. This informative session explored Alabama's advancements and prospects across critical domains such as education, economic development, infrastructure, and more, all within the context of the business community.

Morgan County Commission Chairman Ray Long introduced Congressman Dale Strong to the sizable audience. Wade Weaver took on the moderator role, asking Congressman Strong about a dozen questions.

The discussion spanned various

topics, ranging from Congressman Strong's inaugural year in office to pressing local and national issues. These included discussions on constructing a second Tennessee River bridge, foreign policy considerations, and immigration matters following Congressman Strong's recent visit to the U.S.-Mexico border.

This update provided valuable insights into the current state of affairs. It facilitated an open dialogue between community leaders, fostering a deeper understanding of the challenges and opportunities ahead. NARCOG remains committed to staying abreast of such developments and attending discussions that shape the trajectory of our community.



### January Anniversaries

**Tammy Street**  
ADRC Coordinator  
2 years of service

**Melanie Wilson**  
Ombudsman  
2 years of service

**Heather Lee**  
Personal Choices Counselor  
3 years of service

**Jeffrey Adams**  
Aging Program Admin  
3 years of service

**Dee Tucker**  
Transit Program Admin  
4 years of service

**Deborah Wilson**  
Medicaid Waiver Division  
Manager  
10 years of service

**Sandra Coleman**  
Receptionist  
11 years of service

**Stephanie King**  
SenioRx Coordinator  
16 years of service

# Current Job Opportunities

NARCOG is currently looking for Part-Time Drivers and a Transportation Operations Manager for the Transit Office.

Part-Time Drivers will provide public transportation services for individuals in the Decatur area. The position is responsible for the safe operation of NARGOG Transit vehicles and transporting passengers over a specified route to local and distant points according to transit schedules. Responsibilities include picking up passengers in Decatur and transporting them to requested locations in Decatur, assisting wheelchair passengers on

and off vehicle lifts, securement of wheelchair or motorized chair passengers, pushing and lifting wheelchairs when necessary, and carrying a passenger’s medical equipment.

The Transportation Operations Manager plans and directs the operations of NARGOG Transit by providing safe and reliable transportation to the citizens of the service area. This employee will assist with grant applications and the annual budget, manage personnel matters, negotiate services, and arrange for vehicles to be maintained and repaired. This position also

monitors the execution of public transportation, contract routes, and demand response routes that provide transportation for low-income individuals and individuals with disabilities.

More information on pay, hours, benefits, and other responsibilities can be found on Indeed or at <https://www.narvog.org/who-we-are/career-opportunities>. Please call our Human Resources Generalist at 256-355-4515 if you have any questions or concerns.

# A Gateway to Active Living

NARCOG believes in fostering a healthy, active lifestyle for individuals of all ages, especially older adults. Our Wellness Programs cater to individuals aged 60 and older, and the best part is that they are all offered at no cost!

Every Tuesday and Wednesday at 9 AM, Turner-Surles Community Center hosts Bingocize, a unique blend of Bingo and fall prevention exercises. Participants can look forward to light, innovative fitness and stretching while enjoying time with friends. The excitement doesn’t end

there – everyone leaves a winner, with Bingocize prizes ranging from food and drinks to toiletries, décor, and more.

For those seeking a comprehensive approach to addressing arthritis-related concerns, the Arthritis Foundation Exercise Program (AFEP) is the perfect fit. Held every Monday and Wednesday at 10 AM at the Aquadome in Decatur, AFEP focuses on reducing pain and stiffness, building joint strength, increasing energy levels, and preventing potential health issues.

NARCOG works to promote a healthier and more connected community, and these programs do just that. Bingocize and AFEP create spaces where individuals can thrive both physically and socially.

Aquatic classes are expected to start back in the spring and will be announced on Facebook and our website.

Individuals with questions or concerns can call Stephanie King at 256-355-4515, ext. 247, or email [sking@narvog.org](mailto:sking@narvog.org).

