

Upcoming Events

EDAA Summer Conference

DATE: July 30 - August 2
LOCATION: Point Clear, AL
INFO: edaa.org

SE4A Conference

DATE: August 27-August 30
LOCATION: Asheville, North Carolina

Annual AARC Conference

DATE: October 8-October 11
LOCATION: Orange Beach

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2023 Masters Games Competition



Over the month of June, adults 50 and older participated in the District Events of the Masters Games of Alabama. Masters Games of Alabama is a non-profit organization dedicated to promoting healthy lifestyles through social and physical activities.

These games provide older adults days of fun and fellowship, with a sprinkle of competition.

District Two events invited older adults from Cullman, DeKalb, Jackson, Lawrence, Limestone, Madison, Marshall, and Morgan Counties to play

recreational games. Registration was required by May 30 to begin competing on June 14.

Games included Domino doubles, Domino singles, basketball free throw, cornhole, pickleball doubles, pickleball mixed doubles, softball throw, shuffleboard, Nerf throw, frisbee throw, Rook, table tennis, bowling, billiards, 5k walk/run, 3-on-3 basketball, golf singles, and 2-man scramble.

Masters Games offers many game options to include anyone who wants to attend while also splitting people up into age ranges for fair competition. All

events are split into nine age groups, each containing up to a five-year age difference (i.e., 50-54, 55-59, etc.). In partnered events, the age of the younger player is the age group you will play in.

Each event received first, second, and third-place players. Players who place have an opportunity to play at the State Games in October.

NARCOG celebrates older adults getting up and active, and values getting to partner with like-minded agencies to help run District Events of the Masters Games of Alabama.

Lawrence County Awarded \$1.5 Million

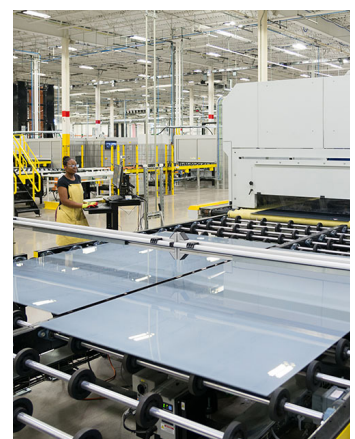
Lawrence County has been awarded \$1.5 million in Community Development Block Grant (CDBG) funds to support a solar energy project by Governor Kay Ivey.

First Solar Inc. will produce solar panels and create 715 jobs for Lawrence County. The CDBG funds will help provide infrastructure along with sewer, water, and street improvements to the Mallard Fox West Industrial Complex, where the plant will be constructed.

Alabama Department of Economic and Community Affairs (ADECA)

Director Kenneth Boswell said, "ADECA is pleased to join Gov. Ivey in support of this project which will have a tremendous impact in north Alabama and particularly Lawrence County, which suffered a severe blow several years ago when one of its largest employers, International Paper Co. plant, shutdown."

The NARCOG Planning and Economic Development team helped prepare the grant application, while ADECA will administer the funds. The plant is expected to begin solar panel production in 2025.



Robby Cantrell | Executive Director

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TRIO Wins Senior Meals Contract

The Elderly Nutrition Program (ENP), supported by the Alabama Department of Senior Services (ADSS), provides adults 60 and older with nutritious meals at their local senior center. Homebound individuals may be eligible for a meal delivery program. ENP offers hot, healthy lunch Monday through Friday, apart from holidays, at no cost.

Starting July 1, 2023, TRIO Community Meals (TRIO) will begin a five-year contract to provide meals to approximately 330 senior centers around Alabama. In Cullman, Lawrence, and Morgan County, they are currently 22 senior centers that will enjoy TRIO meals.

TRIO is an Elior North America company with over 50 years of experience providing meals. TRIO de-

livers over 2.5 million meals weekly throughout the United States.

In Fiscal Year 2022, more than 5 million congregate, curbside, and home-delivered meals were provided throughout Alabama.

ADSS Commissioner Jean Brown commented that “this contract is the result of months of planning and development by ADSS staff who are mindful that our partnership with TRIO will ensure that senior meals are tasty, nutritionally balanced, and wholesome.

“The importance of the ENP can’t be overstated. In some cases, it may provide the only balanced meal a senior eats that day. Those meals are also an essential part of allowing seniors to stay in their homes.”

NARCOG looks forward to work-

ing closely with TRIO to give older adults in the Region delicious, nutritious meals.



June Anniversaries

Sheree Tanksley
Program Admin Med Waiver
1 year of service

Tammy Madison
Personal Choices Case Manager
2 years of service

Leslie Flores
Case Manager
5 years of service

Julie Nalbach
Case Manager
5 years of service

Joey Hester
Director of Planning
17 years of service

Zip Line Business Opens With Help From USDA-RBEG Loan Funds



As Cullman County grows, new attractions are needed to engage the population and invite tourism.

Smith Lake Zip Line Adventures is a new zip line tour business conveniently located near the Smith Lake Park and Pool and the Smith Park Boat Launch. This is a prime location, given that it already sees significant foot traffic. Smith Lake

Zip Line Adventures was built by American Adventure Park Systems, a company with a “proven track record of constructing safety first, high adrenaline and experience centered aerial adventure parks.”

NARCOG was able to help provide a loan through the U.S. Department of Agriculture Rural Business Enterprise Grant (USDA-RBEG) funds.

These loan funds are specifically used for the rural counties of Morgan, Lawrence, and Cullman.

Smith Lake Zip Line Adventures officially held its Grand Opening on June 2 with the Cullman Area Chamber of Commerce and Visitor Center Ambassadors. Visit their website at <https://www.smithlakezipline.com>.

Past and Upcoming Aging Events

NARCOG has been busy attending and planning health fairs, hosting wellness programs, and developing new outreach tactics.

On June 10, NARCOG attended a Community Health Fair at R.A Hubbard High School hosted by Alpha Kappa Alpha Sorority, Inc. Phi Upsilon Omega Chapter. This health event focused on various types of health, including physical, mental, and financial. Sponsors were invited to share their knowledge with participants and how to better care for themselves and their families.

On July 21, NARCOG is cohosting a health fair for Morgan Coun-

ty seniors. Morgan County senior centers have made wish lists of items they need in their center, such as games, snacks, furniture, and more. Exhibitor and sponsor fees will help fulfill the wish lists, with the remaining funds benefiting the NARCOG Foundation.

Stephanie King, the NARCOG Wellness Coordinator, is still hosting wellness programs. The Aquatics Class meets on Wednesday at 10:15 AM at the Aquadome Center in Decatur. Bingocize, a combination of Bingo and gentle exercise, is hosted at the Turner-Surles Community Center every Monday and Tuesday at 9:30

AM. Both programs offer easy, effective activities to integrate into your everyday lives. The Aquatics Class and Bingocize are both open to the public and free. Call Stephanie King at 256-355-4515, ext. 247, with any questions or for more information.



Senior Community Service Employment Program

The primary mission of NARCOG is to positively impact people and communities. NARCOG partners with the Center of Workforce Inclusion to provide work through the Senior Community Service Employment Program (SCSEP).

Authorized by the Older Americans Act, SCSEP provides on-the-job training to people 55 and older with incomes at or below 125% of the federal poverty level. This is a work-based job training program for older Americans, helping them build skills and confidence to begin searching for employ-

ment outside of SCSEP.

Participant's assignments are coordinated with a public facility or non-profit 501(c)(3) agency such as schools, libraries, museums, and senior centers.

SCSEP participants receive paid training for approximately 19 hours a week at the highest rate of federal, state, or local minimum wage. They receive on-the-job training, learn new skills, update previous skills, and get work experience that prepares them to reenter the workforce.

"The SCSEP Program can help

our older adults regain their confidence, give them a daily purpose by allowing them to get out of the home environment, gain or refresh work skills and make new friends along the way. The pay may sometimes seem minimal to others but can be a monumental help to those in a time of need," SCSEP Coordinator Daffney Harris remarks.

Individuals in Cullman, Lawrence, and Morgan County interested in SCSEP should contact Harris at 256-355-4515, ext. 226, or email dharris@narcog.org with

any questions or for more information.



Daffney Harris

Planning Department Events and Deadlines

July 10, 2023 - July 13, 2023

Auburn EDA University Center/ Intensive Economic Development Training Course Week 1

July 19, 2023 - July 21, 2023

Alabama Transportation Planners Association (ATPA)

July 24, 2023

Community Development Block Grant (CDBG) Grant Application Submission Deadline

July 29, 2023 - August 3, 2023

Economic Development Association of Alabama (EDAA) Summer Conference

September 11, 2023 -

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

Hospital to Home Transition

NARCOG recently added a new position under the Medicaid Waiver Program, a Hospital to Home (H2H) Transition Coordinator. Brittany Yarbrough, initially a NARCOG Case Manager, was promoted to the H2H Transition Coordinator position.

The goal of the H2H program is to help older adults and individuals with disabilities return to the community and remain in the community safely while reducing long-term placement and re-hospitalization.

The primary responsibilities of this job include:

- Working with acute care facilities, Aging and Disability Resource Centers, and other community-based organizations to help with transitions.
- Enrolling eligible individuals admitted to an acute care facility and helping them return to their homes with Medicaid

Waiver services.

• Public outreach to individuals unaware of this program.

"I am very excited and honored to help build this program with NARCOG and provide services to the communities we serve," Yarbrough said. "I believe this program can, and will, benefit the individuals in Cullman, Lawrence, and Morgan counties. I look forward to serving these populations of the elderly and disabled and helping these individuals have their needs met while living safely in the community among family and friends."

Eligibility for this program requires full Alabama Medicaid coverage, being medically eligible for long-term care placement, not receiving Home and Community-Based Services (HCBS) through a waiver program, having safe and affordable housing to return to, and having a willing

and able caregiver. H2H services begin as soon as the qualifying individual is discharged home and are life-long as long as they remain eligible.

The H2H program is officially accepting referrals. Contact Yarbrough at 256-355-4515, ext. 425, with any questions or for more information.



Brittany Yarbrough

Senior Centers to Receive New Picnic Tables

Outdoor tables and seating can be beneficial in various situations. They can provide a place to picnic, relax, talk with friends, do a messy craft, or rest when over-exerted.

NARCOG is in the process of

providing eight-foot picnic tables to all 22 senior centers in our Region to promote outdoor time and increase attendance.

North-central Alabama has many nice weather days throughout the year, especially

in the spring and fall. Although there are plenty of reasons why adding picnic tables to a public facility is a good idea, just sitting in the sun has benefits. Getting just 30 minutes of sun daily can improve your Vitamin D produc-

tion, reduce stress, strengthen your immune system, and more!

NARCOG hopes the attendees of the senior centers enjoy the outdoor picnic tables.