

### Upcoming Events

<https://www.narcog.org/news-meetings-events/meetings-events>

Hartselle Health Fair

**DATE:** July 19

**LOCATION:** Hartselle, AL

CSPC Meeting

**DATE:** July 25

**LOCATION:** Decatur, AL

Cornhole Baseball Tournament

**DATE:** July 26

**LOCATION:** Cullman, AL

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## Tennessee RiverLine Team Visits Lawrence County!



The Tennessee RiverLine Team officially visited Lawrence County for the first time on June 25th for a Windshield Tour and Local Leadership Team Workshop. Last year, Lawrence County was selected to participate in the RiverTown program and joins the ranks of neighboring Decatur and the Shoals. The Windshield Tour departed from the Courtland Train Depot at 9AM to drive along with the Tennessee River to familiarize themselves with the area and scout out potential project sites. Sites visited included the Beyonder Getaway on Wheeler Lake, Lock A Park, Spring Creek, Mallard Creek, Joe Wheeler State Park and Dam, and Doublehead. After a fun filled tour for the river and valley, everyone reconvened at the historic Courtland Train Depot and Community

Center at noon for a catered lunch before the Workshop. The Local Leadership Team Workshop was then held from 1-4PM. It was an educational and interactive workshop facilitated by the Tennessee RiverLine Team to orientate the Local Leadership Team to both the RiverLine organization and the RiverTown program. The agenda included the Tennessee RiverLine Initiative and Vision Overview, a Strengths, Weaknesses, and Opportunities (SWO) exercise, SWO review and analysis, SMART Goal visioning, and next steps and timelines. The workshop was very informative and provided an opportunity for local input, brainstorming, and idea sharing between everyone. NARCOG is excited to be a part of this incredible opportunity for Lawrence County,

and we can't wait for it to kick into high gear soon! Stay tuned for future events!



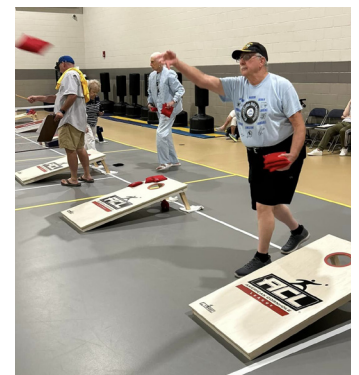
## 2024 District Two Masters Games

The Alabama Masters Games is a celebrated multi-sport event that brings together senior athletes from across the state to compete, stay active, and socialize. Older adults in the North Alabama region are currently playing district games to qualify for state.

Established to promote physical fitness and healthy competition among older adults, the games offer diverse activities de-

signed to challenge participants. The event is part of the broader National Senior Games Association, which promotes similar events across the United States.

By providing a platform for seniors to engage in athletic competition, the Masters Games aims to improve the quality of life for older adults, fostering a sense of community and camaraderie.



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# 2024 Chamber of Commerce Legislative Update

On June 4, the Chamber hosted nearly 200 attendees at the 2024 Legislative Update, including NARCOG Directors. This event provided a valuable platform for the business community to engage with the Morgan County Delegation and discuss the most recent legislative session in Montgomery. The forum covered topics such as healthcare, education, workforce development, and upcoming projects in Deca-

tur and Morgan County. Special thanks to Senator Arthur Orr, Representative Terri Collins, Representative Parker Moore, and Representative Scott Stadthagen for their participation and to Wade Weaver, general manager of Adams Beverages and chair of the Chamber's Public Policy Committee, for moderating the event.

The Chamber's active public policy committee advocates for

legislation that fosters a healthy business community. Part of this effort involves developing our public policy agenda, with input from our members, which serves as a guideline for the Chamber's positions on various policy issues.

NARCOG appreciates being able to attend this update and stay connected to Montgomery.



# NARCOG Public Hearings Recap



The NARCOG Area Agency on Aging held two public hearings in Hartselle, Morgan County, and Moulton, Lawrence County, to discuss the development of the new Area Aging Plan.

This Area Plan on Aging will be compiled with input and guidance from the Alabama Department of Senior Services, NARCOG staff,

public and private partners, and the public at large to ensure that NARCOG Area Agency on Aging can continue to care for those in need, especially the most vulnerable in our three-county region. The plan is formulated to better serve older adults, veterans, and those with disabilities in the region.

The public hearings covered

topics such as nutrition, caregiver support, transportation and accessibility, senior center engagement, and more. NARCOG Director of Aging Justin Graves noted all comments. The new Area Plan on Aging will serve as a guideline for the years 2026-2029.

## June Anniversaries

**Amy Proctor**  
Case Manager  
1 year of service

**Sheree Tanksley**  
Program Admin Assistant  
2 years of service

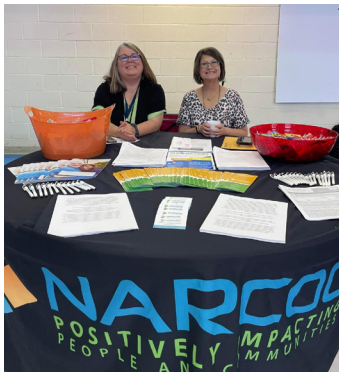
**Tammy Ryberg**  
Personal Choices Case Manager  
3 years of service

**Leslie Flores**  
Case Manager  
6 years of service

**Julie Nalbach**  
Case Manager  
6 years of service

**Joey Hester**  
Director of Planning  
18 years of service

# Successful Lawrence County Job Fair



Lawrence County Community of Churches recognized a need for its citizens and created the first-ever Lawrence County Job Fair. This event was a huge success, with over 40 companies in attendance, including NARCOG, First Solar, Nucor Steel, Walmart, Lockheed Martin, Joe Wheeler, and many more.

Ron Mercer, co-organizer of this event, said, "[We had] people there to help veterans, [we had]

people there to help review resumes before people approach employers, [we had] separate rooms so that employers can conduct interviews there and offer people jobs on the spot, [we had] employers who offer second chance jobs, and [we had] organizations sponsored by the State of Alabama that offer free training for various trades like driving a bulldozer or driving a backhoe."

Over 2,000 people were in attendance between 10 AM and 6 PM.

NARCOG took applications for full-time Case Managers and part-time Transit Drivers. We hope this will be an annual event benefiting the lives of Lawrence County citizens.

### Planning Department Events and Deadlines

**July 30, 2024-August 1, 2024**

NADO National Regional Transportation Conference

**July 21, 2024 - July 24, 2024**

Economic Development Association of Alabama (EDAA) Summer Conference

**September 4, 2024-September 5, 2024**

Appalachian Regional Commission (ARC) 2024 Annual Conference Chattanooga, TN

**October 16, 2024 - October 18, 2024**

Annual Alabama/Mississippi Joint Chapter American Planning Association Fall Conference

# Congratulations On Retirement!

We recently celebrated the retirements of three esteemed colleagues, marking the end of their remarkable careers and the beginning of a well-deserved new chapter. Each retiree has made significant contributions to our organization.

Wayne Moseley and David Bass both retired from the Transit Department after eight years of service. We know the public will

miss seeing their smiling faces on their bus routes. Deborah Wilson, former Medicaid Waiver Division Manager, retired after ten years of service. Their combined years of service and achievements have left a lasting impact on our workplace, and we are deeply grateful for their hard work and dedication.

Director of Administration Kim Dove comments, "Heartfelt con-

gratulations and best wishes to David, Deborah, and Wayne in their new chapter. We are so proud of their work and the positive impact they have made in our communities. They have truly made a difference and will be missed."

As we bid them farewell, we celebrate their accomplishments and wish them all the best in their future endeavors.



David Bass



Deborah Wilson



Wayne Moseley

# July Upcoming Events and Meetings

NARCOG has been busy this month with public hearings, Masters Games, and job fairs. July will prove to be just as busy.

On July 19, NARCOG will be exhibiting at the Hartselle Heath Fair at the Sparkman Civic Center from 9 AM to 11 AM. This health fair benefits senior centers in

Morgan County, using sponsorship funds to pay for wish list items such as games, exercise equipment, printers, bookcases, and more.

On July 25, the Community Service Planning Committee will be meeting at the NARCOG main office at 216 Jackson Street SE,

Decatur, AL 35601, at 9 AM. This meeting is open to individuals involved with public agencies, non-profits, churches, etc. The purpose of this meeting is to share community resources.

On July 26, several team members will travel down to Cullman to help with the Cornhole Base-

ball Tournament. This event is hosted by the Cullman Commission on Aging and is open to individuals who participate at full-time senior centers.

To view future events, take a look at our Meetings and Events tab on our website.

# FROM PAGE 1: District Two Masters Games



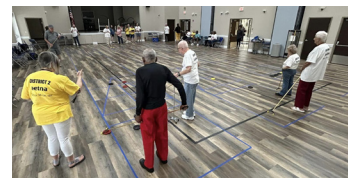
NARCOG Wellness Coordinator Stephanie King comments, "This is an event dedicated to promoting healthy lifestyles for active adults ages 50 and older through social, mental, and physical activities. It's important for older adults to live a healthier lifestyle and keep as much mobility as possible. The games provide a competitive atmosphere, broken up into

age groups, while also offering fun and fellowship among the participants."

The age groups range over several years, from 50 to 99. Some age groups have more participants, which means more competition for first, second, and third place. The district games winners, who have demonstrated their skill and dedication, will move on to

the state games in October.

The Alabama Masters Games are organized by a dedicated team of volunteers and supported by various local organizations, sponsors, and the National Senior Games Association. This collaborative effort ensures that the event runs smoothly and continues to grow in popularity and participation each year.



The North Central Alabama Regional Council of Governments, or NARCOG, is your local elected officials and community leaders working together to make your community a better place to live, work, play, and do business. The compassionate team at NARCOG is continuously searching for new ways to positively impact the quality of life for individuals and the vibrancy and livability of communities with the three-county region of Cullman, Lawrence, and Morgan Counties.

## AGING SERVICES

The Area Agency on Aging is part of a nationwide network of aging services under the direction of the U.S. Administration for Community Living and is funded through the Alabama Department of Senior Services (ADSS). This partnership with ADSS, working under the authority of the Older Americans Act, is to plan and carry out a comprehensive, coordinated service delivery system to address the needs of people over 60, or persons with disabilities of any age, and help them maintain their independence. Services include:

- In-Home Services
- Prescription Drug Coverage
- Caregiver Support
- Long-Term Care Advocacy
- Senior Legal Assistance
- Senior Employment (55+)
- Food Assistance
- Nutrition Options
- Health Promotion Activities
- Wellness Programs
- Medicare and Medicaid Counseling
- Hospital-to-Home Transitions
- Referral Help and Support Services (any age)
- Fraud Prevention
- Home and Community Based Services

## IMPACT GIVING

The NARCOG Foundation is a 501(c)(3) non-profit that assists older adults or disabled clients to meet the unmet needs of other programs or services. 100% of the funds or items donated are used for client assistance. The Foundation can help retrofit homes, including wheelchair ramps, steps, handrails, grab bars, purchase AC and heat resources, and provide batteries for a power scooter with monetary donations. Several different types of donations are accepted, including:

- Monetary donations
- Cleaning Supplies
- Personal Hygiene Items
- Canned or Shelf-Stable Food
- Kleenex
- Bath Tissue
- Incontinence Supplies
- Mobility Aids
- Adult Diapers
- Group and Individual Volunteering

## PLANNING SERVICES

The NARCOG Planning Department provides community and economic development planning services for our member governments and municipalities. These services support developmental efforts in our three-county region. Services include:

- Comprehensive Planning
- Development Planning
- Recovery Planning
- Downtown & Corridor Planning
- Zoning Ordinances
- Geographic Information System (GIS) Mapping
- Grant Technical Assistance
- Urban Design Solutions
- Subdivision Regulations
- Creating Comprehensive Economic Development Strategy (CEDS)

## PUBLIC TRANSPORTATION

The NARCOG Transit Agency operates an urban public transportation system within the Decatur Urban Area. The purpose of this service is to provide mobility opportunities to individuals of all ages and abilities in collaboration with the City of Decatur and the Federal Transit Administration.

- Call 256-580-2088 to schedule a ride at least 24 hours in advance
- Wheelchair-accessible vehicles are available
- Each one-way ride costs \$2
- Connect Cards (prepaid punch cards) can be purchased at the main office or on a transit vehicle for \$20
- Ride Operations are Monday through Friday from 7 AM to 5 PM
- Ride Scheduling is Monday through Friday from 7:30 AM to 4 PM

## BUSINESS LOAN FINANCING

The NARCOG Accelerate Business Growth Fund is a local lending resource to support business start-ups, or expansions that result in job creation, leverage private sector investment, and reduce unemployment in Cullman, Lawrence, or Morgan Counties.

- Traditional or Microloan Funding Options
- Competitive Interest Rates
- Business financing used to purchase or renovate real estate, machinery, equipment, inventory, or working capital
- Business loan requirements must be met for consideration
- Loan amounts from \$10,000 to \$250,000