



footnotes

Quarterly Newsletter / September 2011

Healthcare for the Homeless Worker Wins Award

Normally once a student has graduated college, they have about six months before they begin paying their student loans. However, it is possible to have some or all of student loans forgiven and it usually involves trading time in a variety of different ways.

KRFDC employee Lisa Caldwell, who works as the Nurse Practitioner/Clinical Director for the Healthcare for the Homeless (HCH) program in Estill and Powell counties, was encouraged to apply for a program that would forgive her student debt.

Supported by family, friends and coworkers Lisa joined the National Health Service Corps (NHSC) and applied for financial assistance through the NHSC Loan Repayment Program.

The NHSC is a network of 8,000 primary health care professionals and 10,000 sites working in underserved communities across the country. The NHSC helps Health Professional Shortage Areas (HPSAs) in the U.S. get the medical, dental, and mental health providers they need to meet a tremendous need for health care. The NHSC Loan Repayment Program offers \$60,000 to eligible participants to repay student loans in exchange for two years serving in a community-based site in a high-need HPSA that has been approved by the NHSC as a service site.

About half of Corps members serve in federally-supported health centers. Other approved sites are rural and Indian Health Service clinics, public health department clinics, hospital-affiliated primary care practices, managed care networks, prisons, and U.S. Immigration and Customs Enforcement sites.

A few months after she applied, Lisa received the good news that she was

selected to receive \$60,000 to repay her student loans. "It is just like winning the lottery, twice," said Caldwell. "Not only have I landed the most suitable employment opportunity for me as I always wanted to work with the less fortunate, but I have also been blessed with having my student loans repaid. Without the assistance of the NHSC, it would have taken approximately eight years to repay the student loans."

Upon completion of her two year service commitment, Lisa may be eligible to apply for additional support for extended service which will satisfy her debt.

Lisa graduated from Indiana Wesleyan University in December 2010 with a Masters of Science in Nursing with a focus of Family Nurse Practitioner (FNP). During various stages of obtaining her education she assisted in different capacities at the HCH clinic. "I started as a volunteer nurse and also did clinicals throughout my bachelor's and master's programs," she said. She states she was "taken aback by the appreciation shown by most patients."

When asked why she chose healthcare, Lisa stated that she knew from a very young age that she wanted to make a difference in the lives of those who were less fortunate than she, especially those with chronic diseases. Her closest childhood friend suffered from cystic fibrosis. Not only was she moved by the courage that her friend showed throughout her illness but she was also impacted by the professional, caring and compassionate care that her healthcare team provided. This left such a positive impression on Lisa as a young girl.

When asked what moved her to work with the homeless population Lisa stated, "It is my belief that all persons, regardless of socioeconomic status, are worthy



Lisa Caldwell, HCH Nurse Practitioner/Clinical Director, recently received \$60,000 in financial assistance from the NHSC.

of and should be entitled to adequate healthcare access. As healthcare providers, we have a responsibility to offer health promotion, prevention, and protection before the disease is chronic in nature. We must acknowledge the needs of ALL persons while providing safe, effective, and holistic care. Working with this population gives me the opportunity to do just that."

According to Lisa, "the staff at KRFDC have been both welcoming and nurturing. Everyone takes pride in their work and we all have the same common goal in mind...quality, affordable healthcare for those in need."

In September, Lisa was provided with an all-expense paid trip to Denver to attend the NHSC Awardee Conference and accept her award. While at the
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New Health and Wellness Center to Open Doors Soon

Powell County residents will soon have more options for affordable health care. KRFDC will open its new Health and Wellness Center in October.

Since 2005, KRFDC has provided a wide array of health care and related services to Powell County and surrounding areas from a 40-foot mobile health clinic traveling between Powell and Estill counties. This program, Healthcare for the Homeless, or HCH, is currently constructing a permanent building that will be built on the corner of Ninth Street and Eleventh Avenue in Clay City.

Funded by the U.S. Department of Health and Human Services, the HCH program takes medical care out of the traditional hospital-based setting and brings it to a population in need of health services. This new facility is being built with Construction Improvement Project funding through the American Recovery and Reinvestment Act (ARRA), commonly referred to as the "stimulus plan." KRFDC received \$309,000 to build this new facility and will continue to receive yearly operational funding to provide program services.

"Although the Healthcare for the Homeless program also serves Estill County, the majority of the program's patients are from Powell County," said Jodie Brandenburg, Chief Program Officer, who added that "we have just outgrown the mobile clinic that we used to start this program."

When the construction of the new clinic in Powell County is complete the mobile clinic will be moved to Estill County where outreach and primary care services will be provided on a part-time basis. Estill

County will also be served at the new clinic in Powell County.

The new, 3,000 square foot, facility will contribute to the improved efficiency and quality of care of the clinic by increasing its number of exam rooms from two to four which will reduce the wait for scheduled appointments.

Among the services that will be provided at the new clinic, as well as in Estill County, are health exams, immunizations, medications, and referrals. The program also offers mental health services, limited oral health screening and treatment, outreach, and other support services.

Persons or families must be homeless to receive care through the HCH program. An individual is considered homeless if he/she is without permanent housing (living on streets, in cars, temporarily staying with friends or other family members, or living in substandard housing). Families may also qualify if they are spending more than half of their income toward housing expenses (rent and utilities).

The program utilizes a sliding fee scale and assists patients with payment plans. The clinic also accepts Medicare and Medicaid and most private insurances.

The program will see patients without regard to ability to pay. Dental services may be provided to patients in need depending upon funding availability.

The new clinic will be open Monday through Thursday from 8 am-4:30 pm, with later hours available on Thursdays. The clinic will also be open on Friday from 8 am-noon and will serve eligible

patients from Powell and surrounding counties.

KRFDC will continue to offer a walk-in option for medical care without an appointment for new and established clinic patients. The Walk-In Clinic will be open every Tuesday from 8 am to 4:30 pm. Designed to treat the same types of acute health concerns that are seen at the health care clinic during regular business hours, the Walk-In Clinic provides care for urgent medical needs that do not require emergency treatment.

The location in Estill County is also a licensed as an Outpatient Substance Abuse Treatment Center where a part-time CADC (Certified Alcohol and Drug Counselor) conducts assessments and substance abuse counseling. The HCH also employs a LCSW (Licensed Clinical Social Worker) who is available to provide behavioral health counseling to HCH patients who require these services. Transportation is provided for patients in Powell County who need help making an appointment in Estill County.

A community open house for the new clinic is under development. More details on the open house and the opening date will be announced soon. For more information call 606/663-9011 or toll free at 1-866-774-5615. *Pictured below is an artist's rendering of the new clinic in Powell County.*



Unity Breakfast

The annual Madison County Unity Breakfast will take place on Saturday, October 1 from 9-11 a.m. at the Armed Forces Reserve Center located at 233 Battlefield Memorial Hwy. Sponsored by the Richmond Human Rights Commission, this event will provide a platform for special guest speakers, exchanges with people of diverse nationalities and cultural backgrounds. Dr. Aaron Thompson will be the featured speaker. Music and entertainment will be provided including song, dance, and miming. Area youth from the Children's Fellowship at First Baptist Church St. Francis and Madison Southern High School are scheduled to perform at the breakfast. Indian folk dance will also be demonstrated by local Indian-American children. This event is open and free to the public. RSVP to Sandra Añez Powell at 859/624-2046 or email at sandrapowell@foothillscap.org.

The News in Brief...

Staff & Board Transitions

Congratulations John Roden!! John is the new Director of the organization's Head Start and Early Head Start programs. Head Start helps economically disadvantaged children from birth to 5 years old develop educational and social skills. The program serves 940 children in Clark, Estill, Garrard, Jackson, Laurel, Madison, Powell and Rockcastle counties. John has 11 years experience working with children including serving as a Head Start teacher, center director, education coordinator, and preschool coordinator for the Clark County Public Schools. Before accepting the Director position, John was the Early Learning Mentor Program Coordinator/Associate Head Start Director. He is currently working on finalizing a Masters in Public Administration at Eastern Kentucky University.

On August 31st Eloise Mullins and Corrina Patrick retired from the agency. Eloise began her community action career in 1990 as an Instructor/Tutor for the New Beginnings Youth Program and was promoted shortly after to Estill County Outreach Coordinator. Corrina came on in 1999 as a Family Services Worker at the Clark County Head Start Center, a position that she held for nearly 12 years.

Terri Powell was hired as a Behavioral Health Specialist for the Healthcare for the Homeless program and Alen Windland joined our staff as Grants Writing Specialist.

KRFDC also welcomes Dr. Paula Maionchi to its Board of Directors. Dr. Maionchi has been with the Instant Care Center and Occupational Medicine Center since 1996 and has lived in and practiced medicine in Madison County for more than 30 years. She is a graduate of the University of Kentucky College of Medicine and the University of Kentucky College of Law. She is Board Certified in Internal Medicine and is a licensed attorney in Kentucky. She also serves on the Liberty Place Recovery Center for Women Community Advisory Committee; and is the immediate past Chair. Dr. Maionchi has been appointed to serve as a Board member representing the public sector by Madison County Judge Executive Kent Clark.

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conference she participated in classes that were geared toward the unique challenges of rural practice as well as behavioral health and primary care.

"I am truly striving to provide quality healthcare to the impoverished population that I serve and am deeply humbled by this award," said Caldwell. "I am so thankful!!"

Lisa is originally from Garrard County, but has made her home in Scott County. She has been happily married for 10 years to Mark Caldwell and they have one daughter, April, who like her mother has also chosen to work in the healthcare field.

Since 1970, NHSC has placed over 22,000 health professionals. More than 70 percent stay in their jobs after fulfilling their Corps obligation and more than 80 percent stay in the community in which they were placed. Nationwide, approximately 2,700 Corps program participants provide health care services to an estimated 4 million Americans.

The Promise of Community Action
Community Action changes people's lives,
embodies the spirit of hope, improves
communities, and makes America a better place
to live. We care about the entire community,
and we are dedicated to helping people help
themselves and each other.

Kentucky River Foothills
Development Council, Inc.



footnotes

Published quarterly by Kentucky River Foothills Development Council, Inc. KRFDC serves the residents of Clark, Estill, Madison, and Powell counties with some services in additional areas. Funding for this newsletter is provided by private and public sources including a Community Services Block Grant through the Cabinet for Health and Family Services and the Department for Community Based Services.

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Thirteen women recently completed the recovery program at Liberty Place Recovery Center for Women. To celebrate they were honored at a transitions ceremony on September 15th. Circuit Judge William Clouse was the guest speaker. KRFDC congratulates these women for their strength and determination to complete the recovery program and for their continued commitment to sobriety!! Pictured front row l-r: Stephanie W., Trudy G., Bethany E., Ashley K., and Sabrina M. Back row l-r: Amanda T., Samantha C., Natasha M., Christy M., Laurie V., Angela M., Judith R., and Shawna D.

Energy Assistance Begins Nov. 7

KRFDC will begin the "Subsidy" portion of the Low-Income Home Energy Assistance Program (LIHEAP) on Monday, November 7. LIHEAP provides financial assistance to income-eligible households with home heating costs through two programs: LIHEAP Subsidy (typically in November and December) and LIHEAP Crisis (typically January until the middle of March, or until all funds are expended). A third component to help with summer cooling costs may be offered when funds are available.

Both homeowners and renters who are responsible for their heating bills and have low or fixed incomes are eligible. Qualifying participants will receive an energy assistance voucher. Energy services include electric, gas, kerosene, propane or wood. Eligible participants do not need to have an unpaid energy bill or be out of fuel to receive energy assistance in the subsidy portion of this program. The benefit amount that each household receives will be based on its level of poverty and the type of fuel used for heating. All eligible households will receive a benefit until LIHEAP funds are fully depleted. Benefits will be made payable to the household's primary or secondary heating fuel vendor.

A household is considered to be eligible for energy assistance when the household meets the basic eligibility criteria. This criteria includes: (1) completion of an application, (2) is responsible for home energy costs, directly or as an undesignated portion of their rent; (3) have a combined household income, for the calendar month prior to the month of application, not in excess of 130% of the federal poverty level as listed in the Income Eligibility Guidelines; (4) live in Kentucky when the application is made and apply in the county of residence; and (5) not have liquid resources in excess of \$2,000 except when a household member has a catastrophic illness, in which case applicants may have as much as \$4,000 in liquid assets if those assets are used for medical and living expenses.

Applicants must bring the following information: Most recent heating bill, or verification that heating expenses are included in rent; Social Security cards, or Permanent Residence card (Green Card) for each member of household; picture identification card (driver's license or state identification card); and proof of all

household income from the preceding month.

Applications will be taken, alphabetically based on the first letter of the head of household's last name, Monday through Thursday from 8 a.m. – 4 p.m. at these locations:

Madison County: 123 Pine Street, Richmond, 859/623-6514

Clark County: 32 Meadow Lane, Winchester, 859/744-3235

Estill County: 209 Driver Drive, Irvine, 606/723-4492

Powell County: 70 7th Avenue, Suites D&E, Clay City, 606/663-2659

In Berea, applications will be taken on Nov 11, Nov 18, Dec 2, and Dec 9 from 8:30 a.m.-12:30 p.m. at the Russel Acton Folk Center located at 212 W Jefferson Street.

Applications will be taken through December 16, 2011.

Individuals who are unable to apply for themselves may send an authorized individual to apply for them. If this is the case, please contact the KRFDC office in advance. Interested energy customers can find out more how to apply for LIHEAP/heating assistance by contacting the Outreach Office in their County. If you are sick or have the flu, please call the Outreach Office first to make other arrangements.

When the crisis component begins in January, a household shall be considered to be in a home heating crisis situation when the household meets the basic LIHEAP eligibility criteria and (1) the household is within four (4) days of running out of fuel if bulk fuel (coal, fuel oil, propane, kerosene, or wood) is the heat source; (2) the household has received a past due/disconnect notice if natural gas or electric is the heat source; or (3) the household's home heating costs are included as an undesignated portion of the rent, and the household has received an eviction notice for non-payment of rent from the landlord.

LIHEAP is a statewide initiative sponsored by Community Action Kentucky in partnership with the Cabinet for Health and Family Services (CHFS). The U.S. Department for Health and Human Services appropriates funding to Kentucky through the CHFS, which contracts with Community Action Agencies across the state to receive LIHEAP applications and provide recipient benefits.



SAVE THE DATE!!
Mujeres Unidas (United Women)
invites you to:

Fiesta Latina

Celebrating the Hispanic Outreach
Program's 10 Year Anniversary!!

Saturday, October 22
location TBD
Richmond

Featuring great music, dancing
and a silent auction.

For more information contact
Sandra Añez Powell at
sandrapowell@foothillscap.org
or 859/ 624-2046, extension 222.

You're Invited to the 4th Annual
Holiday Tea Benefiting Liberty
Place Recovery Center for Women

Saturday, November 12
1:30-3:30 p.m.
218 Lake Street, Richmond

Enjoy a relaxing tea, complete with
sandwiches, scones, and tea cakes.
This event will feature a traditional
afternoon tea, decorated table auction,
silent auction and vintage tea shoppe.

Dave Baker, sports anchor, reporter and
account executive at WKYT-TV, will serve
as this year's event Emcee/Auctioneer.
During the tea a Program Graduate will
speak about her experiences at Liberty
Place Recovery Center for Women.

Both the silent auction and vintage tea
shoppe will be open from noon-2 p.m.

Tickets are \$20 per person and can
be purchased by contacting Jeri Allison
at jeriallison@foothillscap.org
or 859/625-0104.

Long Time Head Start Director Phillis Adams Retires

By Adriel Woodman
Administrative Officer

Kentucky River Foothills was established nearly 50 years ago, but sometimes our good deeds still go unnoticed. If there is anyone in the community who still asks, "what does the agency do?" just the mention of the Head Start program should be an explanation. Everyone connects with Head Start. Or if they are not sure, just the mention of Phillis Adams' name will make it clear. We help children and families and that's what Phillis has been doing for 40 years of KRFDC service in the community.

Well documented social research shows that Head Start children do well in school, test out with high IQs, have a high graduation rate from high school and college, frequently have steady jobs, are not often arrested, and generally have stable families that value education. Many longitudinal studies show that the positive outcomes for Head Start children last a lifetime.

Leadership for 40 years is a long term,

and over the years Phillis has helped literally tens of thousands of children on a path to success. Her approach to each child has been that every individual, no matter how small, is deserving of the dignity of life and honor from those who stand a few feet taller and have been around a little longer.

Phillis is an outstanding civic leader whose work with children and families has improved community life in many areas beyond the Head Start program. She continues to serve kids and families in anti-drug abuse endeavors, in youth sports, in church activities, and in neighborhood and community progress.

In 2005, Phillis' efforts were recognized by the naming of the "Adams Field" at the Lake Reba Recreational Complex. In 2007, she was presented with a "City Champions Award" by Mayor Connie Lawson at the Richmond Unity Breakfast. In the following year, her contributions were recognized by the Bluegrass Alliance for Women who presented Phillis the 2008 Impact Award for Madison County. And in 2009 she was presented with

the Wallace G. Maffett Award for Public Service by the Richmond Chamber of Commerce.

Phillis' retirement as Head Start Director on August 31 leaves her just a little more time for more involvement serving kids. There are a lot of now grown up kids whose lives were affected and honored by Phillis. All of us at this agency are honored by having the privilege of working with her, and Kentucky River Foothills is a stronger, larger, and more effective organization because of her four decades of service.

COMMUNITY SURVEY

Each year Kentucky River Foothills assesses the needs of the communities it serves in order to provide services and programs that will address those needs. Please visit our website at www.foothillscap.org and answer the 10 questions regarding the needs and problems in your community. All survey responses are anonymous. Your answers will provide valuable information as KRFDC pursues and develops services and programs to meet the needs within your community.

New Madison County to Lexington Commuter Route Takes Off!!

Just as gas prices are on the rise again, KRFDC has expanded its service to accommodate more riders. On September 15th the agency began providing a new route to provide commuter service from Madison County to different employment locations in the Lexington area. This route, a Job Access/Reverse Commute (JARC) Service, is a partnership between KRFDC and the Kentucky Office of Transportation Delivery. The cost for this service is \$50/month. KRFDC operates a similar service from Clark County to Lexington.

"The goal of this JARC program is to improve access to transportation services to employment and employment related activities," said David Sowder, Transportation Director. "We hope to provide transportation alternatives to those who would otherwise have no options or who need more affordable transportation. This new service has the potential to positively impact the lives and well-being of numerous citizens in Madison County.

Riders will be continually encouraged to let KRFDC know how the routes are working and if there are suggestions for improving the routes."

"Prior to setting the route, KRFDC held community forums for interested riders to receive their input on this new service," said Sowder. "These meetings allowed the agency to identify which Lexington stops were to be included." If interested riders could not attend a meeting, they were asked to fill out a survey of interest. Through these meetings and surveys KRFDC was able to plan a route that best met the majority of the riders' needs.

Additional information about this new route can be found on the agency's website at www.foothillscap.org.

The Madison County to Lexington schedule is as follows:

6:30 am
Leave Meijer Parking Lot (fuel side)

6:55 am
Drop off at Industry Road/Winchester Road

7:10 am
Drop off at UK Hospital

7:15 am
Drop off at VA Hospital

7:30 am
Drop off at Downtown – Mill/Vine and Water St.

4:40 pm
Pick up at Downtown – Mill/Vine and Water St.

4:55 pm
Pick up at VA Hospital

5:05 pm
Pick up at UK Hospital

5:15 pm
Pick up at Industry Road/Winchester Road