

HEALTH & FAMILY SERVICES

Keeping the Beat for Wellness: Drums Alive in the Pennryle

Instructor Lydia Watkins has been making her way through the Pennryle region with Drums Alive. Drums Alive is a high energy, evidence based wellness program that combines drumming, music & movement for the physical and cognitive benefit of participants. Classes were provided in July and August at the following locations: Caldwell County Senior Center, Muhlenberg County Senior Center, Hopkins County Senior Center, Livingston County Senior Center and the Crittenden County Senior Center. Upcoming classes will be at the following: Lyon County Senior Center on 9/4, Muhlenberg County Senior Center on 9/11, Caldwell County Senior Center on 9/18 and Hopkins County Senior Center on 9/25.



We're so excited to see Drums Alive continue to grow in participation throughout the region and we look forward to welcoming even more participants in the future! As Drums Alive continues to make its way through the Pennryle region at our senior centers, please come out and bring a friend to join in on the fun with Drums Alive!

For more information on Drums Alive please call 1-866-844-4396 or your local senior center.

Strengthening Suicide Prevention Strategies for Older Adults & Veterans



Health and Family Services staff members, Jill Collins, Amanda Stokes, and Marcie O'Neal attend the Older Adult Suicide Prevention Policy Academy in Rockville, Maryland August 19-21. Our agency is part of the strategic planning committee in Kentucky to address suicide prevention and representing older adults and the veteran population in the Pennryle.

Speakers included Kari Benson, Deputy Assistant Secretary for Aging, Administration for Community Living and Tison Thomas, Acting Deputy Director, Center for Mental Health Services and Substance Abuse and Mental Health Services Administration.

The objectives of the Policy Academy included developing a draft of a statewide strategic plan to improve and increase the identification of suicide risk, referral to crisis services, build capacity to better serve older adults with suicide centered lived experience and establishing a plan for tracking progress, using data to inform continuous improvement, and accessing technical assistance to support implementation.

October is Residents Rights Month

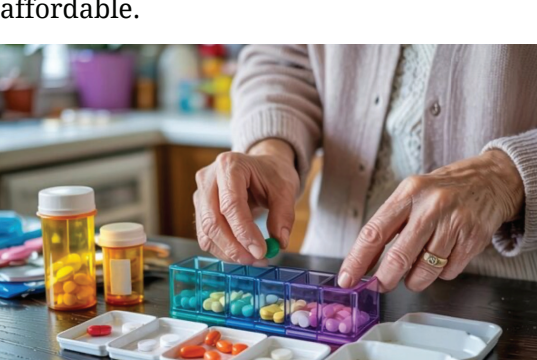
Each October, Residents' Rights Month recognizes and honors individuals living in long-term care facilities or receiving care at home. This year's theme, "Stand with Me," highlights the importance of solidarity, respect, and advocacy for residents as they speak up for their rights and quality care.

Residents are encouraged to share their voices creatively through artwork, poetry, short essays (50 words or less), or videos. In celebration of Consumer Voice's 50th Anniversary, select submissions will be published in a special commemorative coffee table book, and contributors will receive a complimentary copy. Additional entries may also be highlighted on Consumer Voice's website, emails, and social media platforms.

To view submissions received or to learn more,visit: <https://theconsumervoice.org/2025-residents-rights-month>

Save on Medicare Premiums and Prescription Costs – Apply in Trigg County

Are you a Medicare beneficiary living on a fixed income? If the cost of Medicare premiums or prescription medications is creating a financial burden, assistance may be available. Two programs—the Medicare Savings Program (MSP) and the Low Income Subsidy (LIS/Extra Help)—are designed to reduce monthly expenses and make healthcare more affordable.



The Medicare Savings Program helps pay your monthly Part B premium and, depending on eligibility, may also cover other Medicare-related costs. The Low Income Subsidy, often called Extra Help, reduces Medicare drug coverage expenses, lowers or eliminates premiums, and decreases what you pay at the pharmacy.

To qualify, income and resource guidelines apply. For the MSP, individuals with monthly incomes up to \$1,781 and resources up to \$9,660 may be eligible, while couples may qualify with incomes up to \$2,400 and resources up to \$14,470. For the LIS program, the limits are slightly higher: \$1,903 per month and \$17,600 in resources for individuals, or \$2,575 per month and \$35,130 in resources for couples.

An enrollment event will be held on Thursday, September 25<sup>th</sup>, from 10:00 to 12:00 p.m. at the Trigg County Senior Citizen Center. Appointments are required and space is limited, so please call 1-866-844-4396 to schedule with Ali Jones.

When you come to your appointment, please bring all health insurance cards, including your Medicare card, your 2025 Social Security Benefit Letter, the last three months of bank statements for all accounts, and any life insurance policy documents showing face and cash value. If you don't have copies of these documents, we can make them for you during your appointment.

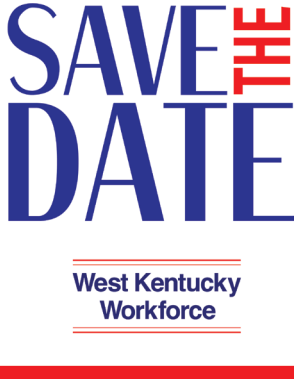
Don't miss this opportunity to save on your Medicare and prescription costs—call today to reserve your spot.



WORKFORCE SERVICES

West Kentucky Workforce Board Meeting

The West Kentucky Workforce Board Meeting will be on September 30, 2025 at 10:00 a.m. at West Kentucky Community & Technical College, Emerging Technology Center, Room 109. To RSVP, please contact Cindy Massie at [cindy.massie@ky.gov](mailto:cindy.massie@ky.gov).



BOARD MEETING

TUESDAY  
SEPTEMBER 30, 2025  
10 AM CT

West Kentucky Community  
& Technical College  
Emerging Technology Building Rm 109

Contact Cindy Massie at  
[cindy.massie@ky.gov](mailto:cindy.massie@ky.gov) for details

Storm Recovery Employment Now Available Across West Kentucky Counties

The West Kentucky Workforce Development Board received Storm Grant funds through the U.S. Department of Labor, Kentucky Education & Labor Cabinet to assist with the severe storm damage over the last year. Visit [www.wkworkforce.work/storms](http://www.wkworkforce.work/storms) for more information.

What are Eligible Worksites?

Storm Recovery worksites must be governmental and non-profit agencies located in the geographic declared disaster area of Ballard, Caldwell, Calloway,

Carlisle, Christian, Crittenden, Fulton, Graves, Hickman, Hopkins, Livingston, Lyon, Marshall, McCracken, Muhlenberg, Todd, and Trigg counties in Kentucky, which were affected by severe storms, tornadoes, and high winds beginning May 2024 - April 2025.

What types of Storm Recovery Employment are available?

Eligible individuals interested in employment may be placed in positions that provide essential relief and restoration services involving tasks such as debris and tree removal, shelter assistance, infrastructure repair (e.g., water, sewer, internet, electricity), and support for educational services in areas affected by FEMA-declared natural disasters.

- Temporary Storm Recovery Employment (up to 12 months /2,080 hours)
- Work-Based Learning Experiences (up to 500 hours), such as internships and apprenticeships
- On-the-Job Training funds can be provided when individuals eligible for this grant are hired to support employer-based skill development.

Building a Career in Healthcare

Na'Darionia worked as a child care assistant, where she earned a modest income that helped support her family. In addition to her job, she also cared for her grandmother at home. While she was grateful for the work, Na'Darionia dreamed of pursuing a career in healthcare, one that would provide both stability and opportunities for growth.



Seeking guidance, she turned to Hopkinsville Community College. There, she learned about funding available through the West Kentucky Workforce Board. Because she was not in school and was considered underemployed, Na'Darionia qualified for the Putting Young Kentuckians to Work program. This opportunity opened the door for her to take the next step toward her career goals.

With the support of the program, Na'Darionia enrolled in phlebotomy training and completed the coursework successfully, earning her certification as a Registered Phlebotomy Technician. Shortly after, she was hired by Jennie Stuart Health, where she now earns \$15.40 an hour, \$2 more than in her previous position.

Na'Darionia's determination, combined with the resources and support of the West Kentucky Workforce Board, helped her turn a dream into reality. Her story is a reminder of the difference workforce programs can make in empowering young people to achieve their goals and build brighter futures.

Finding a New Road Forward

After working in manufacturing since 2019, John Smith faced an unexpected challenge when he was laid off from Meritor Suspension Systems Company on November 26, 2021. Suddenly without work and uncertain of his future, John knew he needed support and guidance to determine his next steps.

As a Trade-impacted dislocated worker, John connected with the West Kentucky Workforce Board through its Rapid Response services. He was soon paired with a Workforce Innovation & Opportunity Act (WIOA) career coach, who helped him explore his options and encouraged him to pursue a long-time goal: earning his Commercial Driver's License (CDL).

With WIOA training assistance, John enrolled in the CDL program at Hopkinsville Community College. He applied himself fully to the coursework and hands-on training, ultimately achieving a major milestone, earning his Kentucky CDL-A license.

Today, John is employed with Jim Smith Contracting as part of their triple-axle truck crew, delivering asphalt to road construction sites throughout the region. This full-time position provides stability, strong earnings, and a clear path for growth, an important step forward from his previous part-time job in a distribution center.

John's journey highlights how determination, paired with the right resources and support, can turn a difficult setback into an opportunity for lasting success.

COMMUNITY & ECONOMIC DEVELOPMENT

Kentucky's G.R.A.N.T. Program: A Powerful Tool for Matching Federal Funds

Local governments and nonprofits across Kentucky often face a familiar challenge: even when significant federal funding opportunities are available, many programs require a local match. That matching requirement can often make it difficult for smaller communities or organizations with limited budgets to take advantage of these opportunities to implement transformative projects.

The Government Resources Accelerating Needed Transformation (G.R.A.N.T.) Program was created to solve this problem. Established through state legislation in 2023 and launched in June 2024 with a \$200 million state match fund, the program provides Kentucky communities with critical support to meet the local match requirements tied to federal grants.

How the Program Works

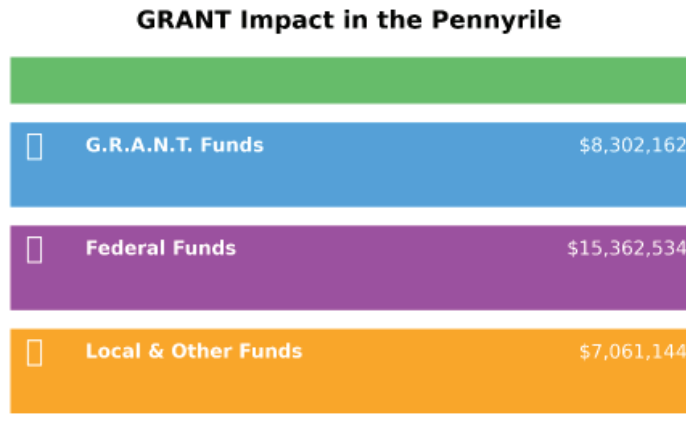
The program is managed by the Kentucky Cabinet for Economic Development (CED), which reviews applications, sets program terms, and awards funds.

- Eligible Applicants: Cities, counties, an entity organized in Kentucky providing public services through law enforcement, fire, emergency medical rescue, waterfront development, a water utility, or wastewater utility to persons domiciled in Kentucky, and 501(c)(3) nonprofit organizations.
- Eligible Uses: Matching requirements for a wide range of federal programs. This includes the Delta Regional Authority (DRA), U.S. Economic Development Administration (EDA), Community Development Block Grant (CDBG), Land and Water Conservation Fund (LWCF), Recreational Trails Program (RTP), and other federal opportunities that require state or local participation.
- Application Process: Applications are accepted monthly on a rolling basis, with projects evaluated on eligibility, alignment with state and federal priorities, and potential community impact.

Why This Matters for the Pennryle Region

Communities in the Pennryle Area Development District are pursuing a number of impactful projects, including new waterlines and tanks to support economic growth, upgraded wastewater systems, water and wastewater regionalization, workforce training programs, community facilities, and recreational investments. Many of these projects rely on federal programs with match requirements. The G.R.A.N.T. Program is a strategic tool to make those projects financially feasible, ensuring local governments don't leave federal dollars on the table.

GRANT Impact in the Pennryle



Total Impact: Over \$30 million in combined investments for Pennryle communities

As of September 1, 2025, the Pennryle region has been successful in leveraging this opportunity for 12 projects in the region.

This combined investment demonstrates the program's power to multiply resources, turning each G.R.A.N.T. dollar into far greater returns for our communities. Statewide, every dollar invested through the G.R.A.N.T. Program has generated more than eight federal dollars in return. By combining local, state, and federal resources, communities can move forward with projects that would otherwise remain out of reach.

PeADD Community and Economic Development staff are available to assist local governments in preparing strong G.R.A.N.T. applications, as well as the federal applications to accompany those requests. If your community is considering a federal funding application that requires a match, contact us at 270-886-9484.

UPCOMING MEETINGS & EVENTS

Event	Date	Time	Location
PeADD Board of Directors Meeting	September 8, 2025	12 Noon	PeADD Office & Zoom
Pennryle Area Agency on Aging & Independent Living Advisory Council Meeting	September 10, 2025	10 AM	PeADD Office
Pennryle Long Term Care Ombudsman Advisory Council Meeting	September 10, 2025	11:30 AM	PeADD Office
Pennryle Grandparent Support Group	September 15, 2025	10 AM	George Coon Library   114 S. Harrison Street, Princeton KY
Alzheimer's Caregiver Support Group	September 16, 2025	11 AM	PeADD Office & Zoom
Alzheimer's Caregiver Support Group	September 17, 2025	11 AM	Dawson Springs Branch Library 103 West Ramsey St. Dawson Springs, KY
Tri-Co Elder Abuse Council Meeting	September 17, 2025	12 Noon	PeADD Office & Zoom
Pennryle Elder Abuse Board of Directors Meeting	September 17, 2025	1 PM	PeADD Office & Zoom
Pennryle Grandparent Support Group	September 18, 2025	10 AM	PeADD Office & Zoom
Western Kentucky Senior Knight Prevention Network	September 25, 2025	1 PM	PeADD Office & Zoom
West Kentucky Workforce Board Meeting	September 30, 2025	10 AM	West Kentucky Community & Technical College, Paducah, KY

PeADD Board of Directors

**CALDWELL COUNTY**  
Amanda Davenport, Citizen Representative  
Jim Seibert, Mayor of Fredonia  
Brock Thomas, Mayor of Princeton  
William "Kota" Young, Judge/Executive

**CHRISTIAN COUNTY**  
Jerry Gilliam, Judge/Executive  
Lori Harper, Citizen Representative  
J.R. Knight, Mayor of Hopkinsville  
Tara Rascoe, Citizen Representative  
Verdell Smith, Citizen Representative

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D'Anna Browning, Mayor of Marion  
Bart Frazier, Citizen Representative  
Perry Newcom, Judge/Executive  
Dan Wood, Citizen Representative

**HOPKINS COUNTY**  
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Jenny Sewell, Citizen Representative  
Karen Solise, Citizen Representative  
Jack Whitfield, Jr., Judge/Executive

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Gary Damron, Mayor of Salem  
Bill Hesser, Mayor of Smithland  
Brad Hunter, Citizen Representative  
Michael Williams, Judge/Executive

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Greg Green-Smith, Judge/Executive  
Wade White, Citizen Representative  
Lee Wilson, Citizen Representative

**MUHENBERG COUNTY**  
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Eddie DeArmond, Mayor of Greenville  
Randy McCarty, Citizen Representative  
Mack McGehee, Judge/Executive  
Andy Swansey, Citizen Representative

**TODD COUNTY**  
Arthur Green, Mayor of Elkton  
Todd Mansfield, Judge/Executive  
Martha Jo Ray, Mayor of Trenton  
Michael Smith, Citizen Representative

**TRIGG COUNTY**  
Stan Humphries, Judge/Executive  
Todd King, Mayor of Cadiz  
Beth Sumner, Citizen Representative  
Todd Wallace, Citizen Representative



[WWW.PEADD.ORG](http://WWW.PEADD.ORG)

PADD PRESS

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**PENNYRILE AREA DEVELOPMENT DISTRICT**

Jason Vincent, Executive Director

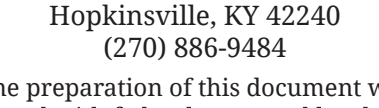
PeADD Board Officers

Board Chair.....Judge Todd Mansfield

Vice Chair.....Mayor Kevin Cotton

Secretary.....Judge Kota Young

Treasurer.....Mr. Lee Wilson



Pennryle Area Development District  
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