

Health and Family Services

September 2025

Volume 77

Announcing My Retirement—A Grateful Farewell



After much reflection and with a heart full of gratitude, I want to share that I will be retiring from my position with Pennyryle Area Development District on **December 31, 2025**.

This decision didn't come easily. Over the years, I've had the privilege of working alongside some of the most dedicated, talented, and inspiring people I could have hoped for. Together, we've faced challenges, celebrated successes, and grown in ways I'll always cherish.

As I look back on my time here, I'm proud of what we've accomplished and honored to have been a part of this incredible journey. But now, it's time for me to turn the page and begin a new chapter—one filled with new adventures, more time with family and friends, and space to explore long-postponed passions.

I will spend the coming months ensuring a smooth transition and doing everything I can to support the continued success of our team. I am confident our agency will continue to thrive, and I look forward to watching all the amazing things to be accomplished in the future.

Thank you for the memories, the support, and the many moments that made my time here so meaningful.

With appreciation,

Jill Collins,
Director of Health and Family Services

Drums Alive



Instructor Lydia Watkins has been making her way through the Pennyryle 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 and Livingston 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 Pennyryle 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.



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Family Caregiver Program

**END
ALZ**

The Pennyrile Area Development District (PeADD) is honored to partner once again with the Alzheimer's Association for the annual Walk to End Alzheimer's, which will take place on Saturday, September 27, 2025, in downtown Hopkinsville.

This event serves as the Alzheimer's Association's primary fundraising initiative, with the majority of proceeds supporting vital research efforts aimed at finding a cure for Alzheimer's disease. In addition, funds raised contribute to essential programs and services for individuals living with Alzheimer's and their families, including caregiver training, support groups, informational resources, and advocacy efforts. Locally,

the Association has conducted numerous training sessions for family members and direct care staff.

In preparation for this year's event, PeADD staff have organized several fundraising activities to support our Walk to End Alzheimer's team. As this is an in-person event, we welcome and encourage your participation and support. For additional information or to express interest in attending or contributing to the Walk, please contact Miranda White at (270) 886-9484 or via email at Miranda.white@ky.gov.

**2025 Walk to End Alzheimer's Walk
Saturday, September 27, 2025 @ 9 am**

Ombudsman Corner—Residents' Rights Month

"Stand with Me"

Each October, Residents' Rights Month honors individuals living in long-term care facilities or receiving care at home. The 2025 theme, "*Stand with Me*" emphasizes solidarity and support for residents advocating for their rights and quality care.

Residents are invited to share their voices through artwork, poems, essays (50 words or less), and videos. In celebration of Consumer Voice's 50th Anniversary, select entries will be published in a special coffee table book, with contributors receiving a complimentary copy. Additional submissions may also be featured on Consumer Voice's website, emails, and social media.

To view submissions received so far, visit: theconsumervoice.org/2025-residents-rights-month/



Western Kentucky Senior Suicide Prevention Network

The Western Kentucky Senior Suicide Prevention Network has been working on increasing awareness and outreach this past quarter. There were visits made to the Todd County Senior Center, Christian County Senior Center and the Bank of Cadiz for a pop-up event. Educational material was given out so patrons would be aware of the network and upcoming events.

There were also many opportunities for new partnerships including Alliant Health and The Armory Project. Additionally, there were new connections made by attending trainings at the Community Led Suicide Prevention Academy, Applied Suicide Intervention Skills and the Older Adult Suicide Prevention Academy.

Goals for the next quarter will be to continue with awareness, outreach, developing additional community partners and submission of a strategic plan.

988 Suicide & Crisis Lifeline

Kentucky Veteran Directed Care Program (VDC)



The Veteran Directed Care (VDC) Program is a vital initiative aimed at providing eligible veterans with in-home support services tailored to assist with activities of daily living. The primary objectives of the VDC Program are to assess the individual needs of veterans, develop personalized care plans, and deliver services that empower veterans to maintain independence, avoid premature placement in long-term care facilities, and most importantly, remain in their homes with their families. In recognition of its leadership and commitment, the Pennyrile Area

Agency on Aging and Independent Living (AAAIL) was selected as one of only four "Super Hubs" across the United States. This designation places Pennyrile at the forefront of the national expansion of the VDC Program, giving it a critical role in training, support, and program development. Pennyrile currently has working relationships with eleven VA Medical Centers, and 19 Spoke agencies across the US and continues to work on further expansion. These partnerships continue to grow, reflecting the organization's commitment to ensuring veterans across the country have access to high-quality, personalized in-home care. Currently, the VDC program has 384 active clients, and 116 pending clients for a total of 500 veterans that we are currently working with.

HCBW (Participant Directed Services /Traditional)

Home and Community-Based Waiver Services (HCBW) are a vital part of Medicaid that offers an alternative to institutional care for individuals who need long-term support. Instead of receiving services in nursing homes, or similar facilities, eligible individuals can access the care they need in their own homes or community settings. These programs are designed to assist people with disabilities, chronic health conditions, or age-related challenges, allowing them to maintain independence, dignity, and a higher quality of life. By supporting individuals where they live, HCBW programs help foster greater self-determinations and promote community inclusion.

KEY BENEFITS OF HCBW:

- Promotes Independence
- Enhances Quality of Life
- Cost-Effective Care
- Support for Caregivers

Whether you are planning for your own future or helping a loved one, understanding the options available through HCBW can make a significant difference. These services can provide the right level of care while preserving the independence and dignity of those in need. For more information on HCBW, please contact the ADRC at 1-866-844-4396.

AAAIL Welcomes New Staff



Tammy Meredith holds a Bachelor of Social Work from Austin Peay State University and a Master of Social Work from the University of New England. She has a diverse background in the field, including roles in medical social work as a behavioral health referral specialist, prevention services focused on teen populations, and serving as a therapist and program manager with a nonprofit organization supporting military personnel, first responders, and their families. In her personal time, Tammy enjoys reading, crafting, and supporting her daughter's involvement in all-star cheerleading.



Jessica Davis graduated from Murray State University with a Bachelor of Integrated Studies with a focus on human services. She resides in Hopkins County with her husband and two children. Jessica enjoys reading, gardening and spending time with her family.

WELCOME!

ADRC

The Pennyrile Area's Aging and Disability Resource Center (ADRC) offers a seamless, "no wrong door" approach to accessing vital resources and services for aging individuals and those with disabilities across the nine-county Pennyrile region. The ADRC acts as a key resource for connecting individuals and their families with a wide array of programs available through the Pennyrile Area Agency on Aging & Independent Living (Pennyrile AAAIL), as well as other services outside the agency. Some of the available resources include transportation, SHIP counseling, legal assistance through KY Legal Aid, Medicaid support, and Veterans' benefits. Additionally, the ADRC offers assistance for individuals aged 60 and above to access nutritious meals. Seniors can receive meals Monday through Friday at their local Senior Center through congregate meals. For those who cannot visit due to mobility challenges, home-delivered meals are available. If you are interested in learning more about Home Delivered Meals or any other services the ADRC provides, please reach out at 1-866-844-4396, Monday through Friday, from 7:30 AM to 3:30 PM. The team is eager to assist you!

MIPPA

MEDICARE BENEFICIARIES!

If you are currently having \$185 taken out of your Social Security check each month for your Part B monthly premium, and you are low income, there is a program that may be able to assist you with that premium cost! If your income is under \$1,781/single or \$2,400/married and your resources/assets are under \$9,660/single or \$14,470/married then you may qualify to receive assistance through the state through one of the Medicare Savings Programs. These programs may help pay for your Part B premiums and potentially assist in also paying for Part A premiums, deductibles, coinsurance, and copayments, depending on your income level. To see if you are eligible and apply for these programs, please contact Ali Jones at 1-866-844-4396.

Kentucky Family Caregiver Program



The Kentucky Family Caregiver Program is proud to support grandparents who are raising their grandchildren by offering resources, encouragement, and assistance. Through this program, grandparents may receive financial assistance to help with essentials

such as clothing, shoes, school supplies, hygiene products, and furniture for the grandchild. These resources are designed to ease the financial burden on grandparents while ensuring grandchildren have what they need to thrive.

In addition to financial support, the program provides monthly support groups where grandparents can connect with others, share experiences, and gain encouragement. We currently offer two support groups for grandparents. One on the third Thursday of each month at 10:00 AM at the Pennyrile Area Development District office, with both in-person and virtual options available and another group meets on the third Monday of each month at 10:00 AM at the George Coon Library in Princeton.

To learn more about the Kentucky Family Caregiver Program, please contact Tammy Meredith at 1-866-844-4396.

AREA AGENCY ON AGING STAFF

<i>Jill Collins</i>	<i>Director of Health and Family Services</i>
<i>Amanda Stokes</i>	<i>Director of Aging & Independent Living</i>
<i>Miranda White</i>	<i>Family Caregiver Coordinator</i>
<i>Cindy Tabor</i>	<i>LTC Ombudsman</i>
<i>Payton Kidd</i>	<i>Director of Long Term Services & Supports</i>
<i>Rylee Massie</i>	<i>Social Services Case Manager</i>
<i>Harley McCarty</i>	<i>Veteran Directed Care Coordinator</i>
<i>Jennifer Medeiros</i>	<i>Home & Community Based Waiver Coordinator</i>
<i>Amanda Monroe</i>	<i>In-Home Support Coordinator</i>
<i>Amy Baumhofer</i>	<i>Social Services Case Manager</i>
<i>Kristin Frazier</i>	<i>Social Services Case Manager</i>
<i>Kayla Milauskas</i>	<i>Social Services Case Manager</i>
<i>Jessica Robinson</i>	<i>Social Services Case Manager</i>
<i>Amber P'Pool</i>	<i>HCBW Program Support Specialist</i>
<i>Ali Jones</i>	<i>Aging & Disability Resource Center Coordinator</i>
<i>Marcie O'Neal</i>	<i>Suicide Prevention Taskforce Coordinator</i>
<i>Tammy Meredith</i>	<i>Caregiver Programs Support Specialist</i>
<i>Jessica Davis</i>	<i>Veteran Directed Care Support</i>
<i>Angela Gore</i>	<i>Administrative Assistant</i>
<i>Sylvia Chase</i>	<i>Social Services Case Manager</i>
<i>Lydia Watkins</i>	<i>Social Services Case Manager</i>
<i>Paula Jones</i>	<i>Social Services Case Manager</i>
<i>Heather Meeks</i>	<i>Social Services Case Manager</i>
<i>Brittany Lyons</i>	<i>Social Services Case Manager</i>
<i>Stephanie Thompson</i>	<i>Social Services Case Manager</i>

Pennyrile Aging & Disability Resource Center
1-866-844-4396

TTY #711 or 1-800-648-6056
 Translation Services and/or auxiliary aids are available upon request
 Equal Employment Opportunity/Affirmative Action Employer, M/F/D