

# December Newsletter



★  
**WE**  
*wish*  
**YOU A**  
*Merry*  
**CHRISTMAS**

Aging Program



BUS



Community Services



Head Start



Health Assisters



Activities & Recipes



Birthdays



# Did You Know? Fun Christmas Facts

Have you ever wondered about the history of Christmas? Where did our traditions come from, anyway? Here's your daily dish of fun Christmas facts:



Coca-Cola came up with Santa's Red Suit in one of their 1930's Christmas Ads.

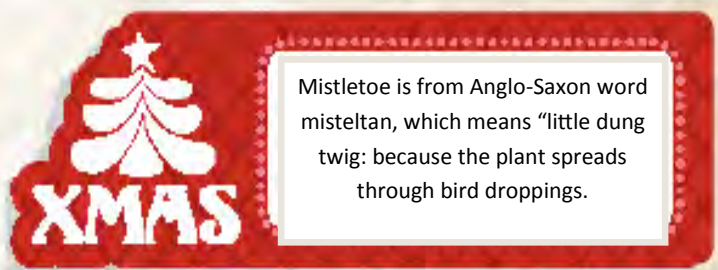


Most of Santa's Reindeer have male-sounding names, such as Dasher and Comet. However, male reindeers shed their antlers around Christmas, so the reindeer pulling Santa's sleight are likely not male, but female.

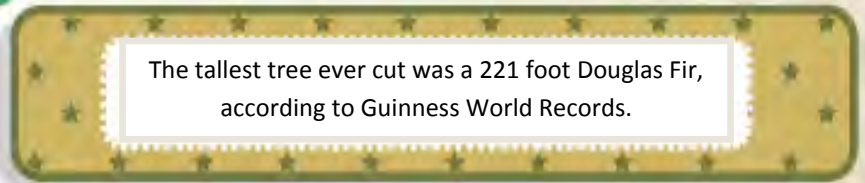
**HAPPY HOLIDAYS!!**

President Teddy Roosevelt, an environmentalist, banned Christmas Trees from the White House in 1912.

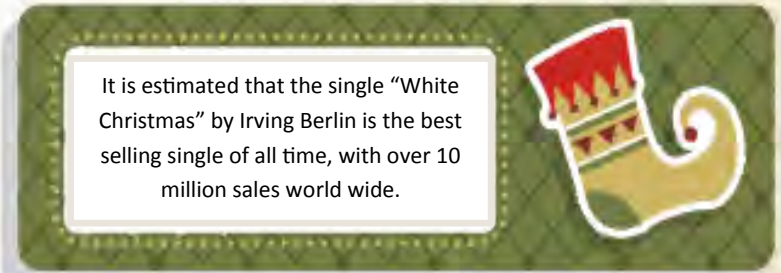
Each year, more than 3 billion Christmas Cards are sent in the U.S., alone.



Mistletoe is from Anglo-Saxon word misteltan, which means "little dung twig: because the plant spreads through bird droppings.



The tallest tree ever cut was a 221 foot Douglas Fir, according to Guinness World Records.



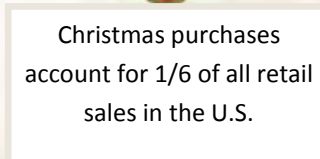
It is estimated that the single "White Christmas" by Irving Berlin is the best selling single of all time, with over 10 million sales world wide.



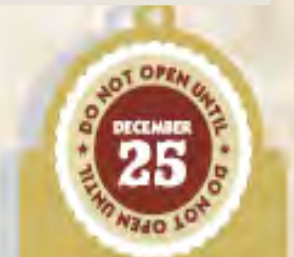
According to data analyzed from Facebook Posts, Christmas Day is the least favorite day for breakups.



All the gifts in the Twelve Days of Christmas would equal 364 gifts.



Christmas purchases account for 1/6 of all retail sales in the U.S.



Holiday decorating accidents send over 15,000 people to the ER annually!



Germans made the first artificial Christmas Tree out of dyed goose feathers.



# Aging Locations

## Anderson Senior Center:

Director: Steve Carmichael  
160 Township Square in  
Lawrenceburg  
502-839-7520



## Bourbon Senior Center

Director: Laurel Gambill  
11 Legion Road  
Paris, KY. 40361  
859-987-7453



## 55 + Alive

Director: Rita Wash  
975 Hustonville Road  
Danville, KY. 40422  
859-236-3462





# Aging Locations



## Garrard Senior Center /Adult Day

Director: Brittany Wash  
153 Farra Drive  
Lancaster, KY. 40444  
859-792-3147 or 859-792-6603



## Jessamine Senior Center/Adult Day

Director: Courtney Baron  
111 Hoover Drive  
Nicholasville, Ky. 40356  
859-885-3658



## Mercer Senior Center/Adult Day

SC: Angela Russell AD: Ashley Lewis  
1475 Louisville Road  
Harrodsburg, KY. 40330  
859-236-3462





# Aging Locations

## Scott County Senior Center

Director: Jason Smallwood  
800 Cincinnati Road  
Georgetown, KY. 40324  
859-734-5185



## Woodford Senior Center/Adult Day

SC: Judy Beckley AD: Bobbi Combs  
285 Beasley Drive  
Versailles, KY. 40383  
859-878-8384 or 859-873-6871



Merry  
Christmas





Above: Woodford County Senior Center made snowmen out of socks!

Below: Woodford County Senior Center Wreath





# Senior Companion Program

The Senior Companion Program (SCP) provides individuals who are at least 55 years of age with meaningful volunteer opportunities in their community. SCP volunteers living at or below 200% of the poverty income guideline will receive a non-taxable hourly stipend. All volunteers receive 40 hours of training prior to their first assignment.

## **Can you be a Senior Companion? Senior Companions:**

- Are 55 years of age or older;
- Must be physically capable of serving another;
- Can volunteer 15 to 40 hours per week; and Love to help their neighbors

Senior Companions assist in meeting a critical need in their communities by assisting adults, primarily older, who have physical, emotional, or mental health limitations. Their assistance helps individuals achieve and maintain their dignity and highest level of independent living. Senior Companions also provide short periods of relief to primary caregivers such as family members and friends.

## **As a Senior Companion, you'll receive:**

- Pre-service and on-going training
- An annual physical examination
- Supplemental insurance
- Help with transportation costs
- A small stipend for those who qualify (\$2.65 / hour)
- The joy of helping others live on their own

## **The individuals helped by Senior Companions receive:**

- Assistance with important daily tasks
- Encouragement to remain active and alert
- A watchful eye to notice when they need extra care
- A friendship that can last a lifetime

You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend. Senior Companions offer adults contact with the world outside of their homes and make them less lonely. Along the way, Senior Companions find out that few things feel as good as knowing you're needed.

## **To become an SCP volunteer or for more information, please call**

Amber Marshall (502) 695-4290 ext 219 OR Email: [amber.marshall@bgcap.org](mailto:amber.marshall@bgcap.org)

Linda Bryant 502-803-7118 OR Email: [linda.bryant@bgcap.org](mailto:linda.bryant@bgcap.org)





# BUS in the Parade



Rachael Stockton, Jenna Cox and Jessica Aldridge worked hard painting the Peanuts Gang for the Christmas Parade!





# BUS in the Parade



More Decorations from Rachael Stockton, Jenna Cox and Jessica Aldridge



Pictured Above: Glenn Wright, Jenna Cox and Rachael Stockton



# BUS in the Parade





# BUS in the Parade



Who can apologize

## A CHARLIE BROWN™ Christmas



By Charles M. Schulz


Based on the television special by Bill Melendez and Lee Mendelson

Stage Adaptation by Eric Schaeffer

By Special Arrangement with Arthur Whitelaw and Ruby Persson



# Community Developers



Anderson County Community  
Developer Office  
Community Developer: VACANT  
160 Township Square  
Lawrenceburg, Ky. 40342



Boyle County Community  
Developer Office  
Community Developer: Donna Linton  
859-236-2955  
225 W Walnut Street  
Danville, KY. 40422



Franklin County Community  
Developer Office  
Community Developer: Laura Steiner  
502-695-5615  
73 C Michael Davenport Blvd, Suite 1  
Frankfort, KY. 40601





# Community Developers



Garrard County Community  
Developer Office  
Community Developer: Cathy Denham  
859-792-3422  
107 S. Campbell Street  
Lancaster, Ky. 40444



Jessamine County Community  
Developer Office  
Community Developer: Sara Clark  
859-885-3512  
213 S. Main Street Suite 103  
Nicholasville, KY. 40356




Lincoln County Community  
Developer Office  
Community Developer: Melissa Aldridge  
606-365-2312  
201 E. Main Street  
Stanford, KY. 40484





# Community Developers



Mercer County Community  
Developer Office  
Community Developer: Becky Stratton  
859-734-9549  
1475 Louisville Road  
Harrodsburg, Ky. 40330



Scott County Community  
Developer Office  
Community Developer: VACANT  
502-863-9403  
213 S. Main Street Suite 103  
Nicholasville, KY. 40356



Woodford County Community  
Developer Office  
Community Developer: Kelly Lariscy  
859-873-8182  
285 Beasley Drive  
Versailles, KY. 40383





# LIHEAP

The Cost of Home Heating is a Problem for Many Low-Income Kentuckians

Your Community Action Agency may be able to help. Apply at the community action office in your county for the Low-Income Home Energy Assistance Program.



## LIHEAP SUBSIDY

Applications are taken in order of the last name of the head of the household. Choose the date on the calendar that contains the first letter of your last name.

Applications will be taken from **November 6, 2017**, through **December 15, 2017**.

NOVEMBER						
SUN	MON	TUE	WED	THUR	FRI	SAT
5	6 A	7 B	8 B	9 C	10 Closed	11
12	13 C	14 D, E	15 F	16 G	17 Open	18
19	20 H	21 H	22 Staff Day	23 Closed	24 Closed	25
26	27 I, J	28 K	29 L	30 M		
DECEMBER						
SUN	MON	TUE	WED	THUR	FRI	SAT
					1 Open	2
3	4 M	5 N	6 O, P	7 Q, R	8 Open	9
10	11 S	12 T	13 U, V, W	14 X, Y, Z	15 Open Last Day of Subsidy	

If you cannot apply on your assigned day, contact your local community action agency to make an appointment.

**On Your Assigned Day, Go To:**



### PLEASE BRING THE FOLLOWING INFORMATION ON YOUR DESIGNATED DAY:

1. Proof of Social Security Number or Permanent Residence card (Green Card) for each member of the household.
2. Proof of all household's (all members) income from the preceding month.
3. Most current heating bill, statement from your landlord if heating expenses are included in your rent, statement from utility company if you participate in Pre-Pay Electric Program.
4. Vendor information (including account number and name on account) for your main heating fuel as well as electric.

Please report any information about fraud or misuse of LIHEAP benefits by calling the Fraud Hotline at 1-800-372-2970. Giving wrong information on purpose is fraud and may result in legal action against you.

For more information, call 1-800-456-3452 (TTY available for the hearing impaired).

AN EQUAL OPPORTUNITY EMPLOYER M/F/D  
KENTUCKY DEPARTMENT FOR COMMUNITY BASED SERVICES



# Head Start Locations



Anderson County Head Start  
Site Supervisor: Tammy Moore  
502-839-7202  
1593 Harrodsburg Road  
Lawrenceburg, Ky. 40342



Anderson County Head Start



Franklin County Head Start  
Site Supervisor: Kelley McMichael  
502-227-1511  
955 Leestown Road  
Frankfort, KY. 40601



Franklin County Head Start



Jessamine County Head Start  
Site Supervisor: Julianne Montgomer  
859-858-2585  
1330 Drake Lane  
Nicholasville, Ky. 40356



Jessamine County Head Start





## Health Benefit Assisters



### What do Health Benefit Assisters do?



Health Benefit Assisters are trained and certified to help you enroll in health insurance plans on [healthcare.gov](http://healthcare.gov) and Medicaid through [benefind.ky.gov](http://benefind.ky.gov). They help you find out which health insurance program you qualify for, and help you complete an eligibility application to enroll in coverage. Health Benefit Assisters maintain expertise in eligibility, enrollment and program specifications and conduct public education and outreach activities to raise awareness about the Kentucky Health Benefit Exchange, including [benefind.ky.gov](http://benefind.ky.gov) and [healthcare.gov](http://healthcare.gov).

### What is [healthcare.gov](http://healthcare.gov)?



[Healthcare.gov](http://healthcare.gov) is the health insurance website which facilitates private health insurance plans for Kentucky residents. Upon completing an application, you can find out if you qualify for a private insurance plan with low costs based on your household size and income. Plans cover essential health benefits, preventive care, and pre-existing conditions.

### What is [benefind.ky.gov](http://benefind.ky.gov)?



[benefind](http://benefind.ky.gov) allows Kentucky families access to public assistance benefits and information through an online application and account. If you qualify for Medicaid, based on household size and income, you can complete an application and apply on [benefind](http://benefind.ky.gov). Medicaid offers assistance to help cover costs for needed medical care.

### Where do I find a Health Benefit Assister?



Health Benefit Assisters live and work in your community and can be found at your local Community Action Agency. Contact your local Health Benefit Assister today for free, in-person assistance:

Anderson:	Beckie Trent	859-963-6162	Lincoln:	Linda East	859-339-2308
Boyle:	Linda East	859-339-2308	Mercer:	Gay Henry	502-682-3721
	Kim Velasco	502-682-0512		Kim Velasco	502-682-0512
Franklin:	Beckie Trent	859-963-6162	Scott:	Beckie Trent	859-963-6162
	Kim Velasco	502-682-0512	Woodford:	Beckie Trent	859-963-6162
Garrard:	Michelle Ballew	502-682-0944			
Jessamine:	Michelle Ballew	502-682-0944			



# Head Start Locations



Mercer County Head Start  
Site Supervisor: Cheryl Preston  
859-734-4788  
580 Perryville Street  
Harrodsburg, KY. 40330



Mercer County Head Start



Woodford County Head Start  
Site Supervisor: Ophia Lewis  
(859) 873-6579  
200 Park Street  
Versailles, KY. 40383



Woodford County Head Start





# The Adoption Drive by Quantrell

WOODFORD HUMANE SOCIETY



(CREDIT TO LEX18) It's a holiday gift that could empty the shelter: Quantrell Subaru is sponsoring adoptions at the Woodford Humane Society, Dec. 18-31.

With approved adoption applications, families will be able to take home any of Woodford Humane's cats, dogs, puppies, kittens, rabbits, or guinea pigs for free. Adoptions include spay/neuter surgery, vaccinations, microchip, a starter bag of food, and a free vet visit.

2017 marks the fifth year that Quantrell Subaru has sponsored adoptions around the holidays, each year turning the Woodford Humane Society's Adoption Center into a whirlwind of activity.

2016 was an unprecedented year with 130 animals adopted during the two-week drive.

Katie Hoffman, Woodford Humane's Executive Director, says, "The Adoption Drive with Quantrell Subaru has always been very busy, but last year blew us away. We are hoping to be just as busy this year! It's exciting for us to see these pets go to great homes, and we are so grateful to Quantrell Subaru for making the holidays so special for the animals and their new families again this year."

The adoption center is open Tuesday through Sunday at noon; although it is normally closed on Mondays, Woodford Humane will be open for adoptions on Monday, December 18th to kick off the Adoption Drive. Adoptable pets and holiday hours can be viewed at [woodfordhumane.org](http://woodfordhumane.org).

The Woodford Humane Society is a 501(c)(3) nonprofit organization that does not receive any government funding.





## A Christmas Story

D	O	G	S	P	F	A	R	A	R	A	R	A	R	A	E
T	X	H	M	B	K	F	R	A	G	I	L	E	E	A	N
E	U	A	F	C	U	E	F	I	G	H	T	I	S	R	I
K	L	O	I	U	D	N	E	E	W	O	N	S	D	A	T
O	F	L	E	R	D	C	N	A	S	N	R	R	L	N	L
R	F	A	Y	Y	A	G	B	Y	A	R	A	L	E	D	A
B	E	D	R	N	E	L	E	N	S	W	U	V	I	Y	V
P	E	D	R	K	I	R	A	L	A	U	L	C	H	E	O
R	A	U	O	N	U	H	U	L	E	D	I	L	S	K	S
A	F	O	D	C	P	S	G	O	L	G	F	T	S	R	A
L	G	E	S	R	E	L	O	P	Y	A	E	D	S	U	N
P	L	L	O	U	A	D	A	R	E	T	B	E	I	T	T
H	U	I	G	S	U	O	I	D	A	R	O	T	M	L	A
I	E	N	S	C	P	A	R	A	D	E	U	O	O	R	L
E	O	E	K	A	N	A	I	D	N	I	Y	N	H	O	E
T	S	I	G	E	L	F	I	R	R	I	A	N	I	S	F

AIR RIFLE

AWARD

BLIND

BROKE

BUNNY SUIT

CURSE

DARE

DECODER

DILL

DOGS

DUCK

ELF

FA RA RA RA RA

FARKUS

FIGHT

FLICK

FOOTBALL

FRAGILE

FURNACE

GLASSES

GLUE

INDIANA

LAMP

LEG

LIFEBOUY

LINE

LUX

MISS SHIELDS

OH FUDGE

ORPHAN ANNIE

OVALTINE

PARADE

POLE

RADIO

RALPHIE

RANDY

RED RYDER

SANTA

SHOOT YOUR EYE OUT

SLIDE

SNOW

SOAP

TONGUE

TURKEY





## Need health coverage for 2018? Community Action is here to HELP YOU!



Open Enrollment begins **November 1<sup>st</sup>** and ends **December 15<sup>th</sup>**

### Currently enrolled in a 2017 marketplace plan on healthcare.gov?



Contact your local Community Action Agency to schedule an appointment with a Health Benefit Assister to update your household information and review 2018 insurance plans.

### Currently enrolled in Medicaid?



Contact your local Community Action Agency Health Benefit Assister to update your household information on [benefind.ky.gov](http://benefind.ky.gov).

### No health insurance or just want to explore your options?



Contact your local Community Action Agency Health Benefit Assister for more information.

### What you need to apply for health insurance (for each member of your household):

Information about:



- Size of household
- Who is applying for coverage (bring addresses and birth dates and Identification Card with picture)
- Social Security Numbers (or Immigrant alien/USCIS Numbers)
- Immigrant document information
- How you file your taxes
- Employer and income information (last 2 months pay stubs/W-2 forms)
- Best estimate of what your household income will be in 2018
- Current health (or employer offered) insurance plan information (policy numbers/plan ID)

*If you forget to bring something the day of your appointment, you will be allowed time to bring it in later. Your Assister will review this and other important details, and will answer any questions you have before you leave your appointment. You can also call your Assister before the appointment with any questions.*

### Your local Community Action Agency Health Benefit Assister:

Anderson:	Beckie Trent	859-963-6162	Lincoln:	Linda East	859-339-2308
Boyle:	Linda East	859-339-2308	Mercer:	Gay Henry	502-682-3721
	Kim Velasco	502-682-0512		Kim Velasco	502-682-0512
Franklin:	Beckie Trent	859-963-6162	Scott:	Beckie Trent	859-963-6162
	Kim Velasco	502-682-0512	Woodford:	Beckie Trent	859-963-6162
Garrard:	Michelle Ballew	502-682-0944			
Jessamine:	Michelle Ballew	502-682-0944			



# CHRISTMAS

*trivia game*

1. We all know that Rudolph has a red nose, but does Rudolph have antlers?
2. Round/Oval candies filled with fruit preserves or cream & cover with chocolate are called?
3. Which country created eggnog?
4. Who said, "God Bless Us, Every One!"?
5. What were Frosty's last words?
6. The most popular item to put on top of Christmas tree is?
7. How many Wise Men were there according to the bible?
8. After Joseph, Mary and Jesus left Bethlehem, they went to which country?
9. What does "Advent" mean?
10. McDonald's puts what holiday image on bags during the Christmas season?
11. December 24, 1814 ended what war?
12. In "Jingle Bell Rock" everyone is dancing and prancing. Where do they do it?
13. "Greensleeves" is another name for what Christmas song?
14. The custom of finding a button in the plum pudding means what to an unmarried man?
15. What was the most popular toy of 1984?
16. The average number of gifts an adult male gets for Christmas is?
17. What is the main ingredients in gingerbread cookies? Flour, Ginger, or Molasses?
18. In It's A Wonderful Life, what did Clarence receive for his accomplishing his mission?
19. What river did General Washington cross on December 25, 1776?
20. What song contains the line, "Let's be jolly, deck the halls with boughs of holly"?
21. What city name do the states Kentucky, Indiana, New Hampshire, Maryland, Connecticut, and Georgia have in common?
22. This Florida town maintains a fully decorated tree year round?
23. After red and green, what are the two most popular Christmas colors?
24. What popular children's cracker today was introduced in 1902 as a Christmas ornament?
25. Which U.S. President barred the Christmas Tree from being displayed in the White House?





# CHRISTMAS

*trivia game*

1. YES
2. SUGAR PLUMS
3. UNITED STATES
4. TINY TIM
5. I'LL BE BACK AGAIN SOMEDAY
6. ANGEL
7. IT DOES NOT SAY
8. EGYPT
9. COMING
10. TREES
11. THE WAR OF 1812
12. JINGLE BELL SQUARE
13. WHAT CHILD IS THIS?
14. BACHELORHOOD
15. CABBAGE PATCH DOLL
16. 6
17. FLOUR
18. HIS WINGS
19. DELAWARE RIVER
20. ROCKIN' AROUND THE CHRISTMAS TREE
21. BETHLEHEM
22. CHRISTMAS, FLORIDA
23. SILVER & GOLD
24. BARNUM'S ANIMAL CRACKERS
25. TEDDY ROOSEVELT





# Easy Peppermint Bark



## Ingredients:

- 6 oz dark chocolate
- 12 oz white chocolate
- 3 tsp vegetable oil
- 10 to 12 crushed candy canes

1. Line the bottom and sides of an 9" x 9" square baking pan with non-stick aluminum foil.
2. Stir half white chocolate and 1 teaspoon of vegetable oil in a double boiler.
3. If you don't have a double boiler, you can make your own by placing a metal bowl into a pot of boiling water.
4. Stir the chocolate as it melts with a heat-proof spatula.
5. Remove from over water. Stir in 1/3 crushed candy cane pieces.
6. Spread melted chocolate out on the parchment paper.
7. Place baking pan in the freezer for 20 minutes.
8. Melt the dark chocolate and 1 teaspoon of vegetable oil in a metal bowl placed into a pot of boiling water.
9. Stir the chocolate as it melts with a heat-proof spatula.
10. Pour dark chocolate mixture in long lines over white chocolate layer.
11. Using icing spatula, spread dark chocolate in even layer.
12. Place baking pan in the freezer for 20 minutes.
13. Repeat with another layer of white chocolate with the remaining chocolate and tilt the pan for an even layer.
14. Immediately sprinkle the remaining crushed candy canes evenly over the white chocolate layer while it's still warm and soft.
15. Gently press down on them to help them stick into the layer.
16. Place in the freezer for about 20 minutes, or until the chocolate has set.
17. Remove the Peppermint Bark from the pan by lifting the edges of the aluminum foil.
18. Break into suitable pieces, keep in the fridge for up to two weeks.



# Easy Peppermint Bark

## Ingredients:



- 1 pouch of Betty Crocker Sugar Cookie Mix
- Butter and egg called for on cookie mix pouch for drop cookies
- 1/3 cup butter melted
- 1 package of 8 oz cream cheese softened
- 1 cup powdered sugar
- 1 container of cool whip
- 9 peppermint candy canes
- 2 boxes Jell-o white chocolate flavor
- 3 cups of cold milk

1. Heat oven to 375. Make drop cookies as directed on pouch. Cool completely, at least 20 minutes
2. In food processor, process half of the cookies to coarse crumbs. Remove to large bowl. Process remaining cookies to coarse crumbs; add to bowl. Stir in 1/3 cup melted butter until well blended. In ungreased 13 X 9 glass baking dish, press cookie crumb mixture firmly in bottom. Set aside.
3. In large bowl, beat cream cheese and powdered sugar with electric mixer on medium speed until smooth, scraping down side of bowl frequently. Beat in 2 cups whipped topping. Stir in 1/2 cup of the crushed candies. Spread over cookie crust.
4. In medium bowl, beat dry pudding mixes and milk with whisk about 2 minutes or until thick. Spread evenly over cream cheese layer. Drop remaining whipped topping by spoonfuls over pudding layer; spread evenly. Cover and refrigerate 4 hours.
5. When ready to serve, sprinkle remaining 1/4 cup crushed candies on top. Cut into 6 rows by 4 rows. Cover and refrigerate any remaining pieces.



# December Birthdays

Lynn Bowes: December 2

Sheena Young: December 3

Teresa Barbee: December 3

Opal Phillips: December 5

David Bailey: December 5

Jerry Manning: December 6

Troy Roberts: December 7

Sherry Henry: December 8

Amber Marshall: December 8

Jenna Cox: December 10

Renita Bennett: December 18

Misty Kendrick-Good: December 19

Greg Wray: December 19

Ophia Lewis: December 21

Kellie Scott: December 22

Beverly Quinn: December 23

Georgia Sutton: December 25

Donna Linton: December 30

