

Upcoming Events

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

AARC Conference

DATE: October 6-October 9
LOCATION: Huntsville, AL

Endless Opportunities

DATE: October 17-October 18
LOCATION: Decatur, AL

SE4A Conference

DATE: October 20-October 23
LOCATION: Gulf Shores, AL

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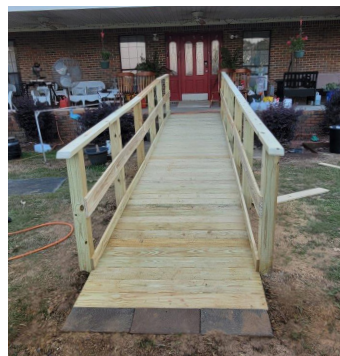
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Building Ramps, Changing Lives



As older adults age in place in their homes, some need assistance to ensure they maintain the quality of life everyone deserves.

This includes assistance with some light and, at times, heavy housework.

The North Central Alabama Regional Council of Governments (NARCOG) Area Agency on Aging (AAA) helps ensure these services are available for older adults in Cullman, Lawrence, and Morgan counties.

In recent years, NARCOG has increased the number of older adults throughout the region who have received chore services by utilizing federal funding through Title III-B of the Older Americans Act of 1965 (OAA) and the American Rescue Plan Act of 2021 (ARPA).

These Chore services include everything from minor home

modifications, such as constructing wheelchair ramps, to helping maintain a home's lawn.

In Fiscal Year 2023, NARCOG utilized \$18,000 of Title III-B funds for Chore services, building 15 wheelchair ramps for older adults within the Region, and installing a handicap-accessible shower.

During the current Fiscal Year, with the assistance of ARPA funds, NARCOG increased its Chore services to \$30,000, building 21 wheelchair ramps and helping six older adults with lawn care. NARCOG also partnered with Fairview Church of God to help an older adult with a bathroom modification.

With Fiscal Year 2025 quickly approaching, NARCOG plans to continue its dedication to Chore services, budgeting \$30,000 for this valuable program.



Hartselle Planning Commission

On August 6th, the Hartselle Planning Commission held the required public hearing to formally adopt the new Hartselle Comprehensive Plan 2045.

NARCOG Planning Director Joey Hester presented the new plan's vision and goals along

with maps depicting the future land use, zoning, annexation, and transportation plans to the planning commission and residents in attendance during the public hearing and answered questions afterward. The Planning Commission then voted to

adopt the plan as presented and recommend it to the City Council for their approval.

The City Council will hold a public hearing and consider adopting the plan on September 10th.

Robby Cantrell | Executive Director

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\$5,000 RC&D Grant To Improve Lawrence County Animal Shelter



The Lawrence County Commission has been awarded a \$5,000 RC&D Grant to construct four dog runs at the Lawrence County Animal Shelter, which will allow the dogs to exercise and socialize outside.

The total Project cost is \$9,800. Commission Chairman Kyle Pankey spearheaded this project with the assistance of NARCOG staff in preparing the grant application and the support of County Administrator Heather Dyar-Rose. The project will offer more opportunities for the dogs to exercise

and improve their health, quality of life, and behavior; and will assist them in qualifying for rescue transports. The more dogs transported out, the more space there will be for dogs to be rescued in Lawrence County.

There are 25 kennels in the shelter and around 20-30 dogs at the shelter at a time on average; however, during certain times of the year, the shelter will receive two to three times the intake rate. Rescue transports play a big role in rescuing dogs in Lawrence County. Additionally, the four dog runs

will be fenced, coming right out of the side of the building, allowing four dogs to run straight from their kennel into a fenced-in small area - at a time.

This opportunity will improve the behavior and quality of life of all dogs in the shelter by providing time away from their kennels so they can feel the warm sun and get much needed exercise. The Lawrence County Animal Shelter is unique in that it extends and opens the front wall to allow fresh air into the shelter.



AARC Annual Conference

The Alabama Association of Regional Councils (AARC) will hold its Annual Training Conference, in Huntsville, from October 6 to October 9, 2024.

The AARC is a non-profit organization representing all municipalities and counties across Alabama through 12 Regional Councils, each serving different areas of the state. AARC's mission is to

enhance the capabilities of these councils so that they can better serve local governments and the people of Alabama.

The Annual Conference is a vital event where local leaders gather to exchange ideas and information, foster collaboration, and generate regional solutions for local and statewide challenges. By facilitating these discussions

and learning opportunities, AARC plays a key role in addressing the needs of Alabama's municipalities and counties.

This networking and idea-sharing are essential for promoting the growth and well-being of communities throughout the state.



- August Anniversaries**
- Erica Dillard**
Grant Specialist
1 year of service
 - Raven McCray**
Case Manager
2 years of service
 - Courtney Beasley**
Clinical Coordinator
2 years of service
 - Justin Graves**
Director of Aging
3 years of service
 - Crystal Julien**
Director of Finance
5 years of service
 - Kim Dove**
Director of Administration
8 years of service

Planning Department Events and Deadlines

September 4, 2024 - September 5, 2024

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

September 10, 2024

Hartselle Comprehensive Plan
City Council Public Hearing and Adoption

September 27, 2024

FY2025 Land and Water Conservation Fund (LWCF) Grant Application Workshop

September 28, 2024

NATR Fest and Cleanup For The Cranes at Point Mallard Park

October 16, 2024 - October 18, 2024

Annual Alabama/Mississippi Joint Chapter American Planning Association Fall Conference

New Hires



Brenson Parks
Human Resources

Senior Nutrition Options



In Alabama, a growing number of seniors are facing hunger and malnutrition, and NARCOG is dedicated to reducing the number of individuals in the region who lack access to nutritious and sufficient food. Several avenues are available for seniors aged 60 and older to receive healthy meals and support.

At our Aging and Disability Resource Center, seniors can be screened for eligibility and receive assistance with applications for various programs.

Seniors can enjoy hot, nutritious meals at any of our 22

senior centers, where lunch is served Monday through Friday at no cost; for those who are homebound, home-delivered or frozen meals are available to qualifying individuals. The SNAP program helps seniors purchase healthy food at grocery stores based on income and expenses.

These initiatives are part of NARCOG's efforts to combat food insecurity and ensure that all seniors in the region have access to the nutrition they need.

Upcoming Meetings and Events

Fall is just around the corner, which means an uptick in events! NARCOG's calendar has been filling up, and we can't wait to be out in the community.

NARCOG will participate in two health fairs in September, one for Daikin and one for the Cullman Commission on Aging. Health fairs are extremely important because they provide access to essential health screenings and education, helping individuals detect potential health issues early. They also foster community engagement by promoting wellness and preventative care through interactive and educational activities.

The North Alabama Trails and Recreation (NATR) team will host its annual NATR Fest and Cleanup for the Cranes on September 28.

This event is an excellent opportunity for those interested in outdoor adventures. Several exhibitors will have booths showcasing outdoor activities and gear, and NARCOG will showcase plan updates.

Over the next few months, several organizations and schools will host career fairs for children from eighth grade to seniors in high school. NARCOG will visit Falkville High School, the Endless Opportunities Career Fair, and the Wallace State Eighth Grade Career Fair. Understanding all career opportunities is important to children and young adults so they can make well-rounded decisions about their future. We appreciate being able to show all 35+ career opportunities through NARCOG,

from helping older adults secure better care to preparing funding applications.



Upcoming Blanket Drive Beginning Soon

As the colder months approach, the need for warmth and comfort becomes even more critical for vulnerable members of our community, especially seniors.

The Annual Blanket Drive is an opportunity for community members to come together and provide much-needed blankets to older adults in need across Cullman, Lawrence, and Morgan

counties.

We are actively seeking partnerships with local organizations to make a bigger impact than ever before. As the holiday season approaches, we encourage businesses, churches, civic groups, and community organizations to consider making our Blanket Drive their Christmas project.

Whether it's through organizing

blanket collections, hosting donation sites, or rallying volunteers, your organization can play a crucial role in spreading kindness and care throughout our community.

Join us in spreading warmth and care throughout the region by participating in this important initiative.

Donations of new, warm blan-

kets will be accepted at designated drop-off locations, and all contributions will directly benefit local seniors and individuals facing hardships this winter.

Every blanket makes a difference!

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
- Downtown, Corridor, and Trails Planning
- Grant Technical Assistance and Preparation
- Grant Administration
- Geographic Information System (GIS) Mapping
- Comprehensive Economic Development Strategy (CEDS)
- Rural Planning Organizations (RPO) - Rural Transportation Planning
- Zoning Ordinances and Maps
- Subdivision Regulations

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