

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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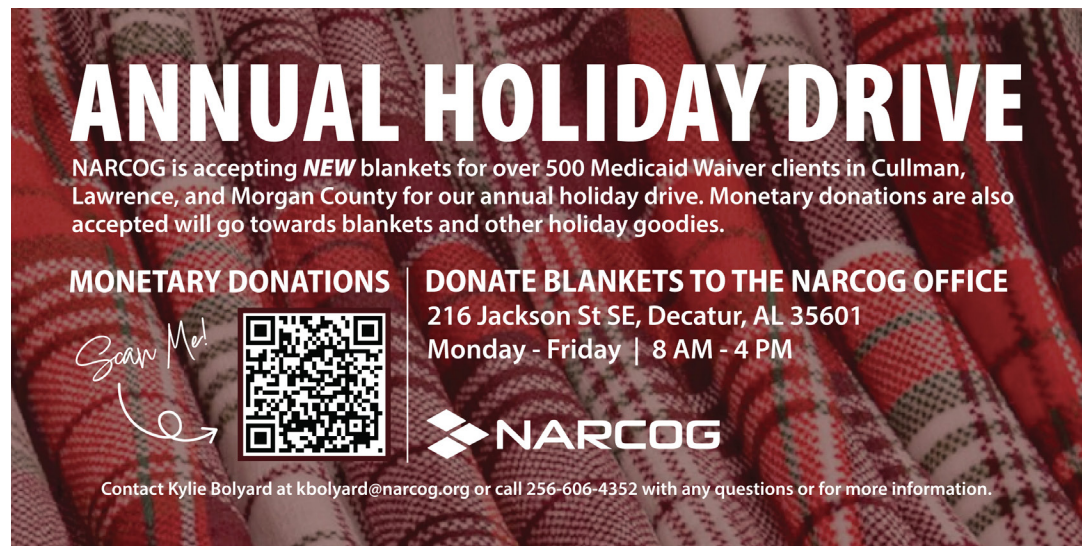
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ON THE WEB
www.narcog.org

SOCIAL MEDIA
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Annual Blanket Drive 2024




ANNUAL HOLIDAY DRIVE

NARCOG is accepting **NEW** blankets for over 500 Medicaid Waiver clients in Cullman, Lawrence, and Morgan County for our annual holiday drive. Monetary donations are also accepted will go towards blankets and other holiday goodies.

MONETARY DONATIONS

Scan Me!



DONATE BLANKETS TO THE NARCOG OFFICE
216 Jackson St SE, Decatur, AL 35601
Monday - Friday | 8 AM - 4 PM

NARCOG

Contact Kylie Bolyard at kbolyard@narcog.org or call 256-606-4352 with any questions or for more information.

The NARCOG Annual Holiday Drive is a heartfelt initiative designed to support some of our community's most vulnerable members during the winter season. Each year, NARCOG staff and volunteers come together to collect blankets for Medicaid Waiver clients, including low-income older adults and disabled children. This year, we are in need of 600 blankets!

NARCOG encourages local businesses, organizations, and commu-

nity members to donate new blankets to the annual blanket drive. These donations make a significant impact, ensuring that low-income older adults and children with disabilities receive a holiday gift. The holiday drive reminds everyone that small acts of kindness can make a meaningful difference in the lives of others.

We are accepting blankets until Friday, November 22nd, to ensure adequate time to create goodie

bags for the recipients. If an organization has collected several blankets, arrangements can be made for a NARCOG team member to pick them up.

Monetary donations can be made at <https://www.narcog.org/impact/impact-giving>.

Please get in touch with Kylie Bolyard with any questions or for more information at 256-606-4352 or kbolyard@narcog.org.

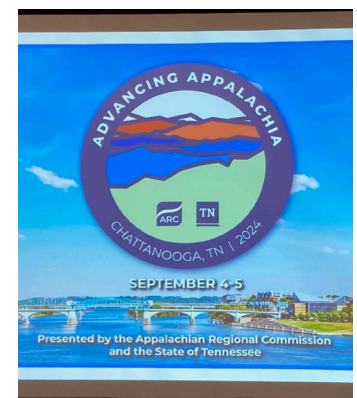
ARC 2024 Training Conference

Robby Cantrell, NARCOG Executive Director, and Joey Hester, Director of Planning and Development, attended the Appalachian Regional Commission's (ARC) 2024 Training Conference in Chattanooga, TN, on September 4th and 5th.

It was a great opportunity to network with the ARC staff, consultants, and the other Regional Council staff of the 13 states, including the Alabama Regional Councils within the ARC foot-

print. The conference program offered many informative training sessions on collaboration, partnerships, financing and grant funding, the outdoor recreation economy, downtown vibrancy, workforce development, health, child care, and substance abuse.

These sessions focused on economic development opportunities to improve the quality of life for residents and communities in Appalachia.



Robby Cantrell | Executive Director

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Planning Team Attends Annual NATR Fest

North Alabama Trails & Recreation hosted the third annual NATR Festival at Point Mallard Park on Saturday, September 28th, from 9 a.m. to 3 p.m.

This family-friendly event featured regional outdoor recreation vendors, outfitters, and various organizations and clubs offering education and advice on using the area's natural resources.

Admission was \$5 for adults, with free entry for children under 12.

Whether new to outdoor recreation or a seasoned enthusiast, the NATR Festival is a perfect opportunity to connect with the local outdoor community. Guests participated in activities like biking, canoeing, climbing, and hiking around the park, with

equipment provided by event sponsors. Be sure to put this on your calendar for next year!

The NARCOG Planning and Economic Development team was in attendance to share the Lawrence County Trail Plan as well as other offered services in the agency.

Planning Department Events and Deadlines

October 1, 2024

RC&D Grant Workshop

October 16, 2024 - October 18, 2024

Annual Alabama/Mississippi Joint Chapter American Planning Association Fall Conference

October 21, 2024 - October 24, 2024

National Association of Development Organizations (NADO) – 2024 Annual Training Conference

October 21, 2024 - October 24, 2024

Outdoor Economy Conference

October 30, 2024 - November 1, 2024

ALM Municipal Leadership Institute – ACE

22 Senior Centers Will Receive New Sign-In Kiosks



NARCOG is pleased to announce all senior centers across our Region will be receiving new kiosks from MySeniorCenter, equipped with an intuitive touchscreen sign-in system.

These kiosks are designed to be user-friendly, making it easy for seniors to check in with just a few simple taps. Once checked in, they can choose what activities they will be participating in and if they will be eating a meal. The streamlined process will not only enhance convenience for visitors but also ensure

a smoother flow of operations at the center.

One of the key benefits of these kiosks is the reduction in paperwork. By digitizing the sign-in process, senior center managers will spend less time handling forms and more time focusing on interacting with the seniors they serve.

These kiosks are currently being shipped to NARCOG and tested before going live in the centers.

Current Open Positions at NARCOG

NARCOG is currently hiring for several positions, including part-time Drivers, full-time Case Managers, and a full-time Accounting Coordinator. We are seeking individuals who are dedicated to helping our community.

The part-time driver positions involve transporting clients to essential appointments and services within the City of Decatur.

Full-time Case Managers will work directly with clients to assess their needs, coordinate care plans, and connect them with vital services to enhance their well-being. Both roles are crucial in providing compassionate care to those most in need.

Additionally, NARCOG is looking to fill a full-time accounting coordinator position. This role will involve

managing financial records, administering payroll, and handling accounts payable and accounts receivable. The ideal candidate should have a strong background in accounting, excellent organizational skills, and a detail-oriented approach to their work.

NARCOG prides itself on fostering a collaborative and supportive work environment. We are eager to

hire new team members who share our commitment to enhancing the quality of life for our community members. If you are interested in making a meaningful difference, we encourage you to apply today on Indeed. Full job descriptions can be found on our website under "Career Opportunities."

September Anniversaries

Conley Bush
Case Manager
1 year of service

Jacklyn Bing
Case Manager
1 year of service

Michael Bolden
Case Manager
1 year of service

Kylie Bolyard
Outreach Coordinator
2 years of service

Brittany Yarbrough
H2H Transition Coordinator
2 years of service

Jana Gourley
Case Manager
4 years of service

Dana Dobson
Quality Improvement
Coordinator
18 years of service

Medicare Open Enrollment

Understanding insurance, especially Medicare, can be challenging, with numerous options and the need to select the best coverage. To support older adults in making informed decisions, the State Health Insurance Assistance Program (SHIP) offers unbiased, one-on-one counseling to individuals aged 60 and older. SHIP counselors help Medicare beneficiaries review their coverage options and guide them in choosing the plan that best fits their needs.

At NARCOG, SHIP counselors can assist many Medicare beneficiaries each month. They offer information on Medicare, related health insurance, and low-income resources. This team can specifically assist with Medicare coverage, Medicare Supple-

ments, Medicare Savings Programs, Medicaid, prescription drug plans, plan comparisons, billing and claims, rights and protections, and long-term care options.

With Medicare Open Enrollment running from October 15 to December 7, Medicare beneficiaries who want to review their plans, ask questions, or get help signing up can contact one of our SHIP counselors.

Appointments at the NARCOG office can be made by calling 256-355-4515. Walk-ins are welcome at facilities outside of the NARCOG office.

SHIP counselors are not affiliated with any insurance company and will never try to sell you insurance.

Open Enrollment Dates

- October**
- 17 – City Center Village
 - 18 – NARCOG Office
 - 22 – Lacey’s Spring Senior Center
 - 24 – NARCOG Office
 - 25 – NARCOG Office
 - 29 – NARCOG Office
 - 31 – NARCOG Office
- November**
- 1 – NARCOG Office
 - 5 – NARCOG Office
 - 7 – Hartselle Senior Center
 - 12 – Moulton Senior Center
 - 14 – NARCOG Office
 - 15 – NARCOG Office
 - 19 – Presbyterian Tower
 - 21 – NARCOG Office
 - 22 – NARCOG Office
- December**
- 3 – NARCOG Office
 - 5 – NARCOG Office

Promotions



Jacklyn Bing
Case Manager Supervisor



Michael Bolden
Case Manager Supervisor

Community Health Fairs



The Cullman Senior Health Fair and the Daikin Health Fair recently brought together regional residents and employees for valuable health screenings, education, and resources. Both events were a great success, highlighting the importance of community wellness and engagement.

The Cullman Senior Health Fair had a lively 1950s theme and drew a crowd of about 200 attendees. Seniors across the Region could take advantage of free health screenings, informa-

tional booths, and consultations with health professionals. The event featured a wide range of services for older adults, such as blood pressure checks, flu shots, and long-term care resources. The 50’s theme added a festive touch, with retro decorations and music that brought joy and energy to the event. Attendees received essential healthcare support and enjoyed a fun, nostalgic atmosphere that made the day memorable.

The Daikin Health Fair, held for the company’s employees

and their families, offered a tailored experience to promote workplace and home wellness. While some of NARCOG’s services weren’t explicitly geared toward employees due to age and income levels, many were highly beneficial for their family members or those about to retire. The event emphasized the importance of holistic wellness by guiding employees on fitness, nutrition, money management, and preventive health, ensuring that employees and their loved ones were supported.

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