

# Seniors in Action



Summer 2010

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## Senior Centers *Your Place to Connect*

### Inside this issue:

Allen County Center	2
Senior Services Honored	2
Foster Grandparent Restaurant Benefits	3
Stand for Children	3
Retired & Senior Volunteer Program	3
FGP Old Style Supper & Auction	4

Where do older adults go to learn Tai Chi, take a pottery class, find community services, have that extra cup of coffee with friends, volunteer, or sign up for a trip? For 10 million older adults each year, the answer is their local Senior Center!

September is National Senior Center Month. This year's celebration theme highlights senior centers as the place to connect—a place to build new skills, join a community, and stay healthy & active.

Nearly 11,000 senior centers serve 1 million older adults every day. They offer a rich and engaging array of opportunities to help older adults age successfully.

Community Action has Senior Centers in every county in the BRADD area. Our friendly, well-trained Senior Center Managers plan and oversee activities designed to aid in the social and nutritional well-being of our older community members. Why not make National Senior Center Month when you join in the excitement? To find the Center nearest you, contact us at 270-782-3162 or e-mail [pnorrid@casoky.org](mailto:pnorrid@casoky.org).



## New Senior Center Location in Allen County

Community Action of Southern Kentucky celebrated the grand opening of the new Community Action of Southern Kentucky facility on Saturday, June 26, 2010. The facility is located at 25 J.L. Turner and Son Place in Scottsville, right next to the Edmonton State Bank.

The new Senior Center, located on the second level of the facility, includes a beautiful dining area, recreation room, and an exercise room. Seniors can also access food, garden vouchers, heating assistance through the Community Services office, or volunteer as a Foster Grandparent in the Head Start/Pre-School department at the facility. For upcoming activities and information about the Senior Center or RSVP, contact Ricky Garrison at 270-237-3691 or [rgarrison@casoky.org](mailto:rgarrison@casoky.org).



## Senior Services Staff Honored



*Pat Norrid (above) displays her award.*

Barren River Area Agency on Aging recently honored two Community Action Employees and a volunteer at the BRADD District Wide Training at Barren River Lodge on May 11, 2010.

Pat Norrid, Program Assistant for Senior Center Program, won the award for the Outstanding Service Provider Employee of the Year. Dolly McGuire, Logan County (Adairville) Senior Center Manager, received the award for Senior Center Manager of the Year. Volunteer Kenny Stratton of Brownsville received the Service Provider Volunteer of the Year Award.

## The Foster Grandparent Program

The Foster Grandparent Program provides seniors (age 55+) with an enriching and rewarding experience volunteering to help children with special and exceptional needs.

Targeted areas where volunteers work with children and youth include Head Start / School Preparedness, Pre-Elementary Day-care, Special Education, Tutoring and Child Elementary Literacy, Juvenile Justice, and Mentoring.



## Restaurant Benefits Support Foster Grandparent Program

The Foster Grandparent Program wishes to thank the Buckhead Café & Bakery, T.G.I. Fridays, and Griff's Deli for their support of our program. Each restaurant held a benefit where a percentage of designated proceeds were donated to help continue the Program's work.



## Foster Grandparents Take A Stand For Children

Foster Grandparents Wanda Harrison (left) and Maude Murrell (right) assisted at the "Stand For Children" event at the Western Kentucky University campus on Thursday, June 10th. The ladies gave out information, and helped children at the booth make sidewalk chalk drawings.



## Retired & Senior Volunteer Program (RSVP)

The Retired and Senior Volunteer Program is looking for volunteers to participate with local non-profits and government agencies in the Allen, Barren, Logan, Simpson, and Warren County areas. This is a national volunteer service operating through Community Action of Southern Kentucky. The program is open to all adults over the age of 55 who are dependable and willing to assist in volunteer assignments. Some of the current assignments are with the Bowling Green Police Department, local health departments, schools, senior centers, and many other agencies.

If you would like to help make our community stronger by becoming an RSVP volunteer, complete our Enrollment Form at [www.casoky.org/rsvp](http://www.casoky.org/rsvp) or call our friendly staff at 270-782-3162.

## Community Action

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Senior Services—Foster Grandparent Program



United Way  
of Southern Kentucky

## Old Style Supper & Auction on August 6th

In honor of Community Action of Southern Kentucky's 45th Anniversary, the Foster Grandparent Program is revisiting the past with a revival of the Old Style Supper & Auction. The event will be held on Friday, August 6th, 2010, at The Presbyterian Church, located at 1003 State St. in downtown Bowling Green. Doors open at 4:30 pm, with the auction beginning at 5:30 pm.

Enjoy a hearty meal of bean soup, corn cakes, and hot dogs, plus Chaney's ice cream for purchase. You can bid on an amazing array of auction items. There will be a Cake Walk, plus you'll have a chance to win one of several cash door prizes!

The cost is only \$5.00 per person (no charge for children 5 and under). All proceeds benefit the Foster Grandparent Program. For tickets call 270-782-3162.

