

Pennyrile Health and Family Services Newsletter

Hopkinsville Scam Jam

Christian County Senior Center

1402 W. 7th St. Hopkinsville, Ky

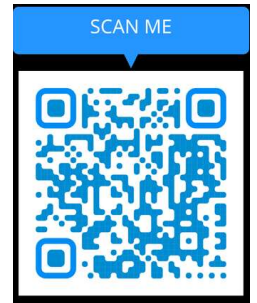
August 27, 2026, from 10:00 AM-2:00 PM

(Doors open at 9AM)



Secure Document Shredding (Open to the Public)
from 9:00 AM- 1:00 PM

This is a **FREE** community event focused on providing you with the most current information about scams, identity theft, AI (artificial intelligence), fraud. **Free** lunch and door prizes provided.



Register by scanning the QR code or using the link below:
<https://events.aarp.org/event/KYHopkinsvilleScamJam/summary>



Mark your Calendars for the 39th Annual Pennyrile Senior Games at the Planters Bank-Jennie Stuart Health Sportsplex in Hopkinsville, on September 21-23, 2026.

The event is for individuals 50 years of age and older who want to compete, connect & have a great time.

More details coming soon.

Western Kentucky Senior Suicide Prevention Network

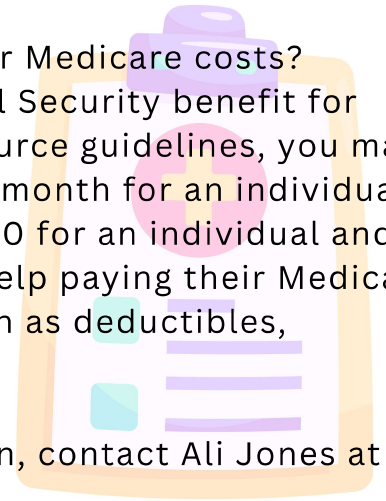
We are launching a regional public service awareness campaign focused on senior suicide prevention that will run from July through September 2026. As part of the initiative, we will recognize National Suicide Prevention Day on September 10, 2026, by hosting Pennyrile Senior Suicide Awareness Day at the nine senior citizen centers across the Pennyrile region. It will feature educational materials on senior mental health & suicide prevention, refreshments, door prizes, and activities to promote awareness, connection and support for older adults. More details about the event and activities will be shared in the coming weeks.

At Pennyrile ADD/AAAIL we're committed to fostering hope, connection and well-being for older adults, caregivers, individuals with disabilities, and the communities we serve.

SUICIDE & CRISIS LIFELINE - CALL 988

ADRC

Did you know there are programs available that may help pay your Medicare costs? If you currently have \$202 deducted each month from your Social Security benefit for your Medicare Part B premium and meet certain income and resource guidelines, you may qualify for a Medicare Savings Program. Income limits are \$1,816/month for an individual and \$2,455/month for a married couple. Resource limits are \$9,950 for an individual and \$14,910 for a married couple. Qualified individuals may receive help paying their Medicare Part B premium and, in some cases, other Medicare expenses such as deductibles, copayments, coinsurance, and Part A premiums.



For assistance determining eligibility or completing an application, contact Ali Jones at 1-866-844-4396 or 270-886-9484.

Veteran Directed Care Program

The Veteran Directed Care (VDC) Program continues to expand and strengthen services for veterans and their caregivers. The program currently supports 506 active veterans, with an additional 94 pending enrollment. It also maintains strong partnerships with 18 Spoke agencies and 11 VA Medical Centers, helping ensure veterans receive high-quality, coordinated care that promotes independence and choice. The Pennyryle Super Hub currently serves over 203 counties across the United States. Program and Financial Management Services (FMS) staff continue working with Nexus to streamline data and financial processes, improve efficiency and program operations. Staff are also working with Therap to implement electronic visit verification for employee scheduling and hour tracking to streamline compliance and focus on improving lives of veterans receiving support. The program is also experiencing some geographic growth. Washington, Clark, Floyd, Harrison, and Scott counties in Indiana have been added to the KIPDA service area. Additionally, the Northern Kentucky Area Development District has agreed to participate as a Spoke under the Pennyryle Super Hub.

Family Caregiver Program

The National Family Caregiver Support Program is pleased to provide caregivers and their loved ones with free lifetime access to *Honor My Decisions*, a secure online tool designed to help individuals create, store, and manage advance care plans. This valuable resource is available to older adults and caregivers throughout the Pennyryle region. *Honor My Decisions* makes it simple to document, securely store, and share your healthcare wishes, ensuring your preferences are available when they matter most. Planning ahead can bring peace of mind for both you and your family. By clearly documenting your healthcare and end-of-life care decisions, you can reduce uncertainty, ease the burden on loved ones, and help ensure your wishes are honored.

For more information or assistance getting started with your digital advance care plan, please contact Miranda White, Family Caregiver Coordinator, at 270-886-9484 or 1-866-844-4396.

AAAIL WELCOMES

BRITTNEY CORNELIUS



We are pleased to welcome Brittney Cornelius to the Pennyriple Area Development District team. Brittney joined the agency on May 18, 2026, as a Social Services Case Manager within the Home and Community Based Waiver Programs. Prior to joining the Pennyriple Area Development District, Brittney served as a Mobile Crisis Specialist with Centerstone for the past two years. She has also worked on a PRN basis at Vanderbilt Psychiatric Hospital since January 2021, gaining valuable experience in behavioral health and crisis intervention services. Brittney earned her Bachelor of Social Work from Austin Peay State University and recently completed her Master of Social Work degree at the University of Tennessee. Her educational background, combined with her professional experience, brings a strong foundation of knowledge, compassion, and service to her role. We are excited to have Brittney as part of our team and look forward to the positive impact her skills and experience will have on our agency and the communities we serve.

ALYSSIA KERN



We are pleased to welcome Alyssia Kern to the Pennyriple Area Development District team. Alyssia joined the agency on May 11, 2026, as an Administrative Assistant. Alyssia has twelve years of banking experience and looks forward to utilizing those skills in her new role. As an Administrative Assistant, Alyssia provides essential administrative and clerical support to the Area Agency on Aging and Independent Living (AAAIL) programs. In her free time, Alyssia likes to spend time with her husband Zach and two children, Harper and Memphis. We are excited to have Alyssia as part of the team and look forward to the positive impact she will have on our agency and the communities we serve.

Ombudsman

On June 29, 2026, District Long-Term Care Ombudsman Cindy Tabor had the opportunity to speak with nursing students at Hopkinsville Community College, continuing a valuable partnership with Karen Scharber, Assistant Professor of Nursing. The presentation introduced future nurses to the role of the Long-Term Care Ombudsman Program and the important services it provides to residents living in long-term care facilities. Students learned about residents' rights, the Ombudsman Program's advocacy role, and how ombudsmen work to resolve concerns while promoting dignity, respect, and quality of life for older adults. Students also learned to recognize the warning signs of physical, emotional, financial, and neglect-related abuse, along with the importance of reporting suspected abuse promptly. As these nursing students prepare to enter the healthcare profession, understanding how to identify and respond to elder abuse is essential to protecting vulnerable adults.

Interested in making a difference? The Long-Term Care Ombudsman Program is always seeking compassionate volunteers to provide friendly visits to residents living in long-term care facilities. Even a simple visit can brighten someone's day, reduce loneliness, and improve a resident's quality of life. If you are looking for a meaningful volunteer opportunity, please contact District Long-Term Care Ombudsman Cindy Tabor at 270-886-9484 or 1-800-928-7233 to learn more about becoming a Certified Ombudsman Volunteer.



HCB Waiver Program

The Home and Community Based (HCB) Waiver Program continues to experience steady growth across the Pennyryle region as more individuals choose to receive services in their homes and communities. This growth reflects the increasing need for person-centered supports that promote independence, choice, and quality of life. As our program continues to expand, we remain committed to providing high-quality case management services and ensuring participants receive the individualized support they need to live safely and successfully in their homes. We look forward to continuing to serve our communities while growing to meet the needs of those we support.

 Beat the Summer Heat	Tips for Staying Safe
 Use Air Conditioning	Keep indoor temperatures cool to prevent heat-related illnesses.
 Draw the Blinds/Curtains	Block out sunlight to maintain a cooler indoor environment.
 Limit Stove & Oven Use	Reduce indoor heat by using alternative cooking methods like grilling or microwaving.
 Stay Hydrated	Drink plenty of water, clear juices, or electrolyte drinks to stay hydrated.
 Dress Appropriately for the Weather	Wear light, loose-fitting clothing to stay cool.
 Sun Protection	Use sunscreen, wear a hat, and seek shade to protect against harmful UV rays.
 Limit Time Spent Outdoors	Avoid outdoor activities during peak heat hours to reduce the risk of heat exposure.
 Review Medications	Check if your medications may increase sun sensitivity or affect your body's cooling.
 Know Signs of Heat Exhaustion & Stroke	Be aware of symptoms like heavy sweating, dizziness, and nausea to take prompt action.

Pennyryle 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