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## Enriching Communities. Empowering People.

GRADD released its new tag line "*Enriching Communities, Empowering People*". These four words exemplify GRADD's mission and vision for the seven county region that we serve. Daviess, Hancock, Henderson, McLean, Ohio, Union and Webster Counties in western KY.



**CONNECT, CREATE, CONTRIBUTE MAY 2019**

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

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fun and fellowship.

The Senior Centers will also have a Senior Health Fair during the month of May. Local vendors and service providers will provide simple health screenings, giveaways, and tons of good information.

Visit [GRADD's Calendar of Events](#) for dates and times.



GRADD Executive Committee will meet at River View Coal on Wednesday May 8th at 9:00 AM. River View Coal is located at 4830 St. Route 359, Waverly in Union County.

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Kim Hillard will discuss “Self Care” for the Mental Health and Aging Coalition’s May meeting on **Thursday, May 23<sup>rd</sup> at 10:00 a.m. in the GRADD Board Room.** Kim is the Behavioral Health / Developmental and Intellectual Disabilities Program Administrator with the Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities. Kim previously served as Kentucky’s state Ombudsman.

Kim’s talk will focus on the stressful situations members face in their daily work. She will offer suggestions and tips to help members care for their mental, emotional and physical health. Good self-care can help improve mood and reduce anxiety. Good self-care is also primary to maintaining good relationships.

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**The GRADD office will be closed Monday, May 27th, in observance of Memorial Day.**



For a complete listing of events and meetings in the GRADD region in May check out our new ['Events & Meetings'](#) webpage.



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ConnectGRADD continues to expand its high-speed coverage throughout the region, recently adding upgraded equipment in southern Hancock County, north of the Fordsville area, to initiate video-speed services there, and doing the same in southern Ohio County with upgraded equipment going on the Bluegrass Crossings water tank south of Beaver Dam.

Additionally, video-speed capacity has been expanded with newer equipment on the Calhoun water tank, serving central McLean County.

All upgrades being performed on the network are to provide services capable of streaming video, replacing the legacy equipment installed on the ConnectGRADD network beginning in 2007. Upgrades are continuing throughout 2019 across the network.

To check availability in your area call **1-800-877-3341**



### GRADD Volunteer of the Year Announced

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Brescia University, Chairperson of the Green River Area Council on Aging, and GRADD Board of Directors member addressed the group of 42 staff and volunteers.

The GRADD Volunteer of the Year for 2019 is Mary Ashford, an AmeriCorps member who is serving her third year at Ohio County Senior Services. Ms. Ashford also serves on the Green River Area Council on Aging, and works with the District Long Term Care Ombudsman Program.

Jiten Shah, GRADD executive director stated, “we are very proud of the work we do at GRADD of implementing programs that improve the quality of life in our district, but much of what we are able to accomplish would not be possible without the tremendous contributions and efforts made by our volunteers.”

Pictured with Ms. Ashford is Jiten Shah and Brad Alley, AmeriCorps Program Director.

  
A large, 3D, multi-colored text graphic that reads "Congratulations!". The letters are in various colors (red, orange, yellow, green, blue, purple) and have a 3D effect with shadows.

**Webster County** on receiving \$30,596 for the Soil Maps for Seismic Hazard Planning Project.

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