



Caregivers Celebrated

This year's Caregiver College lived up to its #CaregiversConnect theme for more than 300 people who experienced a daylong event filled with education and self-care activities. As a result, a new Caregiver Support Group is planned for those who attended the event, said its organizer, Lydia Weeks, coordinator of TARCOG's Alabama Cares Program.

"The development of the support group is important because it allows Alabama Cares to identify caregivers that require additional support throughout the year," Weeks said. "Since Caregiver College only happens once a year, the goal is to create a space for family caregivers to connect, share their personal experiences, and participate in activities that promote relaxation and self-care."

As part of National Family Caregivers Month, on Nov. 17, attendees gathered from as far away as Montgomery and Tuskegee for TARCOG's Caregiver College, now in its eighth year. Co-hosts for the event included the Alabama Cooperative Extension Systems and The Legacy Center.

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Serving People: Winter Wishes Coming True

Thanks to the hundreds of generous sponsors for TARCOG's 2023 Winter Wishes campaign, there are three holiday-wrapped gift boxes sitting under a tree in the home of a 79-year-old TARCOG client who plans to open them on Christmas morning.

"She told me she put up the tree because she knew I was bringing a gift," said Danasia Sowers, a case manager in the Medical Waiver Program at TARCOG. "She received three boxes ... These are the only presents she will receive this year, and she was so excited to get them."

This was just one of 361 TARCOG clients who created a Winter Wish list this year. The campaign, which was previously called Santa for Seniors, started in 2002 as a simple gesture to pass on kindness and joy to those in need, said Melissa Brinkley, manager of the Medicaid Waiver Program at TARCOG.



Pictured: TARCOG employees sort and deliver Christmas cheer to over 300 seniors.

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Serving People: A Golden Celebration for Seniors

A celebration in Fort Payne isn't complete without musicians, and for the combined 50th Anniversary of Senior Center programs and Annual Health Fair for DeKalb County, this meant residents enjoyed a performance by the band Homegrown.

Nearly 200 people participated in the Nov. 16 event, which was held for people aged 60+ and their caregivers at the VFW Fairgrounds. It was sponsored by the DeKalb County Council on Aging and the Times-Journal.



Pictured: DeKalb County Commissioner and TARCOG Board Member Lester Black helps celebrate the 50th Anniversary of the county's senior programs. Far right is Emily McCamy, director of the county's Transportation and Council on Aging, with Homegrown band members in the background.

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Growing Our Economy: \$750,000+ in Grants Awarded for DeKalb and Marshall Counties

Over in DeKalb County, a worn-out sewer system needs upgrades in Collinsville, and Pine Ridge needs a plan to help manage growth. In Marshall County, a water-damaged Guntersville Senior Center needs extensive repairs.

All of these needs can be met now thanks to TARCOG helping each community through recent grant awards totaling more than \$750,000, said Lee Terry, director of Economic Development and Planning at TARCOG.



Pictured: Extreme cold weather in December 2022 caused a water pipe to burst at the Guntersville Senior Center, causing extensive damage. Plans are in place for renovations, with TARCOG assisting by securing grant funding for a portion of the project cost.

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Upcoming Events

TARCOG Office Holiday Closures

Monday, December 25, 2023
Monday, January 1, 2024



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