



## Be a Part of This Year's Winter Wishes Campaign!

For anyone looking to give to others during the holiday season, our Winter Wishes campaign is underway! By the end of November, the TARCOG office will start to look like Santa's Workshop, with our case managers transforming into elves.

Sponsors of the Winter Wishes campaign have the opportunity to fulfill a need or a "wish" of program participants. In December, our Winter Wishes elves will deliver all gifts to participants, spreading the joy and cheer of the holiday season.

Want to be a part of the Winter Wishes campaign? Click the button below to learn more.

[Learn More](#)

## Serving People: TARCOG-Area Seniors Bring Home Medals and Memories from Masters Games

TARCOG-area seniors proved their true competitive spirit at the Masters Games of Alabama and brought home great memories along with 107 medals.

The Masters Games were held during the third week of October. Thirty-nine North Alabama seniors earned 51 gold medals, 19 silver, and 23 bronze, along with another 14 medals for the completion of a One-Mile Fun Walk.

The Masters Games of Alabama is a nonprofit organization dedicated to promoting healthy lifestyles for active adults ages 50 and older. The goal of the games is to promote social, mental and physical activities for this age group.

From the opening to closing ceremonies, participants expressed excitement, determination and a friendly competitive spirit. It was the first competition since COVID-19.

"Everyone had a great time and can't wait until we do it all over again next year," said Emmitt Davis, TARCOG's community services coordinator, who also serves on the board of the Alabama Masters Games.

[Read the Full Story](#)



*Pictured: Joann Carter, 54, of Fort Payne, who participated in the Masters Games for the first time. She brought home six gold medals in the basketball free throw, cornhole, domino singles, frisbee throw, Nerf throw and softball throw.*

## Improving Communities: Safety Committee Holds First Meeting for Regional Safety Action Plan

TARCOG staff, along with Alta Planning + Design consultants, received guidance on the safety challenges faced by the region during the first stakeholders meeting for the new Regional Safety Action Plan. The plan is currently under development for DeKalb, Jackson, Marshall and portions of Limestone counties.

A Safety Committee, comprised of technical advisors with a particular focus on roadway safety across the region, met virtually on Oct. 26. Committee members include representatives from local city and county public safety staff, local city and county engineers, local economic development agencies, and local planning departments and agencies.

Lee Terry, TARCOG's director of economic development and planning, says the Safety Committee's goal is to guide the Regional Safety Action Plan development process by providing information about challenges faced in each community.

The project is funded by the Safe Streets and Roads for All (SS4A) grants from the U.S. Department of Transportation and the Federal Highway Administration.

[Learn More About the SS4A Project](#)



*Pictured: TARCOG Economic Development and Planning staff hold its first meeting with the Safety Committee on Oct. 26 for the Regional Safety Action Plan currently under development for DeKalb, Jackson, Marshall and portions of Limestone counties.*

## Improving Communities: City of Arab Holds Public Meeting on Land Use for Comprehensive Plan

Arab public officials and community members are making progress on updating the city's comprehensive plan following a meeting at Arab City Hall on Oct. 26.

In partnership with TARCOG, the city participated in a land use stakeholder meeting to discuss how land within the community's boundaries is currently being used. The goal of the meeting was to help citizens understand how the community has grown over the years and how land use impacts community development.

Feedback from the session will be used to inform planners on how to continue educating the public on community planning and how the overall comprehensive plan will be used to further transform Arab into the community its residents envision.

[Explore All Our Community Planning Services](#)



*Pictured: Community members participate in a public meeting about Arab's comprehensive plan on Oct. 26.*

## Even More News from TARCOG!

- TARCOG staff supports the [Successful Aging Initiative Conference](#), encouraging participants to "Live Well to Age Well"
- TARCOG finalizes [new executive board](#) for the board of directors
- Deputy commissioner of the Alabama Department of Senior Services [visits Studio 60](#) in Huntsville



## Upcoming Events

### DeKalb County Health Fair & 50th Anniversary Celebration

November 16  
8:30 a.m. – 12 p.m.  
151 18th St. NE in Fort Payne

Join the DeKalb County Council on Aging to celebrate the 50th Anniversary of their Senior Center programs at their Annual Health Fair. Activities will include vendors, door prizes, music, lunch and more.

This event is for DeKalb County residents ages 60+ and their caregivers. It is a free event, but donations are welcome.

[Learn More](#)

### 8th Annual Caregiver College

November 17  
7:30 a.m. – 3 p.m.  
Willowbrook Church, Madison Campus

Caregiver College is a free public event that celebrates, educates and provides a break for family caregivers in our region. This year's theme is #CaregiversConnect.

With workshops and interactive sessions to empower caregivers to be extraordinary, our goal is to share valuable information that will allow family caregivers to connect with professionals, community resources and fellow caregivers. We hope that each attendee will walk away feeling supported and encouraged.

**This is a free event, but space is limited. Register before Nov. 10 to secure your spot!**

[Learn More and Register](#)