



Pictured Above: Anneliese Way & Kelly Lariscy at a “Back to School BASH!”



What's making our newsletter?

- BGCAP Community Gardens
- Bourbon County Senior Center Outings
- Scott County Senior Center Activities
 - “Still Kicking” on YouTube
- Woodford County Cake Baking Contest and Auction
 - BGCAP Directory

TO SUBMIT PHOTOS/
ARTICLES/NEWS TO
THE BGCAP NEWSLET-
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WHAT IS A COMMUNITY GARDEN?

Community gardens are collaborative projects on shared open spaces where participants share in the maintenance and products of the garden, including healthful and affordable fresh fruits and vegetables.

In April of 2017, Blue Grass Community Action Partnership created a Community Garden as a Pilot Project in Mercer County. It was developed at the BGCAP Community Development Office/Senior Citizens Center. The pilot began with 15 garden plots. The project was so successful, the program was expanded in 2018 to include 4 additional counties to bring the total garden plots to 50!

Gardens may offer physical and mental health benefits by providing opportunities to:

- Eat healthy fresh fruits and vegetables.
- Engage in physical activity, skill building, and creating green space.
- Beautify vacant lots.
- Revitalize communities in industrial areas.
- Revive and beautify public parks.
- Educate the community (including low-income) on benefits of healthy eating

According to the United States Department of Agriculture, more than 23 million Americans live in “food deserts”: areas with limited access to affordable and nutritious food, particularly ones composed of predominantly lower income neighborhoods and communities.

BLUE GRASS COMMUNITY ACTION PARTNERSHIP HAS GARDEN PLOTS IN THE FOLLOWING COUNTIES:

- Anderson County: 3
- Garrard County: 6 with 2 Senior Plots
- Mercer county: 15
- Woodford County: Margaret Hall: 10 King’s Way Church: 8
- Fayette One Parent Scholar: 6

WOODFORD COUNTY COMMUNITY GARDEN



From Left to Right:

Franklin Asset Management Co-Owner: Avril Dobson
 Franklin Asset Management, Regional Property Manager, Ann Miller
 Gardener: Kimberly Kelly
 BGCAP Regional Manager of Community Services: Kelly Lariscy
 BGCAP Senior Director of Community Services: Wendy Bruce Shouse
 BGCAP Executive Director: Troy Roberts
 Kentucky Department of Agriculture, Commissioner of Agriculture: Ryan Quarles
 Versailles Brewing Company: Gary Jones
 Gardener: Edith Espinosa
 Rural Development: John Johnson
 Governor’s Office of Agricultural Policy, Project Manager, Biff Baker

GARDEN PROMOTES COMMUNITY AND SUFFICIENCY COMMUNITY PROGRAMS PARTNER TO SERVE MERCER RESIDENTS

[CREDIT TO: DALTON CHRISTOPHER, HERALD STAFF DCHRISTOPHER@HARRODSBURGHERALD.COM]



There is nothing that can bring a community together quite like growth. Whether it be new industry, business, or progress in sports and life, there is something about seeing something grow that causes inspiration. For further proof, look no further than the backyard at the Mercer County Senior Citizens Center.

The Blue Grass Community Action Group, Mercer County Extension Office, Anderson Dean Community Park and Stratton Lumber Company have partnered together to offer a garden for use by anyone in the community.

The project started in May and has been a hit with Mercer County residents. "It just took off. We have people stop and ask us what's going on, they stop and pull weeds for us, its just been great." said Becky Stratton of Bluegrass Community Action.

The goal of the program is to educate the community on the benefits of healthy eating while also educating people that may have no experience to raise their own crops. They also want to encourage residents to take advantage of the services and programs offered to them by groups in the community.

When someone signs up for the program they receive a box in the garden. In addition, the extension office provides classes that educate families on the health benefits of what they are growing as well as growing a healthy plant.

"These plots have not only been a source of fresh vegetables to many in our community but also gave them opportunities to learn about gardening and options on how to save the food to use later." said Troy Roberts who is the Executive Director of Blue Grass Community Action Partnership.

Jessica Bessin, horticulture agent at the Extension office, says one important thing to teach with raised beds is that square foot gardening can be done. "You can put multiple crops in and have different things ripen throughout the season."

Each month, Bessin and Bobbie Hancock offer courses to teach people about what they are growing,. Last month it was tomatoes and this month its all about sweet corn. They talk about soil requirements, harvesting, health benefits of the crop and much more. "We show people that they can grow their own food and have their own fresh vegetables." Hancock said.

Jack Coleman, of Blue Grass Community Action Partnership says that the project started with the goal of bringing the community together after seeing some stories about community gardens. "It gave us the ability to partner with local groups like the extension office and Burgin Schools." Coleman said. Burgin donated left over crops from their green house to the garden.

"Blue Grass Community Action was established in 1965 and in my last year going around in communities, people had no clue who we ever were or what we do." Coleman said. Coleman says that the goal for Community Action is to bring people out of poverty, but that is just the beginning of the services offered by Blue Grass Community Action, most people are just not aware of everything available to them.

As residents learn the health benefits of growing their own food and becoming self-sufficient, they also become a closer community in the process. "Its made people become better parents and better families because they are learning up open up and communicate. We give them a start and it makes them have to communicate better." Hancock said.

For people who may have never grown a garden or are weary of the process, Jessica Bessin says to leave those worries behind. Participants are given phone numbers to resources including the extension office for any questions they may have. There is assistance at every turn. "We provide everything for you. All you have to do is provide the labor." Stratton said.

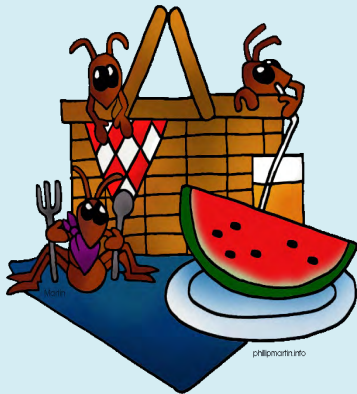
The team is very excited with the turn out this year, but they are even more excited for next year. There may even be some classes on fall crops in the coming months. They hope to double this years participation next spring. "This project has benefited young and old, from the seniors at the Mercer County Senior Center, the participants at Mercer County Adult Day, as well as families and children from our Community Development Office and Head Start. We look forward to expanding on this project next year." Roberts said.

For more information on joining the program and creating your own garden, contact Blue Grass Community Action at 859-734-9549 or the Mercer County Extension Office at 859-734-4378.



BOURBON COUNTY SENIOR

The seniors in Bourbon County have visited a different state park each month. This month we had a picnic at Fort Boonesboro. We enjoyed fried chicken, side dishes and dessert together under a covered shelter.



“STILL KICKING” ON YOUTUBE

The Bi-line of the show is “the show that highlights senior centers around the state of Ky and investigates the lives and achievements of the seniors they serve”. That is essentially what we do, we do an side-show tour of the centers and describe their services then follow that with 3-4 interviews with selected seniors. So far we have completed Scott, Bourbon, Garrard and two specials (KY reptile Museum and a

show with a vocalist, and Jessamine and Fayette are in production presently. We have been posting on Facebook and YouTube.

—Jason Smallwood (Scott County Senior Center Director)



SCOTT COUNTY SENIOR CENTER LUAU



Jason Smallwood, Scott County Senior Director sent in pictures from the Senior Center Hawaiian themed Luau Party! The seniors had a blast singing, dancing and watching a band!



WOODFORD COUNTY CAKE BAKING CONTEST & AUCTION

[CREDIT TO WOODFORD SUN NEWSPAPER BOB VLACH IN VERSAILLES KY] [WOODFORD SENIOR CENTER FACEBOOK PAGE]



A BAKING CONTEST and auction were hosted by the Woodford County Senior Citizens Center June 22. Wayne “Tiny” Wright, former Woodford County Sheriff, was one of three judges for the contest.

RIGHT: Wright is pictured with Community Developer Kelly Lariscy, right, and Becky Trent of Blue Grass Community Partnership, which organized the event to support its ongoing efforts to help Woodford County families in crisis.

Contest entries were judged for best taste, texture, presentation and creativity.



Above: Judge Jennifer Dozier sampled an entry.



Above: 4 of the cakes that were submitted to the contest!



Above: Celebrity baker and cake artist April Drury

ADULT DAY CENTERS:

Garrard County Adult Day: 153 Farra Drive, Lancaster, KY. 40444 (859) 792-6603
Jessamine County Adult Day: 111 Hoover Drive, Nicholasville, KY. 40356 (859) 792-6603
Mercer County Adult Day: 1475 Louisville Road, Harrodsburg, KY. 40330 (859) 734-5187
Woodford County Adult Day: 285 Beasley Drive, Versailles, KY. 40383 (859) 792-6603

COMMUNITY DEVELOPERS:

Anderson County CD: 160 Township Square, Lawrenceburg, KY. 40342 (502) 839-7102
Boyle County CD: 225 W. Walnut Street, Danville, KY. 40422 (859) 236-2955
Franklin County CD: 73 C Michael Davenport Blvd. Suite #1, Frankfort, KY. 40601 (502) 695-5615
Garrard County CD: 107 S. Campbell, Lancaster, KY. 40444 (859) 792-3422
Jessamine County CD: 231 S. Main Street, Nicholasville, KY. 40356 (859) 885-3512
Lincoln County CD: 201 E. Main Street, Stanford, KY. 40484 (606) 365-2312
Mercer County CD: 1475 Louisville Road, Harrodsburg, KY. 40330 (859) 734-9549
Scott County CD: 340 E. Washington Street, Georgetown, KY. 40324 (502) 863-9403
Woodford County CD: 285 Beasley Drive, Versailles, KY. 40383 (859) 873-8182

HEAD START CENTERS:

Anderson County Head Start: 1593 Harrodsburg Road, Lawrenceburg, KY. 40342 (502) 839-7202
Franklin County Head Start: 955 Leestown Lane, Frankfort, KY. 40601 (502) 227-1511
Jessamine County Head Start: 1330 Drake Lane, Wilmore, KY. 40390 (859) 858-2585
Mercer/Boyle County Head Start: 580 Perryville Street, Harrodsburg, KY. 40330 (859) 734-4788
Woodford County Head Start: 200 Park Street, Versailles, KY. 40383 (859) 873-6579

SENIOR CENTERS:

Anderson County Senior Center: 160 Township Square, Lawrenceburg, KY. 40342 (502) 839-7520
Bourbon County Senior Center: 11 Legion Road, Paris, KY. 40361 (859) 987-7453
Garrard County Senior Center: 153 Farra Dr. Lancaster, KY. 40444 (859) 792-3147
Jessamine County Senior Center: 111 Hoover Drive, Nicholasville, KY. 40356 (859) 885-9102
Mercer County Senior Center: 1475 Louisville Road, Harrodsburg, KY. 40330 (859) 734-5185
Scott County Senior Center: 800 Cincinnati Road, Suite 10, Georgetown, KY. 40324 (502) 863-4041
Woodford County Senior Center: 285 Beasley Drive, Versailles, KY. 40383 (859) 873-8384

**FOR MORE INFORMATION OR OTHER PROGRAMS, PLEASE CONTACT
CENTRAL OFFICE AT 502-695-4290**