

# Kentucky Changers are coming to town

## Applications are now accepted

SPECIAL TO THE R-H

Do you or someone you know need a ramp, deck or deck repairs, sidewalk, siding, roofing, exterior house painting or help with clean-up of the yard?

The Kentucky Changers are returning in July to provide free materials and free labor for exterior home improvement projects.

To apply, complete a simple application available at Lake Cumberland Community Action, Green County Food Bank, Green County Judge's office, City Hall, Greensburg Baptist

Church and many other Baptist churches.

Applicants must own and live in the home that is repaired.

No questions are asked regarding income.

The application deadline is March 15. An address for submitting the application is on the form.

All applications will be considered but all may not be selected. The final decision will be made by the selection committee of Kentucky Changers and Russell Creek Baptist Association.

Kentucky Changers is an organization sponsored by the KY Woman's Missionary Union that uses young people from 8th through 12th graders and college students to refurbish the

exteriors of homes.

Kentucky Changers impacted the local area in 2016 and 2017 and many of those youth want to return to our community to serve by helping others.

The cooperation and support of the Green County school system and many churches make this possible.

Russell Creek Baptist Association, is one of few that provides the funding for all the projects, while most other sites depend on grant funding. That is made possible by the many generous donors for this special project for home owners. The youth pay their expenses for the week.

Over 250 youth and approximately 100 adult volunteers will arrive July 4.



R-H file photo

Kentucky Changers work on a roof in 2017 in the above photo. The group will be in Green County in July and are now accepting applications for projects from home owners.

## Givens

From page 1B

For ambitious students who want to be a part of this year's legislative process, the Kentucky General Assembly offers a variety of page opportunities for all ages. Students interested should

contact my office at (502)564-8100 to make a formal request. More information regarding the page programs can be found at [www.legislature.ky.gov](http://www.legislature.ky.gov)

To those who have reached out or visited

my office in the past weeks, thank you for staying engaged during these early weeks of the session. I appreciate your input and urge you to continue making your voices heard in Frankfort.

If you have any questions or comments about these issues or any other public policy issue, please contact me toll-free at 1-800-372-7181 or email me at [david.givens@lrc.ky.gov](mailto:david.givens@lrc.ky.gov).

## Reed

From page 1B

Those changes must be approved by Congress, which is where HCR 53 I hope the legislation will shed some light. #Freethedaylight.

This Friday, the House also passed another bill I sponsored. The bill, HB 59, would designate the third Wednesday in September as Farmer Suicide Prevention and Awareness Day. There were many folks who were intricately involved

in this process, and I would like to take a moment and thank them. Kentucky Department of Agriculture; Commissioner Ryan Quarles; Dale Dobson, Farm Safety Coordinator; Dixie Farm Safety Team; LaRue County FFA; Sydney Pepper, LaRue County FFA President; Isaiah Pruitt, LaRue County FFA Reporter; Kentucky Farm Bureau; all the Kentucky Farm commodity groups

and livestock Associations; University of Kentucky; Southeastern Center for Agricultural Health and Injury Prevention. Most importantly, thank you to all the farmers across our blessed Commonwealth - because on the 8th Day - God made a Farmer.

As you can see, we are off to a busy start. If you have any questions or comments about this session, I

can be reached during the week from 8:30 a.m. until 4:30 p.m. (EST) through the toll-free message line at 1-800-372-7181. You can also contact me via e-mail at [BrandonReed4KY@gmail.com](mailto:BrandonReed4KY@gmail.com). You can keep track of committee meetings and potential legislation through the Kentucky Legislature Home Page at [legislature.ky.gov](http://legislature.ky.gov) and you can also follow me on Twitter @BrandonReed4KY.

## Routine checkups are vital to health

Regular visits with a medical professional are an important part of a healthy lifestyle. Too often people visit the doctor only when they are ill, as they may not realize just how essential well visits and physical exams are.

Routine checkups are the smartest way for people in all age groups to stay on top of their health, but they can be especially valuable for those age 50 and older. Regular checkups enable physicians to check current health against past visits, ensuring that any anomalies can be investigated and treated efficiently and promptly.

There are no hard and fast rules about how often seniors should visit health care providers. Those who are in generally good health may only require one medical checkup a year. At this point vital signs will be checked, medications reviewed and lifestyle topics discussed. Doctors may even recommend or discuss tests. Patients also can bring up any issues they may be experiencing, however insignificant they may seem. Anything from sleep disturbances to memory loss to unexplained fatigue or pain can be addressed.

General care and geriatric doctors also are adept at asking questions to get a sense of how patients are faring in the world. This may include topics that seemingly have no relevance to health but can be quite important.

The following are some compelling reasons to be diligent with provider visits.

- Frequently health issues can be silent and not noticed early on by a patient.

- Patients will be less likely to forget about important screenings, like mammography, prostate tests, cholesterol tests, and more.

- Vaccines can be administered, as even adults need certain immunizations to stay healthy.

- Patients can discuss potential lifestyle changes, like going on a diet or taking up a new fitness regimen.

It is essential to follow through with health care provider

visits, even if they seem redundant.

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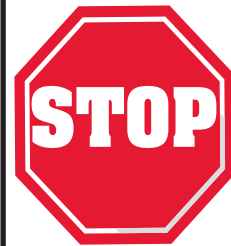
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