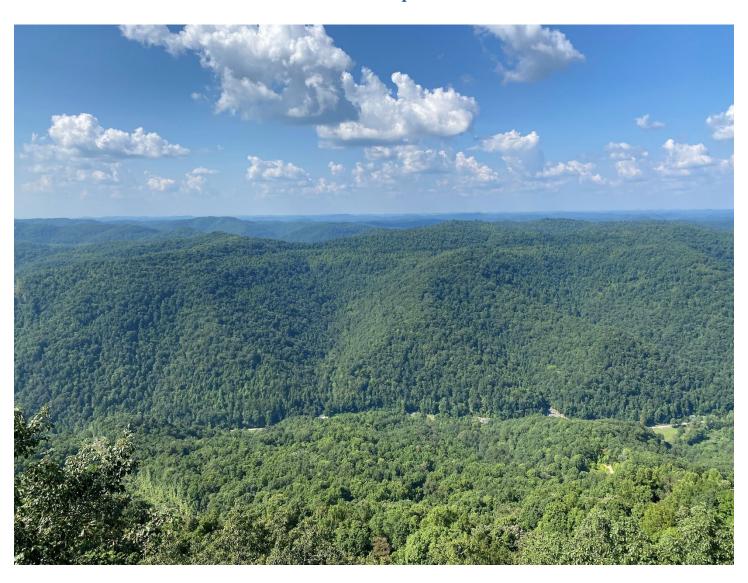
#### UNIVERSITY OF KENTUCKY

# Kentucký Homeplace

July 1<sup>st</sup>, 2020 – June 30<sup>th</sup>, 2021 Annual Report



Kentucky Homeplace <a href="http://www.kyruralhealth.org/homeplace">http://www.kyruralhealth.org/homeplace</a>

Funding for the program is a joint collaboration of the Kentucky Cabinet for Health and Family Services and The University of Kentucky and the Center of Excellence in Rural Health.

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## Kentucky Homeplace

#### My Fellow Kentuckians:

This year can readily be summed up as a year of challenges which were met with adaptability and resilience on behalf of the Kentucky Homeplace CHWs. From March 17, 2020 to March 29, 2021 Kentucky Homeplace CHWs worked remotely due to COVID-19. The CHWs had to quickly adapt to a different way of working to meet the changing needs of their clients. The CHWs helped their clients access many new services such as: Presumptive Eligibility Medicaid, Pandemic Electronic Benefit transfer (EBT), Economic Impact Stimulus Payments, and Presumptive Eligibility Medicaid extensions.

During this time period the CHWs continued to provide traditional services such as: reduced or no cost prescription assistance, diabetic and medical supplies, eyeglasses, dentures, hearing aids, health coaching, chronic disease self-management and for the most part all of these services were provide remotely.

Perhaps the most important lessons learned during this year was the fact that the CHWs remained accessible as a trusted community member. Always ready to help those with differing needs, helping them work through difficult and confusing times. The CHWs had to deal with many hardships due to loss of family, friends and loved ones in their communities, all the while remaining the steadfast advocate of their clients, ready and willing to provide a helping hand to those in need.

Challenges with returning to onsite work continue to be met. The CHWs are striving to provide accurate education on COVID-19 in hopes that one day we can have communities that are healthy and educated on how to prevent communicable diseases.

#### **Annual Summary**

For the period July 1, 2020 – June 30, 2021, the CHWs provided 42,816 services for 6,179 clients. CHWs logged 15,845 hours on care coordination activities with a value of \$377,269.45. The amount of medication accessed was \$6,942,461.14 and other service values (not medications) accessed at \$2,511,612.61 for a combined total of \$9,691,568.75.

The entire annual report is posted on the UK Center of Excellence in Rural Health's web page at <a href="http://kyruralhealth.org/homeplace">http://kyruralhealth.org/homeplace</a>. The report is found under the Kentucky Homeplace tab, Annual Reports. If you wish to have a printed copy, please call 1-855-859-2374 or email me at mace.baker@uky.edu.

Sincerely,

William Mace Baker, RN

William Mare Baker

Director, Kentucky Homeplace Program

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#### **Program Activities**

July 1, 2020-June 30, 2021

#### **Community Engagement Activities**

CHWs attended the 5<sup>th</sup> KYACHW conference via ZOOM

The CHWs attended the 6th annual Appalachian Research Day via ZOOM.

18 CHWs hosted Self-Management Resource Toolkit Workshops for clients via telephone conference

Several CHWs presented at various statewide education webinars via ZOOM

Six CHWs rotated schedules and had a booth at the Remote Area Medical (RAM) event in Hazard, KY in June

All CHWs attended focus groups to provide input on community health days that they will assist in coordinating to provide education around COVID-19 vaccinations

CHWs are attending interagency meeting either in person or virtually for updates on resources and referrals for Homeplace clients

#### CHW training and continuing education

Kentucky Prescription Assistance Program system training

KHBE Open Enrollment Webinar

Lung Cancer: Early Detection Saves Lives Webinar

Assister Webinar (Application Spotlight on Household Composition)

Medicare Open Enrollment and You

UK required Responsible Conduct of Research training

CHW Webinar: How Community Health Workers Can Support Individuals with Complex Needs amid COVID-19

CHW Webinar: The Centers for Disease Control and Prevention's COVID-19 Response: Promising Practices in

Health Equity II

CHW Webinar: Certification, Continuing Education and Recertification

CHW Impact "Stories of Success" Webinar

**CCHW Continuing Education Webinar** 

Appalachia Health Provider Diabetes Education Event



#### Cont. CHW training and continuing education

Health and Well-Being: Rural Strengths and Challenges Virtual Seminar Series Interventions –Kentucky Homeplace

Foundation for a Healthy Kentucky COVID-19 Webinar

A four-day CHW training was conducted during the month of May with thirteen attendees, four of which were recently hired Kentucky Homeplace CHWs.

All CHWs attended the KYACHW quarterly meeting and received CEUs for attending "The Impact of the COVID-19 Pandemic" by Geoff Wilson.

CHWs completed the KYNECT Community Resources training

Nine CHWs attended Mental Health First Aid training

Six CHWs attended CPR training

#### **Other News**

CHWs resumed working on site on March 29, 2021

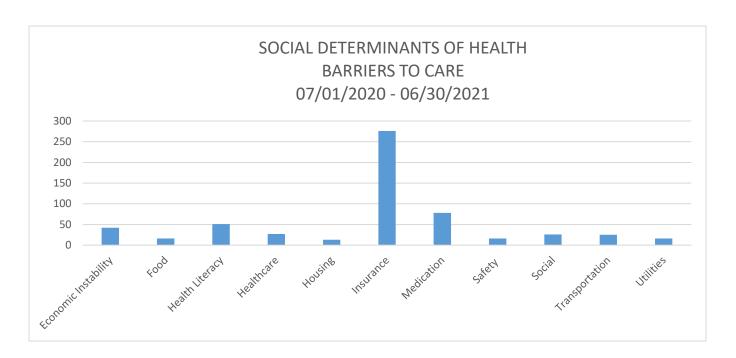
Several offices suffered devastating flood damage in March 2021

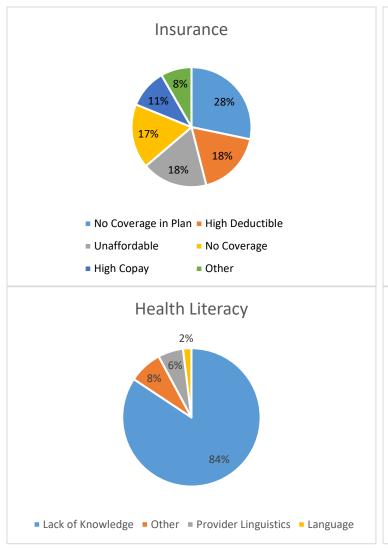
Select CHWs are receiving drone operation certification training in a partnership with USA Drone Port, The Center for Excellence in Rural Health, UK Center for Appalachian Research in Environmental Sciences (UK-CARES)

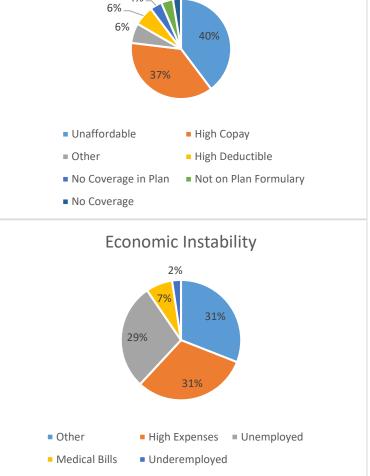
The first in-person staff meeting since February 2020 was held in April at the UK Robinson Center in Breathitt County

There will be a new office located at the United Methodist Church in Ashland, KY









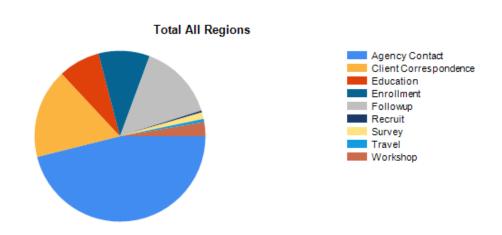
Medication



## **Activity Summary**

(Clients visited: 07/01/2020-06/30/2021)

Activity	CHW Hours
Agency Contact	7,304.97
Client Correspondence	2,686.42
Education	1,248.25
Enrollment	1,536.28
Follow-up	2,297.02
Recruit	55.83
Survey	199.92
Travel	97.57
Workshop	418.67
Grand Total:	15,844.92



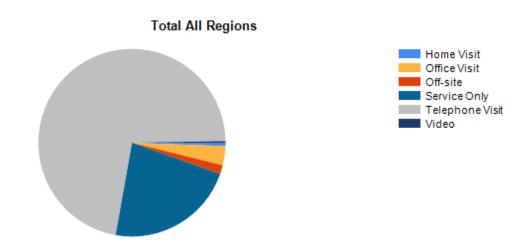
Total service value for 15,844.82 hours equals \$377,269.45



## **Visit Summary**

(Clients visited: 07/01/2020-06/30/2021)

Visit Type	Client Visits
Home Visit	125
Office Visit	722
Off-site	337
Service Only	4,894
Telephone Visit	15,717
Video	62
Grand Total:	21,857



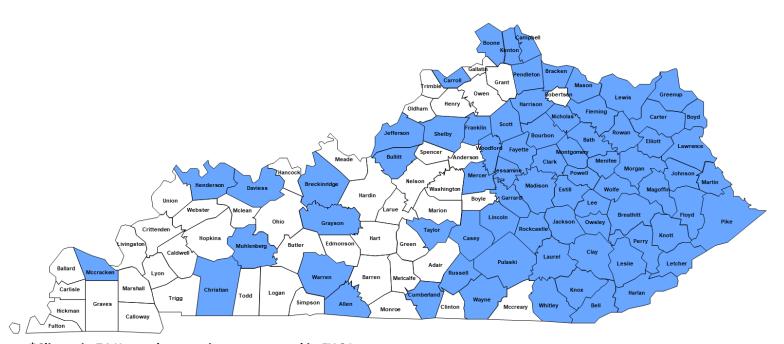
<sup>\*</sup> Service only involves any actions taken on behalf of the client while the client is not present.



## **COVID-19 Services Summary**

(Clients visited: 07/01/2020–06/30/2021)

Service Type	Clients
Telehealth Visit	13
Presumptive Eligibility Medicaid	1,170
Presumptive Eligibility	877
Extension	
Economic Impact Payment	82
Meal Plan	148
Census	62
COVID-19 Survey	584
Total	3,536



\*Clients in 74 Kentucky counties were served in FY 21

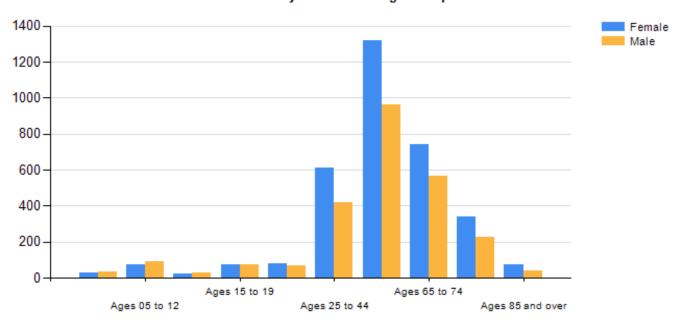


## **Age Gender Summary**

(Clients visited: 07/01/2020-06/30/2021)

Age Group	Female	Male
Ages 00 to 04	30	33
Ages 05 to 12	75	90
Ages 13 to 14	22	27
Ages 15 to 19	73	74
Ages 20 to 24	78	66
Ages 25 to 44	609	419
Ages 45 to 64	1,320	963
Ages 65 to 74	740	564
Ages 75 to 84	337	227
Ages 85 and over	76	38

#### Clients by Gender and Age Group



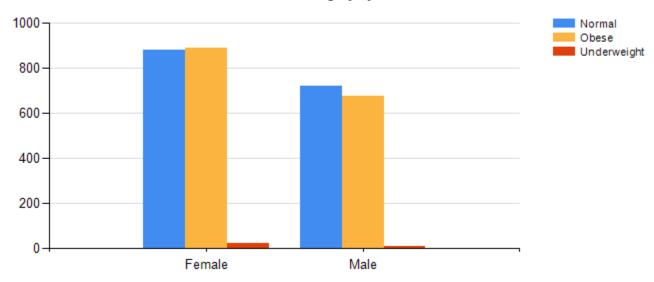


## **BMI Category Summary**

(Clients visited: 07/01/2020-06/30/2021)

Gender	BMI Category	Clients
Female	Normal	882
	Obese	890
	Underweight	23
	Total:	1795
Male	Normal	722
	Obese	675
	Underweight	10
	Total:	1407
	Grand Total:	3,202

#### Client BMI Category by Gender

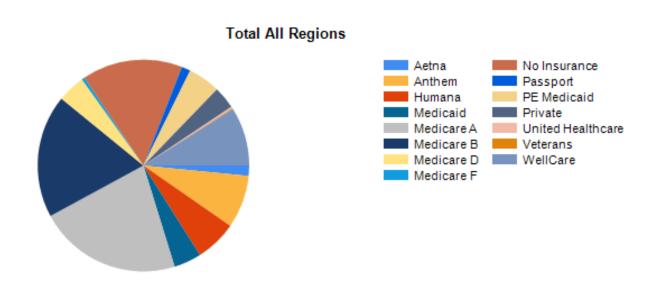




## **Insurance Summary**

(Clients visited: 07/01/2020-06/30/2021)

Insurance Type	Clients
Medicare A	1,907
Medicare B	1,639
No Insurance	1,339
WellCare	781
Anthem	705
Humana	556
PE Medicaid	431
Medicare D	370
Medicaid	367
Private	298
Aetna	137
Passport	118
Medicare F	41
United Healthcare	24
Veterans	11

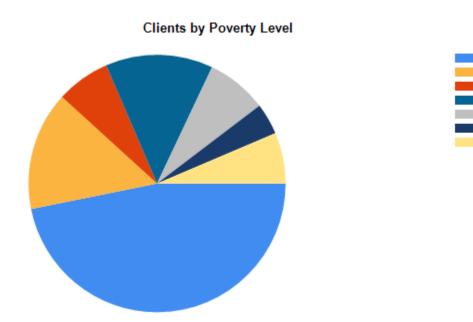




## **Poverty Level Summary**

(Clients visited: 07/01/2020–06/30/2021)

	100%	101-133%	134-150%	151-200%	201-250%	251-300%	300Plus%	Total
Clients	2,744	875	397	792	447	231	375	5,861





100% 101-133%

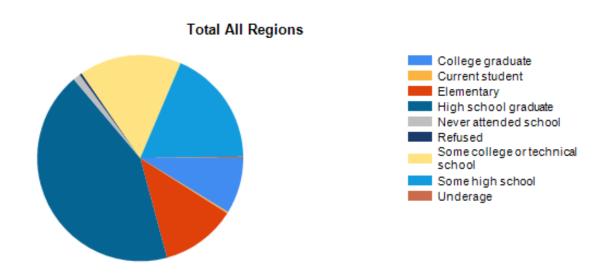
300Plus%

<sup>\*</sup>Total is unduplicated clients

## **Education Level Summary**

(Clients visited: 07/01/2020–06/30/2021)

Education Level	Clients
Never attended school	68
Elementary	693
Some high school	1,078
High school graduate	2,521
Some college or technical school	940
College graduate	514
Refused	22
Underage	12
Current student	13
Grand Total:	5,861





<sup>\*</sup>Total is unduplicated clients

### **Hightlights of Kentucky Homeplace CHW Annual Activities**

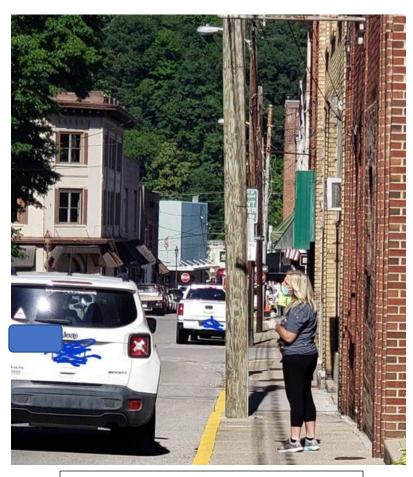


Kala Gilliam, CCHW- Rowan County, delivers medical equipment to a client.

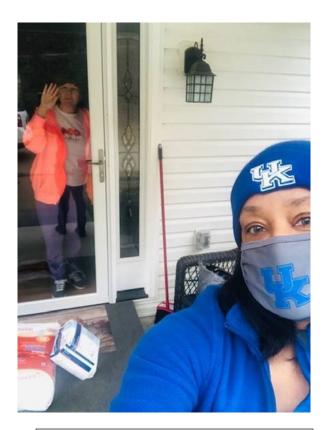


Carole Frazier, CCHW-Perry County, & Chyna Smith, CCHW- Knott County, who are trained visual observers, direct a drone delivery of PPE to a client's home.

### **Kentucky Homeplace CHWs adapt to COVID-19**



Darla Shepherd, CCHW- Harlan County, hosts a drive-thru diabetic shoe day event.

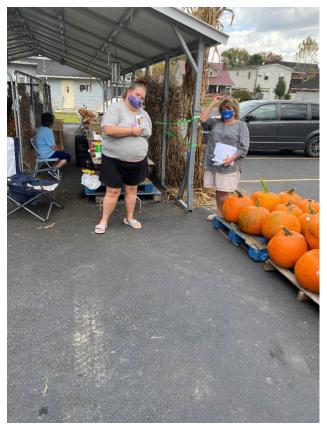


Carole Frazier, CCHW-Perry County, does a supply drop from the porch





Beth Smith, CCHW- Carter County, and Michaela Williams, CCHW, give out information at the Perry County Remote Area Medical event.



Angela McGuire, CCHW- Perry County, delivers client a free cellphone for use for telehealth visits.



**Kentucky Homeplace** 



Central Office Mace Baker, Director 750 Morton Blvd., Hazard, KY 41701 855-859-2374





## Client Encounters-Actual Situations Encountered by Community Health Workers Highlights July 1, 2020 - June 30, 2021

While life is trying to get to a new kind of normal this quarter I have had many unique clients with a wide variety of needs but one client in particular has stood out to me. I have been working with this client for many years regarding issues from health coverage, medication, to even helping with employment services. However, this client recently reached out to me regarding some medical issues that she was having but would not even discuss a colonoscopy. My client had been recommended to have a colonoscopy 11 years ago but was afraid of not only having the procedure completed but also the results that she might receive. I have educated her many times about the procedure as well as given her information on colon cancer but she wouldn't budge. Refusing to give up I asked if she would at least try the take home kit and explained the process. Once she agreed to the test and the test was processed it came back that a colonoscopy was recommended. This client was very reluctant but finally agreed to go. She has since completed the colonoscopy and was so relieved to have it over with. She has been diagnosed with diverticulosis and for the first time she has relief of her symptoms that she has suffered with for many years. Not only has she completed her colonoscopy but was have also assisted her in receiving her COVID-19 vaccines all within the last month.

Having diabetes in its self is sometimes difficult. We live in an area where the number of individuals having this disease is very high. The worst of it all is some people when they are diagnosed with diabetes they do not continue on for education on the better foods to eat and some are not even given that opportunity through their provider. With saying this one particular client of mine comes to mind. He is an elderly man that is living on his own with no family to rely on. He was given my contact number through another agency. When I returned his call, he didn't even know why he had called me. I went on to tell him who Kentucky Homeplace was and what we offered to our clients. When he heard that I could possibly get him help with getting several medical supplies that he needed badly he was eager to get started on becoming a client. After doing a home visit, I saw that so much more was needed for this man to continue to live on his own. First of all, he had about 30 dogs dropped on his property and didn't want them to starve and couldn't just kill them. I contacted Animal Control and meet them at his home and they took 11 dogs in one day. There are still plenty more to get out of his care but they would only take so many at a time. His flooring was giving out and some of the dogs had destroyed the carpet. I contacted a neighboring agency and they came out and looked at the flooring and said they would pay for both the labor and cost of supplies. We are just held up right now trying to find someone reliable to do the work. His A1C was 11 over a year ago and he hadn't had proper blood work since. I was able to get him back in with his provider which led to another problem. He had to have transportation. I found someone that would be willing to drive him to his appointments. He has a new car but along with diabetes he is blind. She instantly became his friend and he trusted her right away. She started going to his home every other day to clean, bring his food, grocery shop and to just be there if he needed anything. He said he has never had anyone help him like we have and he was so grateful. It has been a struggle for a couple months but he has been seeing his family doctor regularly, seeing specialist and his life of every aspect has improved. We have reached out to the Department of the blind and deaf and they are in the process of getting him some much-needed devices that will help him tremendously. A strong and lasting friendship has been welcomed by this one place referring one person to a helping agency. I am so thankful for my job and the possibilities that lay ahead.

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My client story for this quarter is based on a new client that was referred to me by one of our local pharmacies in our area. It was actually the head pharmacist whom happens to be the owner. Which is always pretty amazing to me that someone would care more about their customer getting their medicine through our Kentucky Homeplace program than most likely going without medication due to not being able to afford it. I've been working with Kentucky Homeplace for almost four years and I find that every year a client is coming to me in need of help due to what we call hitting the "Donut Hole" with

Medicare. When I first started this was a more common thing happening the last three months of the year. They tend to fall into a coverage gap and their medications sometimes are \$1000 for a 30-day supply of insulin. It's always the fall of the year when client's bills are always higher and with Christmas being right around the corner many times they choose between bills, gas, groceries, or medication. It's heartbreaking. Last year a client hit the "Donut Hole" in June. This year I just had my 1st client hit the "Donut Hole" in March. It's so mind blowing to me. This client pays \$148.50 for Medicare A & B, then \$127.00 for a Supplement through Medicare to cover her 20%. Then she also pays for Medicare Part D which is her drug coverage which is \$81.90. She has a decent income but still can't seem to make ends meet due to high medication copays. For instance, her Out of Pocket she has already spent was \$706.35 on March 10th. She reached out and explained the situation of how next month her three medications that were the most expensive was going to be completely unaffordable and desperately needed my help. A 30-day supply of insulin her copay will cost \$1000.00, another heart medication for a 30-day supply will cost \$540.00. Then a blood thinner also for her heart will cost \$150.00 for a 30-day supply. That alone is a total of \$1,690. Yes, it's true! Not to mention she pays \$357.40 for all three coverages. This is also not counting the other medications she takes that are small copays. Please tell me where we are going wrong for our elder clients in America? These are the folks that have worked their entire life and shouldn't be facing these situations. We as Certified Community Health Workers see it every day with our clients. I'll end the story with great news, what I call a Praise report! I was able to access her insulin 120 supply for free for the rest of the year, she picked it up yesterday at her Dr.'s. Also, the heart medication that was \$540.00 I was able to access it for free and it will be shipped to the Cardiologist on Monday for a 90-day supply. That will be free for the rest of the year as well! Then lastly, her other heart pill after she spends another \$281.00 out of pocket I'll be able to help her get it for free for the rest of the year. It will be shipped straight to her home. She was completely ecstatic when she found out all the good news! After all the hard work this little story is a harvest for the hard labor! It's a blessing to be a behind the scene worker for this sweet little client.

This quarter has been a rewarding and humbling quarter working with Kentucky Homeplace. I have assisted many individuals with a variety of services but one client in particular stands out to me. This client came to Kentucky Homeplace after receiving a referral from our local school system seeking assistance with getting additional health coverage after losing his job. He normally has a booming business but due to the pandemic and the restrictions that was put into place he couldn't operate that business and was having a hard time covering his medications and doctor visits. After completing his initial enrollment, I was able to get this client approved for temporary secondary coverage that took care of all of his medical bill as well as being able to pick up his medication at no cost. This client was hard of hearing and I was also able to get assistance with a complete set of hearing aids with Vocational Rehab. My client has had several medical procedures completed during this time that would otherwise had to be postponed or even cancelled all together. I am so thankful to work with Kentucky Homeplace because of how rewarding this job truly is and for the wonderful people that we get to meet and assist on a daily basis.

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My client was one from another county out of our area calling for information on the Presumptive Eligibility Medicaid. She was pregnant and was concerned about the co-insurance amount from the birth of her child coming up. She had insurance through her husband's work, but it wasn't very good coverage. The family was over the income limit for the Expanded Medicaid so she was excited when I told her that the income limits for the Presumptive Medicaid (PE Medicaid) had been relaxed. She said from the birth of her first child that they were still paying on \$7000 in payments to the hospital. I signed her up for the PE Medicaid and she was approved. I told her that the PE Medicaid would act as a secondary insurance to her regular insurance and that she shouldn't have the huge coinsurance payments this time. I gave her the number to call Frankfort

If she had any questions or concerns. She was very happy.

Working from home since the Covid-19 Pandemic unfolded we as Certified Community Health Workers with Kentucky Homeplace have spent almost an entire year helping so many clients not only in our counties but surrounding counties as well. The need in 2020 has been greater than any year that I've worked as a Community Health Worker. In our line of duty, I have said many, many, times that we are the barrier breakers! We are the voice for our clients, and this year our voices



have carried our clients through unforeseeable times that a Pandemic I imagine would normally bring. We have been a voice of comfort, a voice that brings peace and healing to allow our elder clients along with many others that everything will be ok. We are still here working remotely, helping access insurance, medication, stimulus packages, glasses, dental, meal deliveries, or just a voice of comfort in many cases! We all have learned the hard way when the world comes to a halt our client's needs still have to be met. We are essential now more than ever. A story that comes to mind today for instance, a client was referred to me by a previous client that I had signed up on insurance before he referred this client to me in hopes I could help him. This client calls explaining his situation to me saying that he went for a Dr.'s visit and failed his eye exam part of the physical. He is scheduled to begin a truck driving school on Monday. He informed me of the urgency and said he needed insurance to help with pay for his eye exam which normally cost anywhere from \$75.00-\$150.00 in my area. He expressed his concerns with being laid off drawing unemployment benefits and how they were getting ready to run out and that he needed to be ready to start school on Monday. So immediately I create a chart through Kentucky Homeplace that signed him up for Presumptive Eligibility Medicaid, got him approved, and sent him a copy of his proof of insurance. Next thing I asked him if he had an appointment for his eye exam, he said "no!" So, I called my local eye department and called in a favor they actually worked him in for an eye exam this afternoon. Then I explained that this insurance wouldn't cover glasses and I could help assist in that area as well. I instructed him to get the eye department to fax me his script with his Pupil Distance on there and we would be good to go. Also, as I go over my list of covering bases I asked about Dental, Dr.'s visits, etc. and explained to him that while he's got this insurance to go get everything checked out such as well visits etc. He has gone years without having insurance and not been able to have anything taken care of health wise. Just like that a short and sweet phone call could be that you've help someone get through life where things seem impossible, we helped assist his current needs and went above and beyond the call of duty. Come Monday morning he'll be able to embark on a new life journey and hopefully with my help it made things a little easier for a smooth transition. That's one of many, many, stories playing a unique role as a CCHW during Covid-19 Pandemic.

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Several years ago, a middle-aged man and spouse walked into my office. He had worked in the coalmines and there had been a big lay off in this area. He was the sole provider for his family and they had worked together for years and raised their children and saved all they could. When he was laid off, he only was allowed to get unemployment for 6 months and was denied for an extension. He had a claim for disability that had been pending for a while now. He and his wife within 2 years had gone through their life savings. Not collecting one cent from charities, SNAP or Medicaid. He was a diabetic for years and had never had a diabetic foot exam. I talked with him about this and how to apply for SNAP and Medicaid. After about a months' time he and spouse received medical insurance and he was able to attend my diabetic shoe clinic. Since then he has come to me every year for this service. He did get awarded his disability and he called me on a regular basis just stating how Kentucky Homeplace had helped him out and wishes that he had known about us sooner. A few months ago, I received a call from him stating he had his Medicare coverage now but he also has cancer. He has been to several doctors and facilities for treatments. Medicare paid some but not the full balance and he just didn't have enough to pay these bills and his routine living expenditures. He asked if there was anything we could do to help him. After reviewing the remaining bills, unfortunately he did not have enough for Spend Down coverage for Medicaid. I contacted several labs, doctor offices and the hospital and was able to get a few of these waived and the hospital bill discounted. He again said, no one has ever helped him like Kentucky Homeplace has. As a Community Health Worker, you get to know your clients, some remain as loyal clients but some become friends and friends like family. As I looked through the local newspaper, I found an obituary with my clients face on it. My heart sunk. The cancer had taken its toll on him and he had passed away. I could do nothing to think in that moment than how fortunate I was to have met him and how he appreciated our work and friendship. I always say, there is no better feeling in the world than to help someone that could never repay you, but in this circumstance, I was rewarded, rewarded the gift of knowing he trusted me and he was helped during a time in need. Today, I appreciate the ability to work in the community as I do and get to meet some wonderful human beings while doing this. Days like this are heavier than others, but very thankful that Kentucky Homeplace was able to assist him.



This quarter has truly been a blessing for me while working with Kentucky Homeplace during a national world health pandemic. I have been able to continue to work each and every day and help people from all over the state of Kentucky with many different needs. We have had to completely change our daily routines but that's exactly what we have been trained to do. We are able to change on a moment's notice and work with whatever out clients' needs may be. One client in particular stands out the most to me when thinking back over the last several months. This client was referred to me after her husband lost his job of over 30 years, leaving his family of four without insurance coverage. This client was scheduled for a procedure only days away without a way to cover this very expensive surgery and after years of pain putting off the surgery wasn't something this client was willing to do. She contacted me and we were able to get her approved for temporary insurance that covered the total cost of her surgery. After years of suffering and now starting to feel better she has plans on returning to work. We have been able to help this family with other needs such as Pandemic-EBT food benefits that the client wasn't even familiar with or knew that they would even qualify for. She has two children and received over \$600.00 in food benefits. This client is very thankful for the help that she received during this difficult time for her and her family. She thinks highly of Kentucky Homeplace and tells everyone that she sees how she was able to receive help when she felt no help was out there.

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Deadlines were quickly approaching for the Pandemic P-EBT Benefits to come to an end with everyone for the state of Kentucky. In August, I had a friend call me from work wanting to know if I could possibly help with the situation. She had called everywhere and no one could help or offer any assistance. She had seen my P-EBT flyer on fb media and that raised a flag that I might could help! She has four children and three of them are in elementary school. One child had received the P-EBT card in the mail with a total of \$ 313.50 Snap benefits, but she had said that the other two children had never received their P-EBT cards so she didn't know what to do. After gathering all of everyone's info and going to the website to apply the other two children for their \$313.50 benefits which would equal a total of \$ 627.00. We were able to access both accounts after leading her to call the school to get the ten-digit student ID number. We were good to go! I followed up with her after ten working days and she let me know that she received them and was so very thankful. Working as a Certified Community Health Worker we had been able to help assist so many families during this pandemic while working remotely from our homes. Living in such a rural area it is taken for granted that everyone has access to social media but I have found so many needs that our communities would have missed out on if it hadn't been for us informing them and going the extra mile on their behalves. Everyone has some sort of need. This pandemic has created so much stress and hardships on our families. I am thankful that we as Kentucky Homeplace are able to provide every available resource to our clients now more than ever before.

Since COVID-19 we have not only gotten to continue working with the clients who know and need us but those who are getting to know us and Kentucky Homeplace for the first time. Often times I feel that there are families that simply fall between the cracks. There are households with multiple children and two working parents who are dollars above the income guidelines to get assistance. While both parents work they still struggle to make ends meet because they are so close to that qualifying income and still below poverty when considering the income in other areas. I have had the chance to work with many of these families who never knew about

Kentucky Homeplace and assumed that the services were only for someone very deep in poverty or with no income at all. I spoke with a lady whom I have never met in person. She was referred to me by the Department for Community Based Services in her county. She started the conversation with how she simply just knew she wouldn't get approved for anything but it was worth a shot.

She said that she and her husband both work but she had recently had her hours cut. The cut was small and not enough to help them qualify for anything. It changed her paycheck by about 100 dollars a week. She spent 100.00 a week on groceries for her family and that was pushing a tight budget. She was unaware that P-EBT benefits were not all income based and was calling to see if I could help her sign up. She was approved and awarded 313.50 for each



child in her home. In talking to her more I also found that her husband canceled their health insurance to try and recover some of those extra funds for the wages lost and they had been paying cash for doctors' appointments for the children and just hoped they wouldn't get sick. I talked to her about PE

Medicaid. She had heard about it but again assumed they can't get anything else being only 148.00 dollars above the income limits. I told her again that I want to help as much as possible and if she would like, I would be happy to apply for her family. Everyone was approved! They received food benefits as well as Medicaid benefits. She called back recently to ask if she needed to keep her P-EBT card and said that the benefits she received was amazing help for her and her family while she everyone is going through such a hard time. She wishes that the programs would raise the income limit slightly so that so many people can get the help they need but she is thankful to have a job and people who are willing to help.

Kentucky Homeplace, UK Extension, Lawrence County Health Department, Wellcare and Three Rivers Medical Center have teamed up together this spring to host a Diabetes Drive Thru Clinic. It will last for two months, once a week on Mondays from Noon until 2:00pm. The object of the event is to round up our diabetic clients and get our monthly diabetes support group started back up this fall. The Diabetes coalition here was awarded extra monies to spend on education and giveaways for people to learn more about diabetes care. A group mailing of all of the people that had attended the previous support groups were sent out and we posted on Facebook and other social media about this event. The UK Extension Agent videoed some cooking classes that shows how you can prepare a diabetic friendly dinner with a list of all of the ingredients. For each person that attended the drive thru to pick up their weekly goodies and education they are to go to Facebook and comment on the cooking video and by doing this it would enter them in a weekly drawling for some really nice gifts. With all of this being said, I had a client that I contacted and told her about this and she wanted to participate. She registered for the class and said she really enjoyed the literature. She has been a diabetic for over 10 years and has never had any teaching or education about how to keep count of carbs and what are the best foods to eat. On the third week she won the grand prize for the week and she choose an Instantpot. She was so excited and said she would have never been able to purchase one herself since she lived on a very low fixed income. She said she could not wait to start coming to monthly support groups. Along with our weekly giveaways like, lunch box, recipe cards, diabetes log books, water bottles, knives, mixing bowls, reusable shopping bags and pens they all have received \$10 gift cards redeemable at the grocery store. This one client in particular stated that getting those cards have made it easier for her to try the new recipes and she was learning so much about her body and how different foods react differently with her and her diabetes.



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