

The Heart Line: Taking the Pulse

Covering Volunteerism and Service Throughout the Commonwealth

July 2010 Edition

Welcome

Welcome to the July edition of the Heart Line newsletter, a publication by the Kentucky Commission on Community Volunteerism and Service (KCCVS).

We realize summer is a busy time, but please take a few minutes to learn about the new AmeriCorps programs in Kentucky, the anniversary of the signing of the Americans with Disabilities Act, and the new Let's Move! Campaign; and to read an inspirational volunteer spotlight.

Also, please do not hesitate to contact us if you have questions about any of our community service programs, such as AmeriCorps, the Governor's Volunteer Awards, the Volunteer Insurance Program or the Volunteer Recognition Program.

New AmeriCorps Programs in Kentucky

By Shannon Ramsey, Media and Publications Specialist



Beginning in September 2010, Kentucky will have 16 AmeriCorps programs, of which five are new programs to KCCVS. Kentuckians will benefit from almost 600 AmeriCorps members serving a large variety of critical community needs across the Commonwealth – almost double the amount of members that served in 2009-10.

Grant funding is awarded by the Corporation for National and Community Service (CNCS). Ten of the programs received new or continuation funding from the national competitive process. In fact, only five states have more competitively funded programs than Kentucky, a big accomplishment. The remaining programs are funded through formula grant funds awarded based on state population. As a comparison, in 2000, Kentucky only had one competitively funded program and five formula funded programs. This shows the effectiveness of the community forums, grant training and Request For Program process, which the KCCVS has actively improved over the last few years.

AmeriCorps members receive a modest living allowance, student loan forbearance, health coverage and child care for those who qualify. After successfully completing their terms of service, members receive an education award up to the equivalent of a federal Pell Grant to help repay qualified student loans or finance college, graduate school or vocational training.

One new edition to the Kentucky AmeriCorps portfolio is the Kentucky Service Corps, an education award program sponsored by the Northern Kentucky University Research Foundation. This type of program, where members receive only the education award, has never been offered in Kentucky before.

For more information about the 2010-11 Kentucky AmeriCorps programs, please visit the KCCVS website, <http://chfs.ky.gov/dfrcvs/kccvs/ameriCorps/programs>. Individuals interested in serving with AmeriCorps may contact Sister Andi Sieloff, KCCVS program officer at (800) 239-7404 or andrea.sieloff@ky.gov. KCCVS will post on the website when the online application process for 2010-11 AmeriCorps programs opens.

Resources:

Handout of 2010-11 Kentucky AmeriCorps Programs, <http://tinyurl.com/ac-programs>

CNCS press release: National Service Agency Announces 2010 AmeriCorps Grants (June 7, 2010), <http://tinyurl.com/cnccs-press-release>

2010-11 Kentucky AmeriCorps Programs (*new)

1. A-Team
2. Build Corps
3. Community Action Corps*
4. Economic Empowerment Corps*
5. EKV Corps (former SERV Corps program)
6. FRYSC Corps
7. Homeland Security Corps
8. Kentucky College Coaches*
9. Kentucky Service Corps *
10. MSU Corps
11. Prevent. Prepare. Respond.
12. REACH Corps (former Every 1 Reads AmeriCorps Program)
13. Senior Connections
14. SUCCESS Corps
15. UNITE Service Corps
16. YouthBuild of Northern Kentucky*

Disabilities Corner: Anniversary of the Americans with Disabilities Act

By Lanny Taulbee, KCCVS Disabilities Coordinator



*Signing of the Americans with Disabilities Act
on July 26, 1990.*

Twenty years ago, on July 26, 1990, President George H. W. Bush signed the Americans with Disabilities Act (ADA) into law. Celebration activities will take place all across the nation to commemorate the signing of this innovative civil rights law.

The ADA protects people others believe may have a disability from discrimination based on unfounded information and personal attitudes about disabilities. The U.S. Supreme Court ruled, and Congress affirmed, that this kind of protection is necessary because "society's myths and fears about disability and disease are as handicapping as are the physical limitations that flow from actual impairments."

Over the past 20 years, so much has been accomplished. Beginning with the most visible indicators of accessibility, curb cuts, ramps and accessible parking, the ADA has changed the landscape of our world for the benefit of everyone. Curb cuts and ramps, intended for use by people using wheelchairs, have become essential for anyone pushing a baby stroller or riding a bike.

The idea that everyone could use accessible modifications intended for people with disabilities gave rise to the concept of "universal design." This term refers to a wide range of modifications to buildings, products and environments that are usable and effective for everyone, not just people with disabilities. Some examples of universal design include ranch style homes with no upstairs (no climbing), wider doors (for wheelchair users), flat entrances (for wheelchair and walker users), louver or loop door handles (no grip handles), all of which are useable by the majority of the population. Even with so many modifications to our surroundings, much of our older built environment remains inaccessible to people with disabilities.

As new technologies become available and applied to the needs of people with disabilities, accessibility becomes less of an issue. Many believe the most pressing barrier now is changing attitudes and misconceptions of the public regarding specific disabilities.

The term “disabilities inclusion” was coined to represent the attitudinal interactions between the individual with a disability and a group or the public. Once access is accomplished, the group involved ideally would interact with the individual with a disability just like anyone else. Misconceptions about specific diseases or medical conditions, social myths and personal fears, however, often lead to segregation and isolation for the individual with a disability. Changing these attitudes and fears are much more difficult than replacing bricks and mortar.

So, as we celebrate the 20th anniversary of the signing of the Americans with Disabilities Act and all that has been accomplished, we must focus the continuation of that work along with changing the attitudes of those around us to become more accepting of people with disabilities. Remember, inclusion is an attitude, so keep it positive!

Volunteer Spotlight: Restoring Hickman City Cemetery

By Martha Campbell, Hickman Community Development director



The City of Hickman’s cemetery is approximately 175 years old. As you approach the cemetery, you are welcomed by the Confederated Memorial Gateway constructed by the United Daughters of the Confederacy (UDC). This gateway is said to be one of the only two memorial gateways constructed by the UDC.

As with all cemeteries of this age, many of the older monuments have become unstable, broken and weathered. With family members being deceased or relocated from the community, there was no one to care of these historic monuments. That is, until the spring of 2008 when Paul

Henderson, Harold “Butch” Barnes and Don “Buzz” Blincoe decided to change the situation. They donated their time and labor in the restoration of the older –some dangerous– monuments. With shovels, picks, pry bars, a tractor and their trusty level, they began to work.

Fundraisers, along with individual donations, helped to purchase the required supplies to restore these monuments. The Hickman Electric Company volunteered to help the volunteer crew in lifting heavier pieces of monuments that required extra attention and skill.

At times working in 95-plus degree temperatures, this three man crew restored 180 monuments. Each monument was restored with pride and accuracy. These monuments would have deteriorated beyond repair if not for these dedicated individuals taking time from their Saturdays and days off work to make a difference in their community.

Let's Move! Campaign



The Let's Move! campaign, started by First Lady Michelle Obama, has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight. Let's Move! combats the epidemic of childhood obesity through a comprehensive approach that engages every sector impacting the health of children and provides schools, families and communities simple tools to help kids be more active, eat better and get healthy.

Mrs. Obama began a national conversation about the health of America's children when she broke ground on the White House Kitchen Garden with students from a local elementary school in Washington, DC. Through the garden, she began a discussion with kids about nutrition and the role food plays in living a healthy life. That discussion grew into the Let's Move! campaign.

At the launch of the campaign, President Barack Obama signed a Presidential Memorandum creating the first ever Task Force on Childhood Obesity to conduct a review of every single program and policy relating to child nutrition and physical activity and develop a national action plan to maximize federal resources and set concrete benchmarks toward the First Lady's national goal. The Task Force's recommendation focus on the four pillars of the First Lady's Let's Move! campaign:

1. empowering parents and caregivers;
2. providing healthy food in schools;
3. improving access to healthy, affordable foods; and
4. increasing physical activity.

"In the end, as First Lady, this isn't just a policy issue for me. This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and nutrition."

-- First Lady Michelle Obama

This problem can't be solved just by passing laws in Washington. It's going to take all of us—governors, mayors, doctors, nurses, businesses, non-profits, educators, parents—to tackle the challenge once and for all, so Let's Move to end the epidemic of childhood obesity together.

Learn more at <http://www.letsmove.gov/>.

"Although the world is full of suffering, it is full also of the overcoming of it." -- Helen Keller

Download the print version of this newsletter and past editions on the KCCVS Newsletter page on our website, <http://chfs.ky.gov/dfrcvs/kccvs/newsletter>.

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