

Summertime & the livin' is easy at A1 Case Management

110 N. 1st Street, Danville, KY

859-236-3139

 This summer,
talk to your
Case Manager
about your
health & fitness goals!

say it outloud:

**MY BODY IS
POWERFUL**

*I am happy & healthy
I AM ENERGIZED!*

GET MOVING THIS SUMMER!



TAKE A HIKE

Visit the wildlife refuge or zoo



VISIT A POND OR LAKE

go fishing or birdwatching

EXPLORE YOUR NEIGHBORHOOD



SWIMMING AND SPLASHING



DANCE



YOGA

find a class or
a YouTube video



Our **HEALTHY** KENTUCKY Home

A yearlong journey of simple and positive steps to shift behaviors and engage Kentuckians on a path to health and wellness.

41ST

Kentucky ranked 41st in the
nation for overall health
according to the 2023
America's Health Rankings,
the UnitedHealth Foundation

According to the 2022 Kentucky Behavioral Risk
Factor Surveillance Survey

38%

Of citizens are
obese

17%

Of adults smoke
cigarettes

26%

Do not engage
in exercise

45%

Eat fruit less than
once per day

20%

Eat vegetables less than once per day

START YOUR JOURNEY TODAY



Eat 2 servings of fruits or
vegetables daily.



Exercise at least 30 minutes,
3 times per week.



Engage with others, stay
connected!



LEARN MORE

OurHealthyKYHome.ky.gov

Share your Journey

Tell us how you are personalizing the Our
Healthy Kentucky Home campaign to
meet your unique circumstances.

OurHealthyKYHome@ky.gov

TEAM
KENTUCKY



MyPlate

The benefits of healthy
eating add up over time,
bite by bite. Small
changes matter. *Start
Simple with MyPlate.*

People all over the
country are finding
simple, practical
ways to eat healthier.
Watch their stories to
see how they make
healthy choices that
work for their
budget, preferences,
and dietary needs
(and how you can
too).

Visit
myplate.gov
to learn more

THINGS TO KNOW

EVENTS

Sensory Awareness Day
at The Kentucky State Fair

Aug | **20** | 2025 | 10:00 AM - 12:00PM*
*If Weather permits

FEAT. KENTUCKY AUTISM TRAINING CENTER home of the innocents

CITY PARK

3rd Annual **Lincoln County Fair** **FREE ENTRY**

Friends with Disabilities Day

Wednesday, July 2nd
10:00am - 12:00pm
Lincoln County Fairgrounds

Join us for lots of fun!
Rides, snacks, sensory area, Floral
Hall activities and much more!
All Ages and Disabilities
Welcome
Senior citizens are
invited as well.

Sponsors:
Lincoln County Fairgrounds, Martha
Davis Center, David & Betty Bruders
Linn County, Linn County, Linn County
Supplies, Paradise Amusement
Lincoln County Schools

For more information contact Denise Bastin ldmnborg@yahoo.com or visit www.lincolncountyfair.net

Camp Calvary in Willisburg

Adventure Camp 2025

MAR 28-30 Dean: Donna Shryock	AUG 15-17 Deans: Mark & Jane Redman	OCT 3-5 Dean: TBD
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Our purpose for Adventure Camp is to provide an opportunity in a Christian atmosphere for the mentally and/or physically disadvantaged of all ages to experience an "adventure" that will always be remembered. We provide 3 weekend sessions of Adventure Camp and are able to have a one-on-one faculty/camper ratio. We are always looking for faculty to help with these sessions and take new campers as well. Space is limited on these camps, so pre-registration is required. To get a registration, email Emily at kycampcalvary@gmail.com.

In Nicholasville

Annie's Answer and Central Kentucky Creative Therapies Presents

SUMMER CAMP 2025

Weekly camps from July-August 2025
Register at www.danvilleanswer.org or call 855-4kynect (855-459-6328) www.creativeanswers.com

Equine therapy - Music therapy - Horseback riding & Horsemanship
Full day and half day camps
Adaptive camps
Elementary through High School
Volunteer opportunities

SOUTHLAND CHRISTIAN CHURCH

<https://southland.church/specialneeds>

GLOW AND SUPERSTARS

Everyone deserves a safe and welcoming place to connect with others and grow closer to Jesus, and individuals with special needs are no exception. Each person with a disability is unique, so our environments, groups, and events are designed to cater to special needs of all kinds. Glow and Superstars empower individuals with special needs to know and understand their value and purpose.

Join the Facebook group for timely updates to special events and notices of other community events.

<https://www.facebook.com/groups/southlandglow>

SPECIAL NEEDS MINISTRY

SUMMER EVENT

JULY 18 | 6-8PM | JACOBSON PARK SHELTER 2

You're invited to our Special Needs Ministry Summer Event. Join us for a cookout, games, and more. Bring a lawn chair or a blanket and come ready for fun! No registration required.

Superstars (Ages 4-12)

Danville - Sundays at 9:30am
Nicholasville - Sundays at 9:30am
Georgetown - Sundays at 11:15am
Lexington - Sundays at 11:15am

Glow (Ages 13+)

Lexington - Sundays at 11:15am
Nicholasville - Sundays at 11:15am
Danville - Mondays at 5:30pm

Southland Glow
Public group · 1.3K members

Don't forget to HAVE FUN!!!

Danville

West Hill Community Theatre presents

SHREK the MUSICAL

Book and Lyrics by DAVID LINDSAY ABARE
Music by JEANNE TESORI

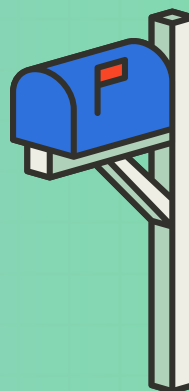
JULY 10-13 & 17-20
TICKETS @ westhill.net or 859-319-0205

Summer Season (June-Aug.)

Golf
Softball

at <https://bgml.org/play/>

WATCH YOUR MAIL



MEDICAID RENEWALS

Have questions? Need help?
To make sure your information is updated, visit kynect.ky.gov or call 855-4kynect (855-459-6328)
Kentucky Medicaid will reach out to you when it is your time to renew.

Local assistance is available at no cost to you. To find a kynector or insurance agent, visit <https://kynect.ky.gov/healthcoverage>. You may also visit a local DCBS Office.

SSI REVIEWS

Phone: (800) 772-1213 Website: ssa.gov

MAKE SURE YOUR ADDRESS, PHONE NUMBERS, & AUTHORIZED REPRESENTATIVES ARE UP-TO-DATE WITH DCBS AND SSA.

FITNESS STARS

Toni loves exercising and has excelled at her health and fitness goals. She has worked on improving her eating habits and making healthy choices. She assists with leading exercise classes at her Day Training, going to the gym at Asbury, and she stays active at home by going for walks and following workout videos. She loves participating in Miracle League softball games.



Bruce has been working out with Brian (certified fitness trainer) 1:1 for 15 years. They have worked out together 3 times/week for an hour each session. Brian makes sure that Bruce gets a good sweat and a full body workout. The biggest benefit, however, has been the relationship that has developed between them. Brian has become a confidant, an encourager, a therapist and a best friend to Bruce. Bruce's life is so much richer with Brian in it.



Cabe is member of McDowell Wellness Center in Danville, KY where he works with Certified Strength and Conditioning Specialist, Bryan Lanham. His main goal is to increase strength and endurance. He works really hard and

stays focused when with his trainer 1:1 each week. Cabe has joint laxicity which means easy dislocation of shoulders and knees. Bryan knows about this condition and works with Cabe to avoid triggers.



FOCUS ON HEALTH

Being healthy through good nutrition

& physical activity comes with many benefits

like better sleep, reduced anxiety & lower

blood pressure & cholesterol. It also helps lower the chances of getting many chronic diseases, including heart disease,

type 2 diabetes & some cancers.

With the support of your doctor and other team members,

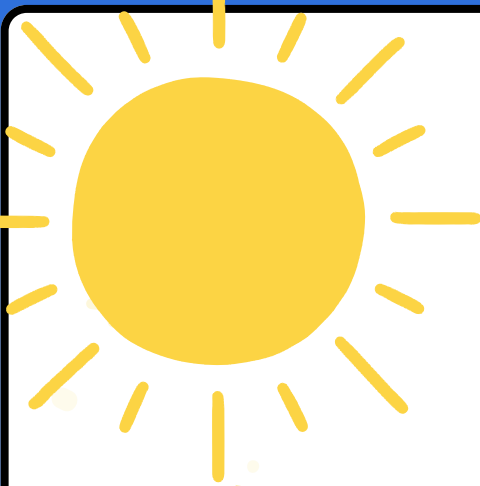
you can get the support to

COME UP WITH A PLAN BEST FOR YOU!

Did you know Medicaid covers more than 80 million people? 1 in 4 four Americans, including kids, moms, seniors, people of color, rural Americans, and people with disabilities count on it to stay healthy. Tell Congress: No cuts to Medicaid. Call 866-426-2631 NOW! [#SaveMedicaid](#)



CALL CONGRESS: 866-426-2631



A1 Case Management
110 N. 1st Street
Danville, Ky 40422



Making things happen through action and growth.

20 Case Managers serving 50 counties across KY

Providing Conflict Free CM in KY Medicaid Waivers:

MPW- Traditional & PDS

SCL- Traditional & PDS

HCB- PDS

Our participants are our customers. They are the boss in our everyday decisions. We work with them to identify and anticipate needs. We try to be excellent listeners! We work hard to make our participants feel appreciated & heard & always look for more ways that we can help them.



We strive to ensure the life of each of our participants reflects the following values:

- *Individual choice
- *Independence & self-determination
- *Dignity & self-worth
- *Community integration & support
- *Achievement of personal goals
- *Empowerment & informed decision making
- *Development and maintenance of friendships & relationships
- *Involvement of family & significant others
- *The opportunity to understand & exercise individual rights



Meet **Lara Heck**

*A1's newest CM!!!
Serving Boyle & Fayette Counties
& surrounding areas*

I am the luckiest mom in the world to a 21 year old daughter & almost 16 year old son. We live in Boyle county with our 2 dogs. You will find me at most high school basketball events in the area and spending time with family & friends.

Qualifications: I have worked with families & children and been a Case Manager in the foster care & mental health world for over 25 years. I am currently getting my Master's degree in Conflict Management. Overall I think my greatest qualification is my love for humans. Truly! I treasure our uniqueness & feel we all have innate value in making this world go round.