

HEALTH

Section

Versailles, Kentucky

January 28, 2021

'Everybody's challenged, exhausted'

Social worker discusses pandemic-related anxieties

BY JOHN MCGARY
WOODFORD SUN EDITOR

Before starting her private practice in Versailles four-and-a-half years ago, Rita Soper was executive director of the Florence Crittenden Home in Lexington, which houses and cares for pregnant teens. She was also the clinical coordinator for the former Comprehensive Care Center in Woodford County for 22 years.

As a licensed clinical social worker now in private practice, Rita Soper regularly talks to people – young and old – dealing with multiple stresses brought on, or made worse, by the worldwide pandemic.

Even the way her counseling sessions are held are different now. After the pandemic began, she closed her office March 19, and in-person meetings were

moved to Zoom, FaceTime, Google Meet and sometimes, over the phone.

Soper specializes in adolescents, couples, and “anything in between,” she said. She said she practices in the systems theory, which focuses on the way her clients interact with family members and others.

She said there are many similarities in her clients' worries, no matter their age.

“A lot of students (are) talking about disruptions, schedule structure, lack of peer interaction – the same thing that parents and teachers are saying that disturbs them,” Soper said. “The main thing I’m hearing (from parents) ... is that they’re afraid that their child is going to be left behind. That seems to be one of their biggest fears.”

Soper said Woodford County teachers are absolutely exceptional –

“They’re the real heroes in the whole thing” – but they, too, are hamstrung by the many challenges of doing their job during the pandemic.

“We have a batch of caring, generous, nurturing teachers and they really care about their students. I’ve seen principals go on home visits. I can’t say enough about the Woodford County lunch room (personnel and



Rita Soper

volunteers). The whole, ‘Going out, getting food every single day.’ They have not missed a beat ...” she said.

The extra duties add up, though, Soper said.

“Everybody’s challenged, exhausted. People are trying to find a ‘new normal,’ and I think a lot of people – that term makes them cringe. What is normal? It’s ‘new normal’ every single day,” she said.

Everybody has a lot of loss right now, Soper said.

“Uncertainty, apprehension and loss of control, loss of structure, loss of friendship, loss of exercise, interactions,” she said. “Then throw in people’s financial stress. We’re a fairly wealthy county ... but even ... the thought of ‘What might happen to me (financially)?’” is experi-

encing. “We’re a fairly wealthy county ... but even ... the thought of ‘What might happen to me (financially)?’” is experi-

See ANXIETIES p. B6

COVID-19 in Woodford County: A timeline

2020

Jan 28: Woodford Emergency Management Director Drew Chandler and Woodford Public Health Director Cassie Prather begin discussions about updating the county’s pandemic response plan.

March 5: The updated pandemic response plan and a new page on the county’s website with information about the novel coronavirus and county services are unveiled at a Disaster and Emergency Services meeting.

March 6: Gov. Andy Beshear comes to the Woodford Fiscal Courtroom to announce the state’s contribution towards tennis court upgrades at the Falling Springs Arts and Recreation Center. Afterwards, he briefs the court and other attendees on the latest news about the novel coronavirus pandemic and recommends frequent hand-washing and not going to work if you feel sick. Later that day, the first Kentucky coronavirus case is reported in Cynthia.

March 12: Woodford Judge-Executive James Kay declares a state of emergency.

March 13: Schools and other organizations announce closures or altered services, and the cities of Midway and Versailles issue emergency declarations.

April 6: During the Midway City Council meeting, Mayor Grayson Vandegrift discusses Project Healthy Midway, a program in which Midway Makers Market and at least 60 volunteers are making free cloth masks. Vandegrift said at least 1,500 masks will be made by the following Monday and the goal is to make enough for all of the city’s approximately 1,800 residents.

May 4: The Midway City Council approves a plan to insert \$50 worth of vouchers in that month’s water bill for residents to use in the city’s non-chain restaurants, shops and businesses. The vouchers are eventually dubbed Midway Bucks.

June 16: The Versailles City Council approves municipal orders establishing the Versailles Economic Recovery Act, which will use federal CARES Act funds to help local businesses hurt by the pandemic. Another municipal order makes Bluegrass Community Action the administrator for assistance to residents with delinquent utility, rent and mortgage payments. (As of Jan. 22, \$433,162.70 cents had been distributed to businesses and \$41,910.02 had been distributed by Bluegrass Community Action, according to Mayor Brian Traugott.)

July 6: The Midway City Council approves a grant program in which businesses in the city can apply for a total of \$75,000 in federal CARES Act funds. All of that money is awarded.

August: Inmates at the Woodford County Detention Center make 10,000 protective masks for students and teachers, bringing the total to about 65,000 for the entire community.

Oct. 15: Twenty people test positive for the novel coronavirus, setting a single-day record in Woodford County that was later broken several times.

Oct. 28: At a free drive-thru flu shot clinic outside the Woodford County Park’s Huffman Pavilion, 131 people, including 46 children, get the vaccine. Woodford Public Health Director Cassie Prather calls the clinic a trial run for delivering the eventual COVID-19 vaccine. Two weeks later, another free drive-thru flu vaccine event is held at Midway Christian Church.

Nov. 13: Woodford County Public Schools pause in-person instruction.

Nov. 20: The Midway City Council approves another round of Midway Bucks in the form of two vouchers worth \$30 apiece to be sent to the city’s 755 water customers. One could be spent at city brick-and-mortar businesses and the other at non-chain brick-and-mortar restaurants. A total of \$85,000 is eventually allocated for the two

See TIMELINE p. B6

Murray embraces healthy lifestyle to manage his diabetes

BY BOB VLACH
WOODFORD SUN STAFF

Type 1 diabetes has been a part of Versailles Police Chief Mike Murray’s life since he was 20 years old. Now 63, he says he’s learned to embrace a healthy lifestyle and stay vigilant about regularly checking his blood sugar levels.

“I don’t eat fried foods. I don’t eat

sweets. ... I just try to eat healthy, watch my portions and ... I’ve been lifting weights since my teenage years,” Murray says.

He describes resisting bad choices as “no big deal.”

“I’ve always said that he’s the healthiest person I’ve ever known,” says wife Debbie. “... the healthiest diabetic that I’ve known ... because he takes such good care of himself.”



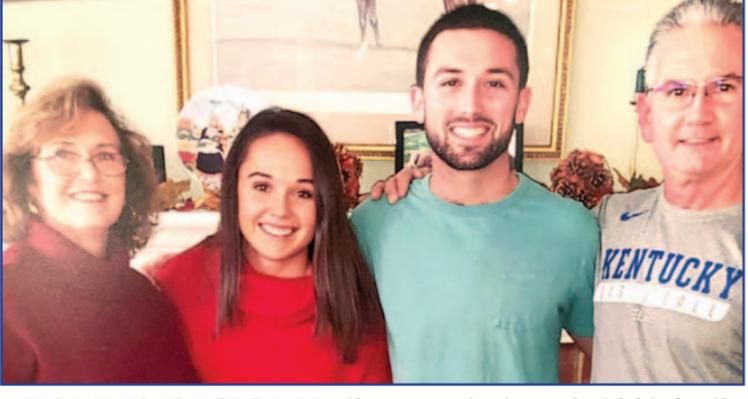
TYPE 1 DIABETES has given Mike Murray the motivation to continue working out with weights five days a week at the age of 63. The Versailles Police chief says he aspired to work in public service since he was a student at Lexington Catholic High School. (Photo by Bob Vlach)

While his blood sugar levels are well-controlled now with the help of regular exercise and healthy eating, Murray says that wasn’t the case for five to seven years after his diagnosis in December 1978 at age 20.

Being diagnosed with type 1 diabetes was “certainly a shock, because I had to change everything that I did ...,” he says.

Murray began by reading a lot about type 1 diabetes. He also learned about the disease while volunteering as an adult counselor at American

See MANAGE p. B3



VERSAILLES POLICE CHIEF Mike Murray is pictured with his family, from left, wife Debbie and their grown children, Taylor and Michael. When he worked as a patrol officer on second shift, Murray took care of the children while Debbie worked during the day. “Mike’s love of his family is just great to watch,” says Assistant Police Chief Rob Young. “He loves his family and recognizes the importance of family like few people do.” (Photo submitted)

New BGCH chief pledges continued high level care

BY JOHN MCGARY
WOODFORD SUN EDITOR

Asked about the future of Bluegrass Community Hospital (BGCH) in an interview with the Sun during his fourth day on the job, new hospital CEO David Steitz said, “... We’re in good shape and ... deliver great care and we want to be here for the residents and the patients of Woodford County, and that’s what we’re going to do.”

Steitz took over Jan. 18 and brings almost 30 years of experience in health care to the job, including a stint as CEO of Bourbon Community Hospital, which, like BGCH and hospitals in Winchester and Georgetown, is owned and operated by LifePoint Health.

In a news release announcing his hiring, LifePoint Health said Steitz began his health care career at HCA Healthcare in 1985. “During a nearly 20-year tenure at the company, he led hospitals in Kentucky, Florida and Texas. After HCA, Steitz served in interim CEO roles for hospitals across the Capella Healthcare system. In 2013, he joined Community Health Systems, serving as CEO of two Pennsylvania hospitals, Berwick Hospital Center Berwick and Carlisle Regional Medical Center in Carlisle,” the release said.

Steitz said he liked what he’d seen thus far, both in terms of the community and the staff he’d begun to work with at BGCH.

“We’ve been in this area for 23 years, so I live in Frankfort and I love Central Kentucky, I love Woodford County, Franklin County, so this has kind of been home to us. The staff here at the hospital is great. ... They’re very passionate about patient care, very friendly staff and very competent staff. So I’m very impressed with everybody here,” he said.

As was the case with his predecessor, Tommy Haggard, Steitz was unable to comment on the ongoing Edgewood Farm lawsuit, which was filed in 2016 by groups oppos-

ing the annexation and rezoning of land to the east of Kroger off U.S. 60. At that time, and afterwards, some community leaders called the suit a direct threat to the possibility of building a new BGCH there – which they said was likely needed for the long-term survival of the hospital.

In a statement on behalf of Steitz, LifePoint Marketing and Communications Coordinator Cameron Faudere wrote, “Given that this is active litigation in with Bluegrass Community Hospital and/or LifePoint is not involved, it would be inappropriate for me to comment at this time.”

Steitz did discuss whether, as some critics of the Edgewood lawsuit alleged, BGCH is operating in an old, outdated building. “... I think we’ve ... maintained it very well. For the near future and the mid-term future, I don’t see that that’s going to be an issue whatsoever,” he said.

Asked about new services for 2021 and beyond, Steitz reiterated that he was still in his first week on the job, but said, “Obviously, I think primary care’s a big focus for us and making sure that the folks of Woodford County and the surrounding areas have the right access points for primary care and can get the health care they need as quickly as they can get it.”

That quality of care is reflected with good patient satisfaction surveys and quality metrics, Steitz said. “We’ve got great scores on both those items and I feel really good about the quality of care that we give here,” he said. “So as I get more involved in what’s going on in this hospital and the planning of our future here, I’m pretty excited, because I think we’ve got a team in place that can keep things going and provide this care at a high level.”

In response to a question about the sort of care being offered to COVID-19 patients, Faudere wrote, “We are fortunate to have a strong system of hospitals here in Central Kentucky (and) work closely together to ensure we can meet the needs of our patients. At this time, Bluegrass Community Hospital is not currently treating

patients who have tested positive for COVID-19.”

Steitz said he was happy to be back working in Central Kentucky.

“Our kids grew up there and went to school in Franklin County, so this is where we want to be and ... I’m happy to be here at Bluegrass and we’re happy to be here in Central Kentucky as a family,” he said.

Several times during the interview, Steitz praised the people who work for BGCH.

“I can’t say enough about the staff I’ve met and had the chance to interact with,” he said.



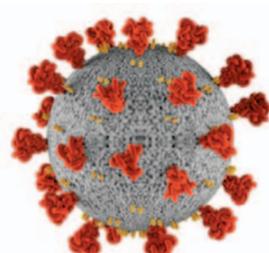
DAVID STEITZ took over as Bluegrass Community Hospital Jan. 14 and had high praise for the Woodford community and the men and women who work for BGCH.





Woodford County Health Department

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Are you interested in receiving the Moderna COVID-19 Vaccine? Do you live or work in Woodford County?

The Woodford County Health Department is here to help keep the community informed and empower them with the information given out regarding the vaccine from the Advisory Committee on Immunization Practices (ACIP), Centers for Disease Control and Prevention (CDC), and the Kentucky Department of Public Health.

The messenger RNA vaccines, also called mRNA vaccines, are some of the first COVID-19 vaccines authorized for use in the United States. The CDC explains, "mRNA vaccines are a new type of vaccine to protect against infectious diseases. They teach our cells how to make a protein - or even just a piece of a protein - that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies." www.cdc.gov/coronavirus/2019

A series of phases have been created to help guide health departments statewide in the distribution of the vaccine based on employment risk and population. It is broken down into phase 1a, phase 1b, phase 1c, 2, 3, and 4.

COVID Vaccine Interest Questionnaire

Woodford County Health Department would like to establish who is interested in receiving the COVID vaccine. Please complete this form if you are interested in receiving the vaccine. When your group becomes eligible, we can use this information to contact you.

Instructions

Please completely fill out the Vaccine Interest Questionnaire Form. The Delivery Information section below lists various delivery options. Please select the most convenient method and submit the completed form accordingly.

Delivery Information

Delivery by U.S. Mail or in-Person Drop off

COVID Vaccine Questionnaire, 229 N. Main Street, Versailles, KY, 40383

SECTION 1

Today's Date MM _____ / DD _____ / YYYY _____

Name _____

Birthdate MM _____ / DD _____ / YYYY _____

Age _____ Gender Female Male

Phone Number _____

Email Address _____

County of Resident _____

SECTION 2

Pregnancy Status

Pregnant Not Pregnant Trying to Get Pregnant

SECTION 3

Are you employed? Yes No

SECTION 4

Place of employment _____

Job Title _____

County of Employment _____

SECTION 5

Preexisting Health Conditions (ex. Diabetes, heart disease, asthma, etc.) _____

Moderna COVID-19 Vaccine with the Woodford County Health Department FAQ's

What is the Moderna Vaccine?

The Moderna vaccine was made to help protect against infectious diseases. "The vaccine teaches our cells how to make a protein that triggers an immune response inside the bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies." www.cdc.gov

How many doses of the vaccine do I receive?

The Moderna vaccine is a 2 dose series separated by 28 days.

How will I know when I am eligible to receive the vaccine?

The Advisory Council for Immunization Practices has created a guideline of phases, which determines the populations and their order of vaccination, as outlined above. Check the Woodford County Health Department's website, www.wchd.com, or follow our Facebook page for updates on phase progression.

How do I schedule an appointment for the vaccine?

At this time the WCHD is not taking appointments for the Moderna COVID-19 vaccine. We invite you to complete our Vaccine Interest Questionnaire and get added to our contact list. This can be found on our website, Facebook page, or cut out and complete the questionnaire below.

How will I know when it is my turn to be vaccinated?

After filling out the WCHD Vaccine Interest Questionnaire you will be added to the contact list. When you become eligible, according to the tiers determined by the Advisory Council for Immunization Practices, the WCHD will notify you of future vaccine clinics.

WHEN CAN YOU GET A COVID-19 VACCINE?

The COVID-19 vaccine will be distributed in phases. All Kentuckians will have access to a vaccine.

<ul style="list-style-type: none"> • Long term care facilities • Assisted living facilities • Health care personnel <p style="text-align: center; background-color: #0070C0; color: white; padding: 2px;">Phase 1a</p>	<ul style="list-style-type: none"> • Anyone age 70 or older • First Responders • K-12 school personnel <p style="text-align: center; background-color: #0070C0; color: white; padding: 2px;">Phase 1b</p>	<ul style="list-style-type: none"> • Anyone age 60 or older • Anyone age 16 or older with CDC highest risk C19 risk conditions • All essential workers <p style="text-align: center; background-color: #0070C0; color: white; padding: 2px;">Phase 1c</p>
<ul style="list-style-type: none"> • Anyone age 40 or older <p style="text-align: center; background-color: #0070C0; color: white; padding: 2px;">Phase 2</p>	<ul style="list-style-type: none"> • Anyone age 16 or older <p style="text-align: center; background-color: #0070C0; color: white; padding: 2px;">Phase 3</p>	<ul style="list-style-type: none"> • Children under the age of 16 if the vaccine is approved for this age group <p style="text-align: center; background-color: #0070C0; color: white; padding: 2px;">Phase 4</p>

KYCOVID19.KY.GOV



REGULAR EXERCISE has helped Mike Murray control his type 1 diabetes. In addition to working out with weights five days a week, he walks two or three miles a day. And every day around noontime, Assistant Versailles Police Chief Rob Young says, "It's smoothie time." for the chief of police. (Photo by Bob Vlach)

MANAGE
Continued from p. 1

Diabetes Association summer youth camps. He talked with camp staffers, who were mostly diabetic too. "I would network with them to see what was working with them," says Murray, "and I would try to keep up with the new technology on the insulin pumps." He credits his mom and her nursing background for being a big help to him in those early years after his diagnosis. She loved to cook and to prepare healthy meals for her sons. "She was all about a healthy lifestyle," he says. Murray shares his mom's love of cooking. And his grown children, 28-year-old Michael and 25-year-old Taylor, are both health-conscious, and that self-awareness began while eating well-balanced meals prepared by their dad. "His example," says Debbie, "has definitely rubbed off on our children," and that she adds, isn't "a bad thing." Murray says he walks two to three miles a day, and lifts weights five days a week, an hour or so every workout – and he doesn't eat junk food. He mostly

eats chicken and salmon, but also eats very lean beef, he says. "I've been doing it for so long now," says Murray of his meal choices, "I don't even think about it any more." He says he loves preparing and eating the homemade vegetable beef soup made with his mom's recipe. "My wife enjoys it. My children love it. So I always make enough of it when they come home on the weekend that they can take some back with them," Murray says. Debbie, his wife of nearly 29 years, says he prefers to cook, because then he knows exactly what ingredients are in his meals. Murray says he doesn't eat much bread, but when he does he chooses 100 percent whole wheat because he knows what carbohydrates can do to his blood sugar level. The American Diabetes Association recommends eating carbohydrates that are nutrient-dense (rich in fiber, vitamins and minerals) and low in added sugars, sodium and unhealthy fats. Murray has come to realize "it doesn't matter how well-controlled you are. When you're insulin-dependent and you're type

1, you're going to have high blood sugars and low. That's just the nature of the beast." Insulin was different when he was diagnosed, but Murray came to understand the value of checking his blood sugar frequently with test strips and finger sticks. He knew when to use more insulin to bring his blood sugar to a normal level so it wasn't high for long, because that can cause complications. Murray, who has been on an insulin pump for 20 years, says he's gone to a doctor every three months since his diagnosis, to get his A1C or his three-month average blood sugar level. He has a comprehensive eye exam by an ophthalmologist annually. That exam lets him know his vision and eyes are doing okay, and his microvascular system is also healthy. "I'm also on a continuous glucose monitor that I wear on abdominal area, and it's got a transmitter to it. And every five minutes, it gives me a blood sugar reading," he adds. Because he has the monitor, he no longer has to do "finger sticks" to measure his blood sugar levels. "I've been very fortunate," says Murray, "be-

cause the highest A1C that I've had, probably in the last 30, 35 years, is a 6.5," or a three-month blood sugar average of 135 milligrams per deciliter (mg/dL). "I've never seen anybody manage (their diabetes) as well as Mike," says Assistant Versailles Police Chief Rob Young. "Mike is incredibly disciplined in terms of his diet and fitness that he keeps his disease in check and does a magnificent job at doing so." Still, over the years, Murray says Debbie has had to call 9-1-1 when he's suffering from the consequences of a low blood sugar level because "that's just the nature of the beast." **Diabetes in the family** Oldest brother, Jim, was an 18-year-old freshman at Eastern Kentucky University in 1966, when he was diagnosed with type 1 diabetes. Murray vividly remembers the telephone call his parents received informing them their oldest of five sons was in a diabetic coma because his blood sugar was so high. Murray was only 8, so he doesn't remember much about what led up to Jim being in a coma, but assumes he must have experienced some symptoms before the diagnosis. A blood sugar level of 200 milligrams per deciliter (mg/dL) or higher suggests diabetes, according to information on the Mayo Clinic's website (mayoclinic.org). Jim's blood sugar level when he went into his coma was over 1,000 mg/dL – "eventhicker than ketchup," Murray says. "... So (there's) no telling what kind internal damage it did to his organs because diabetes affects every cell in your body." In addition to increasing a person's risk of cardiovascular problems, complications of diabetes may lead to nerve, kidney, eye and foot damage, according to mayoclinic.org. Jim recovered, but diabetes eventually claimed his sight. He also needed a kidney transplant and suf-

fered several strokes. "Jim was not the best patient either," Murray acknowledges. "He smoked regular cigarettes. He drank regular soda ... with sugar ... all of the time." By the time Jim was 41 years old, his needs were more than his wife could provide for him and he went into a nursing home. He died in 1999 at the age of 51. "It woke me up," says Murray of his brother's death. He says watching his brother suffer the complications of his diabetes was terrible. "I remember my mother and father spending their savings on a procedure trying to save his eyesight that was unsuccessful," he says. A younger brother, Mark, was the second sibling in Murray's family diagnosed with diabetes. He was only 14 or 15 years old. Now 59, he lives in Charlotte, N.C. Older brothers, Phil, 69, retired and living in Newport, Ky., and Pat, 65, a civilian helicopter pilot with Lexington Police, have never had diabetes. "It was on my father's side of the family," says Murray, "but my father was never diabetic." Yet, his genetics made all of his sons vulnerable to the disease. It was so rare for three siblings to be diagnosed with type 1 diabetes in the 1960s and '70s that doctors showed a special interest in his family, Murray says. **Career choice** Pat, a police officer for 35 years in Lexington, gave Murray a desire to pursue a career in law enforcement. Sitting at home with his parents and listening to a police scanner so they could hear Jim, a dispatcher with Lexington Police, helped plant a seed too. From the time he was a teen attending Lexington Catholic High School, Murray remembers having an interest in a career in law enforcement. He worked in retail before former Fayette County Sheriff Harold Buchignani gave him a chance to embark on a career in

law enforcement on July 24, 1989 at the age of 31. The sheriff asked him if his diabetes caused him any problems. "No, sir. I take care of myself," Murray remembers telling him. "It can cause problems if you don't keep an eye on it." Murray says he began working at the Versailles Police Department as a patrol officer in February 1995. He was promoted to sergeant in December 1998 and assistant chief in October 2006. He retired in April 2011, and returned in April 2014 to become chief on Sept. 1, 2018. "I've always had a passion for public safety. It gives you a sense of pride to be able to help somebody," Murray says. By sharing his family's diabetes story, he hopes others will take this chronic disease seriously. "It's a devastating disease if you don't take care of yourself," he says. **MIKE MURRAY LOVES COOKING.** One of his favorite meals to prepare for his wife and two grown children is his mom's recipe for homemade vegetable beef soup. He also likes cooking Swiss steak for them – again using one of his mom's recipes. "Rosie," his Labrador retriever is also pictured. (Photo submitted)



MIKE MURRAY LOVES COOKING. One of his favorite meals to prepare for his wife and two grown children is his mom's recipe for homemade vegetable beef soup. He also likes cooking Swiss steak for them – again using one of his mom's recipes. "Rosie," his Labrador retriever is also pictured. (Photo submitted)



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Teachers, other school employees receive COVID vaccines

STORY AND PHOTOS
By BOB VLACH
WOODFORD SUN STAFF

Approximately 260 teachers, cafeteria workers, bus drivers and other public school employees received COVID-19 vaccinations in the gym at Huntertown Elementary School Wednesday, Jan. 20.

Again and again, those interviewed by the Sun described receiving the vaccine as an opportunity to keep students in school. "We're happy to be back in school," said Michelle Wright, a front office worker at Southside Elementary. "So if this is what we have to do to get back to normal,

then it's what we're going to do."

"We are extremely excited to have kids back in the building," said Huntertown teacher Becky Hewlett. "... We know it's good for our mental health to be back together.

"There is anxiety because of the unknown. We all have a little bit of that.

"The building's alive now," said teacher Keli Back of students being back in school

But I think we have taken all the steps that we need to take to make a safe return."

She said teachers want students back in the building, but they also have concerns about their own

health.

Woodford County Health Department nurse Edie Flora described last week's vaccine clinic as "awesome" for the teachers, who've had tears in their eyes because they want students in school. "So it's an honor to be able to (give) these vaccines and protect them," she said.

Huntertown Principal Elaine Kaiser said she barely felt anything when she got her vaccination, but was "absolutely excited." Most importantly, getting the vaccine means she lessens



A WAITING AREA was set up for Woodford County Public School employees during a vaccine clinic at Huntertown Elementary School Jan. 20. Approximately 260 educators and support staff received the COVID-19 vaccine, according to Woodford County Public Health Director Cassie Prather.

the chance of spreading the virus to someone else after being in a school building with hundreds of students. "If I can protect myself,"

Kaiser said, she can protect other people, including her husband, who is very high risk because of heart problems.

As a school principal, Kaiser said she must keep her teachers and support

See VACCINES p. B5

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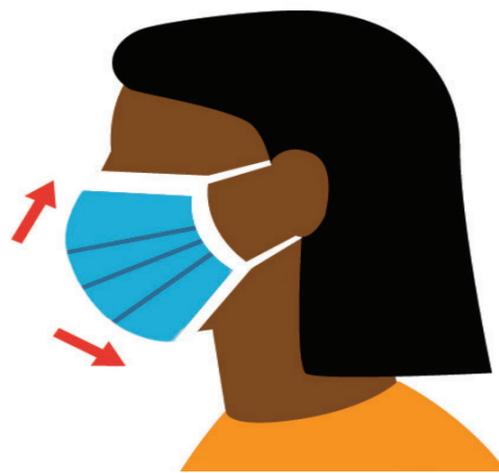
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HUNTERTOWN ELEMENTARY'S GYM was turned into a COVID-19 vaccine clinic for employees of Woodford County Public Schools Jan. 20. The vaccine clinic was organized by the Woodford County Health Department.

VACCINES
Continued from p. B4
staff healthy so they can be in school for the kids. "And if they're protected, then there's less chance that they'll be out and the kids can have a more normal experience," she said. "At the end of the day it's about safety."



MODERNA COVID-19 VACCINES are moved from a freezer to a refrigerator, and then allowed to warm up for about 15 minutes before being drawn up into a syringe, Edie Flora, a Woodford County Health Department nurse, explained. She said once a vial has been punctured, the 10 doses of vaccine are good for six hours. Sometimes, a vial contains 11 doses, she added.

hope it means we can stay open. There are so many of us here, it has to make an impact on the community because our kids need to be in school."

Ultimately, it's about getting past this pandemic and being able to protect parents, kids and others in the community, added Back.

Another 200 employees in Woodford County Public Schools were expected to receive the first of two shots at a clinic on Jan. 27. And ultimately, these clinics must happen to help keep students in school where they need to be, Kaiser said. She said students could not stop smiling when they returned to classes last Tuesday, Jan. 19, with one girl telling her, "I'm tired of just sitting at home looking at a screen ... Now, I get to look at my friends."

"Awesome," is how Southside Elementary kindergarten teacher Keli Back described having students back in school. "The building's alive now." She was also amazed — and somewhat surprised — by the progress made by her kindergartners in a virtual learning environment during the weeks before in-person school resumed Jan. 19.

Looking around the Huntertown gym and seeing other teachers get their vaccines, Back said, "I

Southside fourth-grade teacher Katlin Dowell said she also hopes having vaccine clinics for educators and support staff will help life get back to normal soon. "I'm hoping it means me being back in my classroom next year with kids face to face," said Dowell, who's teaching in the Virtual Academy this school year. After getting her shot in

the arm, Southside custodian Sue Manley — Miss Sue to students — said she felt "a little pinch and that was it." Woodford County Public Schools Health Coordinator Kelly Simpson described the Jan. 20 vaccine clinic organized by the Woodford County Health Department as one of many examples of a "wonderful partnership."

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ANXIETIES

Continued from p. B1
 ended by many, she said.

For most everyone, there's a fear of the unknown, and for students, parents and teachers, a variety of problems related to virtual classes.

On the positive side, Soper said the pandemic has made many use technology in a way they hadn't. She said during her 40-plus year career, she'd never used telehealth as a way to meet with her clients.

"But when you start using it, you realize you can reach people. You can make a difference. You get used to it, and there are actually some good pieces to it. There are some people who would not seek therapy, who would not have the ability to, who can tap into their phone or their computer ... and are able to get services," she said.

Soper said as a therapist, her job is to help her clients break things down logically.

"What they can change and what they can't," she explained. "I say, 'Eat an elephant a bite at a time.' Figure out what you can really do to make change. Identify the situation, identify the problem and then go about finding some workable solutions – not something that's pie in the sky. 'What little change can I make in my family? What can I do to reduce stress? How can I be more positive and have some more positive self-talk with myself, with my spouse, with my children? What part of that can I really tackle to make a change?'"

Soper's recommendations include more exercise, for parents to take their children to a park – something the Japanese call forest bathing. "I love that concept of how Mother Nature heals our heart, our soul, our minds. Go to the Red River Gorge. Get out on a bike ride. Go for a walk ..." she said.

She advises some of her parent-clients to get their children away from social media, but acknowledges that because of pandemic precautions, many today depend on it more than ever.

Our fear of and apprehension over the pandemic are here and likely won't be going away any time soon, she said. And those feelings, and increased stress levels, are affecting everyone, regardless of their grade point average or income level.

Along with her suggestion that the elephant be nibbled on, she has this advice:

"Take your time and get your self-confidence back. Yes, you can fix this. Yes, there are things you can do," Soper said.

TIMELINE

Continued from p. B1
 rounds of Midway Bucks.

Nov. 21: The death of the first Woodford County resident from COVID-19 – a 68-year-old man – is

reported.

Nov. 23: During a special meeting three days before Thanksgiving, the Versailles City Council approves another round of assistance for local businesses hurt by Gov. Andy Beshear's second ban on in-person dining. A municipal order provides grants of up to \$2,000 for restaurants and \$500 to bars and businesses where dine-in food service is a secondary function.

Dec. 22: Beginning that day, 170 first responders and health care workers are given the first of two doses of a COVID-19 vaccine at the health department.

Dec. 23: During Woodford Fiscal Court's final meeting of the year (usually a very brief one devoted to paying the county's bills), the court passes a plan to use up to \$150,000 in federal CARES Act funds to help pay the bills of restaurants and bars hurt by the pandemic. As was the case with the COVID relief

plans approved by the city councils, there are strings attached: among them, that businesses receive less than half their proceeds through drive-thru and carryout and franchises and chains must be majority-owned by a Woodford County resident.

Dec. 26: Staff and residents at The Homeplace at Midway receive the first dose of a COVID-19 vaccine.

Dec. 30: Residents and staff of Taylor Manor Nursing Home and Daisy Senior Hill Living receive the first dose of the COVID-19 vaccine.

2021

Jan. 4: Woodford Christian School and St. Leo School students return to in-person classes.

Jan. 12: Woodford Fiscal Court unanimously approves paying a total of about \$116,000 in federal CARES Act funds to more than 30 restaurants and bars that signed up for the Woodford County Food and

Beverage Relief Fund.

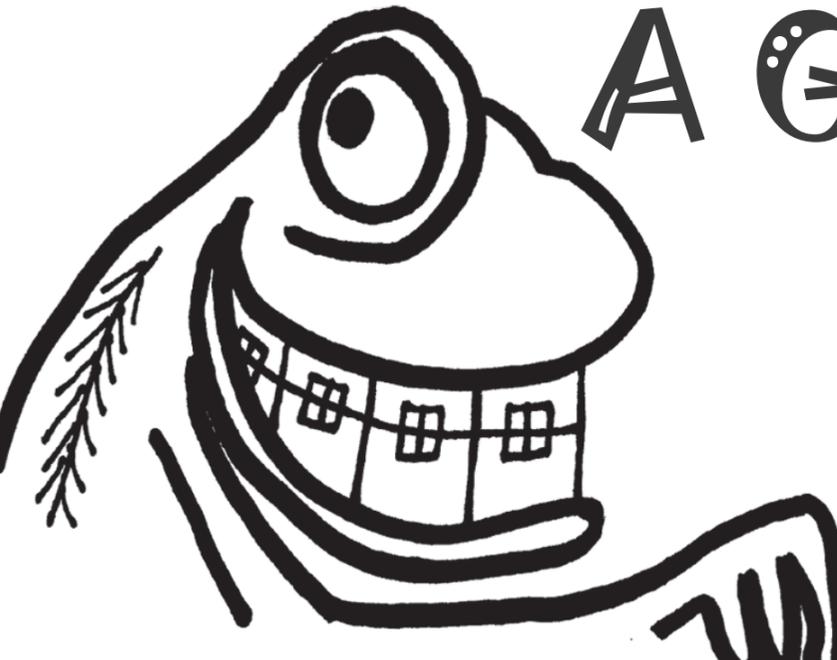
Jan. 13: The health department announces it's working to finish vaccinating people in the Tier 1A category when that tier is finished, the department will continue vaccinating under the guidance of Kentucky Department for Public Health.

Jan. 19: Woodford County Public School students resume in-person instruction.

Jan. 20: Woodford County elementary school teachers and other employees are given the first dose of a COVID-19 vaccine at Huntertown Elementary School.

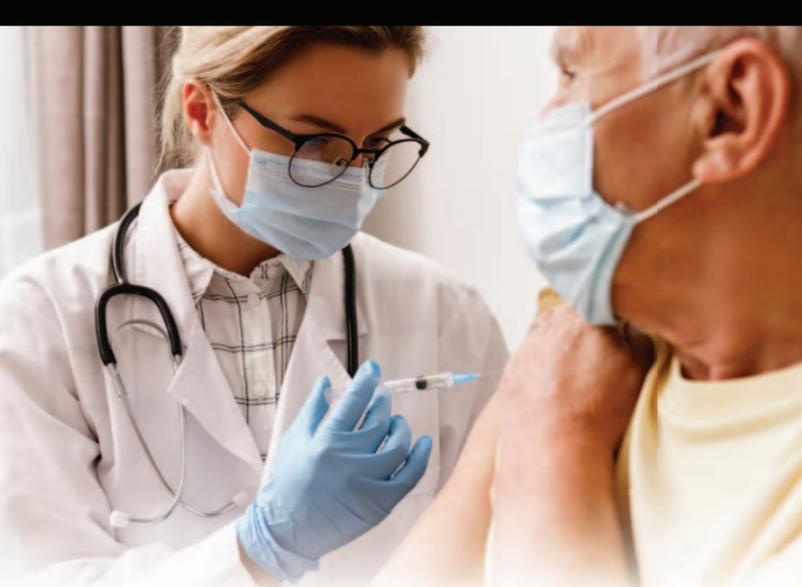
Jan. 21: The health department reports 24 new cases and again reminds the public that the spread can be stopped with three simple steps: Wear a cloth face covering/mask, stay six feet from others and wash your hands with soap and water.

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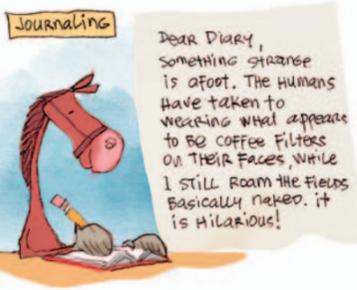
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will be joining **Dr. David Lasheen and Justice Dental Versailles** in January! He is a 2012 graduate of Oklahoma College of Dentistry, and then served 8 years of active duty in the U.S. Army. Dr. Sebourn, along with his wife and three children, are excited to put down roots in home state of Kentucky.

For more information, or to schedule an appointment, please call 873-5913.

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- Cholesterol numbers
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WORKOUT YOUR WAY!

At Falling Springs Center we have the space, equipment & classes that let you work out your way!

- Swim in our 8 lane lap pool or soothe those muscles in the therapy pool!
- Lift weights in the fitness room! We have a full complement of machine weights as well as free weight dumbbells!
- Did you say cardio? We've got that covered too! Check out our treadmills, elliptical machines, recumbent & spin bikes, Assault bike & treadmill, Jacob's Ladder & more!
- Prefer to work out with a group? We offer over 30 land & water fitness classes a week! From Zumba to Yoga, Bootcamp to Group Cycling and Silver Sneakers to TRX, you're sure to find a favorite!
- Shoot some hoops or escape the cold this winter on our elevated indoor track!

COMEBACK TO FITNESS!

Safety. It's the #1 thing on everyone's mind right now, including ours! We're doing everything we can to make sure Falling Springs Center is as safe as it can be! Below are just a few of the things we're doing to provide a safe, clean place for you to workout:

- Requesting masks to be worn when inside the building unless social distancing can be maintained.
- Limiting lap lane usage & requiring lanes to be scheduled in advance.
- Providing hand sanitizer throughout the building.
- Providing paper towels and spray bottles to clean equipment in the fitness room, group fitness rooms & gym.
- Court 3 has been converted to a cardio & core space. Most cardio equipment that does not require power has been moved to Court 3 and spaced out nearly 10 feet apart!
- The fitness room has been spaced out as much as possible, with plenty of space between treadmills & other cardio equipment.
- When possible & appropriate, group fitness classes are being held in the gym on court 1 & 2. Evening classes require pre-registration.



WHY TRY GROUP FITNESS?

- MEET NEW PEOPLE!
- TRY SOMETHING NEW!
- CHALLENGE YOUR BODY!
- AVOID BOREDOM!
- NO PREP - JUST SHOW UP!
- IT'S FUN!

HERE'S JUST A FEW OF THE CLASSES OFFERED AT FALLING SPRINGS!

- | | |
|-------------------|------------------|
| • Boot Camp | • TRX |
| • Group Cycling | • Core de Force |
| • Zumba | • Tai Chi |
| • Yoga | • Silver Splash |
| • Silver Sneakers | • And many more! |

BAW! ALL INCLUDED WITH ADMISSION!!

PARKS & REC PROGRAMS

GIRLS' VOLLEYBALL LEAGUE

Register now for this fun, introductory league for girls! League consists of practices & match play. Coaches are needed! Those interested in coaching or who have other questions, please contact Aaron Stover at 859.873.5948 or astover@vwcparcsrec.com.

LEAGUE DETAILS:

- **WHO:** Girls in 3rd-6th grades
- **COST:** \$70/player
- **PRACTICES:** Begin week of March 22*
- **MATCHES:** Sat. mornings / Sun. afternoons (depends on gym schedule)
- **MATCHES BEGIN:** Weekend of April 10-11
- **DEADLINE:** MARCH 10



* Prior to the start of practices there will be three Drills & Skills Clinics after which players will be placed on teams.

SPRING BREAK VOLLEYBALL CLINIC

This clinic will provide girls in 3rd through 8th grades opportunities to improve their basic volleyball skills, including serving, hitting, passing, setting, digging & more! Beginner & intermediate level players are welcome. Instruction by Ryan Brown & Charece Brown. Contact Aaron Stover at astover@vwcparcsrec.com or 859.873.5948 with questions.

WHEN: March 30 & April 1
TIME: 5:00-7:00 PM
WHERE: Falling Springs Center
COST: \$30/player
DEADLINE: MARCH 28



CHURCH VOLLEYBALL LEAGUE

Area churches are invited to enter teams made up of church members to play in this recreational league. League plays Tuesdays at Falling Springs. Players must be at least 16 years old. 8 games guaranteed. \$160/team. Play begins March 16. Captain's meeting: March 9 at 6:00 PM. Questions? Contact Aaron Stover at 859.873.5948 or astover@vwcparcsrec.com. **DEADLINE: MARCH 7**



START SMART SOCCER & GOLF

This 6-wk instructional program for boys & girls is designed to promote the development of motor skills & coordination while preparing children for youth sports in a fun, non-threatening environment. Players learn basic skills without the stress of competition or the fear of getting hurt. \$65/player. No equipment required! Maximum of 8 parent/child groups per group. Parent participation is required.

START SMART SOCCER

WHEN: April 5 - May 13
WHO: 3-4 yr olds
DEADLINE: March 18



- Group A: Mon 5:30 - 6:30 PM
- Group B: Mon 6:30 - 7:30 PM
- Group C: Thu 5:30 - 6:30 PM
- Group D: Thu 6:30 - 7:30 PM

*PARENT MEETING: March 23, 6:00 PM

START SMART GOLF

WHEN: May 6 - June 10
WHO: 5-7 yr olds
DEADLINE: April 22



- Group A: Thu 5:30 - 6:30 PM
- Group B: Thu 6:30 - 7:30 PM

*PARENT MEETING: April 27, 6:00 PM

TAEKWONDO FOR KIDS

Taekwondo is back! This martial arts practice builds self-esteem, mental discipline, a strong body & more! Classes meet for 6 weeks & are offered on Tuesdays & Saturdays. Uniform is required for new students (\$40/payable to the instructor). Register soon - space is limited!

CLASS	AGE	DAY	TIME	COST
Warriors	5-8	Tue	4:15-5:00 PM	\$55
Dragons	9-	Tue	5:00-5:45 PM	\$55
Warriors	135-	Tue	5:45-6:30 PM	\$55
Warriors	8	Sat	10:00-10:45 AM	\$55
Warriors	5-8	Sat	10:45-11:30 AM	\$55
Dragons	5-8	Sat	11:30 AM-12:15 PM	\$55

Session 1: April 6 - May 15 DEADLINE: APRIL 1
 Session 2: May 18 - June 26 DEADLINE: MAY 13*

*Saturday classes WILL meet Memorial Day Weekend - May 29

SUMMER IS COMING!
 WATCH FOR INFORMATION ON
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