



Introducing the Parkinson's Foundation

Last month, we introduced the Parkinson's Foundation as our charity partner for 2020. We want to share some information about them so that you know who they are and what they do.

"I was diagnosed five weeks ago, and I was really scared," says Lonni, a newly diagnosed Helpline caller. "Then I called the Helpline. I'm so thankful to the Parkinson's Foundation, and I know there is a place I can call to get my questions answered."

"The Parkinson's Foundation has changed my life," says Jim Morgan, husband and father who works full-time and is living with Parkinson's. "By introducing me to the power of exercise, through a foundation-funded exercise class, I am healthier today than when I was diagnosed with Parkinson's more than 11 years ago. The Foundation's information and resources have helped me understand the issues I am facing and how I can live a healthier and more productive life. More importantly, the Foundation has introduced me to a community of incredible people that care for and support each other, as we progress with the disease."

These are just two of the people that the Parkinson's Foundation has been able to assist. With more

than one million Americans living with Parkinson's, the Parkinson's Foundation is dedicated to making life better for people with Parkinson's disease (PD).

Since 1957, the Foundation has made tangible progress on all fronts—including an ongoing

clinical study of Parkinson's, which has significantly improved care.

Today, the Foundation continues to provide life-changing support for people living with Parkinson's and their caregivers, to fund ongoing

CONTINUED ON 30C



STORYBLOCKS

Deadline for Washington Youth Tour applications is February 28, 2020.
To apply, go to bgenergy.com, select the Community Tab and choose Washington Youth Tour.

CONTACT INFORMATION

24-Hour Service: (888) 546-4243
Automated payment: (877) 934-9491
Report an outage: (888) 655-4243
bgenergy.com

HEADQUARTERS

P.O. Box 990
1201 Lexington Road
Nicholasville, KY 40340-0990

LOCAL OFFICES

327 Sea Biscuit Way
Cynthiana, KY 41031-0730

1200 Versailles Road
Lawrenceburg, KY 40342-0150

2099 Berea Road
Richmond, KY 40476-0276

BOARD OF DIRECTORS

Dennis Moneyhon | Chairman | Foster
Gary Keller | Vice Chairman | Harrodsburg
Jane Smith | Secretary-Treasurer | Waddy
Richard Cobb IV | Richmond
Doug Fritz | Paint Lick
Jody Hughes | Lawrenceburg
Paul Tucker | Sadieville
Lu Young | Nicholasville

PUBLISHED MONTHLY BY BLUE GRASS
ENERGY AS A SERVICE TO OUR MEMBERS.

Rachel Settles, Editor



This institution is an equal opportunity
provider and employer.



MESSAGE FROM THE PRESIDENT

We are serious about business

At Blue Grass Energy, we are serious about business because business matters.

Commerce and industry are the lifeblood of any community, large or small. That's just as true today as it was in 1937 when local citizens established our cooperative to transform our economy.

When new businesses arrive or existing ones expand, they create new jobs and added tax revenue—which is termed economic development. The bottom line is that the quality of life is improved for every member.

Your cooperative has taken an active role in economic development throughout our entire existence. We've increased our economic development focus in recent years because we want to see our communities thrive.

We're laying the foundations for economic success by maintaining partnerships with state officials, agencies and other organizations. Later this month, we will co-host a meeting to bring together some of the commonwealth's best economic development minds to brainstorm new and better ways to attract facilities and strengthen existing companies.

As a member of Kentucky's Touchstone Energy Cooperatives, we're using cutting-edge technology to aggressively court companies from across the globe. Data from aerial drone flights, online videos and mobile mapping are among the tools we employ to bring new jobs and business investment.

I'm happy to report these efforts are beginning to yield progress. Recently, we worked with local community and economic development leaders to identify potential development sites throughout our service area. We've had one of our industrial members expand their facilities, creating more jobs right here at home.

We know that our communities want to grow, and we are working to help them build a better tomorrow.

When it comes to economic development, Blue Grass Energy is serious about business because everyone benefits when communities thrive.

By President/CEO
Michael I. Williams





CONTINUED FROM 30A

Fitness Counts events help people with Parkinson's Disease alleviate symptoms with activities. Photo: Parkinson's Foundation

research for treatment and care and to provide a network of resources to local PD communities across the nation.

With the largest presence worldwide, the Parkinson's Foundation connects communities with others who understand what it takes to live better with Parkinson's.

Parkinson's Foundation resources are always free and designed to make life a little easier for people with Parkinson's, care partners and family members—from a podcast

and webinar series, to a life-saving Helpline and educational books.

With 60,000 people newly diagnosed with Parkinson's every year, the Parkinson's Foundation believes that no one should face Parkinson's alone. In its latest initiative, the Foundation aims to connect those newly diagnosed to the PD community and inform them of the resources available.

In Kentucky, there are an estimated 10,600 people with PD who are 45 or older. The Parkinson's Foundation has

invested \$10,000 in research to better understand Parkinson's and to ensure better care for the Kentucky PD community.

In the last five years:

- 285 health professionals were trained to provide better care, and help close the gap in PD professional training.
- 62 people with PD enrolled in the Parkinson's Outcomes Project—the largest clinical study of Parkinson's.

Learn more about how you can make life better for people with Parkinson's at Parkinson.org.

In the past five years, the Parkinson's Foundation has:

Offered professional help through **670** calls to information specialists via our Helpline, with **95** referrals to expert care.



Helped people with Parkinson's live well, distributing **7,580** free publications.



Brought **615** Kentuckians together, raising **\$112,000** through Moving Day, A Walk for Parkinson's.



OUR 2020 CHARITY PARTNER

PARKINSON'S FOUNDATION

If you or someone you know has Parkinson's disease (PD), here are some of the services the Foundation provides:



Talk with a PD information specialist. Call 1-800-4PD-INFO (473-4636) or email Helpline@Parkinson.org to ask a specialist your PD questions and find your nearest community resources. Open Monday through Friday, 9 a.m. to 8 p.m. ET.



Order a patient safety kit at Parkinson.org/AwareinCare. The life-saving Aware in Care kit contains tools and information to share with hospital staff during a planned or emergency hospital visit.



Visit Parkinson.org for up-to-date articles dedicated to the latest Parkinson's information. Look for pages featuring symptoms, research and caregiving.



Each year, Blue Grass Energy chooses a charity to work with for the year. We partner with a local nonprofit organization that benefits the communities in which we live and serve. Our fundraising efforts for the entire year go to that cause. This year, we are partnering with the Parkinson's Foundation.

FIRST DONATION FROM PENNIES FOR PURPOSE

Last December, Blue Grass Energy's Pennies for Purpose (PFP) program awarded its first donation. Mike Williams, president/CEO of Blue Grass Energy, presented a check from the program for \$1,000 to the Miracle Point Playground board in Pendleton County.

This donation will help support members of the Falmouth community who have been raising money for a playground that will be fully accessible for children and adults who use wheelchairs, orthotic braces and walkers.

"Making life better, the cooperative way is our purpose at Blue Grass Energy. On behalf of our Pennies for Purpose program, we were happy to make a donation to Miracle Point Playground. The playground will certainly make life better for some of our youngest members," says Williams.

PFP is funded by Blue Grass Energy members who round up their monthly electric bills to the nearest dollar, and it provides funding to charitable causes

within the 23-county service area.

For more information on PFP, or to enroll or apply for a donation, visit bgenergy.com.



From left, Falmouth City Councilman Luke Price, Miracle Point Playground Chair Jennifer Hartzel, Falmouth Mayor Ron Stinson and Mike Williams, President & CEO, Blue Grass Energy.

Blue Grass Energy offices will be closed February 17.