

Kentucky Homeplace Opens In Estill

Kentucky Homeplace Director Mace Baker is pleased to announce the addition of a new office, staffed with a full-time community health worker (CHW), to serve Estill County. Ratisha Roberts, a CWH from Irvine, Ky., will accept clients Monday through Friday at the new location at 153 Richmond Road.

Kentucky Homeplace services are provided free of charge and have an emphasis on health care coordination and coaching. Roberts can provide a wide range of support and assistance to help clients connect with lo-

cal programs and services, access prescription assistance, eyeglasses, hearing aids and dentures at a reduced cost, transportation to medical appointments and more. Free education is available for anyone wanting to lead a healthier lifestyle or improve self-management of conditions like diabetes, heart disease, high blood pressure and COPD.

While the CHW position is a new role for Roberts, she has experience in both clinical and administrative health care settings. Roberts said knowledge gained in this line of work, as well as the

extensive training provided by Kentucky Homeplace, will help her to assist people in navigating the health care system. She also said her many years of involvement in the local community will be a plus.

"Ratisha's experience, training and knowledge of the community uniquely qualify her to serve in this important role and we feel fortunate to add her to our valued team of CHWs that currently serves 27 counties in Appalachia Kentucky," said Baker.

"As a CHW, I am here to help people address chal-

lenges. I strive to be an advocate, educator and connector of people, services and resources to benefit our clients in the best manner possible," said Roberts.

"With our growing number of community resources here in Estill County and all of us working together, I believe we can make a positive difference in many peoples' lives," said Roberts. A native of Estill County, Roberts is the daughter of Robbie and Shaye Roberts. She has two sons, Brennan and Lukas.

For more information on services in Estill County,

contact Roberts at 606-723-9902. Referrals from providers are welcome but clients can also receive services without a referral.

Kentucky Homeplace was created in 1994 by the University of Kentucky Center of Excellence in Rural Health and funded by the Kentucky General Assembly to combat health disparities in rural areas of the state. This community health worker (CHW) initiative, first based in the eastern town of Hazard, Ky., has connected more than 110,000 rural Kentucky residents with medi-

cal, environmental, and social services. To learn more, visit www.kyruralhealth.org or call toll-free 1-855-859-2374.



Ratisha Roberts

ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street, Irvine, KY – Call 723-3030

NOVEMBER 9-13, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Northwood Apts. Winchester Rd. Edgewater Dr. Crestview Ct.	Stacy Lane Rice Station West Irvine Race Track Rd.	Wisemantown Station Camp Red Lick Crooked Creek	Sugar Hollow Road Buck Creek Doe Creek Barnes Mtn.	South Irvine Pre-K

"Mommie & Me" and Storytime Wednesdays, 10:00 a.m. & Fridays, 10:30 a.m.

ESTILL COUNTY SCHOOLS MENUS

Milk is included with every meal; plus assorted juices included with breakfast

MONDAY November 9	TUESDAY November 10	WEDNESDAY November 11	THURSDAY November 12	FRIDAY November 13
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ELEMENTARY BREAKFASTS

Cream Cheese Bagel, Apple	Toast, Cereal Grapes	Biscuit & Gravy Bananas	Pop Tarts, Cereal Pears	Muffins Pineapples
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SOUTH IRVINE LUNCHES

Chicken Nuggets Roll Mashed Potatoes Green Beans Apple, Milk	TACO TUESDAY Taco Wrap Let./Tom./Cheese Salsa, Refried Beans Pineapples, Milk	Hot Dog/Bun Tater Tots Broccoli/Dip Applesauce Milk	Pizza Corn Fresh Carrots/Dip Watermelon Milk	Deli Turkey Wrap Shred. Lettuce, Tom. Baby Bakers Cucumber Slices/Dip, Side Kicks
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ESTILL SPRINGS LUNCHES

Taco w/Shell Let./Tom./Cheese Salsa, Refried Beans Pineapples Milk	Turkey, Dressing, Gravy, Roll, Mashed Potatoes, Gr. Beans Fruit Salad Ice Cream Sandwich	Hot Dog/Bun Tater Tots Broccoli/Dip Applesauce Milk	Pizza Corn Fresh Carrots/Dip Watermelon Milk	Deli Turkey Wrap Shred. Lettuce, Tom. Baby Bakers Cucumber Slices/Dip, Side Kicks
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WEST IRVINE LUNCHES

Chicken Nuggets Roll Mashed Potatoes Green Beans Apple, Milk	TACO TUESDAY Taco Wrap Let./Tom./Cheese Salsa, Refried Beans Pineapples, Milk	Hot Dog or Mr. Rib on Bun, Tater Tots Broccoli/Dip Applesauce Milk	Pizza Corn Fresh Carrots/Dip Strawberry Cups Milk	Chicken Strips or Deli Turkey Wrap Shred. Lettuce, Tom. Baby Bakers, Cucumber Slices/Dip-
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Breakfast Pizza Cinn. Toast Crunch Cereal, Apple Chocolate Pop Tart Assorted Juices Milk Choices	Sausage Biscuit Lucky Charms Brown Sugar Cinn. Pop Tart, Pineapples Assorted Juices Milk Choices	Pancake Porky w/syrup Cocoa Puffs Cereal Chocolate Pop Tart Applesauce Juice and Milk	Mini Strawberry Pancakes w/syrup Trix Cereal Strawberry Pop Tart Banana Juice & Milk	Cream Cheese Bagel Cinn. Toast Crunch Cereal Bar, Reeses Puff Cereal Chocolate Pop Tart Peaches
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Popcorn Chicken WG Biscuit Mashed Potatoes Normandy Blend Veggies, Tropical Fruit, Apple	Bosco w/Marinara Sauce or Chicken Quesadilla, Corn Broccoli Bites Pears, Side Kicks Ice Cream Sandwich	Grilled or Spicy Chicken on Bun Let./Tom./Pickle Potato Smiles Applesauce Mandarin Oranges	Meatball Marinara on Bun or Corn Dog Baked Beans Romaine Salad Pepper Slices Peaches, Pineapples	Chili & Crackers Grilled Cheese Carrot Sticks Broccoli & Cauliflower Bits, Oranges Tropical Fruit
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Muffins Cereal Pop Tart/Yogurt Apple/Orange	Sausage & Biscuit Cereal Pop Tart, Yogurt Apple, Orange	Chicken Biscuit Cereal Pop Tart, Yogurt Apple or Banana	Bacon, Egg, & Cheese Biscuit, Cereal Pop Tart, Yogurt Banana or Apple	Breakfast Pizza Cream Cheese Bagel Cereal Pop Tart, Yogurt Banana or Apple
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ESTILL COUNTY HIGH SCHOOL LUNCH

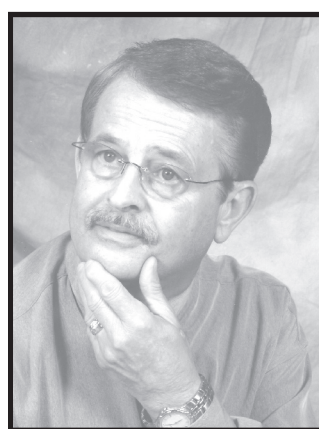
WG Cheese Stuffed Breadstick, Pepperoni Calzone Romaine Salad Grape Tomatoes Corn Pineapples/Pears	Chicken Tenders/WG Roll, Spicy Chicken Patty, WG Bun Corn, Green Beans Applesauce Side Kicks Variety Milk/OJ	Meat Ball Sub/Moz. Cheese, Chicken Patty/WG bun Glazed Carrots Green Pepper Slices Lettuce/Tomatoes Tropi. Fruit/Peaches	Mini Corn Dog Pork Chop Patty/WG Bun, French Fries Baked Beans WG Cookie Pineapples Mandarin Oranges	Fred Brown Pork Roast, Gravy, Roll Fish on Bun Mashed Potatoes Steamed Broccoli Applesauce Peaches
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Offered Daily: Pizza Line Sandwich Box, Salad Box

Cox Insurance, Inc.

606-723-4013

407 Richmond Road
Irvine, Kentucky



John Cox

Insurance Check Up

We understand that life is often unpredictable. That's why we offer insurance that keeps you one step ahead. It's our job to anticipate potential risks and make sure you're ready for whatever life brings your way. So whether it's a fallen tree, a fender-bender or a baseball through the window, you can rest assured knowing you're completely covered. **Auto and/or homeowner, please take a moment to call 606-723-4013, Cox Insurance, to make sure you're receiving not just insurance, but peace of mind as well.**

Horizon Adult Health Care

CHILI DINNER

&

ICE CREAM BAR

FRIDAY NOVEMBER, 6TH

5:30-7:30

AT HORIZON ADULT HEALTH CARE
178 BROADWAY STREET, IRVINE

COST: \$5.00 ADVANCE PURCHASE

\$7.00 AT THE DOOR

DISCOUNTED ADVANCE TICKETS AVAILABLE

AT HORIZON ADULT HEALTH CARE

MONDAY THRU FRIDAY 9:00-3:00.

RAFFLE BASKETS

\$3.00 PER TICKET

OR

\$10.00 FOR 10 TICKETS