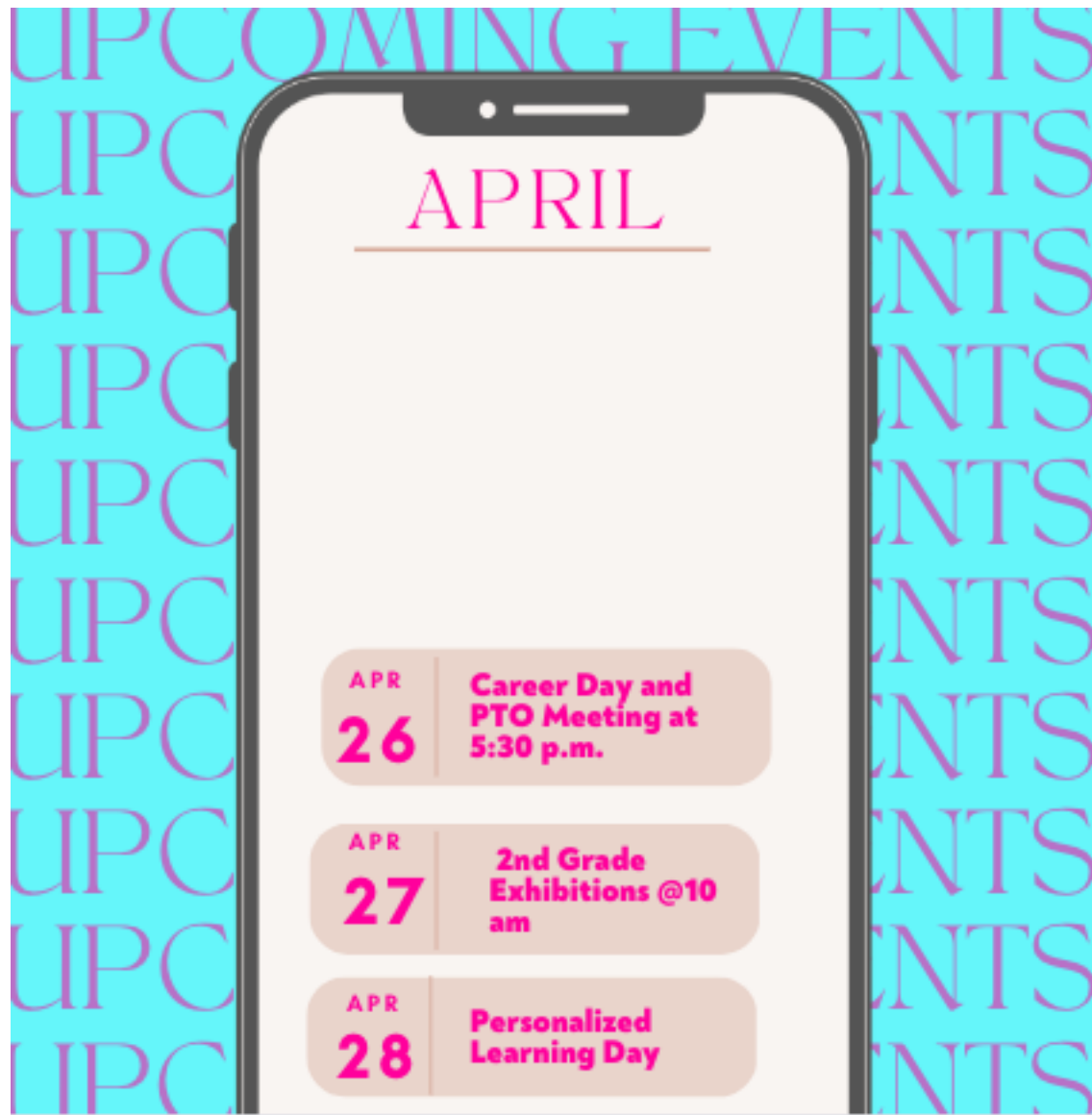




# Eagle Newsletter

## April 24, 2023

Encourage, Empower, Excel



# MAY

MAY  
5-11

**KSA Testing for 3rd-5th grade**

MAY  
5

**Kindergarten Exhibitions at 1:15 p.m.**

MAY  
11

**SBDM Meeting @2:45 p.m**

MAY  
12

**Community Baby Shower**

MAY  
16

**Election Day (No School for Students)**

MAY  
18

**3rd Grade Exhibitions @ 8 a.m. 4th Grade Exhibitions @ 10 a.m.**

MAY  
23

**Field Day (No Makeup for Rain)**

MAY  
25

**Last day for Students & Awards Day for K-4th**



## SCHOOL MENUS FOR April 24<sup>th</sup>-28<sup>th</sup>

ALL MEALS ARE FREE TO STUDENTS!

Snacks and Ice Cream will be available on Mondays and Fridays. Chips are \$.75, and ice cream is \$1. Non-student lunch prices are \$4.75

Cycle 2 Monday	Cycle 2 Tuesday	Cycle 2 Wednesday	Cycle 2 Thursday	Cycle 2 Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cinn. Apple Toast(45g)	Sausage Biscuit(30g)	Mini Bagels (42g)	Cereal (24g)	Mini Pancakes(36g)
Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)
Peaches (16g)	Applesauce (13g)	Apple Slices (7g)	Raisins (33g)	Fresh Orange(22g)
Milk	Milk	Milk	Milk	Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pizza Crunchers (41g)	White Queso Nachos(36g)	Chicken Leg (6g)	Cheeseburger (38g)	Pizza variety(35g)
Green Beans (3/4c)(5g)	Refried Beans (23g)	WG Roll (22g)	Carrots (3/4c) (9g)	Broccoli & Cheese 3/4c(5g)
Pears (14g)	Corn (21g)	Mashed Potatoes (34g)	Peaches (16g)	Fruit Cup
Milk	Pineapple (16g)	Peas (12g)	Milk	Milk
	Milk	Baked Apples(28g)		

April 24<sup>th</sup> -  
28<sup>th</sup>



# After School Clubs

## Schedule

\*\*\*Students who participate in afterschool programs must turn in a note with permission to stay after school and any transportation changes.

Monday	2:30 p.m. - 3:30 p.m.	Ukulele Ensemble
Tuesday ☆	2:30 p.m. - 4:00 p.m.	5th Grade STLP
Wednesday 😊	2:30 p.m. - 4:00 p.m. 2:30 p.m. - 3:30 p.m.	Boys Who Code Choir
Thursday ♡		
Friday		



**Online Registration  
Opening  
April 1st**



**Registration For The  
2023-2024  
School Year  
Must Be Complete By  
August 9, 2023**



## Heritage Eagles Spring into Reading!



All students will participate with their friends and classmates On April 17<sup>th</sup>! This fundraiser is geared toward minutes read, so students are enriched with an educational experience aimed to achieve success for this school year.

### Spring into Reading starts Monday, April 17th!

REGISTER YOUR CHILD AND START LOGGING MINUTES IN THEIR PROFILE!

Heritage Elementary is raising money to fund The Eagles Read-a-Thon's primary purpose is to inspire our Eagles to read! Kids who read regularly do better in school and beyond. Fundraising through the read-a-thon will back Heritage PTO's various efforts to support students, classrooms and the school! Thank you for supporting! Let's Spring into Reading!. In order to make these extra things happen, we NEED your support!

ALL parents are encouraged to join us during their student's event participation time to help CHEER them all on!

**STILL NEED TO REGISTER? FREE ICE CREAM VOUCHER!! [CLICK HERE!](#)**

#### Follow these 3 Simple Steps to get to goal fast!

1. First [Register](#) or re-[Login](#) to your parent dashboard and complete your child's student webpage with a PICTURE at [getmovinfundhub.com](http://getmovinfundhub.com).  
*School Identifier: 61f058296bb98*
2. Make an online donation using the red Donate button right [away](#)
3. Share with friends and family, they want to help!
  - Send 10-15 emails and/or text [messages](#)
  - Post Facebook or Twitter
  - Help your child reach their goal in 24/48 [hours](#)



## BE A SCHOOL SUPERSTAR AT Heritage Elementary!

### HOW DOES MY STUDENT BECOME A SCHOOL SUPERSTAR?

- Raise \$80.00 by 05/05/2023 11:59 PM
- Cash or Checks accepted made out to Heritage PTO!!

Heritage Elementary has created a special incentive for students who are able to raise \$80.00.

All students at Heritage Elementary will be celebrated in several ways during our upcoming Spring into Reading!.

We thank all parents, students, and their families for donations of any amount.





Once you log in, scroll down and add your child's minutes READ!!

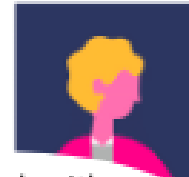
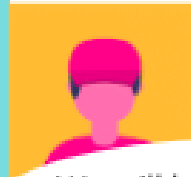
**Follow these 3 Simple Steps to get to goal fast! (FREE ICE CREAM VOUCHER!)**

1. First [Register](#) or re-[Login](#) to your parent dashboard and complete your child's student webpage with a PICTURE at [getmovinfundhub.com](http://getmovinfundhub.com).  
*School Identifier: 61f058296bb98*
2. Make an online donation using the red Donate button right away
3. Share with friends and family, they want to help!
  - Send 10-15 emails and/or text messages
  - Post Facebook or Twitter
  - Help your child reach their goal in 24/48 hours



# COLLEGE & CAREER WEEK

**April 24th-28th**



We will be celebrating college and career week with dress up days. Our career day is on Wednesday, April 26th. To sign up to share your career with students, please contact Ms. Madison at (502) 52301871 or at [melanie.madison@shelby.kyschools.us](mailto:melanie.madison@shelby.kyschools.us)

**MONDAY** - "MY FUTURE IS BRIGHT!"- WEAR YOUR FAVORITE SUNGLASSES.

**TUESDAY** - "MY FUTURE CAREER"- DRESS UP IN YOUR FUTURE CAREER OUTFIT!

**WEDNESDAY** - COLLEGE DAY- WEAR YOUR FAVORITE COLLEGE ATTIRE.

**THURSDAY** - "DRESS FOR SUCCESS!"- DRESS AS IF YOU ARE GOING TO A JOB INTERVIEW.

**FRIDAY** - PERSONALIZED LEARNING DAY, "I HAVE BIG DREAMS!"- WEAR YOUR PAJAMAS.



PTO's April meeting is  
Wednesday, April 26th  
at 5:30 p.m. on the  
playground outside.

# Community Helper Exhibition



**Who?** Kindergarten Students

**What?** Community Helpers Exhibition

**When?** May 5th from 1:15 p.m. to 1:45 p.m.

**Where?** Heritage Elementary Gymnasium

Please send your student dressed as his/her community helper.  
Families are welcome to attend.

Thank you for your support!



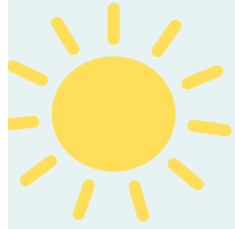
**nominations  
open!**

Calling all parents!!!!

**We are now taking SBDM parent nominations  
for next school year until  
Friday, April 28th at 3:00 p.m.!**

The Parent SBDM position is a 2-year term. If you need information on how to nominate a parent, please contact the Heritage PTO by email at [heritagepto1@gmail.com](mailto:heritagepto1@gmail.com)!

Please [click here](#)  
take our Title 1  
Survey to help us  
improve!



# SCPS FRYSC'S RED ORCHARD STORY WALK 2023

When: Friday, June 2, 2023

Time: 10:00AM - 11:30AM

Where: 704 Kentucky St, Shelbyville, KY 40065

Cost: FREE

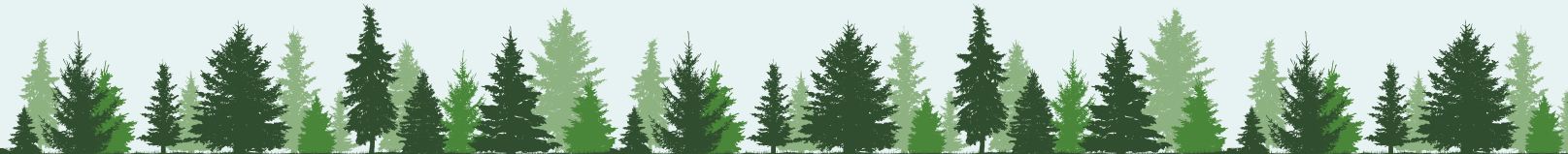
Who: All students K - 12th are welcome along with an adult!

Featured Book: "A Pizza with Everything on It" by Kyle Scheele

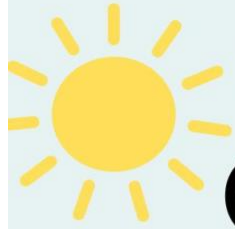
Put on your tennis shoes and bring your sun hat! Come out and enjoy a walk along the Red Orchard fitness trail that features the book, "A Pizza with Everything on It" by Kyle Scheele. Park and sign in at the Red Orchard barn and pick up your map and your book. Stop back by the barn after you finish the featured portion of the fitness trail to take a picture against our photo backdrop, grab a snack, browse additional book selections and get a scratch off to win a prize.

This event also counts for Hike Shelby County during the summer!

Go ahead and RSVP with your school FRYSC and plan for a walk in the sunshine!



[Click here to sign up!](#)



# **SCPS FRYSC'S RED ORCHARD CAMINATA CON HISTORIA 2023**

Cuándo: viernes 2 de junio de 2023

Hora: 10:00 - 11:30

Dónde: 704 Kentucky St, Shelbyville, KY 40065

Gratis

Quién: ¡Todos los estudiantes K - 12th son bienvenidos junto con un adulto!

Libro destacado: "Una pizza con todo dentro" de Kyle Scheele

¡Ponte tus tenis y trae tu sombrero para el sol! Salga y disfrute de un paseo por el sendero de ejercicios de Red Orchard que presenta el libro "A Pizza with Everything on It" de Kyle Scheele.

Estacione y regístrese en el granero de Red Orchard y recoja su mapa y su libro. Pase por el granero después de terminar la parte destacada de la pista de ejercicios para tomar una foto con nuestro telón de fondo, tomar un refrigerio, buscar selecciones de libros adicionales y obtener un raspadito para ganar un premio.

¡Este evento también cuenta para Hike Shelby County durante el verano!

¡Continúe y confirme su asistencia con su escuela FRYSC y planifique una caminata bajo el sol!





What we are learning about during advisory and Heritage Huddle this month!

# Decision-Making Skills

help you to think through problems and make good choices

## Thinking Ahead

Thinking about how choices will affect the future. By planning and thinking you can learn to make better choices.

## Self- Control

Being able to stop and think before making a choice is important. It allows you to really think through your actions.



## Problem-Solving

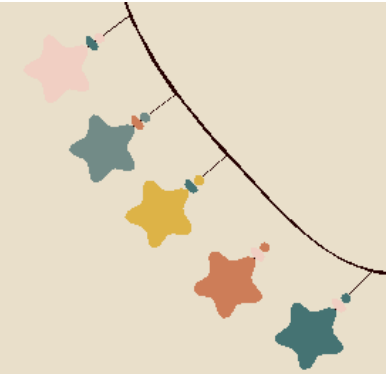
Using problem solving skills helps to handle disagreements and problems that may come up.

## Reflecting on Choices

Thinking about what went well and what did not go well. By reflecting, you can learn how to make better choices in the future.

## Weighing Options

Carefully thinking about what the best choice may be. Sometimes, this can be difficult so it is a good skill to practice.



**JOIN  
THE  
HERITAGE  
BABY EAGLES'  
CLUB**



**YOU CAN SIGN UP FOR A MONTHLY FREE  
BOOK AND RESOURCES WHEN YOU SEND IN  
A PICTURE OF YOUR LITTLE ONE WHO IS 4  
YEARS OLD AND UNDER. YOU CAN EMAIL  
THE PICTURE WITH THE CHILD'S NAME AND  
AGE TO  
[MELANIE.MADISON@SHELBY.KYSCHOOLS.US](mailto:MELANIE.MADISON@SHELBY.KYSCHOOLS.US)**



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BUCKS

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Make Payments  
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#### Get Started:

- 1 Go to [myschoolbucks.com](https://myschoolbucks.com) or download the app
- 2 Visit the school store & add items to your cart
- 3 Check out with your credit/debit card



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Fácilmente pague las tarifas y los artículos escolares con MySchoolBucks.



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y fáciles



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y Seguro



Pague en  
cualquier momento

#### Para Comenzar:

- 1 Vaya a [myschoolbucks.com](https://myschoolbucks.com) o descargue la aplicación
- 2 Visite la tienda escolar y agregue los artículos al carro
- 3 Pague con su tarjeta de crédito o débito



MySchoolBucks.com DESCARGUE SOCIALIZA



Johnna M. Black,  
Principal

Megan Baxter  
School Counselor

*Encourage, Empower, Excel*

**Heritage Elementary**  
8300 Frankfort Road  
Waddy, KY 40076  
Ph: (502) 829-5242  
Fax: (502) 829-9605

Molly Smith,  
Assistant Principal

Kara Clark,  
Instructional Coach

Dear Heritage Families:

We are announcing the fee structure for the 2022-23 school year for all our elementary grades.

- **No device usage fee** will be charged, however, damaged or lost items will still require a payment.
- **A simpler, less expensive supply list** has been developed for use by all elementary grades, district-wide.
- All elementary schools will charge the same **\$20 instructional fee** and no other fees will be charged for instructional supplies; this \$20 will cover items such as headphones, erasers, Primary journals, additional or specialized folders and notebooks, rulers, index cards, highlighters, agenda books, field day t-shirts, recorders, etc.
- Any elementary student participating in at least one school club will be charged **only one \$20 club fee** instead of multiple individual club fees.
- **No other fees** will be charged during the 2022-23 school year for elementary grades except for occasional field trips; the maximum fee an elementary parent will pay is \$40 (plus field trips)
- **No other requests** will be made for elementary parents to send in classroom supplies for the 2022-23 school year

A waiver or adjustment may be made for any student qualifying for free or reduced meals to ensure that no student is denied services due to the inability to pay. In order for your student to receive the fee waiver, you are required to complete the Educational Benefit Form (EBF).

If you would like to donate additional funds or supplies, you can do so by contacting the school office or the Family Resource Center.

Thank you for allowing us to serve your children!



# Ms. Megan Baxter

**Position:** School Counselor

## **Contact Information:**

[megan.baxter@shelby.kyschools.us](mailto:megan.baxter@shelby.kyschools.us)

**Phone:** (502)829-5242

# MEET THE TEACHER!

**Personal Information:** A little about me, I am originally from Frankfort. This is my sixth year at Heritage but my first year as the school counselor! I love being outside and going on adventures as well as trying new things. I struggle with sitting still... so I may come off a little insane. When I am not at school you can catch me with my baby nephew Carson who I love to spend all my free time with. I also enjoy spending time with my pet pig Albert Einswine and my kitty Bam Bam.



## **Education/Degrees:**

**Bachelors:** Elementary Education from Eastern Kentucky University

**Masters:** School Counseling @ Campbellsville University

**Years in the Classroom:** Five



## **Hobbies/Interest:**

- being outside
- hiking
- kayaking
- being adventurous
- trying new things
- helping others
- teaching kiddos.



## **Staff Birthdays:**

Cassie Smitha 4/3  
Ms. Mota 4/11

Hannah Renfro 4/14  
Mr. Gatton 4/20

Ms. Long 4/22

Pursuant to KRS 158.186, before Sept. 15 of each year the commissioner of education must distribute copies of [KRS 158.183](#), which details the “rights of students,” and [KRS 158.195](#), which requires each public elementary and secondary school to “display the national motto” of the United States.

# COMMUNITY EVENTS



**Resources, & Information**



# SHELBY COUNTY COMMUNITY BABY SHOWER

Friday, May 12, 2023 from 11:00 AM until 1:00 PM

**MUST ARRIVE BY 11:15 TO BE ELIGIBLE FOR  
GRAND PRIZES**

Location: Shelby Co. Conference & Welcome Center  
219 7<sup>th</sup> Street  
Shelbyville, KY 40065



**If you are pregnant or have a child up to 12 months of age we  
hope to see you there!**

Lunch will be served and lots of prizes given away!!!  
Must be present to win.

**If you have any questions, please call 633-4262 and  
ask for the HANDS Department**

Coordinated by: North Central District Health Department,  
HANDS, Shelby County Family Resource Youth Service  
Centers, OVEC/Early Head Start

Thank you to our Sponsor:



**BAPTIST HEALTH®**



# SHELBY COUNTY COMMUNITY BABY SHOWER

Viernes, 12 de mayo, 2023 de 11:00 AM a 1:00 PM

DEBE LLEGAR ANTES DE LAS 11:15 PARA  
PARTICIPAR DE LOS GRANDES PREMIOS

Lugar: Shelbyville Conference & Welcome Center  
219 7<sup>th</sup> Street  
Shelbyville, KY 40065

¡Si está embarazada o tiene un hijo menor de un año  
esperamos verle!

¡Se servirá el almuerzo y se regalarán muchos premios!  
Debe estar presente para ganar.

Si usted tiene alguna pregunta llame al (502) 633-4261  
y pregunte por el departamento HANDS

Coordinado por: North Central District Health Department  
HANDS, Shelby County Family Resource Youth Services  
Centers, OVEC/Early Head Start

Gacias a nuestros patrocinadores:



BAPTIST HEALTH®





## SHELBY EAST 2023 SEASON

We are so excited to get ready for another volleyball season this fall!!  
Anyone who will be in 5th grade through 8th grade as of August 2023 may tryout and come to open gyms for the EMS volleyball team

### OPEN GYMS

April 20 6:00-8:00PM  
May 12 4:00-6:00PM

### TRYOUTS

July 15

6th Grade 8:00-10:00AM  
7th Grade 10:00AM-12:00PM  
8th Grade 12:00-2:00PM



Victoria Harris  
vharr02@louisville.edu



Misty Sowder  
mistyleeann6@gmail.com



Kayley Miller  
kayleymiller4@gmail.com

Feel free to contact any of our coaches if you have any questions about the volleyball season.

Both open gyms and tryouts will be held at the East Middle School gym.  
Please bring water/sports drink, knee pads, and appropriate shoes.  
All athletes will need to bring an updated physical to tryouts as well as completed the school online registration  
(annual registrations completed through the parent portal)

# Save The Date

## 2<sup>nd</sup> Annual Relatives As Parents Conference

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**May 15, 23** ★ **10:00am – 2:00pm** ★ **Shelby County  
Extension Office**

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To RSVP: Email  
[cccregionalnetworks@gmail.com](mailto:cccregionalnetworks@gmail.com)

Please include: name, county you live in, and ages/gender of children you are raising in email.  
More information will be available soon!



## The Shelby County Public Library Bookmobile Community Stops

The Shelby County Public Library Bookmobile community stops are at three locations every other week: Simpsonville, Waddy, and Bagdad. The Spring schedule is as follows:

- **Simpsonville** from 11:00-12:00 at the **Feed Bucket** (formerly Metzgers) on April 11, April 25, May 9, and May 23.
- **Waddy** from 11:00-12:00 at the **Waddy Baptist Church** on April 19, May 3, May 17, and May 31.
- **Bagdad** from 10:30-11:30 at the **Old Bagdad Fire Dept.** on April 20, May 4, and May 18.

The bookmobile has children's books, an entire wall of large print books, regular print books, and some non-fiction.

Also, if you or someone you know are homebound and would like to receive bookmobile services via porch-drops, please email Shana Schack at [shanas@scplibrary.net](mailto:shanas@scplibrary.net) for more information

Community Collaboration for Children

Child Abuse Awareness:

# Carnival Resource Fair & Family Color Fun Run



Food ♦ Prizes ♦ Resources ♦ Games ♦ !!FUN!!

Saturday. April 29th 2023

10:00am-3:00pm | Western Hills High School Track

100 Doctors Drive Frankfort KY 40601

Registration starts at 9am Easter Time

Child Victims' Trust Fund



For more information contact your local CCC Regional Network Coordinator: Sabrina Davis Email: [Sabrina.B@pacs-ky.org](mailto: Sabrina.B@pacs-ky.org)





SHELBYVILLE  
SHELBY COUNTY  
PARKS & RECREATION

# TOUCH-A-TRUCK

**JUNE  
9TH  
FRIDAY  
9AM-12PM**

**CLEAR CREEK PARK  
717 BURKS BRANCH RD.  
QUIET HOURS 9AM-10AM**

**FREE!**

**SERVICE VEHICLES, 1ST RESPONDERS,  
FIRE TRUCKS, & MORE!**



### Kentucky Medicaid Renewals

#### Here is what you need to know to stay covered!

If you or a family member currently has health coverage through Medicaid or the Kentucky Children's Health Insurance Program, called KCHIP, there are changes coming.

#### What's changing?

Because of COVID-19, the federal government declared a public health emergency (PHE). During this time, changes were made so that Medicaid and KCHIP renewals were not required, so people did not lose their coverage.

However, Kentucky will restart Medicaid annual renewals April 1, 2023. Make sure you take the necessary steps to keep your coverage!

★ **You will receive a letter when it is your time to renew.**

#### What do you need to do?

**1 Update your information:**

Make sure [kynect.ky.gov](https://kynect.ky.gov)

has your correct:

- ✓ mailing address
- ✓ phone number
- ✓ email

This way, we can contact you without delay.

**2**

**Check your mail:**

You will get a letter about your Medicaid or KCHIP renewal **when it is your time**. The letter will let you know if you need to complete a form or send in information to keep your coverage.

**3**

**Send in information:**

If you get a form, fill it out, return it right away. Make sure to give us any information we request. The information will help determine if you still qualify for coverage.

#### Have questions? Need help?

To make sure your information is updated, visit [kynect.ky.gov](https://kynect.ky.gov)  
or call 855-4kynect (855-459-6328)

**Kentucky Medicaid will reach out to you when it is your time to renew.**

You can also get help from your local Department for Community Based Services (DCBS) staff and from kynectors. To find a kynector or your local DCBS office please visit <https://kynect.ky.gov/healthcoverage>.



# Narcan Bundles



North Central District Health Department and the SUDS coalition has collaborated with a number of community partners to help distribute Narcan to those who are in need of it. Below is a list of entities that are offering FREE Narcan WHILE SUPPLIES LAST.

Be sure to visit the following sites for updates on FREE Narcan distribution:

- <https://www.ncdhd.com/>
- <https://sudsky.org/>
- FB page: @SUDScoalition
- FB Page: @NCDistrictHD

---

## **Shelby County:**

- Shelbyville Comprehensive Treatment Center
- Seven Counties Services
- Agape Wellness Center

## **Spencer County:**

- Spencer County Library
- Seven Counties Services

## **Henry County:**

- Henry County Library
- The Hope Center
- Seven Counties Services

## **Trimble County:**

- Seven Counties Services
- Morgan Community Center
- Trimble County Library



FREE  
Day Pass to  
Clear Creek  
FAC

# The First Saturday Walkabout

Sign in at the front desk on the first Saturday of any month, rain or shine, from 8:00 to 8:30 a.m. Receive one FREE Day Pass per person. Afterward, walk on the trails, on the walking path, or on the inside walking track. Use your pass at any later date of your choosing.

8:00 - 8:30 a.m.  
The First Saturday  
of Every Month

Clear Creek  
Family Activity Center  
717 Burks Branch Rd  
Shelbyville, KY



# BAGDAD BASH BALL TOURNAMENT

BAGDAD RURITAN CLUB IS HOSTING AN  
ADULT CO-ED SLOW-PITCH SOFTBALL  
TOURNAMENT!



**May 19 & 20, 2023**

**First Place :**

**\$500**

**Second Place:**

**\$200**

*Sponsored By:*



NSA RULES

6 TEAMS

DOUBLE ELIMINATION

REGISTRATION : \$200

Bagdad Ruritan Club

TO REGISTER PLEASE CONTACT

DUSTIN PERRY (502-321-1516) OR KELLY MCNEW (502-220-8665)

# Get The Facts On Kentucky's Utility Sales Tax

## What happened?

In 2022, the Kentucky State Legislature voted to repeal the tax exemption on residential utilities, except for those used in primary residences.

Starting in 2023, if Kentuckians own or rent more than one property in the state, they will pay 6% sales tax on utilities (electric, gas, water, sewer, and other services) in any property that is not their primary residence.

Have additional questions?  
Scan here to learn more from  
the KY Department of  
Revenue:



## Own Your Home?

In most cases, customers that were previously exempt will remain that way.

**If the only property you own is your main home, your utilities will not be taxed.**

**Homeowners with multiple houses are responsible for letting their utility provider know which property is their main home.**

The new 6% sales tax on utilities **only** applies to Kentucky residents who have multiple residences in the Commonwealth.

This change applies to secondary properties such as vacation houses, or property used as short term rentals, like AirBnB.

Customers who own more than one residential property should complete the same form as renters (Declaration of Domicile) and submit it to their utility provider.

**Contact your utility provider for additional information.**

## What If I'm A Renter?

Renters must complete the form linked on this page and submit it to their utility provider to avoid the 6% tax increase on their utility bills. This will establish the rental as their primary living space.

Some landlords may collect the forms and submit them on behalf of their renters.

Scan here with your phone or tablet camera to download a fillable PDF *Declaration of Domicile* form:



## Own Rental Property?



Property owners must complete a *Multi-Unit Declaration of Domicile for Landlords* form (available by scanning the QR code). The declaration must a) specify the number of units and b) have a corresponding Declaration of Domicile form for each unit.

Multi-Unit declarations that do not include these forms from **all** dwelling units are not eligible for residential tax treatment.





# Kentucky Energy Savings Fact Sheet

## Changes Ahead

Winter is coming! Average electricity prices for homeowners have increased 10.5% over the same time period last year and could increase an additional 3% in 2023. Homeowners should be prepared that a larger percentage of household budget will be for electricity and home heating fuel expenses.

## What's Going On?

The global pandemic and war have disrupted global energy markets. Kentucky's coal and gas resources are global commodities and due to supply and demand changes, prices have risen just like other items we use every day. As a result of fuel prices increasing, the price consumers pay for electricity will rise going into winter when heating demand increases.

## Energy Efficiency Tips to Increase Savings

- Open window curtains during the day to allow sunlight to naturally heat the home, and close them at night to reduce the chill from cold windows.
- Replace furnace and heat pump filters once a month or as needed.
- Use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of drafty window frames during the cold winter months. Make sure the plastic is tightly sealed.
- When you are home and awake, set the thermostat as low as is comfortable.
- Keep the temperature of the water heater on the warm setting (120°F). This also helps avoid scalding.
- Find and seal air leaks around chimneys, pipe cut-throughs, and unfinished spaces behind cupboards and closets.

Scan here for more information and tips on how to save money:



## Utility Resources

There are many free resources available to you to help reduce the cost of your utilities.

To find a community action network in your area and apply for LIHEAP and weatherization assistance, please visit:

<https://www.capky.org/network/>

Contact your utility provider to see if they are offering financial assistance on your bill. Many have resources available upon request.

To learn more about energy affordability, visit:

<https://eec.ky.gov/Energy/Programs/EnergyAffordability/Pages/default.aspx>

For additional resources in your community you can also contact your Family Resource Youth Service Center coordinator:

<https://bit.ly/FRYSCContacts>

## Need Help with Your Energy Bill?

Find utility assistance  
in your area:





## Ready to Jump Start your Future?

We can help you get a good job and career.

**Kentucky Career Center services and KentuckianaWorks offer assistance at any point in your career path. Our services include:**

- Customized career advice for today's job market
- Help optimizing your resume & finding jobs. Start at [focuscareer.ky.gov](https://focuscareer.ky.gov)
- Assistance sharpening your interview skills
- Help building your professional network
- Up-to-date, local career information at [www.careercalculator.org](https://www.careercalculator.org)
- More than 4,000 online training courses
- Access to job leads and job fairs
- Specialized services for qualifying veterans
- Resources for visually impaired or disabled job seekers

**kentuckianaworks.org**

KentuckianaWorks is the Greater Louisville Workforce Development Board that serves Jefferson, Butler, Henry, Oldham, Shelby, Spencer and Tipton counties, and is an affiliate of the Kentucky Career Center, through contract with FastLane Workforce Services, in partnership with the Office of Employment and Training and other agencies. Funding is provided by the U.S. Department of Labor, through the Ky Education and Workforce Development Cabinet, and administered by KentuckianaWorks - an agency of Louisville Metro Government, Fiscal Service, Education and Employment Opportunities MFL/DOV.

**Kentucky  
Career Center**  
KentuckianaWorks



AmericanJobCenter

# G-FORCE

## A support program for grieving youth

Gravity. It grounds us. It holds us in orbit. It helps us stay centered. It pulls against us when rocketing into the stratosphere. Grief works much the same way. G-Force refers to the pull of gravity when making a transition forward. It takes practice and conditioning to withstand the pressure and to adapt. So does grief. We are not helpless in the face of loss. We can become stronger, more resilient, and confident that we can do hard things.

G-FORCE is a peer-centered education, support, and networking opportunity for youth coping with loss due to death. Meetings occur throughout the year offering a cycle every fall and spring following the school calendar. Youth can join at any point and re-up in an upcoming cycle.

**G-FORCE meets at the Hosparus Health Grief Counseling Center**  
**3526 Ephraim McDowell Drive, Louisville, 40205**

### **For youth in grades 6 through 10**

Fall 2022: Every 1st and 3rd Thursday, 4:30 – 6 p.m.  
September 1 through December 15

Spring 2023: Every 2<sup>nd</sup> and 4th Thursday, 4:30 – 6 p.m.  
February 9 – April 27

### **For youth in grades 2 through 5**

Fall 2022: Every 1<sup>st</sup> and 3rd Friday, 4:30 – 6 p.m.  
September 2 through December 16

Spring 2023: Every 2<sup>nd</sup> and 4th Friday, 4:30 – 6 p.m.  
February 10 – April 28

There is no cost for this program, but registration is required.  
Registration can be completed online at [www.hosparushealth.org](http://www.hosparushealth.org)  
Or by calling the Grief Counseling Center at 502-456-5451

**Grief is a force of nature. So are you.**



# Would you like to learn English?

## Shelby County Adult Education offers FREE ESL Classes

### Learn:

- To speak English
- To read and write
- Daily life skills
- Basic communication skills
- Advanced English



JCTC Shelby County Adult Education  
St. James Episcopal Church  
222 Main Street  
Shelbyville, KY 40065

Registration is week of August 7

Mon. & Wed. 9:00 a.m. – 11:00 a.m. Tues. & Thurs. 6:00 p.m. – 8:00 p.m.

**Register Now!**

Times of class are the same as above.

# Shelby County Daycares List

Call for openings.

## Childcare Facilities /Cuidado de Niños

- **Adventure Club- infants and toddlers through 5th grade**  
<https://simpsonvillebaptist.com/connect/weekday-preschool-2/>  
Phone (502) 722-5249 or Email: ac@simpsonvillebaptist.com
- **Inspirations Child Care**  
7387 Shelbyville Rd, Simpsonville, KY 40067 Phone: (502) 205-0026
- Corpus Christi Classical Academy Montessori Program  
7010 Us Highway 60, Simpsonville KY 40067  
Simpsonville, KY 40067 | (502) 722-8090
- **Kidsplay Child Care**



54 Old 7 Mile Pike, Shelbyville, KY 40065 (502) 633-9663

- **Shelbyville Community Day Care**

520 Mount Eden Rd, Shelbyville, KY 40065 (502) 633-6757

- **Little Hands Development Center**

250 haven Hill Rd,, Shelbyville, KY 40065 (502) 437-0547

- **Child Town Inc**

1940 Midland Trl, Shelbyville, KY 40065 (502) 633-2050

- **Little Stars Preschool**

100 Loop Rd, Fisherville, KY 40023 (502) 477-1150

- **Dorman Preschool Center**

719 Burks Branch Road, Shelbyville, KY - 40065 (502) 633-2760

## **Online Search Tool**

<https://www.4cforkids.org/for-families/find-child-care/>

## Child Care Referrals Tailored to Your Needs

### Herramienta de búsqueda en línea

Referencias de cuidado infantil adaptadas a sus necesidades

<https://www.4cforkids.org/for-families/find-child-care/>

No siempre es fácil seleccionar un cuidado infantil que satisfaga sus necesidades. Permítanos ayudarlo a identificar proveedores en su área que ofrezcan el tipo de atención que necesita. Ofrecemos una variedad de formas de buscar cuidado infantil regulado por el estado en Louisville y sus alrededores. Podemos buscar cuidado infantil en función de las edades de sus hijos, sus horarios de trabajo y hogar, su ruta de viaje, si necesita transporte para su hijo y otros factores que hacen que sus necesidades sean únicas. No autorizamos, respaldamos ni recomendamos a ningún proveedor en particular. Solo usted puede determinar el entorno de atención de mejor calidad para su hijo.

- **BÚSQUEDA EN LÍNEA:** esta herramienta le permite crear su propia búsqueda personalizada de cuidado infantil regulado por el estado en Kentucky. Esta búsqueda incluye información sobre edades atendidas, horas de funcionamiento y calificaciones de STAR. Se le pedirá que cree información de inicio de sesión.

**LLAME** - Para hablar con un consejero de referencias, llame al 502-636-1358.



The Serenity Center has a food bank on Wednesdays  
from 12 p.m. to 4 p.m.

Serenity Center  
98 7<sup>th</sup> Street  
Shelbyville, KY 40065

The Bagdad Baptist Food Pantry is open the 2<sup>nd</sup> and 4<sup>th</sup> Saturday  
of every month from 9:15 a.m. – 12:00 p.m. Food is available to  
any Shelby County residents. Must show a valid driver's license.  
Entry is in the back of the church. There is also a small pantry  
outside the church open at all times.



## *Heritage Elementary Family Resource Center*

*Melanie Madison, Coordinator*

*Phone number: (502) 829-5242*

*Hours of Operation: Monday-Friday 7:00 a.m. - 3:00 p.m., available evenings and weekends by appointment.*





Check out the Virtual FRC Office!

<https://docs.google.com/presentation/d/106NkKh0pa6b5qnn0m93ZDNJgXuYtIDDUEHAYDeRWokc/edit#slide=id.>

Do you have a suggestion  
for improvement for  
Heritage?

[Click here to fill out a  
form.](#)