

Community

Simple goals can help aging stay healthy

*By Melissa Patrick
Kentucky Health News*

LEXINGTON – October’s “Our Healthy Kentucky Home” initiative focuses on supports for aging adults. “For older adults, everyday choices make a big difference in supporting health, independence and quality of life,” Kentucky Health Secretary Dr. Steven Stack said at the governor’s weekly news conference. As usual, Stack first reminded folks that the Our Healthy Kentucky Home campaign promotes simple, attainable goals that help everyone achieve better health and wellness by eating at least two servings of fruits or vegetables every day, exercising for at least 30 minutes three times per week, and engaging with others to stay socially connected.

“Eating nutritious food, staying active and staying connected with family, friends and the community can help older adults stay healthy, maintain their independence and continue doing the things that they enjoy,” he said. He added that having access to the right resources, services and supports also makes it easier for older adults to make healthier choices. Some of those resources include the Department for Aging and Independent Living, or DAIL, Kentucky’s Nutrition Program for the Elderly and the Kentucky Prescription Assistance Program. Stack noted that DAIL supports services such as nutrition and meals, transportation, caregiver support, in-home services, health and well-

ness programs and other resources that can help people remain active, connected and independent. He said one of those support services is its Nutrition Program for the Elderly, which offers both home-delivered meals and congregate dining opportunities. “Eating nutritious meals is an important part of maintaining health, strength and independence as we age, but for some older adults, getting or preparing a nutritious meal every day can be a challenge,” Stack said. “Kentucky’s Nutrition Program for the Elderly helps address that need by providing nutritionally balanced meals, along with nutrition screening, education and counseling.” Stack added that Kentucky also has a program that helps people pay for their medicine called the Kentucky Prescription Assistance Program, which helps qualifying Kentuckians identify programs that provide free or reduced-cost prescription medications through pharmaceutical assistance programs, discount programs or other available resources. “At the heart of healthy aging is something simple: making sure people have the tools, resources and supports they need to live healthy, connected and independent lives,” he said. The Our Healthy Kentucky Home website includes information about these and other resources available to aging adults.



Precision work

Kids carefully create mini-masterpieces at the pumpkin painting station at the Flatwoods Harvest Festival on Saturday.

News to use

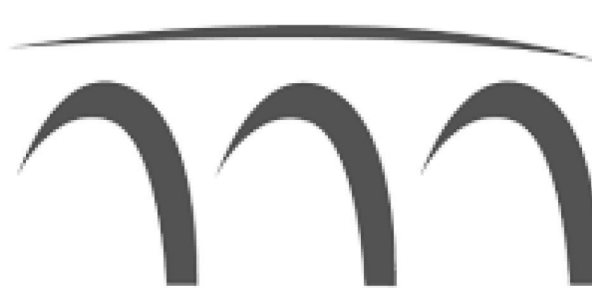
GREENUP
The Greenup Fiscal Court will have a special meeting at 9:30 a.m. Friday, Oct. 23, in the conference room of the Greenup County courthouse. The sole agenda item will be opening and awarding bids for P25 radio systems.

ASHLAND
Two UK King’s Daughters family pharmacies—one in Ashland, and one in Paintsville—are participating in the Drug Enforcement Administration’s annual National Prescription Drug Take Back Day from 10 a.m. to 2 p.m. Saturday, Oct. 24. The Family Pharmacy on the Ashland campus is open 24/7/365 and has a permanent take back bin. To visit the Family Pharmacy, enter at the Main Entrance near 23rd Street and Central Ave.

Those wanting to bring their unwanted medications to the Family Pharmacy at UK King’s Daughters Paintsville must call the pharmacy before arriving with their medications. The number is 606-372-0265. The Family Pharmacy is located at 354 N. Mayo Trail, Paintsville. Patients with unneeded medications at home are encouraged to properly dispose of it to reduce the risk of using expired medication, and to prevent misuse and abuse. Patients can bring unwanted tablets, capsules, patches, and other solid forms of prescription drugs for

proper disposal. Items that cannot be accepted: syringes, sharps, or illicit drugs. Liquid products, such as cough syrup, should remain sealed in their original container. The cap must be tightly sealed to prevent leakage. For 16 years, DEA’s National Prescription Drug Take Back Day has helped Americans safely dispose of unneeded medications - those that are old, unwanted, or expired - to prevent drug misuse and abuse. In partnership with local agencies, Take Back Day has removed more than 20.4 million pounds (10,200 tons) of medication from circulation since its inception. For more information and to find additional collection sites, visit www.DEATakeBack.com.

GREENUP
The most recent food inspection scores from the Greenup County Health Department are:
One stop Grocery (Food) 94
One stop Grocery (Retail) 94
Dollar Tree of Russell 98
Dollar General of Argillite 98
McDonald’s of Greenup 99
Greenup Mart 99
Ashland/Huntington West Country Store (Food) 100
Ashland/Huntington West Country Store (Retail) 100
Rams Dairy Bar 96
Taco Brothers 97



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**COMMONWEALTH OF KENTUCKY
GREENUP CIRCUIT COURT
DIVISION I
ACTION NO. 26-CI-00067**

PLANET HOME LENDING, LLC

PLAINTIFF

VS.

DEFENDANTS

SHERRIE L. HATFIELD, ET AL

NOTICE OF SALE

Pursuant to a Judgment and Order of Sale entered in the above styled action on October 15, 2026, I will on Tuesday, November 10, 2026, at the hour of 1:00 p.m., offer for sale at public auction to the highest and best bidder on the second floor of the Greenup County Courthouse at Greenup, Kentucky, the following described real estate, to-wit:

Property Address: 1403 Beth Ann Drive, Flatwoods, KY 41139
Parcel ID#: 182-20-01-059.00

Situate in the City of Flatwoods, Greenup County, Kentucky, and being Lot No. 54, Section A, of Shawnee Addition to City of Flatwoods, as recorded in the Office of the Clerk of the Greenup County Court of Kentucky, in Plat Book 3, Page 109, said property being more particularly described as shown on plat prepared by James A. Coleman, dated June 8, 1971, as follows:
Beginning at a point in the northeasterly right of way line of Beth Ann Drive at the common corner of Lots Nos. 54 and 55; thence with the line between Lots Nos. 54 and 55 N. 39-03 E. 155.00 feet to a point in the southwesterly line of Wright Avenue; thence with the southwesterly line of Wright Avenue N. 61-00 W. 75.66 feet to a point, said point being a common corner to Lots Nos. 53 and 54; thence with the line between Lots Nos. 53 and 54, S. 39-03 W. 144.30 feet to a point in the northeasterly right of way line of Beth Ann Drive; thence with the line of Beth Ann Drive S. 50-57 feet to the point of beginning.
Being the same property conveyed to Sherrie L. Hatfield by Deed dated July 14, 2022, and recorded on July 21, 2002, in Deed Book 659, Page 147, Greenup County Court Clerk’s Records.

The above described property shall be sold as a whole on terms of cash or on a credit of thirty (30) days. If sold on terms of credit, the purchaser shall be required to make a deposit of 10% of the purchase price and shall execute a bond with good surety for the remaining balance, said bond being payable to the Master Commissioner and shall bear interest at the rate the Judgment herein bears from the date of the sale until paid and shall have the force and effect of a judgment, upon which execution may issue, if not paid at maturity. A lien shall be retained upon the real estate so sold as additional security. The purchaser shall be responsible for paying the real estate property taxes for the tax year in which they purchase the property.

Out of the proceeds derived from the sale herein, the Master Commissioner shall retain the same until further Orders of the Court. Reference is hereby made to all proceedings in this case now on file with the Clerk of the Greenup Circuit Court, Greenup, Kentucky, this the 16th day of October, 2026.

/s/ Reagan Reed
REAGAN REED
MASTER COMMISSIONER
GREENUP CIRCUIT COURT
P. O. Box 648
Greenup, KY 41144
Telephone: (606) 473-3839
Facsimile: (606) 473-0144
E-Mail: greenupcountymc@gmail.com

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