

United States Senate

January 6, 2021

Mr. Tim Thomas
Federal Co-Chair
Appalachian Regional Commission
1666 Connecticut Avenue, NW
Suite 700
Washington, DC 20009-1068

Dear Co-Chair Thomas,

I write on behalf of my constituents with the Post Clinic, in partnership with the City of Mount Sterling, in regards to their competitive grant application with the Appalachian Regional Commission (ARC).

It is my understanding the Post Clinic will use the funding to construct a new facility to provide free primary health and dental care to patients in underserved areas. I am told the counties served by the Post Clinic have some of the highest rates of chronic diseases and many have been designated by ARC as economically distressed. My constituents inform me these funds are important for the expansion of quality healthcare in the community, and the new facility will help meet the growing medical and dental demands of the population.

As our nation continues on a path of unsustainable debt, it is more important than ever that we in Congress, and you in the Administration, work to ensure every tax dollar is spent wisely. It is with this in mind that I draw your attention to the Post Clinic's application, which I believe merits your full and fair review.

Sincerely,



MITCH McCONNELL
UNITED STATES SENATOR

MM/sd

ANDY BARR
SIXTH DISTRICT, KENTUCKY
COMMITTEE ON FINANCIAL SERVICES
SUBCOMMITTEE ON
OVERSIGHT AND INVESTIGATIONS:
RANKING MEMBER
SUBCOMMITTEE ON CONSUMER PROTECTION
AND FINANCIAL INSTITUTIONS
COMMITTEE ON VETERANS' AFFAIRS
SUBCOMMITTEE ON HEALTH
SUBCOMMITTEE ON ECONOMIC
OPPORTUNITY



2430 RAYBURN HOUSE OFFICE BUILDING
WASHINGTON, DC 20515
(202) 225-4706

2709 OLD ROSEBUD ROAD, SUITE 100
LEXINGTON, KY 40509
(859) 219-1366

Congress of the United States
House of Representatives
Washington, DC 20515

January 5, 2021

Dennis Keene, Commissioner
Department for Local Government
Commonwealth of Kentucky
100 Airport Road, 3rd Floor
Frankfort, Kentucky 40601

Dear Commission Keene:

I am writing in support of the application submitted by the Post Clinic, Inc. in conjunction with the City of Mount Sterling for Appalachian Regional Commission (ARC) grant funding. Because the Post Clinic, Inc. serves my constituents, I am interested in supporting their efforts.

The Post Clinic, Inc. provides free primary health and dental care to persons who are unemployed or under-employed, and to unserved and under-served residents of Montgomery, Bath, and other surrounding counties. The Post Clinic provides care to those who have no form of health insurance, which includes employer provided, Medicare, and Medicaid.

The organization currently serves seventeen Kentucky counties, fifteen of which are considered distressed, at-risk, or transitional by ARC standards. The services provided by the Post Clinic are important for local and regional economic development. Many patients of the clinic receive medical attention for chronic conditions in addition to preventative care, which provides a service available to patients that would otherwise have no other options for assistance. The Post Clinic also serves patients who have recently started new employment and do not yet qualify for health insurance or have recently lost a job and are actively seeking new employment. Through this service, the organization helps fill the gap for these transitional workers during lapses in insurance coverage. The Post Clinic also impacts the local economy by providing pre-employment physicals and drug screenings to new hires of local businesses.

The Post Clinic, Inc. is requesting ARC funding to construct a new facility adjacent to the existing facility and the clinic's leadership determined that a new facility would be a more beneficial capital investment compared with continued renovations on the current structure. In addition, a new facility would provide access to a new and larger medical facility and provide services from additional medical and dental practitioners. With funding awarded by ARC, the Post Clinic worked in conjunction with EHI Consultants to produce a comprehensive feasibility study of the serviced area. Following an initial review by ARC, EHI Consultants and the Post Clinic updated and added an addendum to the existing feasibility study. These changes were conducted in response to feedback I received directly from Chairman Thomas. I am writing to support the Post Clinic, Inc.'s request to move forward with construction of this new facility based upon the results of the final feasibility

study. The estimated cost of this new facility is approximately \$1,484,812.00, with an estimation that \$984,812.00 will be provided by ARC and Kentucky's Department for Local Government to cover this expense. I am requesting ARC review the updated feasibility study expeditiously. This new facility will have a social impact of providing affordable healthcare to 442 patients annually and the economic impact will approximately yield \$875,368.00 for Mt. Sterling and the surrounding region.

I am asking for your full and fair consideration of this request, within applicable laws and regulations. If I can provide you with any additional information, please contact Anthony Allen, my Director of Economic Development, at (859) 219-1366 or anthony.allen@mail.house.gov. Please forward your reply to my district office located at 2709 Old Rosebud Road, Suite 100, Lexington, KY 40509.

Thank you in advance for your assistance.

Sincerely,

A handwritten signature in blue ink that reads "Andy Barr". The signature is fluid and cursive, with the first name "Andy" and last name "Barr" clearly distinguishable.

Andy Barr
Member of Congress

Commonwealth of Kentucky

HOUSE OF REPRESENTATIVES

DAVID HALE
STATE REPRESENTATIVE
HOUSE DISTRICT 74
OFFICE (502) 564-8100

david.hale@lrc.ky.gov



CAPITOL ANNEX
702 CAPITAL AVENUE
FRANKFORT, KENTUCKY 40601

TOLL-FREE MESSAGE LINE
1-800-372-7181

January 14, 2021

Mr. Dennis Keene, Commissioner
Department for Local Government
100 Airport Road, Third Floor
Frankfort, Kentucky 40601

Dear Commissioner Keene:

This letter is to indicate my support of the Appalachian Regional Commission's (ARC) grant application by the city of Mount Sterling for construction of a new Post Clinic facility.

The new Post Clinic would help facilitate the clinic to operate on a full-time basis within a better and more efficient facility designed as a clinic. With the increase for the need of medical and dental service staff, this would enable the clinic to operate on a full-time basis by offering expanded hours of operation and having the ability to meet the needs of an ever-growing population. The intent of the clinic is to continue as a free "no fee" basis clinic.

I appreciate your consideration of Mount Sterling's latest ARC full application submittal for a new Post Clinic facility. If you have any questions, please feel free to contact me at any time.

Sincerely,

A handwritten signature in black ink that reads "David Hale".

David Hale
State Representative
District 74

DH/ht

Commonwealth of Kentucky

STATE SENATE

702 CAPITAL AVENUE
CAPITOL ANNEX, STE. 228
FRANKFORT, KY 40601
800-372-7181
502-564-8100
ralph.alvarado@lrc.ky.gov



DISTRICT 28
CLARK, FAYETTE,
MONTGOMERY

RALPH ALVARADO

January 11, 2021

Dennis Keene, Commissioner
Kentucky Department for Local Government
100 Airport Road, Third Floor
Frankfort, Kentucky 40601

Dear Commissioner Keene:

I am writing in support of the Appalachian Regional Commission (ARC) grant application submitted by the City of Mount Sterling for the Post Clinic project because it would benefit the constituents of my district.

The proposed project would provide a new facility to serve patients from the Post Clinic's 15-county service region, most of which are either designated as distressed or at-risk by the ARC—those in most need of completely free health and dental care. The ARC request for \$984,812, along with the \$500,000 Community Development Block Grant (CDBG) given preliminary approval by DLG in 2019 is expected to fully fund the construction of a new 3,732 square feet facility to be located adjacent to the existing Post Clinic building at 15 Sterling Avenue in Mount Sterling. A new facility will allow the Post Clinic to move forward with its plans to expand services and to exponentially increase the number of patients seen annually.

The Post Clinic is a vital part of Eastern Kentucky and has provided much needed health and dental care free of charge to thousands of Kentuckians. Your full and fair consideration this ARC application would be appreciated.

Sincerely,

A handwritten signature in black ink, appearing to read "R. Alvarado".

Ralph Alvarado, MD
State Senator, District 28

RA/ka

Cc: Louise Summers, Mount Sterling Post Clinic
Joshua Farrow, Gateway Area Development District
Mayor Al Botts, Mount Sterling

Statement of Support

December, 2020

To Whom It May Concern:

I support the Post Clinic and its mission of providing free medical and dental care to those in need. If the Post Clinic obtains finances necessary to build a new facility, that is handicap accessible, complies with HIPPA standards, and equipped with up-to-date equipment, I will consider volunteering as a medical/dental provider at the Post Clinic.

The Post Clinic helps meet an unmet need in our region by giving free care to those in need and who cannot pay.

B. Danielle King MD

Printed Name of Doctor/Dentist/APRN/PA-C

[Signature]

Signature of Doctor/Dentist/APRN/PA-C

12/2/2020

Date

Statement of Support

December, 2020

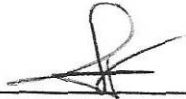
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The Post Clinic helps meet an unmet need in our region by giving free care to those in need and who cannot pay.

DAN CALIETA MD

Printed Name of Doctor/Dentist/APRN/PA-C



Signature of Doctor/Dentist/APRN/PA-C

12/2/20

Date

Statement of Support

December, 2020

To Whom It May Concern:

I support the Post Clinic and its mission of providing free medical and dental care to those in need. If the Post Clinic obtains finances necessary to build a new facility, that is handicap accessible, complies with HIPPA standards, and equipped with up-to-date equipment, I will consider volunteering as a medical/dental provider at the Post Clinic.

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Shelly M. Rogers, MD
Printed Name of Doctor/Dentist/APRN/PA-C

Shelly M. Rogers, MD 12/02/2020
Signature of Doctor/Dentist/APRN/PA-C Date

Statement of Support

December, 2020

To Whom It May Concern:

I support the Post Clinic and its mission of providing free medical and dental care to those in need. If the Post Clinic obtains finances necessary to build a new facility, that is handicap accessible, complies with HIPPA standards, and equipped with up-to-date equipment, I will consider volunteering as a medical/dental provider at the Post Clinic.

The Post Clinic helps meet an unmet need in our region by giving free care to those in need and who cannot pay.

Julia K Maness APRN
Printed Name of Doctor/Dentist/APRN/PA-C

Julia K Maness APRN 12/2/20
Signature of Doctor/Dentist/APRN/PA-C Date

Statement of Support

December, 2020

To Whom It May Concern:

I support the Post Clinic and its mission of providing free medical and dental care to those in need. If the Post Clinic obtains finances necessary to build a new facility, that is handicap accessible, complies with HIPPA standards, and equipped with up-to-date equipment, I will consider volunteering as a medical/dental provider at the Post Clinic.

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Emily T. Settle DMD
Printed Name of Doctor/Dentist/APRN/PA-C

Ele Settle DMD 12-3-20
Signature of Doctor/Dentist/APRN/PA-C Date

Statement of Support
December, 2020

To Whom It May Concern:

I support the Post Clinic and its mission of providing free medical and dental care to those in need. If the Post Clinic obtains finances necessary to build a new facility, that is handicap accessible, complies with HIPPA standards, and equipped with up-to-date equipment, I will consider volunteering as a medical/dental provider at the Post Clinic.

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John Darrell O'Call
Printed Name of Doctor/Dentist/APRN/PA-C

John D O'Call, DMD 12/18/20
Signature of Doctor/Dentist/APRN/PA-C Date

Statement of Support

December, 2020

To Whom It May Concern:

I support the Post Clinic and its mission of providing free medical and dental care to those in need. If the Post Clinic obtains finances necessary to build a new facility, that is handicap accessible, complies with HIPPA standards, and equipped with up-to-date equipment, I will consider volunteering as a medical/dental provider at the Post Clinic.

The Post Clinic helps meet an unmet need in our region by giving free care to those in need and who cannot pay.

Alicia R. Adkins MMS

Printed Name of Doctor/Dentist/APRN/PA-C

Alicia R. Adkins MMS

Signature of Doctor/Dentist/APRN/PA-C

Date

12-13-20

Statement of Support

December 2020

To Whom It May Concern:

If the Post Clinic obtains finances necessary to build a new facility that complies with HIPPA standards and with up-to-date equipment, it is the intent of our business/industry to support this needed service. The Post Clinic could provide pre-employment physicals for potential and current employees and other services necessary for the health and well-being of our employment base.

The Post Clinic helps meet an unmet need in our region by giving free medical and dental care to those in need and who cannot pay.

Heather Company Hair Salon (857) 498-9107
Name of Company/Industry Telephone

Heather Collier
Printed Name of Company Representative

[Signature] 12-8-2020
Signature of Company Representative Date

Statement of Support

December 2020

To Whom It May Concern:

If the Post Clinic obtains finances necessary to build a new facility that complies with HIPPA standards and with up-to-date equipment, it is the intent of our business/industry to support this needed service. The Post Clinic could provide pre-employment physicals for potential and current employees and other services necessary for the health and well-being of our employment base.

The Post Clinic helps meet an unmet need in our region by giving free medical and dental care to those in need and who cannot pay.

Heather & Company Hair Salon 859-498-9107
Name of Company/Industry Telephone

Ashley Crawford
Printed Name of Company Representative

Ashley Crawford 12-8-2020
Signature of Company Representative Date



COMMUNITY FAMILY CLINIC, PLLC

784 HIGHWAY 36
FRENCHBURG, KENTUCKY 40322
PHONE: 606.768.9190
FAX: 606.768.9180

125 FOXGLOVE DRIVE, SUITE D
MT. STERLING, KENTUCKY 40353
PHONE: 859.498.3333
FAX: 859.498.3332

17 MILLER DRIVE
OWINGSVILLE, KENTUCKY 40360
PHONE: 606.674.3033
FAX: 606.674.3036

Statement of Support December, 2020

To Whom It May Concern:

I support the Post Clinic and its mission of providing free medical and dental care to those in need. If the Post Clinic obtains finances necessary to build a new facility, that is handicap accessible, complies with HIPPA standards, and equipped with up-to-date equipment, I will certainly refer patients that are unable to pay for their care.

The Post Clinic helps meet an unmet need in our region by giving free care to those in need and who cannot pay.

Jamie Cook APRN

Printed Name of Doctor/Dentist/APRN/PA-C

Jamie Cook

Signature of Doctor/Dentist/APRN/PA-C

12/9/20

Date



COMMUNITY FAMILY CLINIC, PLLC

784 HIGHWAY 36
FRENCHBURG, KENTUCKY 40322
PHONE: 606.768.9190
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125 FOXGLOVE DRIVE, SUITE D
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Statement of Support December, 2020

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The Post Clinic helps meet an unmet need in our region by giving free care to those in need and who cannot pay.

Taufik Kassis, MD
Printed Name of Doctor/Dentist/APRN/PA-C

Taufik Kassis 12/09/20
Signature of Doctor/Dentist/APRN/PA-C Date



COMMUNITY FAMILY CLINIC, PLLC

784 HIGHWAY 86
FRENCHBURG, KENTUCKY 40322
PHONE: 606.768.9190
FAX: 606.768.9180

125 FOXGLOVE DRIVE, SUITE D
MT. STERLING, KENTUCKY 40353
PHONE: 859.498.3333
FAX: 859.498.3332

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OWINGSVILLE, KENTUCKY 40360
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Statement of Support December, 2020

To Whom It May Concern:

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The Post Clinic helps meet an unmet need in our region by giving free care to those in need and who cannot pay.

Lydia Floyd

Printed Name of Doctor/Dentist/APRN/PA-C

Lydia Floyd APRN

Signature of Doctor/Dentist/APRN/PA-C

12/9/20

Date



COMMUNITY FAMILY CLINIC, PLLC

784 HIGHWAY 36
FRENCHBURG, KENTUCKY 40322
PHONE: 606.768.9190
FAX: 606.768.9180

125 FOXGLOVE DRIVE, SUITE D
MT. STERLING, KENTUCKY 40353
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PHONE: 606.674.3033
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Statement of Support December, 2020

To Whom It May Concern:

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The Post Clinic helps meet an unmet need in our region by giving free care to those in need and who cannot pay.

Steven Havermale APRN
Printed Name of Doctor/Dentist/APRN/PA-C

St. KL APRN 12/4/2020
Signature of Doctor/Dentist/APRN/PA-C Date

ANDY BARR
SIXTH DISTRICT, KENTUCKY
COMMITTEE ON FINANCIAL SERVICES
SUBCOMMITTEE ON
OVERSIGHT AND INVESTIGATIONS:
RANKING MEMBER
SUBCOMMITTEE ON CONSUMER PROTECTION
AND FINANCIAL INSTITUTIONS
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2430 RAYBURN HOUSE OFFICE BUILDING
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(202) 225-4706

2709 OLD ROSEBUD ROAD, SUITE 100
LEXINGTON, KY 40509
(859) 219-1366

Congress of the United States
House of Representatives
Washington, DC 20515

December 20, 2019

Tim Thomas
ARC Federal Co-Chair
Appalachian Regional Commission
1666 Connecticut Avenue, NW
Suite 700
Washington, DC 20009-1068

Dear Chair Thomas:

I am writing in support of the application submitted by The Post Clinic, Inc. in conjunction with the City of Mount Sterling for Appalachian Regional Commission (ARC) funding. Because The Post Clinic, Inc. serves my constituents, I am very interested in their efforts.

According to the information I have received, The Post Clinic is requesting ARC funding to construct a new facility adjacent to their current one, located at 15 Sterling Avenue, Mount Sterling, Kentucky. The facility provides free primary health and dental care to persons who are unemployed or under-employed, and to unserved and under-served residents of Montgomery, Bath, and other surrounding counties. The Post Clinic provides care to those who have no form of health insurance, which includes employer provided, Medicare, and Medicaid.

The Post Clinic currently serves 17 Kentucky counties, 15 of which are considered Distressed, At-Risk, or Transitional, by ARC standards. The services provided by the Post Clinic are important for local and regional economic development. Many patients of the Post Clinic receive care for chronic conditions. If the conditions were left untreated, these employees would lose working days or possibly must file for disability. The Post Clinic also serves patients who may have recently begun a new job and do not yet qualify for health insurance or have recently lost a job and are actively seeking new employment. The Post Clinic helps fill the gap for these transitional workers during lapses in insurance coverage. The Post Clinic also impacts the local economy by providing Pre-Employment physicals and drug screenings to new hires of local businesses.

I am asking for your full and fair consideration, within applicable laws and regulations, of this request. If I can provide you with any additional information, please contact Tatum Dale, my District Director at (859) 219-1366 or Tatum.Dale@mail.house.gov. You may forward your reply to my Lexington office located at 2709 Old Rosebud Rd. Suite 100, Lexington, Kentucky, 40509. Thank you in advance for your kind assistance.

Sincerely,

A handwritten signature in blue ink that reads "Andy Barr".

Andy Barr
Member of Congress



Saint Joseph Mount Sterling
225 Falcon Drive
Mount Sterling, KY 43053
859-497-5024

December 13, 2019

Mr. Tim Thomas
Federal Co-Chair
Appalachian Regional Commission
1666 Connecticut Avenue, NW
Suite 700
Washington, DC 20009-1068

Dear Mr. Thomas,

It is my privilege to share with you my endorsement of the Post Clinic and their request for a grant from the Appalachian Regional Commission (ARC). As you may know, the Post Clinic has its roots in our Healthy Community Initiative and the service envisioned through that process took flesh in 1996 when the clinic was opened. We have actively supported the clinic throughout its development and are very proud of how it has responded to the unmet medical needs of the uninsured and under-insured in our region.

Saint Joseph Mount Sterling has intimate knowledge of how important it is to have access to medical and dental services. They offer these services to the lower income people in a 15 county region. 76% of those they see are employed by local, small businesses – these types of businesses provide economic development for the area.

The practice of stewardship at the Post Clinic is particularly astounding as every dollar it receives is multiplied several times in the value of service provided to the community. There are multiple partnerships and volunteers that make the Post Clinic successful in creating a healthier community and we are grateful for your generous partnership as well. Thank you for your consideration of expanding your support of the Clinic's efforts.

Sincerely,

A handwritten signature in black ink, appearing to read "JNolan", is written above the printed name.

Jennifer Nolan

President

Saint Joseph Mount Sterling



Industrial Authority
126 West Main Street, Mt. Sterling, KY 40353
Phone (859) 498-5400 Fax (859) 498-3947

December 9, 2019

Tim Thomas, Federal Co-Chair
Appalachian Regional Commission
1666 Connecticut Avenue, NW
Suite 700
Washington, DC 20009-1068

RE: City of Mount Sterling Post Clinic Project

Co-Chairman Thomas:

On behalf of the Mount Sterling – Montgomery County Industrial Authority, please accept this letter of support for the City of Mount Sterling's Appalachian Regional Commission grant application for The Post Clinic Project. The Post Clinic is a critical facility to Mount Sterling, Montgomery County, and the region. The clinic provides both free primary medical and dental care to the workforce in our city, county, and surrounding areas. Through health maintenance, transitional care, pre-employment screenings, and drug screenings the clinic supports and promotes local and regional economic development.

Employees of over 70 local businesses and industries utilize The Post Clinic as their primary health care provider. Additionally, the vast majority of The Post Clinic's patients are employed, but are either uninsured or underinsured. In many instances, small businesses simply cannot afford to provide health insurance to their employees. The Post Clinic fills this gap. Without the clinic, the local and regional workforce would not have access to high quality medical care, which would have a negative impact on local commerce and the economy.

As a regional economic and industrial hub, Mount Sterling – Montgomery County is projected to have considerable growth in the coming years. This means The Post Clinic, too, can expect additional growth and demand from a larger workforce. The construction of a new facility will enable the clinic to significantly expand their operation. The new facility will improve working conditions, efficiency, and the recruitment of medical providers and support volunteers.

The Post Clinic is an invaluable facility that promotes and enables regional economic development through keeping our workforce healthy and productive. The Mount Sterling – Montgomery County Industrial Authority is proud to support this project. Please do not hesitate to contact us if you have any questions.

Best Regards,

Spears Stilz
Chairman of the Board

Sandy C. Romenesko
Executive Director

December 5, 2019

Tim Thomas, Federal Co-Chair
Appalachian Regional Commission
1666 Connecticut Ave., NW
Suite 700
Washington, DC 20009

Dear Chairman Thomas:

For the past several years we have been financial supporters of The Post Clinic in Mt. Sterling, Kentucky. We are writing in support of the clinic's application for ARC money to be used in expanding both dental and medical services to patients in that region of Eastern Kentucky.

We plan to continue our support for the Post Clinic. Period. We can't think of a better use of our, or anybody else's, money.

We are originally from Kentucky and know both the region and the Post Clinic's founders well. We also live in a small town in Texas and know the incredible difference that an institution such as the Post Clinic can play in a rural county. The Post Clinic is perfectly situated. It is in a place that needs medical services. And the Post Clinic is operated by local people who are stable, trusted and respected in the community.

We look forward to continuing our financial support of the Post Clinic, along with many other foundations and nonprofits in Kentucky. We hope the ARC will join us in helping this incredible institution continue to flourish.

Sincerely

A handwritten signature in black ink, appearing to read "Bill Bishop and Julie Ardery". The signature is fluid and cursive, with the names written in a single line.

Bill Bishop and Julie Ardery
Box 646
La Grange, TX 78945
979-338-9233

ANTHONY and DELORES SAPP
335 North Maysville Street
Mount Sterling, Kentucky 40353
859-498-2392

December 6, 2019

Mr. Tim Thomas, Federal Co-Chair
Appalachian Regional Commission
1666 Conn Avenue, NW, Suite 700
Washington, D.C. 20009-1068

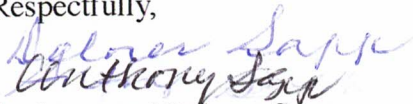
Dear Mr. Thomas:

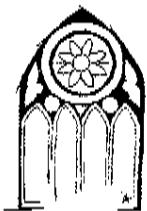
We welcome the opportunity to demonstrate our future financial commitment to the Post Clinic. Since 2011, we have contributed to the Post Clinic, located in Mount Sterling, Kentucky, as a means of serving and enhancing our community. In an agreement with the Bluegrass Community Foundation, we have stipulated that the Post Clinic will be the recipient of our annual gift. We will continue to contribute because we recognize the positive benefits that the Post Clinic has offered to our community and region.

Established in 1996, the Post Clinic has sought to address the needs of the residents of Montgomery and surrounding counties by providing dental and medical services to eligible participants, thus promoting employment opportunities and economic growth through a healthy workforce.

Securing a grant from ARC will permit the Post Clinic to continue its mission to improve the physical and emotional well-being of the participants and foster an environment necessary for thriving, healthy, and safer communities.

Respectfully,


Anthony and Delores Sapp



First Presbyterian Church

Mt. Sterling, Kentucky

Tim Thomas, Federal Co-Chair

Appalachian Regional Commission
166 Connecticut Avenue, NW
Suite 700
Washington, D.C. 20009-1068

December 4, 2019

Co-Chairman Thomas:

The First Presbyterian Church of Mt. Sterling, Kentucky has supported the Post Clinic since its inception in 1996. For twenty years, we housed the Clinic (rent-free) on our campus in the old Post Office building, provided patient parking, and paid their utilities. When they moved to their new location, we made a commitment to continue paying for their telephone and internet bill every month. Our church continues to dedicate the offering received at our annual Christmas Eve Service to the Clinic.

Our congregation firmly believes in the Post Clinic's Mission of meeting the health and dental care gap in our local community and surrounding counties. We are very proud that our church was so vital to the creation of the Post Clinic and that we are able to continue our financial support in the future.

Sincerely,

Reverend Robert M. Warren, pastor

Katherine Zolman, Treasurer

Sharon Booher, member of Session

125 West Main St. • Mt. Sterling, KY 40353 • (859) 498-5885
Email: 1stpreshurch@bellsouth.net • Website: www.firstpresmtsterling.org

FRALEY AUTOMOTIVE, INC.

15 South Queen Street – P.O. Box 666
Mt. Sterling, Kentucky 40353
P: (859) 498-3440 F: (859) 498-3443

December 3, 2019

Tim Thomas, Federal Co-Chair
Appalachian Regional Commission
1666 Connecticut Avenue, NW
Suite 700
Washington, DC 20009-1068

Dear Chairman Thomas:

Fraley Automotive, Inc. is a mom and pop operation in Mt. Sterling, Kentucky. We have 13 employees and have attempted to provide our workers health insurance as an incentive to retain good employees.

My husband and I have tried many health insurance agencies, both state affiliated and private agencies, and cannot find one that is affordable for our business and workers. My husband and I received a quote for the two of us of \$1,500. The policy carried a \$15,000 deductible, a cost we cannot afford.

The Post Clinic serves our employees, and we are most appreciative to have this healthcare service available to our business. Most of our employees do not qualify for Medicaid or other state affiliated insurance programs. The Post Clinic is vital to our workforce and provides a service that enables our workers to get needed healthcare at no cost. The Clinic schedules appointments at end of work day, which is vital to non-interruption of workplace responsibilities.

The Post Clinic serves the middle-class people, an important component of the workforce. Small businesses like ours are an important commodity to the economy and community. Post Clinic affords us the ability to meet the health needs of our employees and assists us in meeting the demands of the people and communities we serve.

Sincerely,

Michael E. Fraley
Theresa J. Fraley

Michael and Theresa Fraley
Fraley Automotive, Inc.

ANDY BARR
SIXTH DISTRICT, KENTUCKY
COMMITTEE ON FINANCIAL SERVICES

SUBCOMMITTEE ON
OVERSIGHT AND INVESTIGATIONS:
RANKING MEMBER

SUBCOMMITTEE ON CONSUMER PROTECTION
AND FINANCIAL INSTITUTIONS

COMMITTEE ON VETERANS' AFFAIRS

SUBCOMMITTEE ON HEALTH

SUBCOMMITTEE ON ECONOMIC
OPPORTUNITY



2430 RAYBURN HOUSE OFFICE BUILDING
WASHINGTON, DC 20515
(202) 225-4706

2709 OLD ROSEBUD ROAD, SUITE 100
LEXINGTON, KY 40509
(859) 219-1366

Congress of the United States
House of Representatives
Washington, DC 20515

August 28, 2019

Sandy Dunahoo
Commissioner
KY Department for Local Government
100 Airport Road, 3rd Floor
Frankfort, KY 40601

Dear Commissioner Dunahoo:

I am writing in support of the application submitted by The Post Clinic, Inc. for a Community Development Block Grant (CDBG). Because The Post Clinic, Inc. serves my constituents, I am very interested in their efforts.

According to the information I have received, The Post Clinic is requesting CDBG funding to construct a new facility adjacent to their current one, located at 15 Sterling Avenue, Mount Sterling, Kentucky. The facility provides free primary health and dental care to persons who are unemployed or under-employed, and to unserved and under-served residents of Montgomery, Bath, and other surrounding counties. The proposed facility will be approximately 4,051 square feet. The proposed structure will have waiting rooms for well and sick patients, public restrooms, and a reception office. The facilities will include two physician offices, four medical examination rooms, two procedural rooms, two dental exam rooms, a statistics and lab room, and patient restrooms. Additionally, the facility will have adequate space for medical record storage, medical supplies, and linens. The proposed location of this facility is ideally located in Montgomery County. The Post Clinic currently serves 17 Kentucky counties, 15 of which are considered Distressed, At-Risk, or Transitional, by ARC standards. Since the inception of The Post Clinic in September of 1996, free primary health and dental care have been provided to over 3,900 unserved and under-served, uninsured and under-insured individuals in the 17-county Post Clinic service region. This funding is critical in assisting The Post Clinic to better serve my constituents.

I am asking for your full and fair consideration, within applicable laws and regulations, of this request. If I can provide you with any additional information, please contact Tatum Dale, my District Director at (859) 219-1366 or Tatum.Dale@mail.house.gov. You may forward your reply to my Lexington office located at 2709 Old Rosebud Rd. Suite 100, Lexington, Kentucky, 40509. Thank you in advance for your kind assistance.

Sincerely,

A handwritten signature in blue ink that reads "Andy Barr".

Andy Barr
Member of Congress

Commonwealth of Kentucky

HOUSE OF REPRESENTATIVES

11 Hales Lane
Wellington, Kentucky 40387
Cell: 606-359-1386
david.hale@lrc.ky.gov



State Capitol Annex
Room 413 A
702 Capitol Avenue
Frankfort, Kentucky 40601
(502) 564-8100 Ext. 642

DAVID HALE

STATE REPRESENTATIVE DISTRICT 74

August 28, 2019

Sandy Dunahoo; Commissioner
Department for Local Government
100 Airport Road, 3rd Floor
Frankfort, Kentucky 40601

Dear Commissioner Dunahoo:

The City of Mount Sterling is applying for Appalachian Regional Commission funds and Kentucky Community Development Block Grant funds to undertake the proposed Mount Sterling Post Clinic Project.

If awarded, funds would be utilized to construct a new clinic facility where the Post Clinic will then continue to provide its wide array of medical services to vulnerable and underserved populations in Montgomery and surrounding counties. Twelve of the seventeen counties with population(s) served by the Post Clinic between July 1, 2017 and June 30, 2019 are designated in FY20 as distressed or at-risk as defined by the Appalachian Regional Commission. The remaining five are not located in the ARC service region.

The Post Clinic is an important part of the community and has provided its vital services to thousands of Kentucky residents since its institution in 1996. I provide my complete support for this project and thank you in advance to giving full and fair consideration to the application under the granting guidelines for this competitive opportunity.

Sincerely,

A handwritten signature in black ink that reads "David Hale". The signature is written in a cursive style with a large, stylized "D" and "H".

David Hale

State Representative
74th District

Commonwealth of Kentucky

STATE SENATE

702 CAPITOL AVENUE
FRANKFORT, KY 40601

800-372-7181

502-564-8100

ralph.alvarado@lrc.ky.gov



DISTRICT 28
CLARK, FAYETTE,
MONTGOMERY

RALPH ALVARADO

August 26, 2019

Sandy Dunahoo, Commissioner
Kentucky Department for Local Government
100 Airport Road, Third Floor
Frankfort, Kentucky 40601

Dear Commissioner Dunahoo:

I am writing on behalf of the City of Mount Sterling which has applied for Appalachian Regional Commission and Kentucky Community Development Block grants to help fund the Mount Sterling Post Clinic Project located in the eastern region of my district.

Under the proposed project, the City of Mount Sterling will construct a new clinic facility where the Post Clinic will continue to provide vital medical services to vulnerable and underserved populations in Montgomery and surrounding counties. Twelve of the seventeen counties with populations served by the Post Clinic between July 1, 2017, and June 30, 2019, are designated in fiscal year 2020 as distressed or at-risk as defined by the Appalachian Regional Commission. The remaining counties are not located in the ARC service region.

I am pleased to support this proposed project and its intent to secure funds. The Post Clinic is a vital part of Eastern Kentucky and has provided much needed health and dental care free of charge to thousands of Kentuckians.

Sincerely,

A handwritten signature in black ink, appearing to read "R. Alvarado".

Ralph Alvarado, M.D.
State Senator, District 28

RA/ajd

Commonwealth of Kentucky

STATE SENATE

702 CAPITOL AVENUE
FRANKFORT, KY 40601

800-372-7181

502-564-8100

ralph.alvarado@lrc.ky.gov



DISTRICT 28
CLARK, FAYETTE,
MONTGOMERY

RALPH ALVARADO

October 11, 2018

Ms. Sandra Dunahoo, Commissioner
Kentucky Department for Local Government
1024 Capital Center Drive-Suite 340
Frankfort, Kentucky 40601

Dear Commissioner Dunahoo:

The Post Clinic, Inc. is applying for Appalachian Regional Commission funds to purchase equipment and renovate the Post Clinic, located in Mount Sterling, Kentucky. The Post Clinic provides free medical and dental services for the unserved and under-served, uninsured and under-insured individuals throughout a 17-county (and growing) service region. The current 17-county service region contains eight distressed counties (Bath, Breathitt, Carter, Estill, Letcher, Menifee, Powell, and Wolfe), three at-risk counties (Fleming, Montgomery, and Rowan), four transitional counties (Clark, Greenup, Madison, and Nicholas), and two non-ARC counties (Bourbon and Fayette).

Under the grant proposal, ARC funds will be utilized to purchase much needed dental equipment, and renovate the sixty-year-old facility the Post Clinic recently acquired through a donation. Mechanical, electrical, and plumbing work will be conducted, among other things. The existing windows will be replaced, the foundation will be repaired, and grading and re-pavement will occur.

I am pleased to support this proposed project and its attempts to secure funding to purchase dental equipment and renovate the Post Clinic. The Post Clinic is a vital part of the community and has provided free health and dental care to thousands of Kentucky residents since its inception in 1996.

If I can answer any questions relating to this request, please do not hesitate to reach out to me by phone at 502-564-8100, Ext. 681 or e-mail at ralph.alvarado@lrc.ky.gov.

Sincerely,

A handwritten signature in black ink, appearing to read "R. Alvarado".

Ralph Alvarado, M.D.
State Senator District 28

Commonwealth of Kentucky

HOUSE OF REPRESENTATIVES

11 Hales Lane
Wellington, Kentucky 40387
Cell: 606-359-1386
david.hale@lrc.ky.gov



State Capitol Annex
Room 413 A
702 Capitol Avenue
Frankfort, Kentucky 40601
(502) 564-8100 Ext. 642

DAVID HALE

STATE REPRESENTATIVE DISTRICT 74

October 9, 2018

Sandy Dunahoo, Commissioner
Kentucky Department for Local Government
1024 Capital Center Drive, Suite 340
Frankfort, Kentucky 40601

Dear Ms. Dunahoo:

The Post Clinic is applying for Appalachian Regional Commission (ARC) funds to purchase equipment and to renovate the facility which is located in Mount Sterling, Kentucky. The Post Clinic provides free primary health and dental care to persons who are without health insurance, including dental, Medicare, and Medicaid; those who are underinsured; or have insurance with high deductibles, and fall within the income guidelines. The Post Clinic currently serves 17 Kentucky counties including eight distressed counties (Bath, Breathitt, Carter, Estill, Letcher, Menifee, Powell, and Wolfe), three at-risk counties (Fleming, Montgomery, and Rowan), four transitional counties (Clark, Greenup, Madison, and Nicholas), and two non-ARC counties (Bourbon and Fayette).

Under the grant proposal, ARC funds will be utilized to purchase dental equipment for the growing dental clinic. ARC funds will also be utilized to renovate the sixty-year-old facility the Post Clinic recently acquired through a donation. Various interior and exterior renovations will occur, and improvements will be made to make the clinic accessible.

I am asking for your full and fair consideration, within applicable laws and regulations, for this request. Thank you for your kind assistance.

Sincerely,

A handwritten signature in cursive script that reads "David Hale".

David Hale
State Representative
74th District

DH:rm

ANDY BARR
SIXTH DISTRICT, KENTUCKY
COMMITTEE ON FINANCIAL SERVICES
SUBCOMMITTEE ON
MONETARY POLICY AND TRADE
CHAIRMAN
SUBCOMMITTEE ON FINANCIAL INSTITUTIONS
AND CONSUMER CREDIT



1427 LONGWORTH HOUSE OFFICE BUILDING
WASHINGTON, DC 20515
(202) 225-4706

2709 OLD ROSEBUD ROAD, SUITE 100
LEXINGTON, KY 40509
(859) 219-1366

Congress of the United States
House of Representatives
Washington, DC 20515

October 1, 2018

Sandy Dunahoo-Commissioner
KY Department for Local Government
1024 Capital Center Drive-Suite 340
Frankfort, KY 40601

Dear Commissioner Dunahoo:

I am writing in support of the application submitted by the Post Clinic, Inc. for Appalachian Regional Commission (ARC) funding. Because the Post Clinic, Inc. serves my constituents, I am very interest in their efforts.

The Post Clinic, Inc. is seeking ARC funding to purchase equipment and renovate the Post Clinic, located in Mount Sterling, Kentucky. The Post Clinic provides free medical and dental services for the unserved and uninsured individuals throughout a growing 17-county service region.

Under this grant proposal, ARC funds will be utilized to conduct various interior and exterior improvements. Efforts will be made to make the Post Clinic more handicapped accessible, and various deficiencies will be corrected. Plumbing, mechanical, and electrical work will be conducted, and aging components, such as the windows, will be replaced, among other things.

I am asking for your full and fair consideration, within applicable laws and regulations, of this request. If I can provide you with any additional information, please contact Shelby Williams, my Director of Economic Development at (859) 219-1366 or Shelby.Williams@mail.house.gov. You may forward your reply to my Lexington office located at 2709 Old Rosebud Rd. Suite 100, Lexington, Kentucky, 40509. Thank you in advance for your kind assistance.

Sincerely,

A handwritten signature in blue ink that reads "Andy Barr".

Andy Barr
Member of Congress

Commonwealth of Kentucky

HOUSE OF REPRESENTATIVES

11 Hales Lane
Wellington, Kentucky 40387
Cell: 606-359-1386
david.hale@lrc.ky.gov



State Capitol Annex
Room 413 A
702 Capitol Avenue
Frankfort, Kentucky 40601
(502) 564-8100 Ext. 642

DAVID HALE

STATE REPRESENTATIVE DISTRICT 74

July 26, 2018

Sandy Dunahoo-Commissioner
KY Department for Local Government
1024 Capital Center Drive-Suite 340
Frankfort, KY 40601

Dear Commissioner Dunahoo:

The Post Clinic, Inc. is applying for Appalachian Regional Commission funds to purchase equipment and renovate the Post Clinic, located in Mount Sterling, Kentucky. The Post Clinic provides free health and dental services to individuals who are without health insurance, including Medicaid and Medicare. The Post Clinic currently serves 17-Kentucky counties, including eight distressed counties (Bath, Breathitt, Carter, Estill, Letcher, Menifee, Powell, and Wolfe), three at-risk counties (Fleming, Montgomery, and Rowan), four transitional counties (Clark, Greenup, Madison, and Nicholas), and two non-ARC counties (Bourbon and Fayette).

Under the grant proposal, ARC funds will be utilized to purchase much needed dental equipment for the growing dental clinic. ARC funds will also be utilized to renovate the sixty-year-old facility the Post Clinic recently acquired through a donation. Renovations to the building will include plumbing, replacing brick, windows, vents, and the cellar door, installing new exterior railing, a security system, smoke detectors, carbon monoxide detectors, dome cameras, an ADA compliant restroom, sewer line (approximately 479 LF), and two exterior signs, painting three restrooms, the x-ray room, and the basement, and seal coating and striping two parking lots (approximately 22,000 square feet).

I am asking for your full and fair consideration, within applicable laws and regulations, for this request. Thank you in advance for your kind assistance.

Sincerely,

A handwritten signature in cursive script that reads "David Hale".

David Hale

State Representative 74th District

DH:rm

Commonwealth of Kentucky

STATE SENATE

702 CAPITOL AVENUE
FRANKFORT, KY 40601
800-372-7181
502-564-8100
ralph.alvarado@lrc.ky.gov



DISTRICT 28
CLARK, FAYETTE,
MONTGOMERY

RALPH ALVARADO

July 25, 2018

Sandra Dunahoo
Commissioner
Kentucky Department for Local Government
1024 Capital Center Drive-Suite 340
Frankfort, Kentucky 40601

Dear Commissioner Dunahoo:

The Post Clinic, Inc. is applying for Appalachian Regional Commission funds to purchase equipment and to renovate The Post Clinic, located in Mount Sterling, Kentucky. The Post Clinic provides free primary health and dental care to persons who are without health insurance, including dental, Medicare, and Medicaid, or those who are underinsured, have insurance with high deductibles, and/or those who fall within the income guidelines. The Post Clinic currently serves 17-Kentucky counties, including eight distressed counties (Bath, Breathitt, Carter, Estill, Letcher, Menifee, Powell, and Wolfe), three at-risk counties (Fleming, Montgomery, and Rowan), four transitional counties (Clark, Greenup, Madison, and Nicholas), and two non-ARC counties (Bourbon and Fayette).

Under the grant proposal, ARC funds will be utilized to purchase dental equipment and renovate the 60-year-old facility The Post Clinic recently acquired through a donation. Renovations include plumbing, replacing brick, windows, vents, and the cellar door; installing new exterior railing; a security system; smoke detectors, carbon monoxide detectors, dome cameras, creating an Americans with Disabilities Act- compliant restroom, installing sewer line (approximately 479 linear feet), and two exterior signs; painting three restrooms, the X-ray room, and the basement; and seal coating and striping two parking lots (approximately 22,000 square feet).

I am pleased to support this proposal. If I can answer any questions relating to this request, please do not hesitate to reach out to me by phone at 502-564-8100, Ext. 681 or e-mail at ralph.alvarado@lrc.ky.gov.

Sincerely,

A handwritten signature in black ink, appearing to read "R. Alvarado", written in a cursive style.

Ralph Alvarado, M.D.
State Senator
District 28



Congress of the United States
House of Representatives
Washington, DC 20515

July 25, 2018

The Honorable Tim Thomas
Federal Co-Chair
Appalachian Regional Commission
1666 Connecticut Avenue, NW, Suite 700
Washington, DC 20009-1068

Dear Mr. Thomas,

I am writing in support of the application submitted by Post Clinic, Inc. for Appalachian Regional Commission (ARC) funding. Because Post Clinic, Inc. serves my constituents, I am very interested in their efforts.

According to the information I have received, Post Clinic, Inc. is seeking ARC funding to purchase equipment and renovate the Post Clinic, located in Mount Sterling, Kentucky. The Post Clinic provides free medical and dental services for the unserved and uninsured individuals throughout a 17-county service region.

Under the grant proposal, ARC funds will be utilized to purchase much needed dental equipment, and to renovate the sixty-year-old facility the Post Clinic recently acquired through a donation. Renovations will include plumbing; replacing brick, windows, vents, and the cellar door; installing new exterior railing, a security system, smoke detectors, carbon monoxide detectors, dome cameras, an ADA compliant restroom, a sewer line, and two exterior signs. It will also include painting several rooms and striping two parking lots (approximately 22,000 square feet). The Post Clinic is a vital part of the community and has provided free health and dental care to thousands of Kentucky residents since its inception in 1996.

I am asking for your full and fair consideration, within applicable laws and regulations, of this request. If I can provide you with any additional information, please contact Shelby Williams, my Director of Economic Development at (859) 219-1366 or Shelby.Williams@mail.house.gov. You may forward your reply to my Lexington office located at 2709 Old Rosebud Rd. Suite 100, Lexington, Kentucky, 40509. Thank you in advance for your kind assistance.

Sincerely,

A handwritten signature in blue ink that reads "Andy Barr".

Andy Barr
Member of Congress