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Western Piedmont Council of Governments

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November 2017



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Area Agency on Aging National Caregivers Month 2017



November is National Family Caregivers Month, providing the platform to recognize and highlight the valuable services caregivers across North Carolina and the nation are providing for a family member, neighbor or friend. Caregiving can be a 24-hour a day/7-days a week job. Caring for someone often involves providing a loved one with assistance and support in areas such as meal preparation, bathing and dressing, medication management, transportation, housekeeping, financial assistance, to name just a few. This care validates the 2017 theme for National Caregiver Month, Caregiving Around the Clock.

During November, we recognize and honor more than 43 million family caregivers across the nation and North Carolina who are giving of themselves and providing exceptional care for parents, spouses, relatives, friends and children on any given day. The seasoned adult population continues to grow, and rates of illness increase as we grow older. In turn, the number of caregivers has steadily increased over the last decade, playing a critical role in the care of a loved one.

WPCOG Area Agency on Aging Family Caregiver Support Program supports caregivers with information and resources to assist their caregivers and provide the following services:

- Information about available services and resources to help families in their caregiver roles.
- Assistance to families gaining access to services.
- Caregiver support to help families cope with the emotional and physical stress associated with caregiving.
- Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities.
- Limited supplemental services to complement the care provided by caregivers.

If you know someone who is a caregiver, take time to recognize his or her commitment to a loved one and show your support. If you are caring for someone, know that you are providing a priceless gift of care to a valuable person in your life and we honor and celebrate your dedication. Join the Family Caregiver Support Program during November and recognize, celebrate and empower caregivers across North Carolina and our nation for their commitment and service to friends and family!

"North Carolina's caregivers are diverse in their characteristics and circumstances, but share the common goal of enabling their family member or friend to remain active in the community whenever possible; all caregivers benefit from the assurance that they can call upon the business, faith, medical, and human service communities to assist with information and formal services when needed." (North Carolina Governor Roy Cooper, Governor's Proclamation-National Family Caregivers Month, 2017)

For additional information, visit WPCOG Area Agency on Aging website: www.wpcogaaa.org or call The Family Caregiver Support Program at (828) 485-4256.

Article by Mary Mitchell, Family Caregiver Support Specialist

Community & Economic Development NC Parks and Recreation Trust Fund

The Parks and Recreation Trust Fund (PARTF), administered by the NC Division of Parks and Recreation, is a dollar-for-dollar matching grant program with a maximum funding amount of \$500,000. The funds can be used by local governments to build new facilities, renovate existing facilities, or purchase land for new and existing parks. PARTF has recently funded several large projects in Western NC, including the purchase of land for a new lakeside park in Valdese and the expansion of Catawba County's Riverbend Park.

The program calls for new applications once a year; the next deadline will be May 1, 2018. For more information or assistance with your application, please contact Erin Schotte at (828) 485-4240 or erin.schotte@wpcog.org.



Article by Erin Schotte, Community & Economic Development Administrator

Community & Regional Planning Hudson Bicycle and Pedestrian Planning Grant

WPCOG planning staff recently completed a Bicycle and Pedestrian Planning grant application for the Town of Hudson. Offered through the North Carolina Department of Transportation Bicycle and Pedestrian Planning Grant Initiative - a matching grant program - the annual grant is designed to

encourage municipalities to develop comprehensive bicycle and pedestrian plans. When implemented, these plans will lead to the creation of more walkable and bikeable communities.



Worn down grassy areas indicate heavy pedestrian use along Central Street downtown between the pharmacy and bank.

The development of a bicycle and pedestrian plan can lead to many different benefits for a community. For example, new bicycle lanes, greenways and sidewalks can result in increased property values and stimulate local businesses by encouraging foot traffic. The physical, mental and social well-being of a community can be enhanced by providing a range of options for residents to exercise, socialize or relax. Children and parents can safely walk to and from school when residential areas and schools are linked by sidewalks and crosswalks. In addition, several surveys have shown that the "Millennial Generation" prefers to live in communities that are walkable, making a bicycle and pedestrian plan that much more important to communities that are interested in attracting or retaining younger residents.

Bicycle and Pedestrian Planning Grants are offered on an annual basis by NCDOT. The current application has closed, but if you are interested in applying for next year's funding cycle, contact John Marshall at john.marshall@wpcog.org.

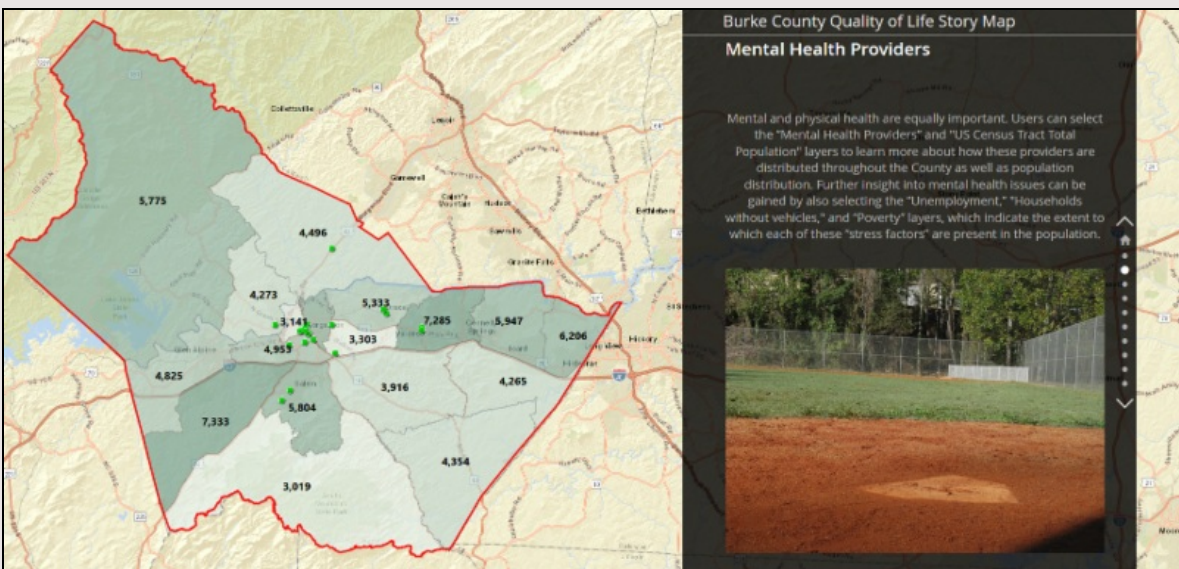
Article by Duncan Cavanaugh, Data Technician

The Western Piedmont Council of Governments (WPCOG) Information Technology/GIS and Community & Regional Planning/Data Services Departments combined efforts to develop a "story map" website that compliments the purpose of the Burke County Quality of Life project. The story map platform allows stakeholders to combine narrative text, images, and maps to tell the story of the pressing health and quality of life challenges in Burke County.



The story map web application is an additional deliverable to the Burke Quality of Life Explorer. WPCOG staff used ArcGIS Online to share data from the explorer to the story map with added text and images to enhance the importance of how one map layer has direct/indirect influence over another map layer. The story map is split into 11 sections that have an interactive map with layers chosen to coincide with the narrative text. The sections in the story map include the Story Map Introduction, Grocery Deserts, Mental Health Providers, Child Care Centers, Playgrounds, Poverty Levels, Cancer Disease Rate, COPD Disease Rate, Hypertension Disease Rate, Kidney Disease Rate, and Diabetes Disease Rate.

Users can pan, zoom in/out around the map and identify data features with a click to view further information. The story map also has a link to the Burke County Quality of Life Explorer so users can look at additional combinations of map layers than the ones listed in the sections of the story map.



If you would like to access the Burke County Quality of Life Story Map click [here](#). To access the Burke County Quality of Life Explorer click [here](#).

Article by Daniel Ezell, GIS Analyst and Taylor Dellinger, Data Analyst

Regional Housing Authority

Millside Manor Project-Based Vouchers

As a component of the Section 8 Housing Choice Voucher Program, the Regional Housing Authority (RHA) has 28 project-based vouchers. Project-based vouchers provide government-funding through rental assistance to low-income households in privately owned and managed rental units. The RHA's vouchers are tied to the 28 units at Millside Manor.

In 2002, Millside Manor was built in downtown Morganton for housing the elderly in the community at an affordable rate in a safe, convenient location. Since that time, the RHA has provided rental assistance to 28 families in these units.

RHA Director, Stephanie Hanvey along with the Burke County Housing Specialist, Kala Guido met with the owners and management of Millside Manor in Morganton to discuss the renewal of the project-based contract. The new five-year contract is to begin January 1, 2018.



Left-Right: Stephanie Hanvey (RHA Director) John Loving (Owner) Janice Harrison (GEM district manager) Alex Lawrence (GEM Director of property management) Lennis Loving (owner) Melody Adams (GEM) Elizabeth Burnette (Site Manager)

It is a privilege to work with a company committed to providing safe, sanitary housing to the elderly. HUD requires housing authorities to perform inspections to each unit at initial move in and annually thereafter. During our inspection visits, we are consistently impressed by how well the property is managed. We are pleased that our clients have access to a state of the art facility at such an affordable rate.

Article by Kala Guido, Housing Specialist

Workforce Development Thank You For Your Service

It is a blessing, and with much pleasure, for the local NCWorks Career Center/System to help coordinate and support both the Veterans Jobs Fair on November 8, at the Hickory Metro Convention Center, and the Foothills Stand Down at the JE Broyhill Civic Center on November 9. A wonderful turn out of local agencies, organizations and businesses provided jobs, food, clothing, health services and many more opportunities for our Veterans. We are proud to support our Military in every way possible. Being a part of the "Welcome Home, Hickory Metro" recruitment event this past September is just one more way this area is reaching out to engage with our service members and showcase why this region is the best place to live, work and play, for people and their families.

We would like to thank our Military Service Members and Veterans for their dedication and service to our United States of America.



Article by Wendy Johnson, Director of Workforce Development

WPCOG Calendar of Events

November

02 - LUCA Training (9 AM)

03 - ACAP Caregiver
Conference (9 AM)

13 - Regional Aging Advisory
Committee/Senior Tar Heel
Legislation/Regional Aging
Providers meeting (12 PM)

15 - MPO TCC (2 PM) & TAC
(3:30 PM)

28 - Policy Board (6 PM)

December

05 - Western Piedmont Air
Quality Committee (10 AM)

07 - Workforce Board
(8:30 AM)

20 - MPO TCC (2 PM)
& TAC (3:30 PM)

21 - Executive Committee
Meeting (6 PM)

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