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WPCOG - Newsletter

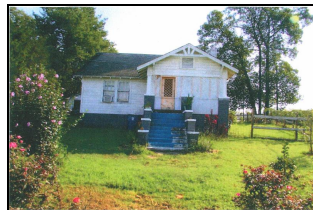
February 2019

Table of Contents

WPCOG Calendar



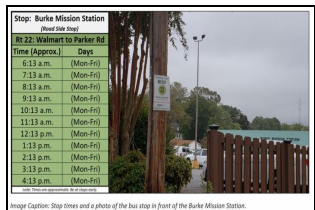
Area Agency on Aging
Active Aging...[Learn more](#)



Community & Economic Development
Valdese Awarded Community Development Block Grant...
[Learn more](#)



Community & Regional Planning
SketchUp Pro Provides WPCOG Planning with 3D Concept Modelling...
[Learn more](#)



IT/GIS Services
Greenway Public Transportation "Greenway Burke" Webapp...
[Learn more](#)



Regional Housing Authority
Dignity Drive Starts March 2019...
[Learn more](#)



Transportation Planning
Burke Transit Community Outreach...
[Learn more](#)



Workforce Development Board

NC Commerce Reentry Initiative Takes Shape in the Western Piedmont...

[Learn more](#)



Area Agency on Aging Active Aging



It seems every year thousands of people make a New Year's resolution to lose weight, go to the gym more, and be more physically active. Only one month into the New Year and most of the people who made resolutions have fallen back into their old habits. As we age, breaking our bad habits and replacing them with good habits can be hard. Many may question if it is even possible. The answer is YES!

One barrier many older adults face when trying to form new exercise habits is where to start. One great place to start is your local senior center. Senior centers are a great resource for the entire community, providing educational programming,

fitness programming and much more. Some centers have fitness equipment that participants can use. Maybe you are not comfortable using fitness equipment, no worries! Many senior centers offer fitness classes such as line dancing, chair exercises, Tai Chi for Arthritis and Fall Prevention and A Matter of Balance. Most classes are free or have a very small fee.

Do not let your fear keep you from starting something new. A great place to start would be to attend an evidence-based program such as A Matter of Balance. A Matter of Balance is an eight-session program that meets for two hours to learn about reducing the fear of falling and outlines great exercises for falls prevention.

Maybe you are someone who has limited your physical activity because of a health condition such as arthritis, diabetes, or some other chronic condition. Programs such as Living Healthy with Chronic Conditions or Living Healthy with Diabetes are a great place to start. These programs are all about self-management, allowing you to learn ways that you can best manage your conditions. Once you have determined how to self-manage your chronic condition, you can then start to add in other areas of activity.

Once you have gotten your feet wet with exercise, you may be ready to try something new. Tai Chi for Arthritis and Fall Prevention is an art embracing the mind, body and spirit. The ultimate purpose of Tai Chi is to cultivate the life energy within us to flow smoothly and powerfully throughout the body. Healthy aging is living a life that encompasses physical, mental and spiritual health.

Remember it is never too late to try something new. If you would like more information about your local senior center or a health promotion program contact Sarah Stamey at 828-485-4216 or sarah.stamey@wpcog.org.

Article by Sarah Stamey

Community & Economic Development

Valdese Awarded Community Development Block Grant

The Town of Valdese has been awarded a \$350,600 Community Development Block Grant for the Neighborhood Revitalization Program. The grant will be used to rehabilitate 12 houses in Valdese. WPCOG Community & Economic Development Administrator Lisa Helton worked with local and state officials to secure the grant funding.

While higher-income families are able to make repairs to their homes, low- and moderate-income homeowners find themselves financially unable to make major repairs such as roofing, heating, plumbing, electrical and insulation needs. Without remedial assistance in making these necessary repairs, the residents of these units find themselves in a spiral of ever-increasing needs and expenses.



Since these residents have limited incomes, they often are unable to obtain loan assistance from banks and likely would not have funds available to make payments even if they did receive a loan for repairs.

Article by Paul Teague

Community & Regional Planning

SketchUp Pro Provides WPCOG Planning with 3D Concept Modelling

With the addition of SketchUp Pro software to the Planning Department's growing design toolkit, the WPCOG can now prepare detailed 3 dimensional conceptual models for inclusion in planning documents. SketchUp Pro helps planners show how proposed projects will look when completed. During the development of plans, communities often have a general idea of the types of improvements they would like to encourage, but can find it challenging to imagine how those changes might look.

SketchUp Pro can be used to show different versions of how proposed streetscape improvements, trails, buildings, roads, signage, sidewalks and crosswalks will look like once they are completed - helping communities determine what works best for them. Seeing how future projects will look like can also help communities see how a project fits into overall development plans.

Once a final design is selected, SketchUp Pro's models can be inserted into plans as "photorealistic renderings", which will show the community's vision for the future using image quality that is as close to "real life" as possible.

Below are 3 models, designed to demonstrate some of the basic functions of SketchUp Pro: a pedestrian refuge island; a greenway trail; and a model of downtown Glen Alpine.



For more information about how WPCOG Planning staff can assist you with your 3 dimensional modeling needs, contact Duncan Cavanaugh at duncan.cavanaugh@wpcog.org.

Article by Duncan Cavanaugh

IT/GIS Services

Greenway Public Transportation "Greenway Burke" Webapp

In October 2018, Greenway Public Transportation began regular passenger service in Burke County. The four Burke routes make hourly trips between the City of Morganton through the Towns of Drexel, Valdese and Rutherford College.

Using information from Greenway, WPCOG IT/GIS calculated the bus-arrival times at each of the 60 stops along the four routes. GIS staff then created an online Burke County Bus-Stop Finder web application to assist bus dispatchers and the general public.

The app shows the locations of bus stops (symbolized by diamonds) along the four routes, which are themselves color-coded:

- **Route 21 (Blue):** Burke County Human Services to Morganton Heights Shopping Center (Walmart)
- **Route 22 (Green):** Morganton Heights Shopping Center (Walmart) to Burke County Human Services
- **Route 23 (Gold):** Rutherford College (Blue Ridge Health Care - Valdese) to Burke County Human Services
- **Route 24 (Silver):** Burke County Human Services to Rutherford College (Blue Ridge Health Care - Valdese)

The app indicates the location, times and destinations of each route. Users can type in an address, or if using a smartphone, can use the app's "Location" button to determine their whereabouts and then see the nearest routes and stops. Users can select individual stops and view a "pop-up" box containing a bus timetable and photograph of each stop.

The public can access the Webapp from Greenway's website at: mygreenway.org, or directly at <https://goo.gl/AEKrMi>.

WPCOG is pleased to provide GIS services for Greenway Public Transportation. For more information about the new Burke bus system, please visit Greenway's website at www.mygreenway.org.

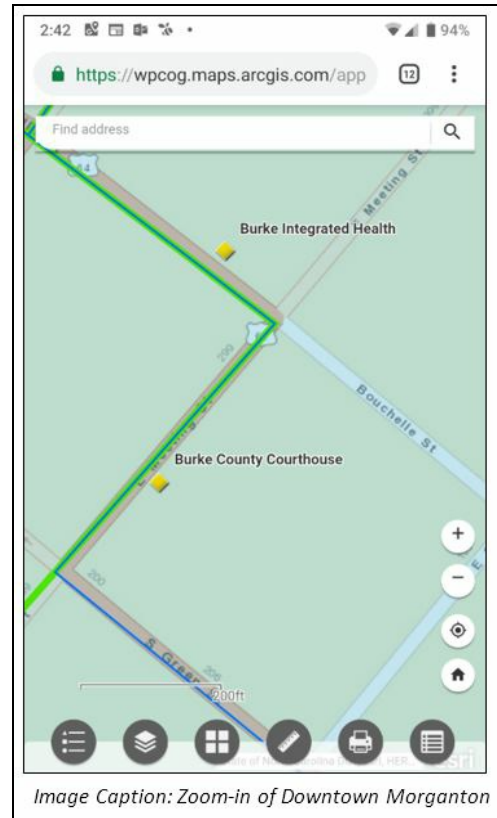


Image Caption: Zoom-in of Downtown Morganton

Stop: Burke Mission Station (Road Side Stop)	
Rt 22: Walmart to Parker Rd	
Time (Approx.)	Days
6:13 a.m.	(Mon-Fri)
7:13 a.m.	(Mon-Fri)
8:13 a.m.	(Mon-Fri)
9:13 a.m.	(Mon-Fri)
10:13 a.m.	(Mon-Fri)
11:13 a.m.	(Mon-Fri)
12:13 p.m.	(Mon-Fri)
1:13 p.m.	(Mon-Fri)
2:13 p.m.	(Mon-Fri)
3:13 p.m.	(Mon-Fri)
4:13 p.m.	(Mon-Fri)

note: Times are approximate. Be at stops early.

Image Caption: Stop times and a photo of the bus stop in front of the Burke Mission Station.

Regional Housing Authority Dignity Drive March 2019

The Regional Housing Authority - EnVision Center will kick-off the Distributing Dignity Drive during the month of March. The purpose of this drive is to collect feminine products for women in need in our region. The collected products will be distributed to schools, women's shelters and local pantries. If you are interested in supporting this cause, contact Kala Guido at 828.485.4282 or kala.guido@wpcog.org.

Dignity Drive

March 2019

Collecting products for schools, women's shelters and pantries in Burke and Catawba Counties.

Items needed:

Pads
Tampons
Menstrual cups
Panty liners
Cleansing wipes

Monetary Donations can be sent to:

WPCOG
Attn: EnVision Center
PO Box 9026
Hickory, NC 28603

100% of monetary contributions are tax-deductible and will be used for the purchase of hygiene products for disadvantaged women and girls in Burke and Catawba Counties.

Drop-off Locations:

Vertical Life Church | Newton, NC
Startown Elementary School | Newton, NC
WPCOG | Hickory, NC
Sandy Ridge Baptist Church | Hickory, NC
Everett Chevrolet | Hickory, NC
The Spa Athletic Club | Hickory, NC
Mike Johnson's Hickory Toyota | Hickory, NC
Burke Senior Center | Morganton, NC
Peak Performance Health & Fitness | Morganton, NC
New Day Christian Church | Morganton, NC

Products will be distributed to: Burke United Christian Ministries, Greater Hickory Cooperative Christian Ministries, The Meeting Place Mission, Safe Harbor, Women's Resource Center and other local agencies assisting disadvantaged women.

Check our Facebook page for more information on drop-off sites, we will be adding to the existing list. If you are interested in collecting items please contact Kala Guido to request a Dignity Drive donation box at 828.485.4282 or at kala.guido@wpcog.org.



Western Piedmont
Council of Governments

Regional Housing Authority EnVision Center

Transportation

Burke Transit Community Outreach

WPCOG recently hosted four community meetings across Burke County. Held February 12 and 17, the four meetings took place at the senior center in Morganton, plus Drexel, Valdese, and Rutherford College Town Halls. These events gave folks the chance to provide comments on the new bus routes and ask questions about how to use the system.

With the help of Greenway Public Transportation and area local government staff, meeting attendees provided suggested changes to the new bus routes. The routes already serve multiple shopping areas, hospitals, medical offices and civic buildings, but several more suggestions for added stops were mentioned at the four-meeting series, including more stores like Ingles, along with additional residential areas.

In addition to the four public meetings, paper surveys have been distributed on the bus, where dozens of riders have provided feedback and suggestions. An online survey is also available at surveymonkey.com/r/burketransit

On March 21, Greenway will hold a public hearing at their board meeting in Conover. Their board will decide any route changes, implementation date, and fares for later this year.

Article by Brian Horton

Workforce Development Board

NC Commerce Reentry Initiative Takes Shape in the Western Piedmont



Joshua Proby talks about his story with Reentry.

Statistics indicate that over 6 million individuals in the United States and approximately 134,000 people

in North Carolina have a criminal record. About 95% of those incarcerated are released! Various agencies are already providing successful services in our area, yet with collaboration, we will take REENTRY to another level in the Western Piedmont Workforce Development Board Region Catawba, Alexander, Caldwell, and Burke Counties.

On November 29th, the Western Piedmont Council of Government hosted an initial Regional Reentry meeting, facilitated by Vanessa L. James, Regional Reentry Specialist for the NC Department of Commerce. Seventy individuals attended the meeting from various federal and state government agencies, community partners, interested citizens, and those previously or currently involved in the criminal justice system. Ms. James proposed an idea of facilitating collaborative efforts and intentional networking. In order to paint a realistic picture of what truly is needed to assist a person reentering the community from incarceration, Joshua Proby shared his life story and experience. Danny Hampton, executive director of Freedom Life Ministries, (www.freedomlifeministries.org) discussed his experience in starting a similar group in McDowell County, which ultimately became a "Reentry Council" funded by the NC Department of Public Safety. He explained how that group began as a Non-Profit/Ministry model for reentry collaborative efforts.

Feedback from the meeting strongly encouraged further discussion of a joint reentry vision for our area. These first discussions towards this vision include each of the four counties (Alexander, Catawba, Caldwell, and Burke) having their own reentry group along with the joint Regional efforts. The Western Piedmont Workforce Development Board serves all four of these counties and plans to be involved.

The next regional meeting will involve each agency and partner sharing details of their services and contact information.

If you have questions, concerns, and/or want to receive an invitation to the next meeting, please contact Vanessa Farris, leslie.farris@wpcog.org.



Danny Hampton, executive director of Freedom Life Ministries in McDowell County provided insight "Reentry Council" and the Non- Profit/ Ministry models.

L. James, Vanessa.James@nccommerce.com or Leslie

Article by Wendy Johnson



WPCOG Calendar

February

27 - Joint Transportation Advisory Committee (TAC) & Technical Coordinating Committee (TCC) (2PM)

28 - Workforce Development Board Meeting (8:30AM)

March

26 - WPCOG Policy Board Meeting (6PM)

27 - Joint Transportation Advisory Committee (TAC) & Technical Coordinating Committee (TCC) (2PM)

April

17 - Joint Transportation Advisory Committee (TAC) & Technical Coordinating Committee (TCC) (2PM)

22 - Region E Aging Providers (2-4PM)

25 - Workforce Development Board Meeting (8:30AM)

25 - WPCOG Annual

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