

Hi, just a reminder that you're receiving this email because you have expressed an interest in Western Piedmont Council of Governments. Don't forget to add [jason.toney@wpcog.org](mailto:jason.toney@wpcog.org) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



## Western Piedmont Council of Governments

*Creative Regional Solutions Since 1968*

March - April 2017



### Table of Contents

Feature Story  
[CEDS Update](#)

Area Agency on Aging  
[Am I Getting Alzheimer's?](#)

Community & Economic Development  
[Unifour Consortium HOME Program](#)

Community & Regional Planning  
[Local Update of Census Addresses](#)  
[Spring 2017 Economics Indicator Newsletter](#)  
[IT/GIS Services](#)

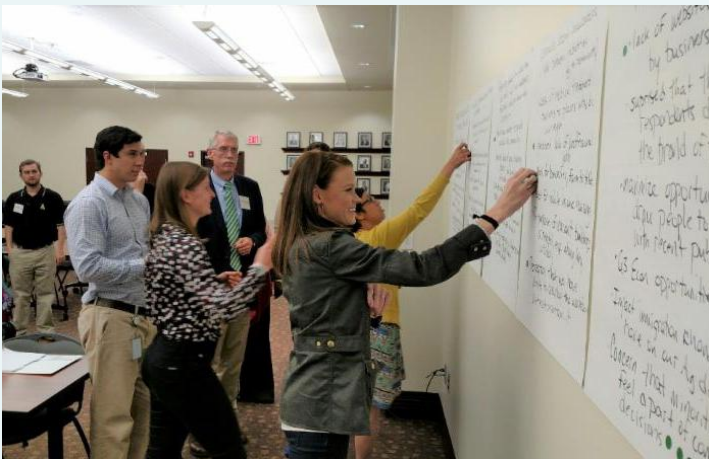
[Burke County Quality of Life Explorer](#)

Regional Housing Authority  
[Housing Partnership Network](#)

Workforce Development  
[What Are We Doing?](#)

[Contact Information](#) | [Events Calendar](#)

## Comprehensive Economic Development Strategy (CEDS) Update



CEDS Committee Members identify priority issues gleaned from the recent CEDS Community Survey.

On February 1, the CEDS Committee met for the first time. During the meeting, the committee was presented an orientation to the CEDS process, future social media efforts and a presentation on the CEDS Regional Profile by WPCOG Data Analyst, Taylor Dellinger. After the presentations, Committee members were invited to share their thoughts and insights regarding the regional profile data and to add any input to the upcoming CEDS Survey (Released in February and concluded March).

The CEDS Committee met once again on April 5 to discuss the results of the community survey conducted from February to March. WPCOG Staff would like to thank the close to 1,000 residents that completed the 2017 CEDS Survey. Committee members followed up the presentation with a discussion regarding survey respondents' outcomes. Numerous issues and opportunities were identified including the need for our local communities to better engage its minority populations, available and affordable housing stock, lack of a 4-year public university, recruiting and retaining jobs for college educated young people, and much more.

The next CEDS meeting will take place on Wednesday, April 26, from 3:00 PM to 5:00 PM at the

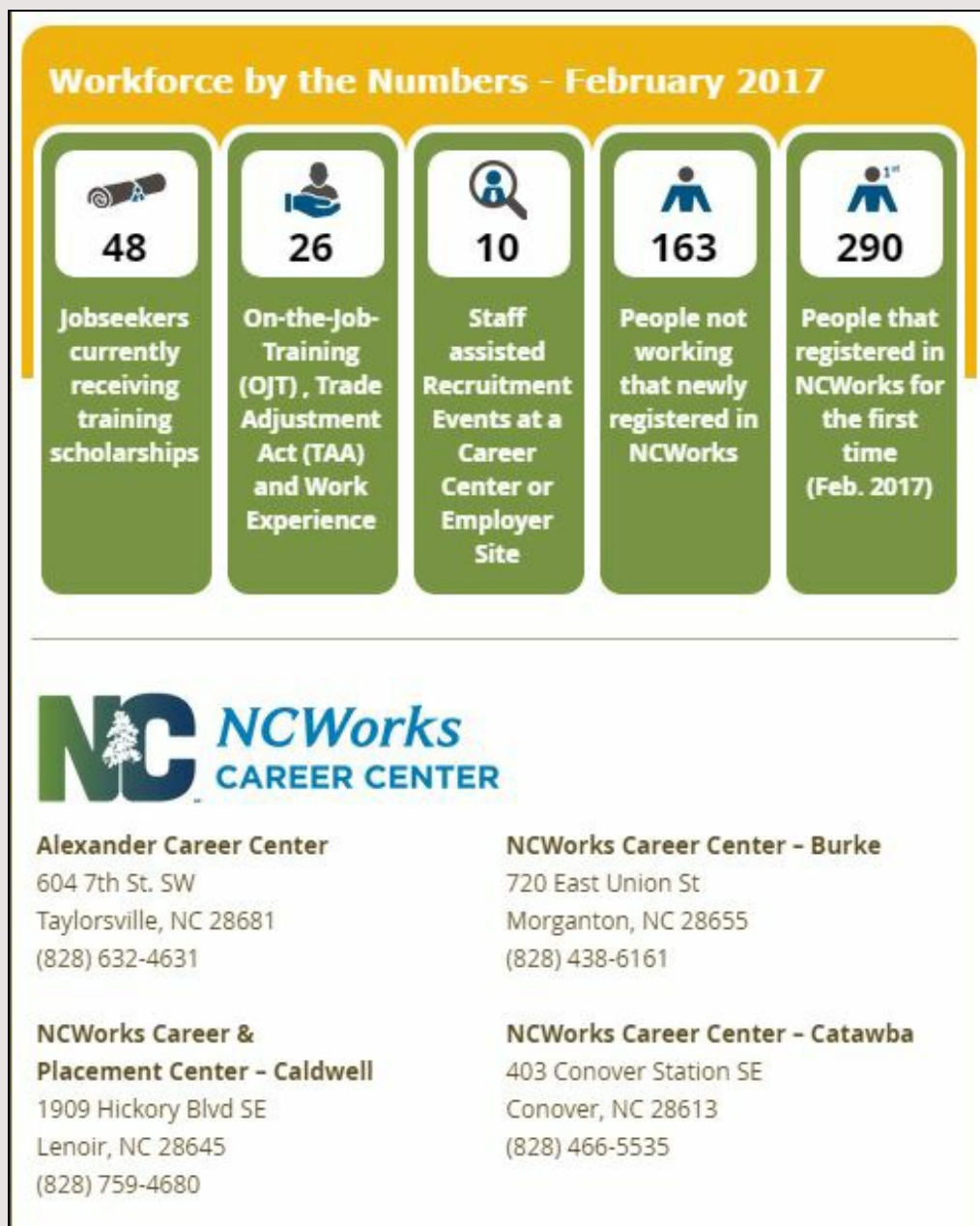
WPCOG offices and will highlight the completed stakeholder interviews conducted by WPCOG staff members. On Wednesday, May 3, from 3:00 PM to 5:00 PM CEDS committee members will complete a SWOT (Strength, Weaknesses, Opportunities and Threats) analysis for the region.

For more information about the CEDS process, agendas or presentations, please refer to the [WPCOG website](#).

Article by Jason Toney & Taylor Dellinger

## Workforce Development What Are We Doing?

One of the Western Piedmont Workforce Development Boards sub-committees addressing performance measures, is working with our local NCWorks Career Centers to bring you a visual track of the impact our Career Centers are making with the workforce in our area. Currently, on our website, [www.westernpiedmontworks.org](http://www.westernpiedmontworks.org), we have a dashboard of five key components that reflect how we are engaging with jobseekers and businesses on a monthly basis. In the coming months, you will see more updates and changes to these measures as we commit to continuous improvement.



Article by Wendy Johnson

## Area Agency on Aging Am I Getting Alzheimer's?



Alzheimer's disease affects one in seven North Carolinians over the age of 65. Alzheimer's disease is a terminal illness, the fifth leading cause of death in North Carolina, and the only top 10 cause of death that cannot be cured, prevented or slowed.

Many people struggle with memory starting in their 30s or 40s. You may forget where you parked your car, where the keys are or why you walked into a room. With heightened awareness of Alzheimer's, people now automatically think they have the disease, and that these memory slips are the beacon of things to come. That is not necessarily the case.

There are seven common signs of Alzheimer's disease. One of the most common signs of the disease is forgetting recently learned information, or repeating the same question because you can't retain the answer. Sometimes, people with early Alzheimer's disease will rely on notes, the memory of others or reminders to recall information. It is typical age-related change sometimes to forget information or appointments, but to remember them later.

Some people with cognitive decline may experience difficulty in their ability to plan a task and forget the steps involved to reach completion. The cognitive decline also includes working out formulas and calculating answers to even simple tasks, like calculating the age of someone based on the year they were born. They begin to have trouble with concentration, paying monthly bills and balancing financial information. It is typical age-related change to have occasional errors when balancing a checkbook or carrying through a task.

People with Alzheimer's or Dementia may find it hard to complete daily tasks such as remembering a recipe without looking, forgetting the route to drive to a familiar location, managing a budget at work or home, or retaining the rules of their favorite game. It is typical age-related change to need help using the microwave or recording a TV show.

People with cognitive decline can lose track of dates, seasons and the passage of time. They have trouble understanding something if it is not happening immediately. Sometimes they forget where they are or how they got there. Typical age-related change is forgetting which day of the week it is, but figuring it out later.

For some people, visual change comes with cognitive decline. They may have difficulty reading, trouble with spatial concepts, depth perception and determining color or contrast. These things all may cause problems with driving. Normal age-related visual change is related to cataracts or age-related vision changes.

Those with Alzheimer's often have trouble following or joining a conversation. They stop in the middle of a conversation and cannot remember how to begin again. They may repeat themselves or struggle with the words. They may call things by the wrong name. Typical age-related change is having trouble finding the right word in a sentence.

A person with cognitive disorders may put things in unusual places. They frequently lose things and are

unable to track their steps to find them. Sometimes they accuse others of taking their belongings, and this may occur more often over time. Typical age-related change is misplacing things and tracking your steps to find them.

A person with Alzheimer's disease may have changes in judgment or decision-making. They may use poor judgment when dealing with money, legal matters or giving money to telemarketers. They may pay less attention to grooming or hygiene. Typical aging is making a bad decision once in a while.

A person with cognitive decline may start to remove themselves from hobbies, sports and other social activities. They have trouble keeping up with favorite sports teams or remembering how to complete a hobby. They may avoid being social to hide the changes they have experienced. Typical age-related change is sometimes feeling weary of work, family and social obligations.

The mood and personality of a person with cognitive decline can change. They can become confused, suspicious, depressed, fearful and anxious. They may be easily upset at home, at work and even with friends and family, and are often more anxious when they are outside their comfort zone. Typical age-related change involves developing a specific way of doing things and getting frustrated when a routine is changed.

As you can tell from the information above, typical age-related changes are those that do not cause harm or concern for the person or others. Alzheimer's, dementia or cognitive decline can create short-term and long-term difficulties for the person and others around them. Some of the changes with cognitive decline can be dangerous to the person with the decline and others. Anytime you notice marked cognitive change that persists more than a week without cause (concussion, medication change, illness, etc.), it is suggested to seek medical attention.

Many people have asked what they can do to prevent Alzheimer's or Dementia. Here are some of the recommendations:

- Follow a healthy diet
- Decrease stress
- Have time scheduled to do something you enjoy
- Exercise your brain
- Stay well hydrated
- Exercise to keep your body healthy

For more information on Alzheimer's disease, visit [www.alz.org](http://www.alz.org)

Article by Karen Phoenix

## AAA Upcoming Events

### FREE Legal Clinic

### *Health Care Power of Attorney & Living Wills*

Tuesday, April 25, 2017 | 2:30pm

**Location: Western Piedmont Council of Governments-Area Agency on Aging  
1880 Second Avenue NW | Hickory, NC 28601**

To register call 1-866-219-5262 or visit [www.legalaidnc.eventbrite.com](http://www.legalaidnc.eventbrite.com)

Registration is required in advance. Legal Aid of North Carolina will provide a FREE do-it-yourself legal clinic. At the clinic, a video will explain the law and walk through filling out the forms to file on your own. General questions answered by a volunteer attorney after the video.

---

## *Healthier Lifestyle - Healthier You* Thursday, April 27, 2017 | 11:00 - 1:00pm

Location: Ridgeview Recreation, 115 7<sup>th</sup> Ave SW, Hickory, NC 28602  
RSVP for lunch reservation by April 24, 2017 by contacting Ridgeview Recreation Center at (828) 324-8007.

Presenting the 4<sup>th</sup> annual FREE healthy lifestyle workshop for Older Adults and Caregivers. Featured speakers promoting healthy ideas for a healthier lifestyle for older adults as well as caregivers. Questions, call Family Caregiver Support Program (828) 485-4256.

---

## *The Beauty of Music & Memory* Thursday, May 18, 2017

Morning & Afternoon Sessions: 9am-12pm and 2pm-5pm  
Location: Grace Ridge Retirement Community, Ervin Community Room  
500 Lenoir Road Morganton, NC 28655  
[Online registration](#) or call (828) 485-4256

FREE Community Education Event Featuring Teepa Snow, a nationally recognized dementia educator & Ron Gregory, founder of Alzheimer's Music Connect.

### Community & Economic Development **Unifour Consortium HOME Program**



Viewmont Square



Arbor Glen

In 1995, all twenty-eight (28) local governments in the four-county area (Alexander, Burke, Caldwell and Catawba) formed the Unifour Consortium HOME Program, a regional body that has achieved entitlement status from the US Department of Housing and Urban Development. The City of Lenoir serves as the Lead Entity for the Unifour Consortium and contracts with the Western Piedmont Council of Governments for the administration of this program. The Unifour Consortium receives approximately \$793,802 annually to address regional housing issues. These grant funds are made available to the Unifour Consortium under the HOME Investment Partnership Act through the US Department of Housing and Urban Development. The purpose of the Unifour Consortium is to plan and carry out regional housing activities to benefit low-income beneficiaries.



Oxford Crossing

Program provides funding for a four county-wide downpayment assistance program for first-time homebuyers. The program provides funding for Community Housing Development Organizations (CHDOs) and funding for Multi-Family activities.

The Unifour Consortium HOME Program has recently provided financial loans to Multi-Family Housing Developments through the HOME program's Multi-Family activity to the following:

- Viewmont Square located in Hickory was loaned \$200,000 to assist in financing of this \$5.9 million, 50 unit senior apartments complex.
- Oxford Crossing located in Claremont was loaned \$300,000 to assist in the financing of this \$10.5 million, 88 unit apartment complex.
- Sienna located in Morganton was loaned \$300,000 to assist in the in the financing of this \$9.3 million. 88 unit apartment complex.
- Arbor Glen located in Lenoir was loaned \$300,000 to assist in the financing of this \$6.4 million. 50 unit senior apartment complex.

Article by Rick Oxford

## Community & Regional Planning

### Local Update of Census Addresses (LUCA) for the 2020 Census

The Local Update of Census Addresses, or LUCA, is the only opportunity offered to state and local governments to review and comment on the US Census Bureau's residential address list for their jurisdiction prior to the 2020 Census. LUCA helps to (1) ensure an accurate decennial census count in your jurisdiction, (2) helps the federal government distribute more the \$400 billion in programs and services and (3) assists your community to plan for future needs. States, counties and municipalities may participate in LUCA.

For the first time, the Census Bureau will use Geographic Update Partnership Software (GUPS) for LUCA. GUPS is a self-contained Geographic Information update and processing package. In addition, LUCA participants will receive (1) the US Census Bureau's address list, (2) address count list by census block and (3) US TIGER partnership shape files. The address lists are digital, although local governments with fewer than 6,000 residents can request paper copies. The Census Bureau offers in person training with the LUCA materials. Self-training aids and webinars are available on the [LUCA website](#).

The LUCA schedule:

- **January 2017**-Advance LUCA notification emailed to highest elected official of all eligible governments
- **March-April 2017**-LUCA promotional workshops
- **July 2017**-Invitation letter and registration forms emailed to eligible governments
- **October 2017**-Training workshops begin. Self-training aids and webinars will be available online at the LUCA Web site.
- **February 2018**-Participation materials mailed to registered participants. Participants have 120 calendar days from the receipt of materials to complete their review

- **August 2019**-Feedback materials offered to participants with the results of the address canvassing
- **April 1, 2020**-Census Day

Local governments may attend a LUCA promotional workshop to get more information about participating in the program. The 45-minute workshop will explain the LUCA program and timeline. A promotional workshop will be held in Charlotte at the Centralina Council of Governments on Thursday, April 20 at 2:00 PM. To register for the event call 1-404-331-1339 (Atlanta Regional Office-Geography Division), or email at [atlanta.geography@census.gov](mailto:atlanta.geography@census.gov). Local governments can also learn more about LUCA by calling 1-844-344-0169, or email the LUCA program at [GEO.2020.LUCA@census.gov](mailto:GEO.2020.LUCA@census.gov).

Article by Taylor Dellinger

## Community & Regional Planning

### Spring 2017 Economics Indicators Newsletter

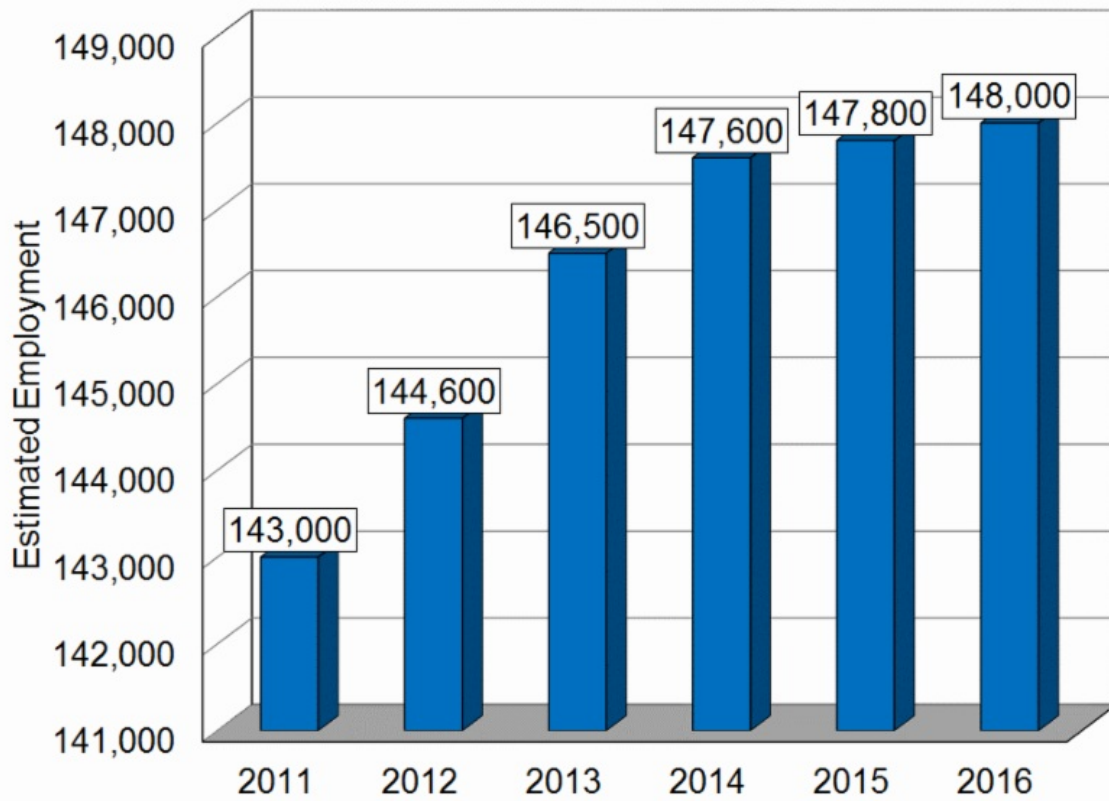
The Western Piedmont Council of Governments released the latest issue of the Economic Indicators Newsletter (EIN) today. In print since 1998, this quarterly publication focuses on economic trends and issues influencing the Hickory Metro Region. The current issue addresses Hickory Metropolitan Statistical Area (MSA) unemployment rates, Hickory Metro bank deposits, Hickory MSA Current Employment Statistics (CES) and Hickory MSA Census Tract population projections.

Here are a few key highlights of the EIN:

- The Hickory MSA's unemployment rate has increased from 4.8% in July 2016 to 5.2% in January 2017.
- The number of employed persons in January 2017 equaled 164,075 and the labor force totaled 173,033.
- Hickory MSA bank deposits grew from \$4.171 billion in June 2014 to \$4.294 billion in June 2016.
- Current Employment Survey (CES) results show that estimated employment in the Hickory MSA grew 3.5% from 143,000 in December 2011 to 148,000 in December 2016.
- CES results indicated that Hickory MSA goods-producing employment increased from 40,600 in December 2011 to 43,300 in December 2016. Service-producing employment grew 102,400 in June 2011 to 104,700 in December 2016.
- The Hickory MSA was one of 13 metro areas in North Carolina that experienced employment growth over the past five years.
- The Charlotte and Raleigh MSAs had the most employment growth (152,800 and 92,100 respectively) between December 2011 and December 2016.
- Significant population growth is anticipated in the Census Tracts located in southeastern Catawba County near Lake Norman. The number of persons in Census Tract 115.03 is predicted to rise 44.9% between 2015 and 2035 to 5,622. The model anticipates a 25.6% population increase in neighboring Census Tract 115.04. The population of Census Tract 115.01 is expected to grow 13.7% from 5,252 in 2015 to 5,634 in 2035.
- Less than 5% population growth is anticipated in most other Hickory MSA Census Tracts between 2015 and 2035.

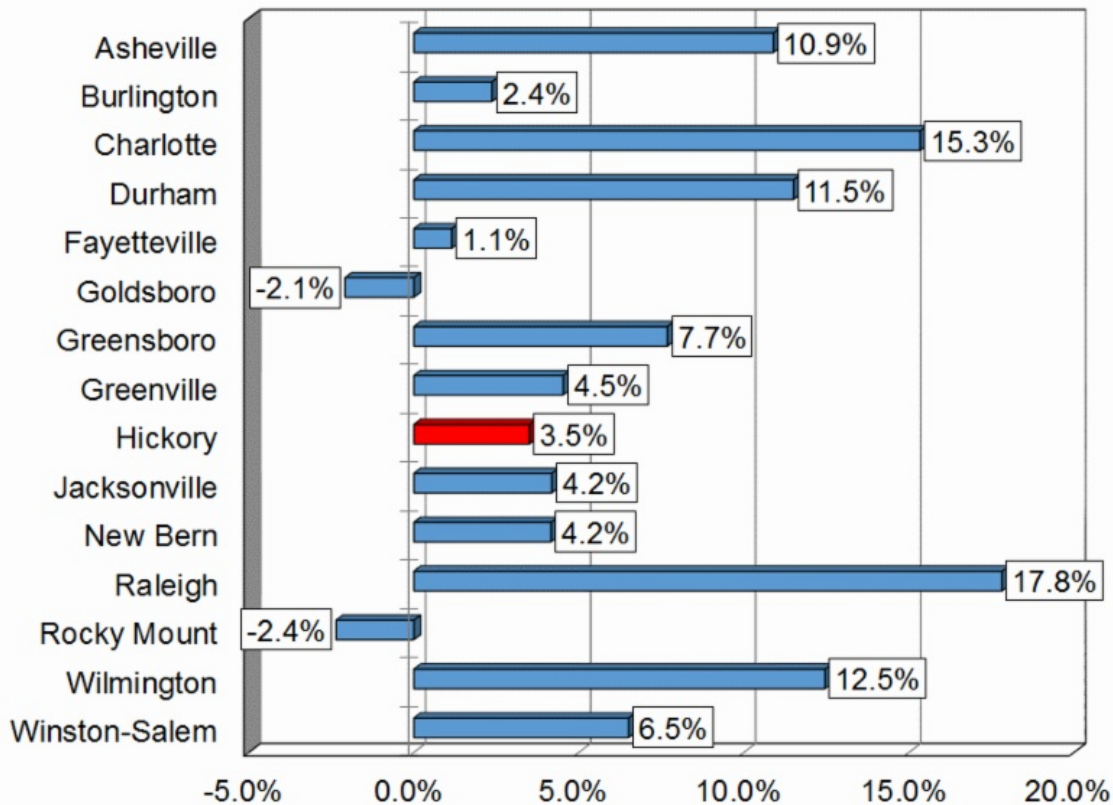
See the selected figures below for additional information. The EIN is produced quarterly and is a publication of the Western Piedmont Workforce Development Board. To subscribe to the EIN, please contact Taylor Dellinger, Data Analyst at 828-485-4233 or by email [taylor.dellinger@wpcog.org](mailto:taylor.dellinger@wpcog.org).

### Hickory MSA Estimated Employment December 2011-2016\*



\*Employment numbers shown are not seasonally adjusted.  
 Source: Bureau of Labor Statistics, CES Program, 2017.

### Percentage Change in NC MSA Employment, 2011-2016



Source: CES Program -Bureau of Labor Statistics, 2017.

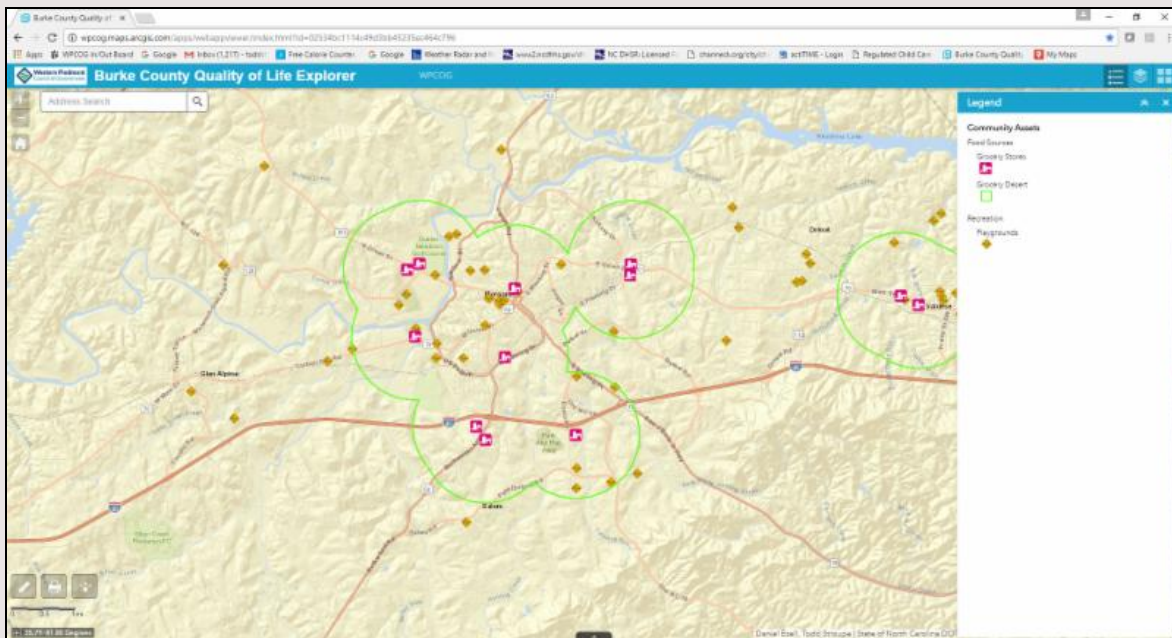


## IT/GIS Services

### Burke County Quality of Life Explorer

The Western Piedmont Council of Governments (WPCOG) Information Technology/GIS and Community & Regional Planning/Data Services Departments collaboratively developed a fresh, new web application for Burke County. The application, called the Burke County Quality of Life (QOL) Explorer, officially went "live" after a demonstration (of the application) to a group of potential stakeholders at the Foothills Higher Education Center on February 22, 2017.

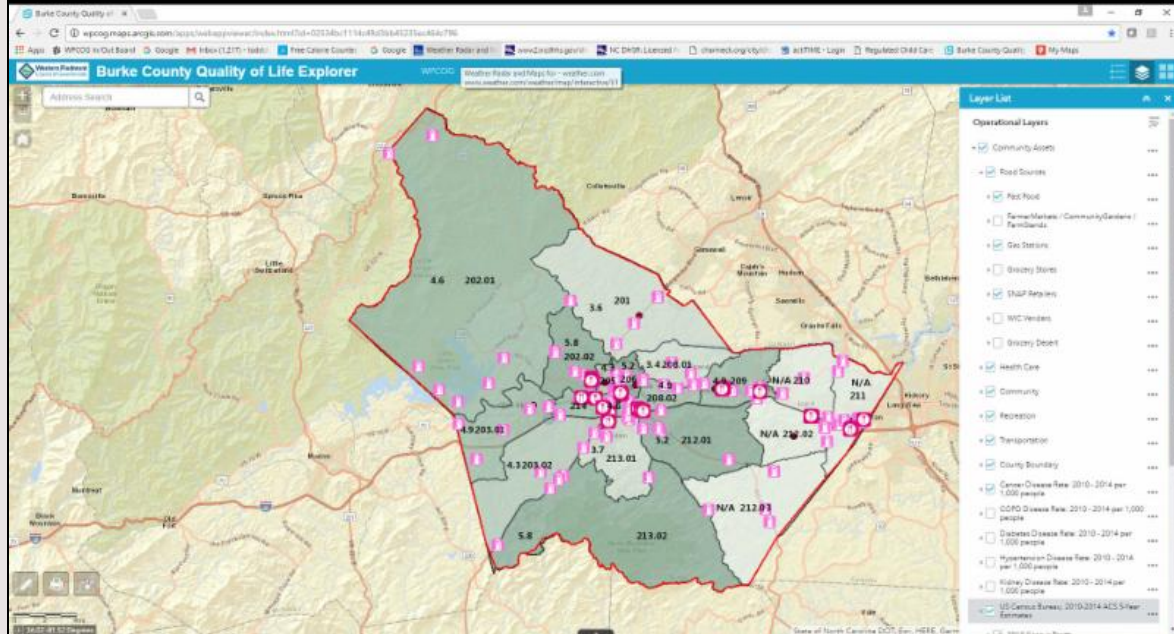
The QOL Explorer is the final deliverable from two product stages. During Stage One, the WPCOG used ArcGIS Online to share data collected during their 2015-2016 Burke County Community Assets Mapping Project, which was a collaborative enterprise of capturing and transferring digital datasets and digitizing other datasets from public and private sources. The purpose of Stage Two was to create the application which is an online, interactive map where users can control map layers by using their check boxes to turn them on or off, panning and zooming around the map, and identifying data features with just a click to see a pop-up of the feature's attached information. Both stages of the project were made possible by grants awarded to the WPCOG by the Kate B. Reynolds Charitable Trust.



The data shared in the online application is categorized by food source, healthcare, community, recreation, transportation, American Community Survey, and chronic health disease rates, which was a common concern among participants of Stage One community meetings.

The application serves as a community screenshot of Burke County assets and as a tool to be used in future planning efforts to improve the County's overall quality of life by addressing Burke's health challenges of physical inactivity, poor nutrition, and disease prevention. The app also allows data to be readily available to stakeholders and the public, which then can be analyzed to identify resource gaps in the community.

"I am quite amazed by what this tool is capable of and how important it will be for our community. I am now in the process of writing a grant from the NC Arts Council and will surely use this tool for backing up our need for support as well as demographics," said Deborah Jones, Executive Director of the Burke Arts Council.



The Burke County Quality of Life Explorer may be accessed through the Western Piedmont Council of Government's website ([www.wpcog.org](http://www.wpcog.org)) or [here](#).

The WPCOG would like to thank the Kate B. Reynolds Charitable Trust, Community Foundation of Burke County, Carolinas Healthcare System - Blue Ridge, Burke County Health Department, and KaBOOM!, in providing support during both the Burke County Community Assets Mapping project and the development of the Burke County QOL Explorer application.

Article by Todd Stroupe & Taylor Dellinger

## Regional Housing Authority

### Housing Partnership Network Informational Seminar

The Regional Housing Authority (RHA) will be hosting our first Housing Partnership Network Seminar (HPN). In an effort to better assist regional clients, the RHA created the HPN Seminar for agencies working with individuals with housing needs.

This seminar will address the Section 8 Housing Choice Voucher process including:

- Steps applicants must take to become tenants
- Opportunities available to participants through the Section 8 Program/Special Programs including Family-Self Sufficiency, Family Unification and Homeownership
- Regulations/policies
- Local Resources
- How to assist clients in securing and maintaining decent, safe and sanitary housing

Agencies with housing opportunities and resources have a shared vision and want to encourage our mutual clients. We feel confident this will provide agencies with knowledge to help facilitate Section 8 clients housing search and efforts in navigating the Housing Choice Voucher Program.

**The HPN seminar will be held Tuesday May 2, 2017, at 2:00 p.m. at the RHA office located at 1880 2nd Ave NW | Hickory, NC 28601.**

For more information on the HPN Seminar or if a representative from your agency would like to attend, contact Kala Guido at [kala.guido@wpcog.org](mailto:kala.guido@wpcog.org) or 828.485.4282

Article by Kala Guido

## WPCOG Calendar of Events

April	May	June
05 - CEDS Meeting (3 PM)	02 - Housing Partnership Network (HPN) Seminar (2 PM)	07 - CEDS Meeting (3 PM)
13 - Mayors/Chairmen/ Managers Meeting (6 PM)	03 - CEDS Meeting (3 PM)	22 - Workforce Board (8:30 AM)
19 - Water Resources (12 PM)	08 - Regional Aging Advisory Committee (12 PM)	27 - Executive Committee Meeting (6 PM)
20 - Regional Managers Meeting (12 PM)	16 - Western Piedmont Air Quality Committee (10 AM)	28 - MPO TCC (2 PM) & TAC (3:30 PM)
24 - Regional Aging Provider Meeting (2 PM)	23 - Policy Board (6PM)	29 - Mayors/Chairmen/ Managers Meeting (6 PM)
25 - AAA Legal Clinic (2:30 PM)	24 - MPO TCC (2 PM) & TAC (3:30 PM)	
25 - Executive Committee Meeting (6 PM)	24 - UNC School of Government Ethics Webina (10 AM)	
26 - CEDS Meeting (3 PM)	25 - Workforce Board (Tentative) (8:30 AM)	
27 - Workforce Board (8:30 AM)	31 - CEDS Meeting (3 PM)	
27 - Annual Meeting (6:30 PM)		

Western Piedmont Council of Governments  
 1880 2nd Ave NW | Hickory, NC 28601  
 Mail: P.O. Box 9026 | Hickory, NC 28603  
 P: 828.322.9191 | F: 828.322.5991

STAY CONNECTED

