

Submitted by the Executive Director's office.

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COVID-19 Related



Guidance for Visitation and Quarantine in Long Term Care Facilities

(March 16, 2021)

All licensed long-term care facilities regardless of size must allow visitation to the maximum extent possible following principles outlined in both updated [CDC guidance](#) and updated [CMS Visitation guidance](#). These guidelines recognize that expanding visitation has substantial benefits to residents, and that vaccination of residents and staff can mitigate some of the associated risks of COVID-19. Summary points on federal visitation guidance and quarantine guidance are below.

Visitation

- Outdoor visitation continues to be preferred even when the resident and visitor are fully vaccinated against COVID-19 as this space allows increased space and airflow.
- Facilities should allow responsible indoor visitation at all times and for all residents, regardless of vaccination status of the resident or visitor, unless certain scenarios exist, including:
 - Unvaccinated residents if the COVID-19 county positivity rate is > 10% AND <70% of residents in the facility are fully vaccinated;
 - Residents with confirmed COVID-19 infection, whether vaccinated or unvaccinated until they have met the [criteria to discontinue transmission-based precautions](#); or
 - Residents in quarantine, whether vaccinated or unvaccinated, until they have met [criteria for release from quarantine](#).
- DHHS continues to recommend facilities, residents, and families adhere to the core principles of COVID-19 infection prevention, including maintaining physical distancing and conducting visits outdoors whenever possible. However, residents who are fully vaccinated may choose to have close, physical contact with visitors if both parties wear well-fitted masks and perform hand-hygiene before and after contact.
- If a new case of COVID-19 is identified among residents or staff, visitation should be suspended and the facility should immediately conduct outbreak testing. If the first round of facility-wide outbreak testing reveals no additional COVID-19 cases in other areas/units of the facility, then visitation can resume in the unaffected areas/units.
 - However, if outbreak testing detects one or more COVID-19 cases in other units of the facility, the facility must stop visitation for both vaccinated and unvaccinated residents until it can meet criteria to end outbreak testing.
 - Compassionate care visits, and visits required under federal disability rights law, should be allowed at all times, regardless of a resident's vaccination status, the county's COVID-19 positivity rate, or an outbreak.

- o While end-of-life situations have been used as examples of compassionate care situations, the term “compassionate care situations” does not exclusively refer to end-of-life situations. Examples of other types of compassionate care situations are outlined in [CMS guidance](#).

Quarantine

- Residents leaving the facility for less than 24 hours: quarantine **is not** recommended for vaccinated or unvaccinated residents (unless there is prolonged close contact with someone with SARS-CoV-2 infection). Residents are encouraged to adhere to the 3 W's.
- For **unvaccinated** residents that leave the facility for ≥ 24 hours: quarantine **is** recommended when they return.
- For vaccinated residents that leave the facility for ≥ 24 hours: quarantine **is not** recommended unless they have had prolonged close contact with someone with SARS-CoV-2 infection while they were outside the facility. An exception to this would be if residents have “traveled”. [CDC travel guidance](#) states that individuals who have traveled should quarantine for 14 days after travel (regardless of vaccination status) if they will be having contact with individuals at increased risk for severe illness.
- Fully vaccinated residents being admitted to a LTCF no longer require quarantine as long as they have not been in prolonged close contact with someone with SARS-CoV-2 infection in the prior 14 days.
- Fully vaccinated residents in LTCFs should continue to [quarantine](#) following prolonged close contact with someone with SARS-CoV-2 infection in the prior 14 days.
 - o Although not preferred, facilities could consider waiving quarantine for fully vaccinated residents following prolonged close contact with someone with SARS-CoV-2 infection as a strategy to address critical issues (e.g., lack of space, staff, or PPE to safely care for exposed patients or residents) when other options are unsuccessful or unavailable. These decisions could be made in consultation with public health officials and infection control experts.
- Fully vaccinated staff with [higher-risk exposures](#) who are asymptomatic do not need to be restricted from work for 14 days following their exposure. Work restrictions for the following fully vaccinated staff with higher-risk exposures should still be considered for staff who have underlying immunocompromising conditions (e.g., organ transplantation, cancer treatment), which might impact level of protection provided by the COVID-19 vaccine.



#StayStrongNC

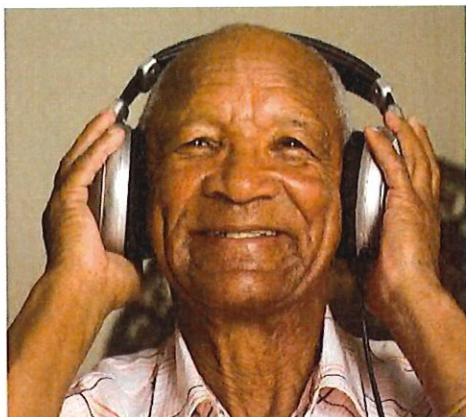
**Staying apart brings us together.
Protect your family and neighbors.**

Learn more at nc.gov/covid19.



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES

Webinars



Free Community Webinar

Monday, April 12th

Session One: 10 am

Session Two: 2 pm

Presented by



DEMENTIA ALLIANCE

of North Carolina

A STATE OF CARING

www.DementiaNC.org



*As a **MUSIC & MEMORY® at Home**
Certified, Care Organization,
Dementia Alliance of North Carolina
is proud to offer personalized
music - a powerful tool proven to
improve quality of life for
those living with dementia.*

About MUSIC & MEMORYSM

Brought to you by Dementia Alliance of North Carolina, **Music & MemorySM** is a listening program for people at home living with dementia. Participants who complete the program take home a personalized music kit that allows them to better experience joy and engage with the world around them.

What are the proven benefits?

- Reduced depression/anxiety
- Sparked memories
- Enhanced relationships and socialization
- Improved health and quality of life

If you live in Carteret, Craven, Duplin, Greene, Jones, Lenoir, Onslow, Pamlico, or Wayne counties, we invite you to join us on Monday, April 12th at either 10 am or 2 pm for a **free Zoom webinar** to learn more!

How to Register:

Register online by Friday, April 9th at:

www.DementiaNC.org/Music&Memory2021

The live webinar is free, but timed tickets are required.

Regional Happenings

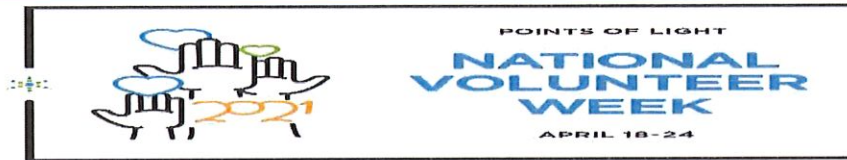
The AAA has been doing presentations to the County Commissioners for the counties in our Region. The presentation is on the AAA services that are offered through various funding streams to assist the elderly in our communities. January Brown and I have presented to Carteret, Greene, and Wayne County commissioner in the month of March 2021. We have scheduled several more for the upcoming month in preparedness for the upcoming budget and contract year.



Eastern Carolina Council

Area Agency on Aging

The AAA is currently monitoring providers under the Older Americans Act funding for our region. We are finishing this phase and will be starting the second phase. The second phase is for the COVID Pandemic funding of the Families First and CARES-Act. We have approximately twenty-seven providers in our nine counties providing services and the monitoring is for all providers.



**April
Is
National Volunteer Month**

Celebrating National Volunteer Month will be different considering the COVID-19 Pandemic that is keeping us all inside.

Our older population is especially vulnerable during this time. They may have trouble accessing food and services. They are also facing mental health challenges due to loneliness and isolation. Here are a few ideas to help senior citizens in your community.

- ❖ Delivering groceries or meals.
- ❖ Help at a food bank.
- ❖ Partner with a senior to help them with chores.
- ❖ Help with technology so they can stay connected.

Social media is a way to let people know you are available to help. Let your friends know or post on your neighborhood or community Facebook page.

At the ECC we have volunteer opportunities available as a Community Advisor Committee (CAC) member with the Ombudsman Program.

For local information and resources contact:


Eastern Carolina Council
Area Agency on Aging

Angelia Pridgen
Lean Regional Ombudsman
252-638-3185 ext. 3007

Colby Smith
Regional Ombudsman
252-638-3185 ext. 3010



Eastern Carolina Rural Planning Organization

Next Scheduled Meeting:
TCC & TAC - May 20, 2021 at 9:30 a.m.

[ECRPO April 2021 Newsletter](#)



Down East Rural Planning Organization

Next Scheduled Meeting:
TCC - March 23, 2021 at 10:00 a.m.
TAC - March 30, 2021 at 10:00 a.m.

[DERPO March 2021 Newsletter](#)

Next Scheduled Meetings



Executive Committee Board

May 13, 2021

3rd Floor Conference Room at ECC



Visit our YouTube Channel



March 31, 2021

FOR IMMEDIATE RELEASE

National Volunteer Month April 2021

(NEW BERN, N.C.) National Volunteer Week debuted in the United States in 1974 and has continued to grow every year since. In his proclamation declaring National Volunteer Week, President Richard Nixon urged all Americans to observe the week by seeking out a volunteer opportunity. Since then, individuals, offices, schools, and teams volunteer their time to make their communities better.

In 2021, celebrating National Volunteer Week and Month will be different considering the COVID-19 pandemic that is keeping us all inside. For many of us, the most difficult challenge that COVID-19 presents are not social distancing or staying home, but rather sitting on the sidelines as we watch or read about the pain and suffering that the virus is causing throughout the world. Finding a way to help healthcare workers, working parents whose children are home from school, or the elderly can help ease anxiety and give you a positive way to channel those feelings. Research has confirmed what most of us know in our gut: Volunteering and helping others does not just help the people that you are giving your time and energy to; it can help you feel better, too. Volunteering can decrease feelings of depression, increase life satisfaction, and improve overall well-being.

Our older population is especially vulnerable during this time. They may have trouble accessing food and services. They are also facing mental health challenges due to loneliness and isolation. Listed below are a few ideas to help senior citizens in your community:

- ❖ Delivering groceries or meals.
- ❖ Help at a food bank.
- ❖ Partner with a senior to help them with chores.
- ❖ Help with technology so they can stay connected.

Social media is a way to let people know you are willing to help. If you can shop and deliver groceries or run other errands, let your friends know or post on your neighborhood or community Facebook page. The AAA team at Eastern Carolina Council Area Agency on Aging is a great point of contact to help you find what is needed in your community.

End date of release: April 30, 2021

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Eastern Carolina Council Area Agency on Aging



April is National Parkinson's Disease Awareness Month

Parkinson's disease is a progressive neurological disorder. This means symptoms continue and worsen over time. There are no cures-only treatment options to manage the symptoms.

One million Americans have PD. About 60,000 people are diagnosed with PD each year. Men are 1 ½ times more likely to have Parkinson's than women. The average age of PD onset is 60 years old. Signs and symptoms can be different for everyone, they may include:

- Tremor
- Slowed movement
- Rigid muscles
- Impaired posture and balance
- Speech changes
- Writing changes

The cause of Parkinson's is unknown, ways to prevent the disease also remain unknown. Some research has shown that regular aerobic exercise might reduce the risk of PD.

Brought to you by:



252-638-3185



March 31, 2021

FOR IMMEDIATE RELEASE

April is National Parkinson's Disease Awareness Month

(NEW BERN, N.C.) In 1817 James Parkinson published the first detailed description in an essay on the Shaking Palsy. Public awareness campaigns include World Parkinson's Day (on the birthday of James Parkinson, April 11) and the use of a red tulip as the symbol of the disease. People who have increased the public's awareness of the condition include the boxer Muhammad Ali, actor Michael J. Fox, Olympic cyclist Davis Phinney, and actor Alan Alda.

Parkinson's disease (PD) is a long-term degenerative disorder of the central nervous system that mainly affects the motor system. The cause remains largely unknown, but several factors appear to play a role, including: **Genes.** Researchers have identified specific genetic mutations that can cause Parkinson's disease. But these are uncommon except in rare cases with many family members affected by Parkinson's disease. **Environmental triggers.** Exposure to certain toxins or environmental factors may increase the risk of later Parkinson's disease.

Parkinson's disease typically occurs in people over the age of 60, of whom about one percent are affected. Males are more often affected than females. The Centers for Disease Control and Prevention rated complications from PD as the 14th cause of death in the United States. Parkinson's disease signs and symptoms can be different for everyone, they may include:

- ❖ Tremor
- ❖ Slowed movement
- ❖ Rigid muscles
- ❖ Impaired posture and balance
- ❖ Speech changes
- ❖ Writing changes

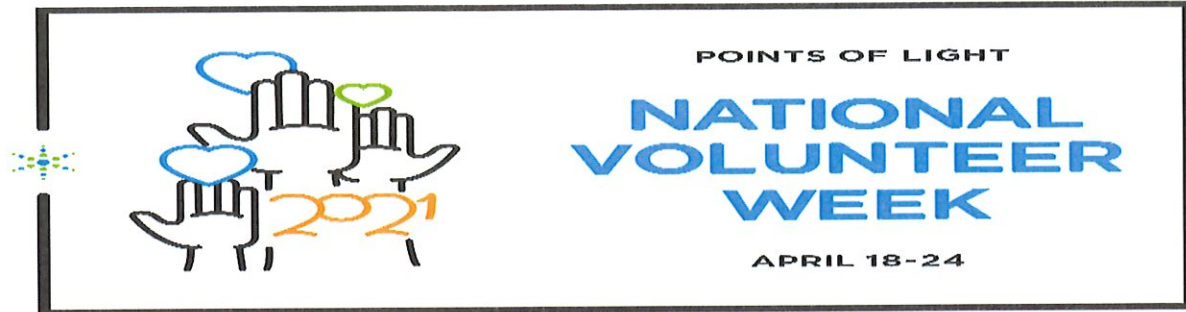
Because the cause of Parkinson's is unknown, proven ways to prevent the disease also remain a mystery. Some research has shown that regular aerobic exercise might reduce the risk of PD.

If you or someone you know is suffering with Parkinson's disease, Eastern Carolina Council Area Agency on Aging can provide you with the resources and support groups in your area.

End date of release: April 30, 2021

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April
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National Volunteer Month

Celebrating National Volunteer Month will be different considering the COVID-19 Pandemic that is keeping us all inside.

Our older population is especially vulnerable during this time. They may have trouble accessing food and services. They are also facing mental health challenges due to loneliness and isolation. Here are a few ideas to help senior citizens in your community.

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April 30, 2021

FOR IMMEDIATE RELEASE

May is Older Americans Month

(NEW BERN, N.C.) in 1963 President John F. Kennedy and members of the National Council of Senior Citizens met over concerns that a third of older Americans lived in poverty, and there were few programs to meet their needs. This led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Every May, the Administration for Community Living leads our nation’s observance of Older Americans Month. The theme for 2021 is “**Communities of Strength**”. Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This Older Americans Month, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

This year, Eastern Carolina Council Area Agency on Aging will celebrate Older Americans Month by encouraging community members to share their experiences. Together, we can find strength, and create a stronger future.

Here are some ways to share and connect:

- ❖ **Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media or call a friend or family member to share a happy moment or to say thank you.
- ❖ **Reach out to neighbors:** Even if you cannot get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.
- ❖ **Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community.
- ❖ **Share your story:** There is a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences through action, story, or service we help build strong communities. And that is something to celebrate. Please join Eastern Carolina Council AAA in strengthening our community.

End date of Release: May 31, 2021

Contact: Eastern Carolina Council Area Agency on Aging
252-638-3185



April 30, 2021

FOR IMMEDIATE RELEASE

May 9th to June 20th is World Elder Abuse Awareness Month

(NEW BERN, N.C.) On **June 15th, 2006 World Elder Abuse Awareness Day (WEAAD)** was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations to unite communities around the world in raising awareness about elder abuse. WEAAD serves as a call-to-action for our communities to raise awareness about abuse, neglect, and exploitation of elders, and reaffirm our country's commitment to the principle of justice for all.

When we come together, we can prevent elder abuse from happening. We can put support services in place, and direct community resources toward addressing elder abuse.

Elder abuse is widespread. Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that elder abuse is significantly under-reported, in part because so many of our communities lack the social supports that would make it easier for those who experience abuse to report it. Research suggests that as few as 1 in 14 cases of elder abuse come to the attention of authorities.

The good news is that we can prevent and address the issue of elder abuse. There are many ways to strengthen our social supports through policies, services, and programs that keep us integrated in our communities as we age.

- ❖ We can design and equip community centers to work as intergenerational spaces that allow older people to build relationships and participate in the work, play, and life of our neighborhoods.
- ❖ We can think about the role of transportation in reducing social isolation and adjust systems so that we can all continue to move throughout our communities as we age.
- ❖ We can figure out new and better ways to arrange and coordinate the teams, agencies, and programs that work specifically with older people.
- ❖ We can develop programs to educate families and professionals who work with older adults to understand the importance of preventing isolation, how to spot the warning signs of abuse, and what to do to address abuse or neglect.

By doing all that we can to strengthen the social support structure, we can reduce social isolation, protect communities and families against elder abuse, and build a nation that lives up to our promise of justice for all.

End date of release: June 30, 2021

Contact: Eastern Carolina Council Area Agency on Aging
252-638-3185

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