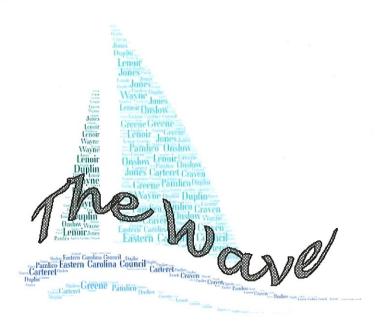
Volume II; issue ii | February 2021



Submitted by the Executive Director's office.

Eastern Carolina Council of Governments (ECCOG) would love to share your news with the Region. Email your stories to eccadmin@eccog.org

Visit our Website

COVID-19 Related

Governor Cooper's Executive Orders:

Executive Order No. 188 - Extension of Modified Stay at Home Order

Executive Order No. 189 - Further Extension of Stay at Home Order

Executive Order No. 190 - Mixed Beverage Extension

Executive Order No. 191 - Evictions Extension

Executive Order No. 192 - Reissuance of Transportation Provisions

COVID-19 App to Help Track Cases and Slow the Spread



What to Expect Handout

Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.







To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.



Different types of COVID-19 vaccines will be available. Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



www.cdc.gov/coronavirus/vaccines



The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two. Having these types of side effects does NOT mean that you have COVID-19. If you have questions about your health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emergency room.



When you get the vaccine, you and your healthcare worker will both need to wear masks.

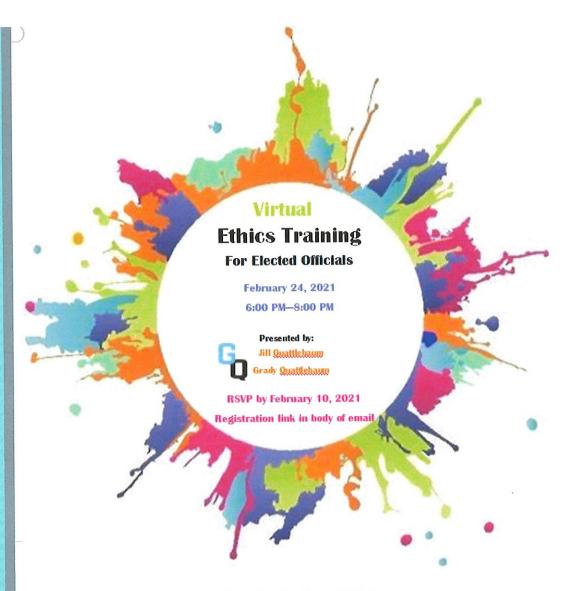
CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.







Even after you get your vaccine, you will need to keep wearing a mask that covers your nose and mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.



 $\label{lem:register} \textbf{Register here:} \ \underline{\text{https://zoom.us/meeting/register/tJMuf-igpjkpGtdjEprknsxpLmQ7LRWfLwli}}$

Regional Happenings



The Person Behind The Mask

In a world where wearing masks is one of the number one defenses against the COVID-19 pandemic, individuals' emotions may get lost. Our faces provide a massive amount of information and facial expressions that are a readout of our identity. From feeling happy to sad our expressions say a lot about how we feel. While a public health necessity, masks challenge our skills in understanding what a person is feeling or thinking. As our nation continues to utilize masks for safety, individuals can become more in tune to what people are saying when wearing a mask. Individuals need to understand how they are delivering their emotions through their tone of voice to non-verbal cues. To connect your intent of emotion and expressions ensure that your entire body is in line with your words when wearing a mask.

What Are You Saying?

Body Language

- What does your posture say?
- What are your hands telling people?
- How does your stance show your intent of emotions?

Facial Cueing

- What do your eyes communicate?
- What does your forehead tell others about what you are saying?
- How is the position of your head when you speak and show emotion?

Tips to Communicate Affectively

- Talk slower.
- Be an active listener.
- Adjust your tone not your volume.
- Utilize your body language and other gestures.
- Make sure you have an individual's attention when talking with them.
- Use your hands and your body language to show intent of communication.
- Face the individual directly and may sure nothing blocks your view when talking with someone.
- Smile with your eyes.

Can you Guess the Expression?



Angry Mad



Sad Upset



Confused Thinking



Happy Laughing



Surprised Startled

Eastern Carolina Council
Aten Agency on Aging

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February

Is

American Heart Month

Cardiovascular disease (heart disease and stroke combined) kills about 2,300 people a day. Consider the following facts:

- Heart disease kills more people than all forms of cancer combined.
- Heart attacks affect more people every year than the population of Dallas, Texas.
- ❖ 83% believe that heart attacks can be prevented but are not motivated to do anything.
- 72% of Americans do not consider themselves at risk for heart disease.
- 58% put no effort into improving their heart health.

The good news is that heart disease is preventable in most cases with healthy choices.

February 5th is National Wear Red Day. Go Red to raise awareness and support for heart disease.

For local information and resources contact:



Area Agency on Aging

Carly Francis
Aging Program Consultant
252-638-3185 ext, 3015



Eastern Carolina Council Area Agency on Aging facilitated a Nutrition Provider Meeting Thursday, January 27, 2021. The meeting provided a chance for providers in the region to exchange ideas and best practices with one another. Additionally, providers shared innovative ways they are using to stay connected with their participants while senior centers are closed.

Nutrition service providers have provided 202,606 meals between July 1, 2020 and January 31, 2021.

Community Needs Survey

The Oarland are Drogram developed a community curvey to assist with the Area Agency

on Aging's community needs project. The survey asked questions related to long-term care, family caregiver support, evidence-based programs, and volunteerism. The survey was distributed region-wide to service providers, senior service recipients, and other stakeholders in the senior services community. The results of the survey will be used to show county leadership the services that may be lacking in their communities and to assist them with making informed programmatic decisions.

To complete the survey click here



...... Community Survey



We Value Your Opinion

Are you:

- ✓ An older adult 60 years old or older?
- ✓ A caregiver of an older adult?
- ✓ An older relative caregiver of an individual with disabilities?

We would like to hear from you. Your input will play a vital role in the development of community action plans, education, and services. Survey questions address the needs of older adults and caregivers in our communities.

The survey is anonymous and only takes 5-10 minutes to complete.

Take the survey by visiting:



OR

To complete the survey over the phone, please contact: Eastern Carolina Council Area Agency on Aging 252-638-3185

Servicing Carteret, Craven, Duplin, Greene, Jones, Lenoir, Onslow, Pamlico, and Wayne Counties.



Eastern Carolina Rural Planning Organization

Down East Rural Planning Organization

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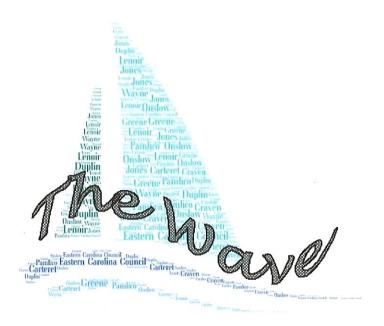
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COVID-19 Related

Governor Cooper Signs COVID-19 Relief Bill into Law

Governor Cooper shared this statement on SB 36:

"This pandemic continues to strain communities across our state, and this investment of federal funds in critical areas will help us defeat COVID-19 and build back a stronger and more resilient North Carolina."

COVID-19 App to Help Track Cases and Slow the Spread

Grant Opportunities

EDA invites applications for economic development grant opportunities
The U.S. Economic Development Administration (EDA) invites applicants to submit
applications under its Public Works program and Economic Adjustment Assistance (EAA)
programs. Through these programs, EDA invites applications to request grant assistance
for clearly defined construction or non-construction assistance projects that will advance
job creation, job retention and private investment or enhance economic development
decision-making, respectfully. Through EDA's grant programs construction may support
the construction of new public assets or the renovation of existing public assets, which
include but are not limited to water/sewer lines, tanks, systems, pumps; incubators; access
roads; workforce training facilities; commercialization centers; and port
improvements. EDA's non-construction projects can support a wide array of activities,

including highest and best use analysis, cluster and supply chain mapping studies, and regional technical assistance projects. Matching share funds are required and must be committed at the time of the project and for the same scope of work. For Public Works and Economic Adjustment Assistance Programs the match is generally 50 percent, although communities may qualify for a higher grant rate. **Applications accepted on a rolling basis.** To learn more and to discuss potential projects, please contact Hillary Sherman at https://www.grants.gov/web/grants/view-opportunity.html?oppid=321695.

Reminder: US Department of Education offering Talent Search Grants to support completion of postsecondary education

US Department of Education invites public or private agencies, institutions of higher education, and/or secondary schools to apply under the Talent Search Grant program for funding to support the identification of individuals from disadvantaged backgrounds with potential for education at the postsecondary level and encourage them to complete secondary school and undertake postsecondary education. **Applications are due February 26, 2021.** To learn more, please go to:

https://www.govinfo.gov/content/pkg/FR-2020-12-28/pdf/2020-28583.pdf.

USDA accepting applications to support RLFs that service microentrepreneurs in rural areas

USDA Rural Development has announced it is now accepting applications from nonprofits, cooperatives, and federally-recognized tribes interested in creating revolving loan funds to support rural businesses and community development projects in their area. Applications are competitive and must be submitted to the NC Rural Development State Office by 4:30pm on March 31, 2021 for the third quarter or by 4:30pm on June 30, 2021 for consideration in the fourth quarter. To learn more, please go to: https://www.rd.usda.gov/programs-services/rural-microentrepreneur-assistance-program.

USDA accepting applications to community facilities technical assistance and training

USDA Rural Development invites eligible applicants (States, counties, cities, townships, and incorporated towns and villages, borough, authorities, districts, and Indian Tribes on Federal and State reservations) to submit applications for Technical Assistance and/or training with respect to essential community facilities. Through this program, resources are provided to help eligible entities identify and plan for community facility needs that exist in their area. To learn more, please go to: https://www.grants.gov/web/grants/view-opportunity.html?oppId=330870.

USDA Strategic Economic and Community Development resources
USDA will advance projects that promote and advance strategic community and regional
plans, included the CEDS. USDA is hosting a webinar on February 9, 2021 at 4pm ET
to showcase the FY 2021 application requirements and process. To participate, please go
to: https://globalmeetwebinar.webcasts.com/starthere.jsp?
ei=1415040&tp key=af3bf09fte.

DOT to offer Regional Infrastructure Accelerator grants

US DOT will offer up to five grants through a national competition aimed at establishing Regional Infrastructure Accelerators designed to expedite the delivery of transportation infrastructure projects through innovative finance and delivery methods. Applications must be received by **March 31**, **2021**. To learn more, please go to: https://www.grants.gov/web/grants/view-opportunity.html?oppId=330635.

Webinars

FEMA will be offering a course titled "Recovery from Disaster: Local Community Roles." virtually in March and again in May.

This course addresses newly updated content about concepts in disaster recovery and the latest guidance on recovery planning. Participants will either assess their own recovery plan or a sample against this national planning guidance. Following that, participants will

discuss how a disaster recovery effort can be organized, managed, and led along with the types of challenges faced by recovery managers. Case study activities throughout the course give participants the opportunity to target information strategies, address local capabilities and challenges, and analyze experiences from various communities that have experienced disaster. For more detail, or to register click here

National Hazards Center and FEMA offer webinar on leveraging building codes to save property and foster resiliency

Recent disasters have affirmed the importance of good planning and planning practices. To showcase why and how this matters, the National Hazards Center has partnered with FEMA to offer a webinar entitled "Building Codes Save: The Data Behind a Nationwide Effort to Reduce Hazard-Related Property Loss." This webinar will include a panel of experts showcasing best practices and examples of how hazard-resistant codes in communities nationwide can mitigate property loss. This webinar is showcasing results from recently completed study entitled "Building Codes Save: A Nationwide Study" which is available at: https://www.fema.gov/emergency-managers/risk-management/building-science/building-codes-save-study?

utm_source=NHC+Master+List&utm_campaign=21d731e9fd-

CallforContributions_2019_COPY_02&utm_medium=email&utm_term=0_dabc309806 -21d731e9fd-54483674. The webinar will be held on Tuesday, February 9, 2021 from 1:00pm to 2pm Eastern. To register, please go to:

https://cuboulder.zoom.us/webinar/register/WN_IYYuMqBaQQOK6dFn-FDvRg?utm_source=NHC+Master+List&utm_campaign=21d731e9fd-CallforContributions_2019_COPY_02&utm_medium=email&utm_term=0_dabc309806-21d731e9fd-54483674.

Webinar to offer insights to help educational institutions become better prepared to support next generation of innovators and entrepreneurs

Innovation – or the capacity to create new value from new or existing items – is common in our lexicon, but perhaps nowhere more so than educational institutions. Charged with preparing students for emerging opportunities of the future in a period of rapid change and technological advances, the how is the challenging part. Tony Wagner, author of Learning by Heart, will present recommendations for those engaged in this field to foster more engagement, capacity to innovate, and successful outcomes. Anyone interested or charged with fostering entrepreneurship or workforce/educational activities may be interested in this information. The webinar will be held on February 25, 2021 from 1:00-2:30pm Eastern and is free. To register, please go to: https://uso2web.zoom.us/webinar/register/WN_NI-G7vfmQ9mNgCXWNBRL7A.

Webinar highlighting strategies for supporting walkable communities
America Walks is hosting a webinar on February 10, 2021 from 2-3pm Eastern to discuss the impact strategies for fostering walkable communities. For more information and the registration link, please go to: https://americawalks.org/new-webinar-what-can-a-body-do-how-we-meet-the-built-world-a-conversation-with-author-sara-hendren/.

CFDA to host free webinar on restoring hospitality industry CFDA is hosting a free webinar aimed at scanning the impact of the hospitality industry and highlighting strategies that can be leveraged to help the industry stay afloat. The webinar will occur on February 16, 2021 at 2pm. To register for this webinar, please go to: https://www.cdfa.net/cdfa/webcasts.nsf/register?open&set=BNY&events=.

BroadbandUSA to offer webinar on available broadband data that may be leveraged to effective planning

Accessible and affordable broadband have become critical components to cultivating vibrant economic development. There is a tremendous amount of federal data available through a variety of publicly available sources that can assist communities with getting starting or moving forward planning efforts to realize this goal. The webinar is entitled "Data as the Foundation for Broadband Planning" and will be held on February 17, 2021 at 2pm ET. To register for the webinar, please go to:

https://broadbandusa.ntia.doc.gov/ntia-event/february-2021-webinar-data-foundation-broadband-planning#contententarea.

USDA to host webinar on resilience in food systems and agriculture

USDA's Office of Partnerships and Public Engagement will host a virtual forum entitled "Building Resilience in Agriculture & Food Systems through Innovative and Strategic Partnerships" on February 17, 2021 from 1:00pm-4:30pm Eastern. To register, please go to: https://forms.office.com/Pages/ResponsePage.aspx?id=5zZb7e4BvE6GfuA8g1Glx9T9qtOOKpAp5kEHkHEO81UQU8wOTlTOTAzVkVWTEooTTM3MjBIMzVSMi4u&u tm_campaign=Washington%20Snapshot&utm_medium=email&_hsmi=108722084&_hs enc=p2ANqtz-

9sZzoFJBzXiQyXjZLVgkHgd6G91CLSjRR3k6n1NZYXFGsJvRdx5TOcoGsYEeB7ykenQ5s wZD9R1DidagTEq-7jNnRQw&utm_content=108722084&utm_source=hs_email.

BroadbandUSA hosting webinar on using data as foundation of broadband planning

BroadbandUSA is hosting a webinar on February 17, 2021 at 2pm ET entitled "Data as the Foundation for Broadband Planning." This webinar will highlight some of the federal data sources that are collected and available and how they can be used to undertake broadband planning. To register more, please go to: https://broadbandusa.ntia.doc.gov/ntiaevent/february-2021-webinar-data-foundation-broadband-planning.

Regional Happenings

The U.S. Small Business Administration announced Friday that Economic Injury Disaster Loans are available to small businesses, small agricultural cooperatives, small businesses engaged in aquaculture, and private nonprofit organizations in North Carolina as a result of excessive rain that occurred April 1 - Nov. 14, 2020. Click here to read more.

January 2021 Office of the Comptroller of the Currency newsletter focuses on the mechanics of how Opportunity Zones can be leveraged to strengthen communities

The Office of the Comptroller of the Currency's January issue of Community Development Investments focuses exclusively on Opportunity Zones – summarizing what they are, how they can work, and ways they have been leveraged. To review the information, please go to: https://www.occ.gov/publications-and-resources/publications/communityaffairs/community-developments-investments/jan-2021/pub-ca-cdi-newsletter-jan-2021.pdf.

Toolkit for fostering outdoor recreation released

The Outdoor Recreation Roundtable recently released a new toolkit aimed at helping rural communities building on the outdoor recreation economy. This tool may be of interest to local and regional leaders in areas working to promote the outdoor economy. To access the toolkit, please go to: https://recreationroundtable.org/rural-development-toolkit/.

Article on Building a more resilient economy

Fostering an inclusive economy has always been important, but the realities born out over the last year have renewed the importance of supporting economic development activities that foster inclusive and resilient development. A new article highlights strategies that communities can employ to foster resilience in a post-COVID environment. To read the article, please go to: https://www.route-fifty.com/finance/2021/02/inclusive-andresilient-economic-development/171818/.

CDFA releases guidebook on best practices for RLFs

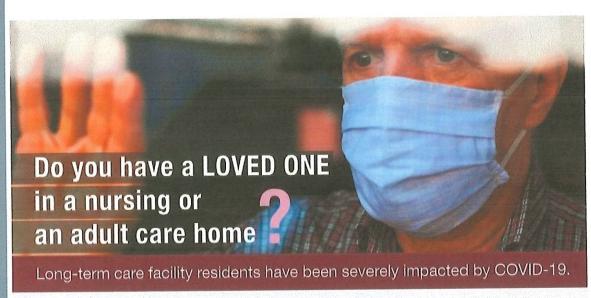
The Council of Development Finance Agencies, CDFA, released a new resource entitled "Revolving Loan Fund Best Practices Handbook – Characteristics of High Performing RLFs". This resource can be used to assess the best practices which may be employed to strengthen the effectiveness of RLFs. To view the resource please go to: https://www.cdfa.net/cdfa/cdfaweb.nsf/ordredirect.html?open&id=CDFA-EDA-RLFbest-practices-handbook.

EPA toolkit to help support Opportunity Zone investment available

"Leveraging Development Finance Tools to Attract Opportunity Zone Investment" offers practical and insightful information that may be used to help communities move forward. To read the report, please go to: https://www.cdfa.net/r/CDFA-Skeo_2020-07 DF-Tools-OZ-Investment-Guide.html.

New Guide for leveraging Opportunity Zones to create more equitable development released

Johns Hopkins Krieger School of Arts and Sciences and Cities of Service have recently released a guidebook entitled "Guiding Opportunities Practitioner's Guide: Engaging Communities to Create More Equitable Opportunity Zones." To access the full report, please go to: https://citiesofservice.jhu.edu/wp-content/uploads/2021/01/Cities-of-Service-Guiding-Opportunities-Practitioners-Guide.pdf.



Guidance provided by the Centers for Medicare & Medicaid Services (CMS) and the Centers for Disease Control and Prevention (CDC) shows an ongoing commitment to helping protect residents from COVID-19 while trying to keep them connected with their families and loved ones even during these difficult times.

If you have questions about your loved one's rights or feel they are unable to exercise these rights, please contact your Regional Long-Term Care Ombudsman.

NCDHHS Resources and Guldance
Adult Care Home Guidance
Holiday Visitation
Visitation, Communal Dining and Outdoor Activities



Division of Aging and Adult Services • Division of Health Service Regulation • Division of Public Health • Division of Health Benefits www.ncdhhs.gov • NCDHHS is an equal opportunity employer and provider, 12/2020

Residents' Bill of Rights

Residents have rights guaranteed by federal and state law regarding being treated with consideration and respect and in recognition of their personal dignity and individuality. Rights include visitation in accordance with public health and regulatory guidance, care that is adequate, appropriate and in compliance with relevant federal and state statutes, and new protocols enacted based on current conditions.

Guidance for Families on Visitation and Addressing Concerns

Family members, the best advocates for their loved ones, should address questions and concerns about visitation directly with the facility administrator or director of nursing. Ask the facility about their visitation policy and the procedures for communicating those policies to residents and families, including when there are changes in procedures. Additional guidance has been provided by the North Carolina Department of Health and Human Services (NCDHHS), with links at the bottom of this page.

Understanding that facilities must balance residents' rights for visitation with safety, some new protocols may impact facilities' ability to enable visitation. Working together to ensure understanding and seeing that residents' rights are being honored will ensure residents' health and well-being during COVID-19 and beyond.

Long-Term Care Ombudsman

Families can access the Long-term Care Ombudsman program, which provides an advocate for residents of long-term care facilities who can assist in helping them exercise their rights. The ombudsman works to resolve grievances between residents, families and facilities.

If you have questions about your loved one's rights or feel they are unable to exercise these rights, please contact your Regional Long-Term Care Ombudsman.



Are you ready to lead the planning department in a fast-growing town in North Carolina's capital county? If so, read on! The Town of Rolesville wants someone with strong communication skills, experience in long-range planning and project management, and a customer-service orientation to manage a growing department and help implement its Comprehensive Plan, Strategic Plan, and Main Street Vision Plan. The salary range is \$84,114-\$112,915. Click here for more details.



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