



Eastern Carolina Council

## Executive Director's Report

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## **Executive Director's Report**

### **November 12, 2020**

#### **Public Relations Efforts**

We have a **new website**. Please view at <https://eccog.org/>

The ECC has developed the following:

Videos on Facebook and UTube ECC Channel

- Let's Talk Tech for Seniors
- Separate videos on the Residents' Bill of Rights. There are 16 Rights.

Please like us on Facebook and share the information.

#### **Local Government Outreach**

- Visited with Board and Manager for Town of Mount Olive and ECC Representative and Manager Town of Havelock.
- Grant opportunities emailed to the region on August 25, September 17 (NC GREAT Grant, FEMA Hazard Mitigation, Building Resilient Infrastructure and Communities), and September 22.
- Protect yourself from Coronavirus Scams emailed on August 25.
- Managers Meetings

The managers were surveyed (<https://www.surveymonkey.com/r/LL2GQSZ>) and the majority wanted to have the meetings on the third Tuesday of the month. Several commented that they did not want in person meetings. Topics that were of importance are the following:

- CDBG-CV grants/management
- COVID-19 and employment
- CARES Funding
- capital projects for police departments and how to manage when you know nothing about being a police officer
- a regional garbage/recycling approach
- help with 160D amendments.
- growth of a town- how to fund capital projects and projects that would improve the safety and health of a town's community
- racial and ethnic diversity
- economic development planning and land use advisory board (processes & procedures)
- code enforcement for commercial structures/properties, downtown revitalization, attracting industry and business development,

Update: The ECC hosted a series of webinars to help with CARES Funding and other unfunded mandates. On November 17<sup>th</sup> from 11:00 a.m. to 1:30 p.m. the managers' meeting will be held with the topics of COVID-19 Employer Best Practices and a Broader View of Economic Development/Recovery after the Pandemic. We are conducting the meeting in person and virtually.

#### **Statewide Outreach**

- Executive Director appointed to committee to represent the state Council of Governments for statewide 501c3 to access statewide funding for aging programs.

- Executive Director on Search Committee for NC Asheville 2-year grant for Falls Prevention Director.

On October 5, 2020 Governor Cooper appointed the Executive Director to the **North Carolina Geographic Information Coordinating Council (GICC)**. The Council was established by the N.C. General Assembly to develop policies regarding the use of geographic information, geographic information systems and related technologies. The GICC is an organization of volunteers whose goals are to:

- Collaborate in geographic information and systems, involving state, federal and local government agencies, academic institutions, private organizations, and individuals across the state.
- Improve the quality, access, cost-effectiveness and utility of North Carolina's geographic information and resources, and promote geographic information as a strategic resource.
- Efficiently collect, develop, and use geographic information through voluntary exchange and sharing of data and technical know-how.
- Explore, guide, and provide a framework for coordination including:
  - Developing standards
  - Planning strategically
  - Resolving policy and technical issues
  - Providing central direction and oversight
  - Advising the governor and the Legislature as to needed directions, responsibilities, and funding regarding geographic information.

The GICC achieves its goals through collaborative leadership, communication, and assistance. Leadership includes promoting GIS technology for the state and demonstrating the value of reliable geographic information for effective decision making. The GICC supports communication by providing opportunities to hear and examine issues, share ideas, and build consensus through collaborative activities. Assistance consists of standards and recommended practices, guidelines, and policies, learning opportunities, projects and initiatives that expand and improve public access to complete, consistent, current, statewide geographic information.

## **National Outreach**

The ECC staff received three prestigious National Awards. In June, the ECC Executive Director submitted nominations for the National Association of Development Organizations Impact Awards. The merits of the nomination and the services provided were vetted by a national committee and awards were given to organizations who developed and implemented programs having pronounced and lasting impacts on a community. To answer the question what does the ECC Aging staff do for a community, please read the programs the ECC provides to our adults over sixty. I hope you will find the intrinsic worth as much of an asset to the community as the national committee deemed it beneficial.

## **Regional Dementia Education and Supportive Training**

The Eastern Carolina Council of Governments Area Agency on Aging (ECCAAA) provides simulation training to improve service to adults with dementia. The workshop includes an interactive experience for participants to step in the shoes of an adult with dementia. Participants include first responders, employees of long-term care facilities, local government employees, and caregivers.

The ECCAAA partners with local Crisis Intervention Officer Training Certification Programs to provide first responder training to include Dementia Simulation Training and Crisis Training when addressing an individual with dementia and their caregivers. Through the training programs, individuals learn successful communication skills that improve services for individuals diagnosed with dementia and their caregivers in their community during interactions and crisis. ECCAAA Family Caregiver Specialist Janurary Brown and the Regional Long-Term Care Ombudsmen Angela Pridgen and Colby Smith have partnered to facilitate a unique opportunity for fire department staff, long-term care facility staff and families, and community healthcare professionals. Participants gain a greater awareness and understanding of the constant struggles (24/7) affecting persons with dementia. Using specialized gear within a safe setting, participants experience a real-life simulation of what feels like be like to live day to day with dementia. Participants also receive dementia awareness training, caregiver crisis training, and elder abuse training. Training of first responders can improve outcomes and provide support to individuals living independently in our communities. First responders are becoming more aware of the need for dementia training, information, and interaction processes to help them best respond to the needs of individuals with dementia in their community.

Additionally, the ECCAAA created two mobile “Faces of Dementia”, traveling exhibits that have been displayed at local events, meetings, and other public gatherings to build awareness and education of dementia in our communities. The exhibit features individuals along with a brief bio to include celebrities and local individuals who have lived with dementia. The “Faces of Dementia” exhibit pays homage to individuals living with dementia and has become a lasting tribute to these incredible legacies. Individuals diagnosed with dementia touches all of our community. They are family, friends, neighbors, co-workers, colleagues, clients, and customers.

The ECCAAA’s Ombudsmen Angela Pridgen and Colby Smith facilitate Elder Abuse Awareness Campaigns throughout our nine-county region to promote the education, awareness, detection and prevention of abuse, neglect, and exploitation of older adults.

June 15<sup>th</sup> is designated as World Elder Abuse Awareness Day each year. North Carolina recognizes from Mother’s Day to Father’s Day each year as Elder Abuse Awareness Month. The ECCAAA Ombudsman Program has held annual “Elder Abuse Awareness Walks” to recognize these significant dates during the months of May and June. The ECCAAA held events in Onslow County for the past six years, in Lenoir County for the past five years, Greene County for the past four years, Craven for the past two years, and Duplin County for the past two years. The goal of the Elder Abuse Awareness Walks is to educate the community on what constitutes Elder Abuse, how to prevent abuse, who to report allegations of abuse to, and to provide national and state statistics on abuse. This past year, the ECCAAA developed elder abuse awareness steering committees to plan the events. These committees consist of representatives from law enforcement, local Department of Social Services, banking industry, local hospitals, senior centers, home health agencies, and other community groups. The 2019 year was our most successful year thus far because of the work of these committees. We met several months prior to the event dates to plan and prepare for each event. We held our first Elder Abuse Awareness Walk in Duplin County on May 15, 2019 with 300 registered participants during the Senior Center’s Annual Fun Day. Onslow County held an awareness walk and health fair at the Onslow Senior Services on May 29th. We had a record high of over 100 participants at this year’s event. Lenoir County held their event at Pearson Park. Entertainment was provided by the local Senior Dance team to go along with the Walk on June 14<sup>th</sup> with a total of 100 participants. Greene County’s walk was held on June 14th at the Greene County Senior Center and had

200 participants. We created signs to line the path of the “Walks” with state and national elder abuse statistics printed on each sign. To make these events successful and to incorporate other age groups, we coordinated volunteers from local high school ROTC programs and law enforcement.

In Wayne County, we teamed up with the Peggy M. Seegars Senior Center to conduct an Elder Abuse Symposium on June 12<sup>th</sup> with 100 participants in attendance. Speakers included local law enforcement, Adult Protective Services staff, and a representative from the North Carolina Secretary of State. We coordinated with Carteret County DSS to run a full-page article on Elder Abuse Awareness. The article ran for four consecutive weeks. We set up a booth for Elder Abuse Awareness at the Jones County Health Fair and provided t-shirts to over 50 participants. Our goal for 2019 was to provide elder abuse awareness throughout our nine county regions.

In 2020, in-person awareness events were cancelled due to the COVID-19 pandemic. As a result, we transitioned our awareness efforts to a virtual platform and sponsored a social media awareness campaign. The campaign included elder abuse awareness ads that were presented on Facebook in Craven, Lenoir, Onslow, and Wayne Counties. The social media campaign garnered exceptionally good reactions with triple the average “click” rate as other similar campaigns.

### **Assistive Technology AAA Program**

With the growth of technology “aging in place” is becoming more of a reality for older adults. According to recent AARP research, the technology market for adults over age fifty is growing rapidly. Older adult consumers are expected to spend \$84 billion on technology products by the end of the next decade.

Keeping up with products and their potential uses can be a challenge. Technological advancements have been focusing more on older adults. Products are focusing on ways to address the challenges that contribute to social isolation, communication with caregivers, safety monitoring, artificial intelligence, telehealth, and smart home devices. Technology is not all about electronic devices but rather devices that can assist in a manner that accomplishes a task and can assist with independence. Over the past year the ECCAAA has embraced the idea that technology can make a real difference in the lives of older adults. This has been done in several ways. First, the Family Caregiver Support Program (FCSP) lead by Janurary Brown has incorporated the use of robotic animal technology to support caregivers and individuals with cognitive impairment to improve quality of life by providing companionship, interaction, and emotional support. Secondly, the ECCAAA continues to provide updated information, education, and training on the latest technological advances to include devices, apps, and other equipment available to help older adults and adults with disabilities to remain as independent as possible. Finally, as a response to COVID-19 and the social distancing recommendations, the ECCAAA facilitates caregiver support groups virtually.

Currently, there are two active virtual support groups meeting once a month. Participation has grown and there are caregivers that participate outside of our region. We have learned that even when services return to in person, it will be important for us to continue to offer the virtual support group option.

The ECCAAA presented Older Adult and Caregiver Technology 101 educational trainings throughout the region. The Technology 101 training has been presented to older adult and caregiver community workshop presentations, support groups, informational sessions, and professional trainings. The ECCAAA FCSP has also presented workshop sessions at the North Carolina FCSP state meeting, the Southeastern Area Agency on Aging Training Conference, NC Activities Directors Conference, and the NC Support Groups quarterly round table event. In addition to assisting Area Agency on Aging (AAA)

across North Carolina, the ECCAAA has assisted AAAs in Kentucky and California with development of technology education and information for their clients that they serve.

For FY 20-21 there are two projects the ECCAAA hopes to accomplish successfully to advance our technology initiative. First, ECCAAA is currently building a technology lending library to be piloted throughout the region. Finance Director Jenny Miller has helped secure funding and has begun ordering materials. Secondly, FCSP Coordinator Janurary Brown will continue to host online workshops/training for older adults, caregivers, and professionals.

## **Educational Opportunities**

**The ECC did a series of virtual webinars.** These events were aimed to help local governments efficiently and effectively manage some of the toughest challenges and unfunded mandates that lie ahead of local government leaders in the months to come. Below are the topics

*Wednesday, October 7*

### **Chapter 160D: What Does It Mean to Me?**

The clock is ticking to revise existing land-use ordinances to comply with North Carolina rules and better unify your development regulations. Learn more about Chapter 160D, when the deadlines are, and how it affects your community.

*Wednesday, October 14*

### **Risk and Resiliency Planning 101**

Get ahead and be proactive by planning for wet-weather events through CCTV data and modeling. Also, learn how to meet state and federal mandates for AWIA, EPA Risk Assessments, Emergency Response Plans, and ADA Transition Planning.

*Wednesday, October 21*

### **The Benefits of Trenchless Technologies**

Disruptions to traffic, business, and communities: Water and wastewater system work can be rough on cities and towns. But trenchless technology makes replacement and rehabilitation work much less painful. Hear from the engineers who revolutionized the City of Greensboro's program.

*Wednesday, October 28*

### **Embracing Proactive Infrastructure Planning**

Is your infrastructure dying a slow death? How Asset Management Planning, Prediction Modeling, Capital Improvement Plans and Rate Setting can help your community in the present while properly preparing for the future.

*Wednesday, November 4*

### **COVID-19 Got Your Finances Down?**

Are you looking for creative ways to keep capital projects and initiatives moving? We will share ideas on grants and loans, financial analysis and modeling, rate adequacy and setting, and business analytics and proactive planning.

## **Activities**

SOG Economic Development Class. This is required for our annual EDA grant.

EDA Cares Act Supplemental- Post Award Management Conference Call

Greene County 160D Ordinance Rewrite

Town of Greeneville 160D Ordinance Rewrite

New Employee Aging Orientation

## **Webinars Attended**

DHHS COVID-19 Healthcare Coalition

Rural Development Hubs: Innovation Infrastructure for Rural America

Legislative Virtual Summit & A Legislative Update Preparing Special Districts for the New Normal

Festival & Events- What Will They Look Like in the Future?

NC Inclusive Disaster Recovery Network - Monthly Meeting

SERDI Annual Conference Online

## **EDA Project Update**

Atlantic Beach 205j project is to restore impaired water quality, to reduce nuisance flooding, and to enhance resilience in two of the three Atlantic Beach watersheds. Work continues with stakeholder meetings. Watershed test for surround areas have been tested. The engineering firm has found several issues with stormwater run off and budget adjustments for the NC Coastal Federation and the town have been approved. Quarterly reports have been submitted and expenditures have been processed by the ECC for payment.

James Sprunt Community College is 50% completed with construction. Progress report #9 was submitted on October 15, 2020 along with the bi-annual financial report.

Carteret Beaufort Airport Authority is still reviewing RFQ from engineers to select appropriate design engineer. Progress report #1 was submitted on October 15, 2020 along with the bi-annual financial report.

## **501 c 3 Filing**

The ECC's applying for the non-profit status has delayed. The ECC paid Ward and Smith in 2016 to file the required paperwork for the non-profit status. The attorney at Ward and Smith filed the paperwork and the paperwork was rejected because it was not submitted correctly. Although the ECC has transferred legal services to Grady Quattlebaum, the ECC's former attorney was to file the paperwork since the fee paid in 2016 to Ward and Smith included the filing fee. The ECC was notified in September that the application was filed incorrectly and on October 30, the former ECC attorney at Ward and Smith refiled the paperwork.

## **DERPO Comprehensive Transportation Plan Updates:**

Carteret County CTP: DERPO is working with Carteret County and NCDOT Transportation Planning Division to verify data for a Traffic Demand Model (TDM) for Carteret County. The TDM will play a key role in identifying the county's long-term transportation needs.

Craven County CTP: The document and maps for the Craven County CTP are complete and were first presented to the public in Havelock before the beginning of the COVID-19 quarantine, but further public meetings and final approval have been postponed indefinitely.

## **DERPO STIP Project Updates:**

- B-4863 (Harkers Island Bridge Replacement): The project proposes to replace Bridges No. 73 and 96 in Carteret County. A lawsuit over the project was settled in September, which will allow project to move forward. Let date in FY 2022; delay of let date due to NCDOT financial situation.
- I-6002 (Upgrades to US 17/70 between Dover and New Bern): Work currently at 89.94% complete. Is scheduled to be complete in March 2021.
- B-5938/B-5939 (Upgrades to Atlantic Beach and Emerald Isle Bridges): Work currently at 87.14% complete. Scheduled for completion in November 2020.
- R-1015 (US 70 Havelock Bypass): Construction progress at 15.2% currently. Completion is tentatively scheduled for May 2024.
- R-5777A/R-5777B/U-5713 (US 70 James City Improvements to east of Thurman Rd.): Construction progress at 12% currently. Completion tentatively scheduled for September 2023.
- R-5777C (US 70 Improvements from east of Thurman Rd. to Havelock Bypass): Currently in development. Let date scheduled for Winter 2022; completion of project in FY 2025.
- U-5876 (Widening of US 70 between 4<sup>th</sup> St. in Morehead City and Radio Island; replacement of Newport River Bridge): Currently in development. Let date delayed to FY 2027.



Preliminary Engineering Move Forward List - October 12th, 2020		
Divison	County	Project ID and Description
2	Lenoir	B-5619: Bridges 52 and 152 Over the Neuse River Overflow on SR 1398
2	Lenoir	R-2553: US 70 (Kinston Bypass)
3	Duplin	17BP.3.R.83: Bridge 45 on SR 1162 (Bay Road)
3	Duplin	B-5534: Replace Bridge 82 Over Burnt Coat Creek on NC 111
3	Duplin	B-5639: Replace Bridge 36 Over Maxwell Creek on NC 11
3	Duplin	B-5981: Replace Bridge 16 Over CSX Railroad on US 117 North Bound Lane
3	Duplin	BR-0017: Bridge 300012 on NC 11 Over Little Rockfish Creek
4	Wayne	17BP.4.PE.103: STR 950096 - Bridge Replacement on SR 1
4	Wayne	17BP.4.R.104: STR 950045 Bridge Replacement on SR 13
4	Wayne	44936.3.1: Bennetts Bridge Road between the Duplin County Line and 0.27 mile north of the Duplin County Line
4	Wayne	B-4844: Replace Bridge 117 Over Northeast Cape Fear River On SR 1958 & SR 1502
4	Wayne	I-6048: US 117 Wayne County From US 70 to Duplin County Line, Pavement And Bridge Rehabilitation
4	Wayne	U-3609B: US 13 from Hew Hope Road to Saulston Road
4	Wayne	U-5724: US 13 realignment of Central Heights Road

#### ECRPO STIP Project Updates:

LET Move Forward List October 9th, 2020		
Division	County	Project ID and Description
2	Lenoir	B-5619: Neuse River Overflow on SR 1398
3	Duplin	B-5534: Replace Bridge 82 Over Burnt Coat Creek On NC 11
3	Duplin	B-55639: Replace Bridge 36 Over Maxwell Creek On NC 11
3	Duplin	BR-0017: Bridge 300012 on NC 11 over Little Rockfish Creek
4	Wayne	U-5724: Realignment of SR 1709 (Central Heights Road) at Berkely Boulevard

Submitted by Katie S. Bordeaux

# Area Agency on Aging

## Carteret County

- Co-facilitated virtual Caregiver Support Group.
- Met with Carteret Service providers to discuss CARES grant.
- Participated in Carteret Aging Planning Board meeting.

## Craven County

- Co-facilitated virtual Caregiver Support Group.
- Met with Craven County providers to discuss and plan for CARES grant.
- Participated in Craven Aging Planning Board meeting.

## Duplin County

- Met with Duplin Services for the Aged to discuss and plan for the CARES grant.
- Duplin County Services for the Aged is offering exercise classes outside.
- Duplin County Services for the Aged is hosting an in-person caregiver support group.

## Greene County

- Participated in Greene County Aging Planning Board meeting.
- Met with Greene County providers to discuss and plan for the CARES Grant.
- Assisted Greene County Senior Center to implement virtual caregiver support group.

## Jones County

- Participated in Jones County Aging Planning Board meeting.
- Met with Jones County providers to discuss and plan for CARES grant.
- The senior center and nutrition site re-opened August 10<sup>th</sup>.



Serving Carteret, Craven, Duplin, Greene, Jones, Lenoir, Pamlico and Wayne Counties



# Area Agency on Aging

## Lenoir County

- Attended Lenoir County Aging Planning Board teleconference.
- Participated in Lenoir Alliance meeting.
- For the month October, Lenoir County Council on Aging opened each Wednesday for the nutrition program.
- Lenoir County Council on Aging offers a variety of in-person exercise classes outside.

## Onslow County

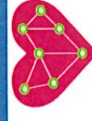
- Facilitated meeting with Onslow Senior Services to discuss and plan for CARES grant.
- Onslow Senior Services re-opened the senior center October 12, 2020.

## Pamlico County

- Facilitated meeting with Pamlico County providers to discuss and plan for the CARES grant.

## Wayne County

- Facilitated meeting with Wayne County providers to discuss and plan for CARES grant.
- Wayne County Services on Aging and the Peggy Seegars Senior Center have started exercise and line dancing classes outside and continues to provide a myriad of classes via Facebook Live.



**Connection  
Matters**  
NATIONAL COMMUNITY  
UNIQUE FOR QUALITY  
LONG-TERM CARE

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

## Ombudsman

	Carteret	Craven	Duplin	Greene	Jones	Lenoir	Onslow	Pamlico	Wayne
Resolved	3	12	2	2	0	4	3	2	6
Open Complaints	1	8	4	0	1	1	1	7	3
Long-Term Facility Visits	0	0	0	0	0	0	0	0	0
Advocacy & General Information (AGI's)	32	55	56	19	9	39	34	10	79

## Information/Assistance & LCA

	Carteret	Craven	Duplin	Greene	Jones	Lenoir	Onslow	Pamlico	Wayne
Information & Assistance Contacts	2	13	3	1	1	2	4	0	4
Local Contact Agency Referrals	0	1	0	0	0	0	0	0	1



Eastern Carolina Council

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## Area Agency on Aging: Bringing the Region Together

ECCAAA received \$1,656,732 through the Coronavirus Aid, Relief, and Economic Security Act. The CARES Act provided additional nutrition, supportive services, Family Caregiver Support, and Ombudsman funding.

The Family Caregiver Specialist was a guest speaker for the NC Caregivers Summit: Navigating the Transitions in Life.

The Ombudsman program delivered 5700 doorknob hangers to give to long-term care residents in recognition of Resident's Rights Month.

The Family Caregiver Support Program provided 1,328 respite hours.

ECCAAA distributed 5000 masks, 620 incontinence supplies, and 26 evidence-based health promotion books to each county.

The FCSP facilitated 15 virtual trainings for 1,673 caregivers and professionals.

The Ombudsman Program distributed 2000 voter education postcards to every long-term care bed in our region. The postcard explained the process to request help from the Multi-partisan Assistance Teams that is available through each local board of elections.

Between August 3, 2020 and October 23, 2020 providers served 18,149 meals.

ECCAAA Family Caregiver Program gave 185 Caregiver COVID Stress bags to each county. Additionally, each county received a robotic dog.



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





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# PRESS RELEASE

## OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

Eastern Carolina Council Area Agency on Aging would like to take this time to raise awareness of bullying that victimizes elderly individuals, whether they are living with family members, in a retirement community, assisted living facility, or visit senior centers. Senior bullying is a growing phenomenon. Though the problem has been around for years, it is only recently that training has become available on how to recognize the signs of senior bullying and how to intervene. What does senior bullying look like? There are four types of bullying.

- **VERBAL** This can come across as insults, negative judgements, and snide remarks. This can lead to seniors having lower self-esteem and confidence.
- **SOCIAL** It involves hurting someone's reputation and relationships with other people, excluding a person from social events or even public humiliation. The bullied individual may become abandoned or even bullied by the other people.
- **PHYSICAL** This includes pushing, shoving, kicking, etc. Unlike verbal and social bullying, this is easier to spot and act upon.
- **CYBER** This is defined as intentional and repeated harm inflicted through the use of computers, smartphones, and software such as social media, instant messaging, texts, websites and other online platforms. It can include abusive or hurtful texts, emails or posts. Nasty gossip or rumours.

October is a time and opportunity to reach out to your community and come up with solutions to help prevent bullying and the devastating impact and often long-term effects that bullying can cause. This year has been a difficult one, a worldwide pandemic and growing movement for racial equality and social injustice have highlighted the need to unite our communities by encouraging everyone to act with kindness, acceptance, and inclusion. Now more than ever, it is crucial to join together to create a kinder and more accepting world, and ECC/AAA is here to assist you with any questions or concerns and provide the necessary resources and contacts in your area. **REMEMBER WHEN YOU SEE SOMETHING SAY SOMETHING!**

Carly Francis  
Aging Program Consultant  
252-638-3185 Ext 3015

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



October 28, 2020

FOR IMMEDIATE RELEASE

National Alzheimer's Awareness Month, November 2020

(NEW BERN, N.C.) - In 1983, President Ronald Reagan designated November as National Alzheimer's Awareness Month. During November, National Alzheimer's Disease Awareness Month aims to make the general public more aware of the disease, the impact it has on our communities, the impact it has on the individual, and their family members.

Alzheimer's Disease is the most common form of dementia among older adults. According to the Alzheimer's Association, there are more than 5.7 million people in the United States currently living with Alzheimer's. There are 180,000 individuals 65 years and older living with Alzheimer's in North Carolina. This number is expected to reach 210,000 by the year 2025.

Alzheimer's disease is not a normal part of living, it is not just a disease that affects individuals 60 and older, there is no current cure, and the disease worsens over time. Alzheimer's disease is the sixth leading cause of death in the United States. Individuals that are diagnosed with Alzheimer's disease can live an average of eight to 20 years on average depending on the individuals age, health, and progression of the disease. For further information and support please visit Eastern Carolina Council Area Agency on Aging Family Caregiver Support Program at <https://eccog.org/human-services-area-agency-on-aging/family-caregiver-support-program/>, Dementia Alliance North Carolina at <https://dementianc.org/>, or the Alzheimer's Association at <https://www.alz.org>.

This November, Eastern Carolina Council Area Agency on Aging would like to honor the spirit of each person, each family, and communities supporting individuals and family members living with Alzheimer's or another form of dementia.

How can you help raise awareness of Alzheimer's?

1. Educate yourself on what Alzheimer's disease is.
2. Honor and support a caregiver.
3. Take a walk to help end Alzheimer's and to honor those who have been diagnosed.
4. Wear purple for Alzheimer's during the month of November to show your support to those affected by Alzheimer's disease.
5. If you are a caregiver, join a support group or attend a workshop to assist you in taking care to give care.

**End date of release:** November 30, 2020

**Contact:** Carly Francis, Aging Program Consultant

Eastern Carolina Council Area Agency on Aging,

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October 28, 2020

FOR IMMEDIATE RELEASE

**National Diabetes Awareness Month, November 2020**

(NEW BERN, N.C.) – National Diabetes Month has been recognized by the American Diabetes Association since 1981 and was paired with a declaration by President Ronald Regan as a way to bring awareness to this growing critical health problem. World Diabetes Day is November 14<sup>th</sup> and was established by the international Diabetes Federation in 1991. The date of November 14<sup>th</sup> was chosen to honor Dr. Frederick Banting, co-discoverer of insulin back in 1921 along with Dr. Charles Best.

Diabetes continues to be a glaring public health concern. Currently, there are approximately 30 million people in the U.S. that have some form of diabetes, 12 million are 65 and over. One in four do not realize they are walking around with the disease. Diabetes is a disorder that occurs when the body can not properly process sugars from food, resulting in high blood sugar levels.

Persons with prediabetes are at risk for developing type 2 diabetes, heart disease, and stroke. However, type 2 diabetes can be prevented or delayed through a structured lifestyle change program that promotes weight loss, healthy eating, and increased physical activity. The Centers for Disease Control (CDC) plays a crucial role in preventing type 2 diabetes complications. The National Diabetes Prevention Program (National DPP) is a public-private partnership building a nationwide system to deliver an affordable, evidence-based lifestyle change program to prevent or delay type 2 diabetes.

Eastern Carolina Council Area Agency on Aging can provide you with contacts in your area for classes, such as Living Healthy with Diabetes, Walk with Ease, Tai Chi, and several other options including local support groups.

**End date of release:** November 30, 2020

**Contact:** Carly Francis, Aging Program Consultant  
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###