



OCTOBER 2023 NEWSLETTER

REGIONAL UPDATES



ECC Welcomes New Members - Onslow County, Craven County, City of Jacksonville, City of New Bern, Town of Magnolia, and Town of La Grange!



During ECC's September 14th Executive Committee Meeting, 2 counties and several municipalities were recognized and welcomed as ECC's newest Members in 2023-2024.



Eastern Carolina Transportation Summit - October 19th

ECC will be hosting a **Regional Transportation Summit** on **Thursday, Oct. 19th – 9:30-3:00** at **Craven County's Riverfront Convention Center**. Thank you to Craven County for helping to sponsor this event! Registration is open to elected officials, local and state government staff, Highway 70 Commission Board Members, Highway 17-64 Association Board Members, RPO / MPO Board Members, economic development professionals, and sponsoring organizations. Register here - <http://events.constantcontact.com/register/event?llr=gppuxoyab&oeidk=a07ejym2bkj7a4d13d7>.





ECC Recognized with 2023 NADO Impact Award for our Regional Technology for Seniors

It was recently announced the Eastern Carolina Council Area Agency on Aging (AAA) has received a 2023 NADO Impact Award for our Regional Technology for Seniors Program! The National Association of Development Organizations (NADO) is the national organization of councils of government and similar regional organizations.

ECC AAA Staff recognized that Eastern Carolina lacks both technological capacity and its service gaps, which have impaired services to reach and provide Seniors with an awareness of technologies that could enhance a variety of experiences at Senior Centers. By researching possible technological equipment for video conferencing access and creative tools for engaging groups and individuals through appealing activities, the experience has proven to stimulate those who attend Eastern Carolina Senior Centers. Each of the Centers introduced Meeting Owls, which has provided facilitation for more regional online programming, and the Obie systems have increased enthusiasm in the Centers' use of interactive games and activities. ECC purchased the unique 2 systems to maximize stimulation through technological communication and the creation of fun recreational opportunities for Seniors.

We greatly appreciate this recognition as a testament to the partnership we have with our communities and providers. We are proud of our team! For more information, visit <https://www.nado.org/2023-impact-award-recipient/>.



October 7, 2023, is Ageism Awareness Day. Ageism Awareness Day provides an opportunity to draw attention to the existence and impact of ageism in our society. The most widespread and socially accepted form of prejudice, ageism is defined by the World Health Organization as “the stereotypes (how we think), prejudices (how we feel) and discrimination (how we act) towards others or oneself based on age.”

Evidence shows ageism is widespread in society and can be found everywhere, from our communities to include stores, workplaces, health systems, advertising, and in the media. There are many forms of ageism, including: Internalized, Cultural, Implicit, and Benevolent ageism. Help bring attention to the existence and impact of ageism in our society. Join the NC Department of Health and Human Services, the Division of Aging and Adult Services, and others across North Carolina for a Zoom presentation on October 5th at 10 a.m. to learn how we can work together to reframe aging in our communities. For further information click here for the Zoom link <https://www.zoomgov.com/j/1602410108?pwd=QmVvQ2E3ZExBaFA4MkJoTE8WEptUTO>

October is Senior Bullying Prevention Month

October is National Bullying Prevention Month. It has been estimated that roughly 10 to 20 percent of seniors experience bullying. Bullying, at any age, can affect a person's self-esteem and lead to depression and/or anxiety. Bullying is defined as “a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort (American Psychological Association). Bullying among older adults can occur in congregate meal sites, care settings, in their homes, and in public. Individuals can be bullied by their peers, staff, caretakers, and others which can result in a profoundly negative effect. We should make every effort to understand bullying, why it occurs, what it looks like, how to prevent it, and how we can stop it. Professionals can provide staff, community, and client training to address senior bullying. Agencies can set clear expectations and boundaries within the community that makes clients and staff aware of the community's commitment to a respectful environment. Agencies should have ongoing discussions on how to report bullying and implement clear reporting processes to encourage victims to report bullying. It is up to everyone to see it, report it, and to stop it.



ECC Receives “Local Development District (LDD)” Designation from the Southeastern Crescent Regional Commission

The Southeast Crescent Regional Commission (SCRC) is a federal-state partnership that promotes and encourages economic development in portions of AL, GA, MS, NC, SC, VA, and all the state of FL, which is modeled after the Appalachian Regional Commission (ARC). SCRC will target new resources to support basic infrastructure, business development, natural resources, and workforce development. The Commission's

mission is to help create jobs, build communities, and improve the lives of those who reside in the 408 counties (69 in NC).

ECC has been approved for Local Development District (LDD) funding from SCRC to assist local governments in our region to apply for SCRC / other federal funding and provide related programs.

ECC New Board Member Orientation will be held on Thursday, Oct. 12th at 4:00 PM, the Budget & Audit Committee Meeting will be at 5:00 PM, and the General Membership Board Meeting will be at 6:30 PM

ECC will host a new Board Member Orientation on Thursday, October 12th at 4:00 p.m. at the ECC Office. This will be prior to the Budget and Audit Committee meeting and General Membership Board Meeting that night.

To register for the Orientation, visit <http://events.constantcontact.com/register/event?llr=gppuxoyab&oeidk=a07ejxshh2q62777891>.

The Budget & Audit Committee will meet at 5:00 p.m.

ECC Board Members will be served dinner at 6:00 PM, which is followed immediately by the General Meeting at 6:30 PM. To have a good head count for our quorum/dinner, please confirm attendance at:

<http://events.constantcontact.com/register/event?llr=gppuxoyab&oeidk=a07eko2fy71408752of>.

The meeting will be available via Zoom - <https://uso6web.zoom.us/j/82297667412?pwd=FD1Nprij1SZNaUZAv1PWa3C7Jzr4Q2.1>



Regional Disaster Recovery Workshops in October

ECC is offering Disaster Recovery Regional Workshops on October 23RD (at the Jones County Civic Center in Trenton), **Oct. 24TH** (at the La Grange Community Center in La Grange), **and Oct. 30TH** (at the Crystal Coast Civic Center in Morehead City). The signs are obvious - through regional (and national issues) flooding and power outages from hurricanes, like Idalia, increased wildfire and drought risks, and the hottest summer on record. Communities must be more prepared for changing weather patterns and natural disasters when, but not if, they strike. How do we decide what needs to be done first? What are our preparedness and resiliency plans? And who will fund them?

The Eastern Carolina Council of Governments in collaboration with the Upper Coastal Plain Council of Governments, and in partnership with **Working Landscapes** and **Croatan Institute**, are hosting 3 October workshops* that will help local governments' representatives identify and prioritize their resiliency planning needs. Workshop participants actively will engage in interactive activities that bring together:

1. Past resiliency planning efforts of the region,
2. The responses from the interest survey sent this summer, and
3. Their own knowledge of their local community (including existing Hazard Mitigation Plans).

Through these activities, local governments will be able to better align existing projects with local and regional resiliency goals or identify new disaster resiliency projects that meet community needs. Upon completion of the workshops, participants will receive a short, innovative, and fundable project plan and recommendations that prioritize local needs.

* **NOTE:** Local governments, since these workshops are identical, please determine the appropriate workshop for your participants and register by **Mon., Oct. 16th**. We invite you to bring **2-4 representatives**, including (but not limited to) an elected official, a town or county manager/lead administrator, a planner (if applicable), public works director, and/or an emergency management professional.

To register: A single local government representative can follow the link for the preferred workshop below and register fellow representatives by adding guests to the registration order. Individuals can also register separately; note the others from the same municipality or county who will be joining the individual - in the "Name of Other Attendees" box on the registration form.

Registration links:

Monday, October 23rd from 1:30-4 pm at the Jones County Civic Center (Trenton)

Tuesday, October 24th from 9-11:30 am at the La Grange Community Center (La Grange)

Monday, October 30th from 1:30-4 pm at the Crystal Coast Civic Center (Morehead City)

For more information on the workshops, including questions about how to register, please contact Jenni Rogan, jenni@workinglandscapesnc.org. Refreshments and door prizes will be provided.

WEBINAR



NC Department of Public Safety, FEMA Hazard Mitigation partners, *All Together for Climate Resilient Communities: Equity, Partnerships, Capability and Capacity*, a virtual workshop will be held between **Oct. 16-19** from **12:00-4:45 PM**.

NEXT SCHEDULED MEETINGS/EVENTS

Regional Aging Advisory Committee (RAAC) Meeting, ECC Offices, Oct. 9, 10:00 AM.

Senior Tar Heel Legislature Committee (STHL) Meeting, ECC Offices, Oct. 9, 11:00 AM.

New ECC Board Member Orientation, Oct. 12th, ECC Offices, 4:00 PM.

ECC General Membership Board Meeting, ECC Conference Room, Oct. 12th, Dinner – 6:00 PM, Meeting, 6:30 PM.

Eastern Carolina Regional Transportation Summit – *Investments in Transportation – a Driving Force in Economic Development*, Craven County’s Riverfront Convention Center, New Bern, Oct. 19th, 9:30-3:00. Lunch is provided.

ECC Disaster Recovery / Resiliency Workshop, Jones County Civic Center, Trenton, Oct. 23rd, 1:30-4:00 PM.

ECC Disaster Recovery / Resiliency Workshop, La Grange Community Center, La Grange, Oct. 24th, 9:00-11:30 AM.

ECC Disaster Recovery / Resiliency Workshop, Crystal Coast Civic Center, Morehead City, Oct. 30th, 1:30-4:00 PM.

UPDATES

ARP OFFICE HOURS: The School of Government just released new dates:

Tuesday, October 3 - 8:30-9:30 AM

- Tuesday, October 12 – 12:00-1:00 PM (Focus on Subawards)
- Thursday, October 19 – 8:30-10:30 AM (Focus on ARPA Basics)
- Tuesday, October 24 – 12:00-1:00 PM
- Tuesday, October 31 – 8:30-9:30 AM

ZOOM LOG IN

Here is the new Zoom Log in for all Office Hour Sessions:

<https://zoom.us/j/95481909044?pwd=UIE2VHNhN2luSoJEYTJqeTZTMFRWdz09>

Meeting ID: 954 8190 9044

Passcode: 779726

One tap mobile

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ARE YOU PREPARED? This is a question we all need to plan for in the event of a natural disaster. Consider visiting ECC's Area Agency on Aging user-friendly website for individuals, families, and our vulnerable populations - <https://eccog.org/human-services-area-agency-on-aging/emergency-preparedness/>.

ECC's Grant Writing Workshop, Nov. 7th & 8th, ECC Conference Room, 9:00-4:30.

Brownfields Training, ECC Conference Room & via Zoom (hybrid), Nov. 15th, 10:00-11:30 AM. Register, <http://events.constantcontact.com/register/event?llr=gppuxoyab&oeidk=a07ejznb4bocodd37d8>
Zoom link: <https://uso6web.zoom.us/j/85483082412?pwd=DX3S57jbRTlpiMf5KgMvvD2nozFxca.1>



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