



ECC'S OCTOBER 2024 NEWSLETTER

NEWS AND EVENTS

Hurricane Helene Relief - Opportunities to Volunteer and Donate: Our thoughts are with our colleagues and the communities impacted by Hurricane Helene. We appreciate the emergency personnel from our region that went to assist with the response. Our prayers will be with these communities as they recover and rebuild. There are a number of ways to assist with the relief effort, including:

The **NC Association of Regional Councils of Government (NCARCOG)** is partnering with the **Local Government Federal Credit Union (LGFCU) Foundation** in the disbursement of donations to local government employees and entities impacted by Hurricane Helene. For more information, visit <https://civiclfsquare.site/>.

If you would like to donate to the **North Carolina Disaster Relief Fund**, visit nc.gov/donate. Donations will go to nonprofits working to meet the immediate needs of storm victims for food, water, and emergency supplies.

If you are seeking information on **volunteering opportunities**, please visit nc.gov/working/volunteer-opportunities/volunteernc.



Disaster Recovery Training Resources Available on ECC Website – ECC and the other 15 councils of government in NC developed training materials to assist local governments in preparing for and responding to disasters. The focus of the training is preparing for and utilizing the FEMA Public Assistance program, which is often available to governments after a disaster.

ECC provided a condensed, one-day version of the training three times during the spring of 2024. In order to continue providing this information for the benefit of our members governments, we are continuing to provide resources from this training through this online means, including video training presentations, PowerPoint slides, and Participant Guide. To access the online resources, visit <https://eccog.org/disaster-recovery-resilience/>.

Meeting Date Changes (October & November) Executive Committee and General Membership: Please note the meeting dates for the Executive Committee will be October 10th at 6:30 PM and



Statewide Affordable Housing Initiative Applications due Oct. 18th:

More than 1,000,000 NC households are over-burdened by housing costs and spend more than 30% of their income on it. This number includes nearly 1 of 5 homeowners and almost 1/2 of the state's renters. With limited supply, rising costs, and other critical issues, meeting local needs for safe, accessible, and affordable housing has been a challenge for community leaders.

To date 70 counties have participated in the affordable housing initiative.



In its Sept. 10th press release, UNC, SOG announced, "*Our State, Our Homes: Partnering to Address Housing Needs in North Carolina*" program – "*Carolina Across 100*," which is an 18-month program coordinated by the ncIMPACT Initiative and guided by the Carolina Engagement Council. The initiative will bring together diverse entities from across UNC's campuses to facilitate focused collaboration among selected community teams comprised of a diverse set of stakeholders including local government agencies, housing developers, builders, financial institutions, supportive service providers, employers, faith-based and community organizations, and many others.



Visit NCIMPACT and UNC-SOG's Initiative in partnership with "*Carolina Across 100*" for affordable housing, which includes the online application, <https://carolinaacross100.unc.edu/unc-chapel-hill-launches-statewide-program-to-help-address-housing-needs-in-nc-communities/>. Communities that wish to apply for the program must submit an online application by **Oct. 18, 2024**.

ECC HUMAN SERVICES - AGING



October 9, 2024, is Ageism Awareness Day. This day provides an opportunity to

ADVOCATE FOR A SOCIETY THAT RESPECTS AND VALUES PEOPLE OF ALL AGES



Evidence shows ageism is widespread in society and can be found everywhere, from

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.”

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. For further information visit,

<https://www.asaging.org/ageism-awareness>.



October is National Bullying Prevention Month It has been estimated that roughly 10 to 20 % of Seniors experience bullying. Bullying, at any age, can affect a person’s self-esteem and lead to depression and/or anxiety. It 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.

Make every effort to understand bullying, why it occurs, what it looks like, how to prevent it, and how to 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. If you know of an older adult who is being abused, report it to your local Department of Social Services, Adult Protective Division. It is everyone’s responsibility to see it, report it, and to stop it. Stand up and speak out!



National Consumer Voice for Quality Long-Term Care celebrates: "Resident Rights Month". October is a time to honor residents living in long-term care facilities and to acknowledge the importance of dignity and rights for all long-term care residents. This year’s theme is *The Power of My Voice*. It is an opportunity to focus on

and celebrate awareness of dignity, respect, and rights of each resident. This is a time for staff, families, ombudsmen, residents, and other advocates to focus on resident-directed care and emphasizing the self-determination, choice, and quality of life for each resident. Encourage residents to make their voices heard and for staff to support and honor the rights of the residents they serve. For further information about the rights of residents in long-term care visit National Consumer Voice (ltombudsman.org), <https://ltombudsman.org/issues/residents-rights#:~:text=October%20is%20%E2%80%9CResidents%27%20Rights%20Month,all%20long%2Dterm%20care%20of%20facilities> or contact ECCAAA Lead Ombudsman, Angelia Pridgen, at 252-638-3185, Ext. 3007 or Regional Ombudsman, Lauren Latshaw, at 252-638-3185, Ext. 3010.



The NC STHL will meet in Raleigh on October 8th and 9th, 2024, where the delegate from each NC County will vote. Once the top 5 priorities are accepted, the NC STHL members will advocate to legislators on these matters to be addressed.

For more information on NC STHL, please visit their website at, <https://www.ncdhhs.gov/divisions/aging/division-aging-councils-and-committees/nc-senior-tar-heel-legislature>.

NEXT SCHEDULED MEETINGS / EVENTS

ECC's 1st Annual Networking & BBQ Social, Oct. 3, 5:30 PM, Riverfront Convention Center, New Bern.

ECC Executive Committee Meeting, Oct. 10, 6:30 PM Meeting, ECC Board Room.

Regional Aging Advisory Committee (RAAC) Meeting, Oct. 14, 10:00 AM, ECC Offices.

Senior Tar Heel Legislature Committee (STHL) Meeting, Oct. 14, 11:00 AM, ECC Offices.

November is National Family Caregiver and Alzheimer's Awareness Month.

Veterans' Day Holiday, Nov. 11 - ECC's Office will be closed.

ECC General Membership Meeting, Nov. 14, 6:00 PM Dinner, 6:30 PM Meeting, ECC Board Room.

STAY CONNECTED



Eastern Carolina Council continues its mission- to improve the region's quality of life by providing human, planning, and economic development services to local governments and area residents by leveraging resources and collaborating regionally.

Eastern Carolina Council | PO Box 1717 | New Bern, NC 28560 US

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