



ECC'S NOVEMBER NEWSLETTER



NEWS AND EVENTS

ECC's held the 1st Annual Networking & BBQ Social on Oct. 3rd.



Registration



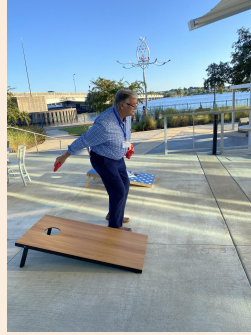
ECC Staff



Early arrivals



Games



More Games



ECC Board President, Ed Riggs, Jr., Our Facilitator



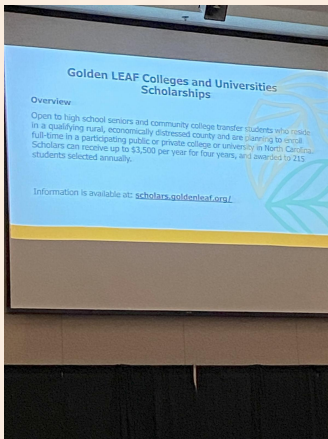
ECC Board 2nd Vice President, Lorraine Washington, introduced the Keynote Speaker



David Bone and Keynote Speaker, Scott Hamilton



Golden LEAF's Scott Hamilton provided an overview of grant programs



Sharing Golden LEAF's College / University Scholarships

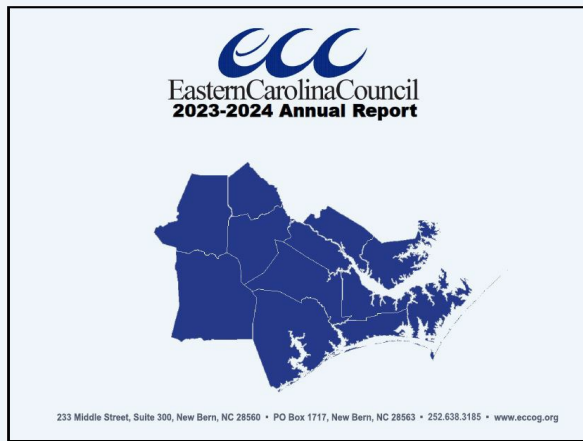


BBQ Social attendees during the presentations



Thank you for supporting this 1st annual event!

ECC's 2023-24 Annual Report. The annual report provides a review of our programs, services, and accomplishments from this past year. We have showcased successes achieved



through diligent staff work, engaging relationships, and regional collaboration. Our program and service successes are directly attributable to the invaluable contributions of community leaders, volunteers, and partners. Thank you, members, for your collaboration and partnership! Together, we continue to strive towards a resilient and thriving region. The Annual Report was distributed at the Networking BBQ-Social; it is also available online at <https://eccog.org/wp-content/uploads/2024/10/ECC-Annual-Report-2023-24.pdf>.



A Digital Inclusion Listening Session open to ALL residents of Greene County

We'd love to hear from you about your experiences using technology and getting online.

- WHEN
 - FRIDAY NOVEMBER 15TH, 11 AM– 12 NOON
- WHERE
 - GREENE COUNTY SENIOR CENTER AND SERVICES
104 GREENRIDGE ROAD SNOW HILL, NC 28580



ECC is hosting a Digital Inclusion Plan Listening Session for all residents of Greene County at the Greene County Senior Center (at 104 Greenridge Road, Snow Hill) on Friday, November 15th from 11:00 a.m. until 12:00 noon. This is part of ECC's partnership with North Carolina State University's Institute for Emerging Issues (NCSU IEI) and the NCSU Friday Institute to develop a Regional Digital Inclusion Plan for our 9-county region. Developing a digital inclusion plan will help support efforts to increase broadband access and use and computer literacy. We would love to hear from Greene County residents about their experiences using technology and getting online.

Listening sessions for Craven, Jones, Lenoir, Pamlico, and Wayne counties are also in the works. Carteret, Duplin, and Onslow counties have digital inclusion plans; therefore, listening sessions are not anticipated for these counties, but updated data for all nine counties will be included in the regional plan.

ECC Facilitates Fremont Town Board Retreat – ECC facilitated a retreat for the Town of Fremont on October 29th. Other communities interested in this service are asked to contact Executive Director David Bone at dbone@eccog.org.

ECC AREA AGENCY ON AGING (AAA)



November is National Family Caregivers Month. National Family Caregivers month is celebrated each November to recognize and honor family caregivers across the country. Remember the people who lovingly provide care and comfort to millions of older adults - friends and loved ones. These acts of love, commitment, and compassion enable their loved ones to receive the support they need to live a life with dignity. Eastern Carolina Council Area Agency on Aging encourages community members and professionals to reach out to those who provide care and thank them. Throughout the month of November, events will take place across the region to recognize and celebrate caregivers, and to support them in their roles. For further information regarding events in your area, contact your local senior center or visit the Eastern Carolina Council Facebook page.



National Alzheimer's Awareness Month. National Alzheimer's Disease Awareness Month aims to make the public more aware of the disease, the impact it has on our communities, and 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 US currently living with Alzheimer's. There are 180,000 individuals 65 years and older living with Alzheimer's in NC. This number is expected to reach 210,000 by the year 2025.

Alzheimer's disease is the 6th leading cause of death in the US. Individuals diagnosed with Alzheimer's disease live an average of 4-8 years after diagnosis, but can live as long as 20 years, depending on the individual's age, health, and progression of the disease. 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 Raise Awareness of Alzheimer's Disease?

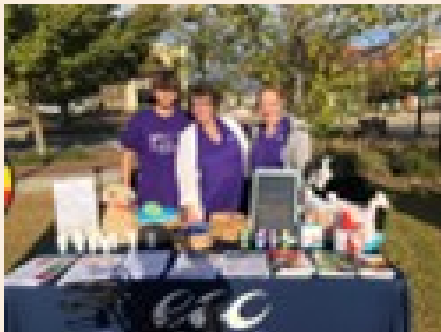
1. Educate yourself and others about Alzheimer's disease.
2. Honor and support a caregiver.
3. Take a walk to help end Alzheimer's and to honor those who have been diagnosed with the disease.
4. **Wear purple** for Alzheimer's during November to show support to those affected by the disease.

As a caregiver, join a support group, or attend a workshop - to be of assistance in taking care - to give care.

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/> or contact your local senior center.



Duplin, Greene, and Wayne County - Walk to De-feet Dementia. October 22, 2022, Dementia Alliance NC partnered with Duplin, Greene, and Wayne County community partners to host their annual De-feet Dementia Walk. The event included a warmup conducted by Lisa Weston from the Peggy M. (Seegars Senior Center in Wayne County), as well as music, raffles, information, and resources. Greene County Senior Center, Duplin Services for the Aged, Peggy M. (Seegars Center), and walk committee members provided a successful community event to De-Feet Dementia.



ECCAAA staff attended and participated in other events in our region. ECCAAA staff were invited by community stakeholders to provide information and a resource table at various events, including but not limited to the Havelock Senior Center, Prime Time in Pamlico, and Bayboro Developmental Center's charity ride.





GRANT WRITING WORKSHOP

Tues., Dec. 3rd and Wed., Dec. 4th, 2024

9:00 AM - 4:30 PM

ECC Board Room, 233 Middle St., 3rd Floor
New Bern, NC 28563

REGISTER NOW AT

<https://lp.constantcontactpages.com/ev/reg/sxszus8>

OR BY QR CODE.



ECC Recruits for Transportation Planner. For more information, visit <https://eccog.org/local-government-jobs/>.

UPCOMING MEETINGS & EVENTS

Veterans Day Holiday, Nov. 11, ECC office - closed.

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

Digital Inclusion Listening Session for Greene County - Greene County Senior Center (at 104 Greenridge Road, Snow Hill) on Friday, November 15th from 11:00 a.m. until 12:00 noon.

Down East RPO (DERPO) Technical Coordinating Committee (TCC) Meeting, Nov. 19, 10:00-11:30 AM, ECC Office.

Eastern Carolina RPO (ECRPO) Technical Coordinating Committee (TCC) / Technical Advisory Committee (TAC) Meeting, Nov. 21, 9:30 AM, La Grange Community Center.

ECC City-County Managers, Mayors, and Economic Developers Meeting, Nov. 22, 10:15 AM - 2:15 PM, Seymour Johnson AFB (Pre-registration required; for more info., contact David Bone at dbone@eccog.org)

Down East RPO (DERPO) Technical Advisory Committee (TAC) Meeting, Nov. 26, 10:00-11:30 AM, ECC Office.

Thanksgiving Holidays, Nov. 28-29, ECC office - closed.

ECC Grant Writing Workshop, Dec. 3-4, 9:00 AM - 4:30 PM, ECC office.



Eastern Carolina Council 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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