# Minutes KERR-TAR REGIONAL COUNCIL OF GOVERNMENTS Kerr-Tar COG Office October 27, 2016

# Members Present

John Alston Mary Anderson Wayne Aycock Pete Averette Jimmy Clayton Francine Chavis Sidney Dunston Henry Daniel Walter Gardner Kevin Easter Carrol Harris Tommy Hester Dazale Kearney Zelodis Jay Kenneth Perry Gary Plummer Barry Richardson Bryan Pfohl Joe Shearon Connee White Michael Williford

# **Absent Members:**

Quon Bridges
Eddie Ellington
Fonzie Flowers
Terry Garrison
Jerry Joyner
Jennifer Pierce
Marsha Strawbridge
Danny Wright
Junious Debnam
Fonzie Flowers
Linda Jordon
Brad Kearney
David Smith
Archer Wilkins

# COG Staff:

Gina Parham
Donna Lee
Vincent Gilreath
Suja Jacob
Colleen Puceta
Tony Sumter
Michael Kelly
Kermit Copley

### Others:

Mike Felts – Granville County Manager Harry Mills - Granville County EDC Ken Bowman – Warren County EDC

# Invocation

Jim Wrenn

Chairman Richardson asked Board Member, Walter Gardner to provide the invocation prior to dinner.

### Call to Order

Chairman Richardson called the meeting to order.

# **Pubic Hearing**

Chairman Richardson opened the Public Hearing for the 5310 Grant and asked Planning Director, Michael Kelly to take any questions or comments. There was no one present that wished to make comments or ask questions.

# Public Hearing Motion # 1

Motion was made by Sidney Dunston to Close the Public Hearing. Pete Averette seconded the motion and it carried unanimously.

Chairman Richardson then welcomed all Guests and Board Members to the meeting. Jimmy Clayton introduced new Person County Board Member, Connee White. Chairman Richardson introduced new COG staff members, Suja Jacob, Project Manager and Marketing Specialist who joined the COG on September 12<sup>th</sup>, Michael Kelly, Planning Director hired September 23 and Colleen Puceta, Aging Projects Coordinator who was hired October 10, 2016.

Chairman also asked for prayers for staff members, Diane Cox and Jillian Hardin who are sick and prayers and support for victims of Hurricane Matthew. Chairman asked members to see how we can assist families affected by this storm. He stated that four members of his work staff lost everything and the road to recovery will be long.

### Minutes

Chairman asked for the pleasure of the Board in regards to the Minutes of August 25<sup>th</sup> meeting, September 19<sup>th</sup> and September 22, 2016 that were previously sent to all members for review.

# Minutes Motion # 1

Tommy Hester made a motion to approve the Minutes as written. Kevin Easter seconded the motion and the motion carried unanimously.

# **NEW BUSINESS**

### FINANCE REPORT

Kermit Copley reviewed the Finance Report that ended September 30, 2016 in detail and explained that approximately \$408,000 had been expended.

# Finance Report Motion # 3

Motion was made by Walter Gardner to approve the Finance Report as presented for the September 30, 2016. Francine Chavis seconded the motion and the motion carried unanimously

# KERR-TAR REGIONAL COUNCIL OF GOVERNMENTS SEPTEMBER, 2016

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10/16/2016							_	WIOA FUND		\$				+	
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# **BUDGET AMENDMENTS**

Kermit Copley reviewed all Budget Amendments and explained why each amendment was required.

# Budget Amendments Motion # 4

Motion was made by Pete Averette to approve the amendments as presented. Bryan Pfohl seconded the motion and the motion carried unanimously.

(INSERT BUDGET AMENDMENTS HERE)

# KERR-TAR REGIONAL COUNCIL OF GOVERNMENTS BUDGET AMENDMENTS Thursday, October 27, 2016

FY16-17

# **FUND 10 - GENERAL FUND**

BUDGET AMENDMENT # 3	A/C#	BUDGET	CHANGE	REQUESTED
AGING - Triangle North HC	5948	E 7		
EXPENDITURES				
Salary - Family Caregiver	176	0	6	6
Supplies	260	0	3,933	3,933
Travel	314	0	1,506	1,506
Fringe Benefits	690	0	8	8
Indirect Costs	790	0	15	15
Program Costs	795	0	2	2
		0	5,470	5,470
REVENUES	3635			
Aging - Triangle North HC	O10	<u>0</u>	5,470	<u>5,470</u>

This amendment reflects the remaining grant amount as of 6/30/16.

BUDGETFAMENDMENT #14 FRANKLIN CO BLDB REUSE	A/C # 5024	BUDGET	CHANGE	REQUESTED
EXPENDITURES Contract Services	200	<u>0</u>	15,000	<u>15,000</u>
REVENUES	3475			
FRANKLIN CO BLDB REUSE	211	<u>0</u>	<u>15,000</u>	<u>15,000</u>

New grant for 16-17

BUDGET AMENDMENT #5	A/C #	BUDGET	CHANGE	REQUESTED
WARRENTON BLDG REUSE EXPENDITURES	<u>5090</u>			
Contract Services	200	<u>0</u>	<u>2,500</u>	2,500
REVENUES	<u>3475</u>			
WARRENTON BLDG REUSE	184	<u>0</u>	2,500	<u>2,500</u>
New grant for 16-17		22.1		Table 1 Sa 1

BUDGET AMENDMENT #6	A/C #	BUDGET	CHANGE	REQUESTED
TRIANGLE NORTH HC RGP				
EXPENDITURES	5949			I Homely - Legal
Salary - Aging Director	142	0	750	750
Supplies	260	0	863	863
Advertising	370	0	111	111
Fringe Benefits	690	0	282	282
Indirect Costs	790	0	372	372
Program Costs	795	<u>0</u>	<u>122</u>	122 2,500
		0	2,500	2,500
REVENUES	3645			
TRIANGLE NORTH HC RGP	O10	<u>0</u>	2,500	<u>2,500</u>
New grant for 16-17				

BUDGET AMENDMENT#7	A/C #	BUDGET	CHANGE	REQUESTED
WIA ADMINISTRATION				
EXPENDITURES	6950			
Salary - Workforce Dev Director	174	0	0	0
Supplies	260	1,500	0	1,500
Travel	314	5,000	0	5,000
MIS Charges	382	4,025	0	4,025
Indirect Costs	790	0	0	0
Indirect Costs - Adult Program	791	59,216	11,898	71,114
Indirect Costs - Youth Progrm	792	48,625	9,647	58,272
Indirect Costs - DW Program	793	53,656	10,612	64,268
Program Costs	795	0	0	0
		172,022	32,157	204,179
REVENUES	3700			
WIA ADMINISTRATION	010	172,022	32,157	204,179

This amendment reflects the remaining grant amount as of 6/30/16.

BUDGET AMENDMENT #8 Vance Co NSP EXPENDITURES	A/C # 7686	BUDGET	CHANGE	REQUESTED
Contract Services	200	0	5,000	<u>5,000</u>
REVENUES	3475			
Vance Co NSP	436	<u>0</u>	5,000	5,000

This amendment reflects additional revenue and expenses.

BUDGET AMENDMENT#9	A/C#	BUDGET	CHANGE	REQUESTED
VANCE CO BROADBAND	5046			
EXPENDITURES				
Printing	341	0	3,000	3,000
Advertising	370	<u>0</u>	2,000	2,000
		0	5,000	5,000
REVENUES	3475			
VANCE CO BROADBAND	447	<u>0</u>	5,000	5,000
This amendment reflects a new				

# NC DOT 5310 Grant Resolution

Planning Director, Michael Kelly explained where funding comes from for the 5310 grant and briefly reviewed the details of the Resolution. Board members reviewed a copy of the Resolution that was in their packets.

# NC DOT 5310 Grant Resolution Motion # 5

Motion was made by Sidney Dunston to approve the Public Transportation Consolidated Capital Call for Projects Program (5310) Resolution as presented. Joe Shearon seconded the motion. The motion carried unanimously.

### NC Lakes District Bike Plan Resolution

Planning Director, Michael Kelly gave a brief synopsis of the Bike Plan Resolution and the Board Members reviewed the full document in their packets. Mobility Planner, Tony Sumter of the COG staff also advised that he had full copies of the NC Lakes District Bike Plan if anyone would like to review the entire plan. Michael further informed the Board that the Planning Department will be providing postcards with maps of the NC Lakes District routes soon.

# NC Lakes District Bike Plan Resolution Motion # 6

Motion was made by Sidney Dunston to approve the NC Lakes District Regional Bike Plan Resolution as presented. Tommy Hester seconded the motion. The motion carried unanimously.

# **EXECUTIVE DIRECTOR'S REPORT**

Chairman Richardson explained again that Diane was under the weather and not able to join us this evening. He asked that Board Members review the Newsletter enclosed in the packets as Diane's report.

# Approve Executive Director's Report Motion # 7

Motion was made by Sidney Dunston to approve the Newsletter as the Director's Report in Diane's absence. Walter Gardner seconded the motion and it carried unanimously.

# Foreign Trade Zone Update

Chairman Richardson advised that Renee' Boyette was unable to join us due to a family emergency. She hopes to join us at another meeting in the near future.

### **PUBLIC COMMENT AND ANNOUNCEMENTS**

Chairman Richardson thanked members of the Board for the opportunity to serve as Chairman this coming year. He advised that he had previously met with Diane and asked her and the staff to get ideas from the Board for upcoming meetings and speakers that would be of interest to the region. He also stated that he hoped to pull together a Broadband Summit early in 2017.

The Chairman further stated that he believes we have a strong COG staff and a strong Board of Directors and that good things will be forthcoming. He reminded attendees that the next meeting would be held on November 17<sup>th</sup>, 2016.

Vincent Gilreath advised that he had to bring his children, Isiah and Bethany to the meeting tonight and members agreed that it was good for them to attend and learn about the items we address and the entire process.

# **CLOSED SESSION**

Chairman asked that all non-Board Members leave and he would entertain a motion to go into Closed Session for Attorney Client Privileged Discussions.

# Into Closed Session Motion #8

Pete Averette made a motion to go into Closed Session. Bryan Pfohl seconded the motion and it carried unanimously.

# Out of Closed Session Motion # 9

Tommy Hester made a motion to come out of Closed Session. Kevin Easter seconded the motion and it carried unanimously.

# Property Settlement Motion # 10

Motion was made by Sidney Dunston to follow the recommendation of Attorney Wrenn to advertise Lake Royale property with upset bid process and if not sold, to dispose of property at Lake Royale by turning it back over to the Lake Royale Homeowners' Association and to pay for transfer costs not to exceed \$400. Tommy Hester seconded the motion and it carried unanimously.

There being no further business, the meeting adjourned.

Sincerely,

Patricia S. Cox, Executive Director Secretary to the Board of Directors

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# Kerr Tar Regional Council Of Governments

# November Newsletter

### Announcements:

- COG Board Meeting Thursday, November 17<sup>th</sup> @ 7:00 p.m.
- Office Closed November 11<sup>th</sup> November 24<sup>th</sup> November 25<sup>th</sup>
- TAC/TCC Board Meeting Wednesday, December 14<sup>th</sup>
   @ 3:00 p.m.

# Important Dates

### Office Closures:

Kerr-Tar Regional Council of Governments will be closed on **Friday**, **November 11<sup>th</sup>** for Veterans Day. We will also be closed **Thursday**, **November 24<sup>th</sup>** and **Friday**, **November 25<sup>th</sup>** for Thanksgiving.

# **Board Meeting:**

Kerr-Tar Regional Council of Governments will have their November Board Meeting on the third Thursday of November, November 17<sup>th</sup> at 7:00 p.m., due to the Thanksgiving holiday.

### TAC/TCC Board Meeting:

The next Kerr-Tar
TAC/TCC meeting is
Wednesday, December
14<sup>th</sup> from 3:00 p.m. to 5:00
p.m. at the Kerr-Tar Office.
Please check our website
for updates.

# Around the Region

Welcome, Colleen Puceta, our new Aging Projects Coordinator, Colleen was the Senior Program Specialist at the Grace Martin Harwell Senior Center in Little Washington for the past few years. She has several years of experience within the aging network. Colleen is a SHIIP (Senior Health Insurance Information Program) counselor, A Matter of Balance coach and has a wealth of knowledge regarding health promotion programs as well as senior center operations!



Do you live, work, or visit Granville County? We would like for you to take our survey to help us with the Granville County Transportation Plan update. Kerr-Tar has been working with Granville County, NCDOT and CAMPO to develop a Comprehensive Transportation Plan for Granville County. Please click on the link to take this short nine question survey at

http://tinvurl.com/surveygranville by November 18, 2016. The answers are used only for the purpose of public input and are anonymous.

### Mobile CARE Award

Congratulations to Mary Sells of Triangle J on receiving the 2016 Individual Mobile CARE Award. Deputy Secretary Keith Weatherly of NCDOT presented Mary with the award at a ceremony held at the NC State McKimmon Center on October 18. The Mobile CARE Award recognizes transportation emission reduction efforts advancing alternative fuel and transportation technology activities at the individual and organizational levels. The Clean Fuel Advanced Technologies (CFAT) Grant Program, in which the KTCOG is a recipient, is devoted towards reducing emissions though promotion and educational outreach.



Kerr-Tar's very own, Anthony (Tony)
Sumter, Mobility Manager and Regional
Planner has been recognized by the
North Carolina Central University
Department of Public Administration for
his contributions to the classroom
environment as an in-service
professional student. In addition to his
role at the COG, Tony is furthering
himself academically by completing the
Evening Master of Public Administration
program at NCCU.

# <u>Tax Deductible Donations</u> <u>to Local Governments:</u> Click <u>here</u> for more information.

# **Transportation**

**Prioritization 4.0 News** KTRPO Prioritization P4.0 Local Points Assignment for Division Level Projects was approved at our October 13, 2016 TAC/TCC meetingplease click here to view the approved table of projects. The Division Level Projects were submitted to the NCDOT by the October 31 deadline. The deadline for submission has been extended to November 14. 2016 because of Hurricane Matthew. allowing those in the affected areas to deal with higher priorities.





### **CMAQ Update**

If you are located in one of our CMAQ eligible counties (Franklin, Granville and Person) please be thinking about possible CMAQ projects. Kerr-Tar will require that you submit the projects to us well in advance of the NCDOT March 2017 deadline in order for the RPO to evaluate and prioritize the submissions. Last year, Kerr-Tar was allocated \$525,406 for CMAQ funding. We do not know the precise amount to be allocated for FFY 2018 and will keep you updated regarding the available funding and timetable for submission. For more information contact Ann Stroobant <a href="mailto:astroobant@kerrtarcog.org">astroobant@kerrtarcog.org</a>.

The North Carolina Lakes District Regional Bike Plan was adopted by the TCC/TAC meeting in October and approved by the KTCOG Board of Directors at its monthly November meeting. Staff is now working on presenting the plan to our area Boards of County Commissioners. A copy of the plan may be accessed by clicking here.

### **CFAT Grant**

Michael Kelly, Tony Sumter, and Suja Jacob with Kerr-Tar Regional Council of Governments attended the 4<sup>th</sup> Annual Eastern North Carolina Sustainability Summit at Halifax Community College last month. The Summit included a panel discussion, demonstrations, individualized breakout sessions, and a keynote address by Dr. Rusty Stephens, past President of Wilson Community College and Ivan Urlaub of the North Carolina Sustainable Energy Association.





The Mobility Management Program at KTCOG has launched a blog to promote trending mobility issues, topics, stakeholder discussions, and other related items of interests. Please visit <a href="https://kerrtarmobility.wordpress.com/">https://kerrtarmobility.wordpress.com/</a> for mobility-related news and updates. If you have any questions or concerns please contact, Tony Sumter, Mobility Manager at: <a href="mailto:tsumter@kerrtarcog.org">tsumter@kerrtarcog.org</a>

# Planning & Economic Development

### NCLM Sponsors Drone Education

Mark your calendars for the next League-sponsored education forum -- this time about drones and their implications for local government. The forum, which will feature state Rep. John Torbett among other experts on the technology, is scheduled for Nov. 16, 9:30 a.m. to noon at the Neuse River Wastewater Treatment Plant meeting room, 8500 Battle Bridge Rd. in Raleigh. The format will include a look at the big picture with drones, a moderated panel discussion, and a question-and-answer period. Drones, also known as unmanned aerial vehicles (UAVs), have been visible in backyards, parks, festivals, and game fields for many years now. The near-future is set for exponential growth and use of drone technology. The Federal Aviation Administration (FAA) Aerospace Forecast projects an increase in sales of UAVs from 2.5 million in 2016 to 7 million in 2020. As a result, a number of states and cities have taken action to address this enticing, yet sometimes problematic, technology. In the past five years, UAVs have created their share of problems, including near collisions with piloted aircraft, interference with large-scale events and crashing into buildings, from houses to the New York State Capitol building. Moreover, commercial uses for drones are becoming more widespread and popular with public and private agencies, ranging from Realtors to inspectors to photographers. In June 2016, the FAA published regulations to govern the use of drones and established requirements for operators. These rules will create a spectrum of opportunities for redesigned traditional service offerings. Nevertheless, a proliferation in the use of drone technology will subsequently present uncharted territory for city governments. How will local policies address privacy, nuisances, trespassing, visual pollution and other public safety challenges? The League's UAV / Drone Education event will feature speakers and panelists from the Next Gen Aviation Consortium at NCSU, Brooks & Pierce law firm, NC Department of Transportation Aviation Division. Olaeris, and Clarion Associates. Parking is available on site. You may also participate remotely via webinar. Click here to register. Contact League Grassroots Initiative and Civic Engagement Associate Will Brooks at (919) 715-8154 or wbrooks@nclm.org with any questions.

# Brownfields Assessment Grant

The KTCOG is pleased to announce their application for a Brownfields Assessment Grant through the United States Environmental Protection Agency. This grant, if awarded, will go towards the further study, identification, and clean-up of abandoned and underutilized contaminated brownfield sites in the region. Representatives from our regional local governments will be able to offer assistance and guidance in the administration of grant funds by serving on a **Brownfields Steering** Committee, Mid-Atlantic Associates, Inc. of Raleigh will be working with KTOCG staff on this project. The deadline to submit this grant application for FY 2017 is December 20, 2016.



### **Plug-In Summit**

KTCOG encourages those interested in the opportunity to talk with leading experts about charging station infrastructure, fleet vehicles, and electric vehicles to attend the Plug-In Summit on Tuesday, November 15 from 9-11:30 at NC State University's Centennial Campus. The event is free, but registration is required. Click here.

The White House has announced additional funding for broadband in rural communities and regions. Click here to learn more.

New Survey and Analysis Show Perspectives of Millennials on Economy
The importance of millennials on economic growth and development is well documented.
What is often less clear is exactly what they want. A new survey released by the
Economic Innovation Group highlights perspectives of this generation on key economic
factors. The results of this survey and the key findings may be of use to you and your
key partners as you work to design and implement regional development initiatives. To
access the survey findings and summary, please click here.

101 Small Ways You Can Improve Your City

It is a drum we continue to beat-you don't need to spend a huge amount of money to create a unique town. Sometimes the smallest things we can do for our neighborhoods can have the biggestimpact At Curbed, we know the power of a vegetable garden planted in a vacant lot or a library installed on a sidewalk. To share 101 urban interventions and ideas that show how even the tiniest changes can make our cities better places, we've scoured cities all around the world for small ideas with huge potential, and asked some of our favorite urban thinkers for tiny ways to make outsized transformations. And we divided them all up into six sections to help focus your efforts. We hope this serves as a resource for urban inspiration and that you'll contribute your own thoughts in the comments.

# Article Highlights Alternative Uses for Vacant Prisons to Support Community and Economic Development.

Following the Great Recession, many State prisons were shuttered, part of an effort to reduce costs. Despite good intentions, in some places vacant properties have continued to be a drain on resources and an eyesore to local communities and folks wonder what to do with the often immense properties. Several states are employing creative strategies to put these assets back to work to spur community and economic development. This article highlights a few of the examples and may provide creative ideas to jumpstart local and regional conversations about how to engage vacant malls, prisons, and mills across the state. To read the article, click here.

# League Launches "Here We Grow" Campaign

The League officially kicked off its Here We Grow promotional campaign on Wednesday. Some of you may have read or heard about the campaign; some of you may not. The idea behind it, though, is simple: When each of us does better, we all do better. North Carolina's economic strength is rooted in the diversity of its cities and towns -- a diversity that's the direct result of allowing residents to pursue their own unique visions and allowing municipalities to make investments that help create jobs and grow the economy. To preserve the local decision-making authority that has allowed cities and towns to prosper, it is crucial that we tell that story. As a major part of this effort, we are launching the Here We Grow website. at www.herewegrownc.org, to help provide tools to each municipality, individually, to tell about its economic successes, and to help tell the collective story of how cities and towns are working hand-in-hand with the private sector to build our state's economic foundation. This effort, though, will only work with your involvement, with municipalities working together to tell this story. The League staff wants this to be your campaign. You'll find that we have already worked with several cities and towns to include their economic success stories on the site -- we hope you will add yours. Here We Grow website was created as a crowdsourcing site. You can get a login, post a story and photo of your latest economic success, and then let the larger world know about it through the social media tools on the site. To obtain a login, send an email to: about@herewegrownc.org and you'll receive a username and password that allows you to access the site.

# Workforce Development

Local Career centers have many workshops to offer in the month of November, including:

Read more...

- Basic Computer
   Skills
- Resume Writing
   Professionalism

To see the full calendar, please click here. For more information please contact Kelfy Hundley at khundley@kerntarcog.org

### **NCWorks Career Centers**

Do you realize the support your local businesses could receive from our workforce development professionals? If not, partner with the NCWorks Career Centers to find your next "right fit" employee. Our Certified NCWorks Career Centers provide the following services:

- Job posting;
- Job fair coordination;
- Candidate evaluation and review;
- Candidate referrals;
- · Off-site interview space;
- Labor market information

Contact Lou Grillo at larillo@kerrtarcog.org or 252-436-2040 for more information

# Aging

# Aging Sensitivity Training

Join us at the Granville County Senior Center Tuesday, November 29<sup>th</sup>, 2:00p.m. to 4:00p.m. for an Aging Sensitivity Training.

Being sensitive to the "feelings or the plight of the other person" is a wonderful and respectful way for humans to relate to each other. This Aging Sensitivity workshop will provide attendees the opportunity to learn how to better relate to persons with age specific or disability specific challenges.

Learn through hands on exercises and presentations ways to better relate to persons with age specific challenges and physical and mental changes that occur as we age.
Continuing Education Credits for Adult Care Home staff will be provided.
Please call (919)693-1930 to register.
\*Presented by Kim

\*Presented by Kim
Hawkins, MSW, Regional
Ombudsman. For more
information or questons,
contact Kim,
khawkins@kerrtarcog.org

Medicare Part D Open Enrollment Event

Do you or your loved ones have a Medicare Part D or Medicare Advantage Plan? The time to review or make changes to your plan is during the open enrollment time, October 15th - December 7th. There will be an open enrollment event on Friday, December 2, 2016 at the Louisburg Library, 906 N. Main Street, Louisburg. Senior Health Insurance Information Program (SHIIP) Counselors will be on site to assist in reviewing plans. Call 919-496-1131 for an appointment.



# Triangle North Healthcare Foundation

Triangle North Healthcare Foundation awarded Kerr Tar AAA a grant to fund our newest Evidence Based Health Promotion Program called Healthy Eating for Successful Living in Older Adults. The program is in intended to educate older adults on better nutrition, physical activity, better health and cooking techniques. Classes are held once a week for six weeks. If you are interested in taking this FREE workshop, contact the AAA at 252-436-2040.

Senior Tar Heel Legislature (STHL) and Regional Aging and Advisory Committee (RAAG) Vacancies

There are several vacant positions on our STHL/RAAC Committee's. The AAA has six representatives from each of our five counties who advocate on behalf of older adults in their community. In addition, RAAC members provide guidance in developing our Area Plan and work with our agency in determining how we spend Home Care and Community Block Grant funds. This money is spent on services such as Nutrition (congregate and home delivered meals), Transportation, In Home Aid programs, Home and Housing Improvement and Senior Center Operations, Senior Tar Heels also advocate for older adults and meet three times a year in Raleigh. There is one Delegate and one Alternate for every county in the state. The STHL promotes citizen involvement and advocacy concerning aging issues before the North Carolina General Assembly and assesses the legislative needs of older adults by convening a forum modeled after the General Assembly, If you are interested in serving please call the AAA at 252-436-2040.

# **November Recognitions**

November is National Alzheimer's Disease Awareness Month

November is a time to pause and recognize those living with Alzheimer's and their caregivers including friends and family who experience the disease every day. The Kerr Tar Area Agency on Aging is planning events during the month to celebrate, advocate and remember our loved ones who have experienced this condition. Currently, two events are planned in Warren and Vance Counties to recognize National Alzheimer's Disease Awareness Month. The Warren County Senior Center is hosting a Candlelight Reflection Ceremony on November 18th at 11a.m. Candlelight Reflections is a ceremony remembering those we have lost and honoring individuals currently living with Alzheimer's or other dementias, their dedicated caregivers and in recognition of National Alzheimer's Disease Awareness Month and National Caregivers Month. On November 15th, a Memory Café is planned at the Vance County Senior Center for member caregivers. A Memory Café is a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other activities. The Café provides mutual support where loved ones can simply enjoy a meal and fellowship.

**November is National Family Caregivers Month** 

Governor McCrory recently signed a proclamation stating that November will be Family Caregiver Month in North Carolina. This year's theme is "Take Care to Give Care." Caregiver's must themselves. Due to the stress of managing caregiving responsibilities, family caregivers have a disproportionate number of health and emotional problems. A healthy diet or proper nutrition is one of the most effective ways to take care of yourself. In addition, caregivers need to take time to rest and recharge. Respite care vouchers are available by contacting your local senior centers. The Kerr Tar Area Agency on Aging has a Family Caregiver Specialist who can assist families that need information on health, nutrition and area support groups.

# Kerr-Tar Regional Council of Governments

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We're on the Web!

See us at:

www.kerrtarcog.org

# **Executive Committee**

Chairman Barry Richardson Warren County

Vice Chairman Quon Bridges City of Oxford

Treasurer
Jimmy Clayton
Person County

Sidney Dunston I Franklin County
Zelodis Jay I Granville County
Terry Garrison I Vance County
Tommy Hester I Vance County
John Alston I Warren County
Linda Jordon I Town of Butner
Eddie Ellington I City of Henderson
Joe Shearon I Town of Louisburg
Henry Daniel I City of Roxboro
Walter Gardner I Town of Warrenton

David Smith I At-Large Bryan Pfohl I At-Large Danny Wright I At-Large

# Communities Served

Franklin County Granville County Person County Vance County Warren County Town of Bunn
Town of Butner
City of Creedmoor
Town of Franklinton
City of Henderson
Town of Kittrell
Town of Louisburg
Town of Macon

Town of Middleburg
Town of Norlina
City of Oxford
City of Roxboro
Town of Stem
Town of Stovall
Town of Warrenton
Town of Youngsville

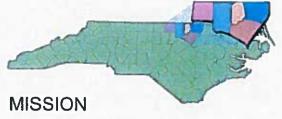
# Contacts

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Aging
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Kerr-Tar Regional Council of Governments aims to promote regionalism that provides opportunities for local governments to enhance and improve the quality of life for our citizens through effective delivery of services and programs.