



NOT JUST 'ANOTHER' COG

MID-CAROLINA COUNCIL OF GOVERNMENT
AUGUST 2024 NEWSLETTER

MID-CAROLINA'S MISSION

Our mission is to provide creative regional solutions to relevant and emerging issues in Cumberland, Harnett, and Sampson Counties, North Carolina while providing a standard of excellence in delivering federal, state, and regional services for our communities. We are a voluntary coalition of local governments. Our council functions as a multi-county, planning, development, and human services organization.



MY FUTURE'S SO BRIGHT SUMMER YOUTH WORK COHORT

The "My Future's So Bright" summer work program introduces high school and early college students to various industries, providing real-world work experience and career development opportunities.

Now in its second year, the initiative aims to equip Fayetteville's youth, aged 14 to 19, with essential skills and knowledge for future employment. Priority is given to younger applicants residing within Fayetteville and legally authorized to work in the U.S.

Deputy Director of Mid-Carolina Regional Council Samantha Wullenwaber emphasizes the program's impact: "At 14, many don't know what they want to do, but discovering what they don't want to do is equally important. This program allows participants to explore different fields, making a lasting positive impact on their lives."

For the 2024 session, 11 local businesses partnered with the Mid-Carolina Workforce Development Board to host 22 interns.

The City of Fayetteville supports the program with a \$200,000 allocation over three years. The program has grown from 19 interns to 22, with expectations for further expansion in 2025.

Verna L. Jones, Deputy Director of Workforce Development, highlighted the city's support: "The City of Fayetteville granted us funds to create a meaningful summer program. We wanted participants to not just work but to understand what it takes to be successful."

Mayor Pro Tem Kathy Jensen, a keynote speaker at the graduation ceremony, highlighted the city's commitment to youth development: "My Future's So Bright empowers Fayetteville's youth, cultivating a strong, vibrant future workforce. I urge businesses and citizens to support this initiative."

The 22 interns were honored at a graduation ceremony on Friday, July 19, 2024, at Fayetteville Technical Community College, with many continuing as employees at their respective businesses.

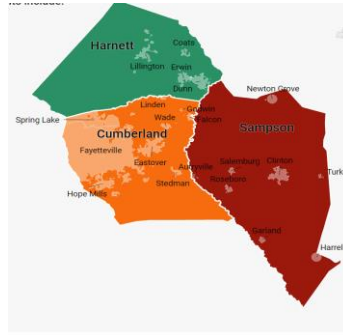


Together, we can!



MID-CAROLINA REGIONAL COUNCIL

Creative Regional Solutions



Who We Are:

In collaboration with local governments and regional partners, the Mid-Carolina Regional Council provides various services to the municipalities and counties of Cumberland, Harnett, and Sampson.

What We Do:

Area Agency on Aging

The Mid-Carolina Area Agency on Aging (AAA) partners with numerous organizations to promote independence, preserve dignity, and advocate for the rights of older and disabled adults and their families.

Local Government Services

Mid-Carolina offers a range of services for local governments in the region, including planning, zoning administration, subdivision review, project management, and general technical assistance.

Vaccine Outreach Collaborative

Mid-Carolina collaborates with US Aging’s Aging & Disability Vaccination Collaborative to facilitate access to COVID-19 and influenza vaccinations for older adults and people with disabilities.

Workforce Development

The Federal Workforce Innovation and Opportunity Act (WIOA) funds programs and activities of North Carolina’s Workforce Development Boards (WDB). These boards partner with the North Carolina Division of Workforce Solutions, a division of the Department of Commerce designated by the Governor to receive WIOA funds. The program offers opportunities for adults, veterans, and youth, helping employers find the qualified talent they need to thrive. As one of twenty-three Workforce Development Boards in North Carolina, the Mid-Carolina Workforce Development Board connects individuals and businesses in the region to programs and services that align talent with job opportunities. We work with a variety of businesses, educational and training institutions, community agencies, and regional and state government representatives. The Mid-Carolina Workforce Development Board comprises business and community leaders appointed by the County Board of Commissioners.

**Mid-Carolina
Regional Council of Government
6205 Raeford Road
Fayetteville, NC 28304
(910) 323-4191**



SCSEP SIDEBAR

The Mid Carolina Council of Government and Workforce and Talent Development Department is excited to announce the Senior Community Service Employment Program (SCSEP) recertification event, which took place in August, 2024 at the Council of Government building on Raeford Road in Fayetteville, NC.

This important event was overseen by SCSEP Coach, Helen Mort, who works closely with current program participants to ensure they meet all necessary requirements for continued enrollment. Participants attending the recertification event will have the opportunity to update their records, verify their eligibility, and discuss their progress and goals with Helen Mort. This thorough process is crucial for maintaining the integrity of the SCSEP program and ensuring that participants continue to receive the support they need to succeed. The Senior Community Service Employment Program (SCSEP) is a federally funded program that provides job training and employment opportunities for low-income, unemployed individuals aged 55 and older. SCSEP participants gain valuable work experience and training in various community service activities, which helps them transition to unsubsidized employment.

Helen Mort, the dedicated SCSEP Coach, brings extensive experience and a compassionate approach to her role. She is committed to helping participants navigate the recertification process smoothly and addressing any concerns they may have. Her expertise ensures that each participant receives personalized attention and guidance. Recertification is an essential part of the SCSEP program as it ensures that all participants continue to meet eligibility criteria and are progressing towards their employment goals. It also provides an opportunity for participants to reflect on their achievements, identify areas for improvement, and receive tailored support to enhance their job readiness.



NADO Announces 2024 Aliceann Wohlbruck Impact Award Recipients, Including Mid Carolina Regional Council



**MID-CAROLINA
REGIONAL COUNCIL**

Creative Regional Solutions

The National Association of Development Organizations (NADO) has proudly announced the recipients of the 2024 Aliceann Wohlbruck NADO Impact Awards, with the Mid-Carolina Regional Council among the distinguished honorees. This prestigious annual program celebrates the outstanding efforts of NADO members in advancing regional planning, economic development, resilience, and more. The recognized

projects have made significant contributions to their communities, highlighting the diverse services and innovative program delivery provided by regional development organizations nationwide.

Named in honor of Aliceann Wohlbruck, NADO's first executive director who served for 24 years, the Impact Awards pay tribute to her tireless advocacy for regional economic development, particularly in rural communities and small towns.

This year's class of awardees includes 97 projects from 64 organizations across 22 states. These impactful projects will be celebrated at NADO's Annual Training Conference in New Orleans, LA, this October, underscoring the significant contributions made by the Mid Carolina Regional Council and others in their communities.

NADO is a membership organization that represents regional development organizations across the United States. Founded in 1967, NADO provides advocacy, education, and networking opportunities to support regional planning, economic development, and the advancement of rural and underserved communities. NADO's members include councils of governments, economic development districts, and other regional planning bodies that work to promote sustainable economic growth, resilience, and innovation at the local and regional levels. Through its programs, NADO plays a crucial role in fostering collaboration among federal, state, and local governments, as well as the private sector, to address economic and community development challenges nationwide. Please see [2024 Impact Award Recipients - NADO](#) for a list of all the winners. Congratulations Mid-Carolina!

AND THE WINNERS ARE:

- Mid-Carolina Regional Council, *"My Future's So Bright" Summer Work Program*
- Mid-Carolina Regional Council, *Resiliency & Recovery Training & Assistance*
- Mid-Carolina Regional Council, *Chore Services Program*

Mid-Carolina Area Agency on Aging Partners to Deliver ASIST Training for Community Caregivers



The Mid-Carolina Area Agency on Aging recently partnered with Liberty Homecare & Hospice Services and the Department of Veterans Affairs to offer Applied Suicide Intervention Skills Training (ASIST) to professionals in the region. This essential two-day training, held on July 30 and 31, brought together 13 professionals from across the Mid-Carolina Region, which encompasses Cumberland, Harnett, and Sampson counties. The training provided these individuals with vital skills and knowledge to support those at

risk of suicide in our community.

The ASIST training aimed to equip participants with the ability to:

1. **Understand the Impact of Attitudes on Suicide:** The training explored how personal and societal attitudes influence views on suicide and the effectiveness of interventions.
2. **Provide Suicide First-Aid:** Participants learned to offer guidance and support to individuals at risk, tailored to their specific safety needs.
3. **Develop Effective Safety Plans:** The course emphasized identifying key elements of a suicide safety plan and the necessary actions for implementation.
4. **Promote Community Resources:** Attendees gained an appreciation for improving and integrating suicide prevention resources within the community.
5. **Emphasize Life-Promotion and Self-Care:** The training highlighted the importance of promoting life and self-care as integral aspects of suicide prevention.

Reflecting on the training, one participant shared, "Since attending this training, my attitudes toward suicide have shifted. I understand the importance of meeting individuals where they are, listening to their stories, helping them find a turning point, and assisting them in developing a plan that keeps them safe for now."

This training marks a significant step towards creating a safer and more supportive community. With these newly acquired skills, professionals in the Mid-Carolina Region are better prepared to intervene and support those in need, fostering a network of care and understanding.



The Mid Carolina Workforce Development Board has posted a Request for Proposals (RFP) on our website for janitorial services. We welcome all bids and encourage interested parties to submit their proposals by the deadline of August 27th. This is an excellent opportunity to partner with us in maintaining a clean and professional environment. Please visit www.mccog.org for more information.



CAREGIVER SUPPORT GROUP

SAMPSON COUNTY DEPARTMENT OF AGING

**Feeling overwhelmed taking care of a loved one?
Learn how to care for yourself while caring for others.**

Support Groups are held on the 4th Thursday of the month.

Contact:
Angela Faircloth
Sampson County Department of Aging
405 Complex Road
Clinton, NC 28328
Angela.faircloth@sampsoncountync.gov
910-592-4653 ext 5308

AUGUST 22, 2024
SEPTEMBER 19, 2024
OCTOBER 24, 2024
NOVEMBER 21, 2024
DECEMBER 19, 2024
JANUARY 23, 2025
FEBRUARY 27, 2025
MARCH 27, 2025

APRIL 24, 2025
MAY 22, 2025
JUNE 26, 2025

1:00 PM

Sampson County
Department of Aging
405 Complex Road
Clinton, NC 28328



AGING A NEW WAY

THE VITAL ROLE OF LOCAL COUNCILS OF GOVERNMENTS IN COMMUNITY DEVELOPMENT



Local Councils of Governments (COGs) often operate behind the scenes, yet their impact on community development and governance is profound. These regional bodies serve as crucial intermediaries between local governments, facilitating collaboration and coordination to address shared challenges and pursue collective opportunities. The importance of COGs cannot be overstated, as they play a pivotal role in fostering sustainable growth, efficient resource allocation, and resilient communities.

At their core, COGs act as forums where neighboring municipalities come together to pool resources, share expertise, and tackle common issues that transcend administrative boundaries. Whether it's transportation planning, economic development, environmental management, or emergency preparedness, COGs provide a platform for local leaders to exchange ideas, leverage economies of scale, and implement region-wide solutions. By fostering intergovernmental cooperation, COGs help bridge the gap between local autonomy and regional cohesion, ensuring that decisions reflect the broader interests of the community.

One of the primary benefits of COGs lies in their ability to streamline governance processes and enhance service delivery. Through joint initiatives and shared services, municipalities can optimize their limited resources, reducing duplication of efforts and minimizing costs. For instance, collaborative purchasing programs enable local governments to negotiate bulk discounts on essential goods and services, saving taxpayer dollars without compromising quality. Similarly, coordinated infrastructure projects, such as regional transportation networks or water management systems, promote efficiency and connectivity across the region.

Moreover, COGs serve as incubators for innovation and best practices, fostering a culture of learning and continuous improvement. By facilitating peer-to-peer exchanges and training programs, COGs empower local officials to stay abreast of emerging trends, adopt evidence-based policies, and implement effective strategies tailored to their communities' needs. This knowledge-sharing ethos not only enhances administrative capacity but also fosters a sense of solidarity and mutual support among neighboring jurisdictions.

Another critical function of COGs is their role in advocacy and regional planning. By representing the collective voice of member municipalities, COGs wield considerable influence in shaping regional policies and securing funding for priority projects. Whether advocating for infrastructure investments, lobbying for legislative reforms, or conducting comprehensive planning studies, COGs serve as powerful advocates for the common interests of their constituents. Through strategic partnerships with state and federal agencies, as well as collaboration with private sector stakeholders, COGs amplify their impact and drive positive change at the regional level.

In times of crisis, such as natural disasters or public health emergencies, COGs demonstrate their value as agile and adaptive institutions. By facilitating interagency coordination and mutual aid agreements, COGs enable swift and effective response efforts, ensuring that resources are deployed efficiently and communities are supported in their time of need. This proactive approach to emergency management not only enhances public safety but also builds community resilience and fosters a sense of solidarity among residents.

In conclusion, Local Councils of Governments play a multifaceted role in promoting regional collaboration, efficient governance, and sustainable development. By serving as forums for cooperation, incubators for innovation, advocates for change, and coordinators of emergency response, COGs are indispensable assets in the fabric of local democracy. As communities continue to grapple with complex challenges in an increasingly interconnected world, the importance of COGs as catalysts for collective action and shared prosperity cannot be overstated.

The NCARCOG Board of Directors has adopted its 2024 policy agenda, outlining key priorities and action requests to enhance the prosperity of both rural and urban areas in North Carolina. This agenda highlights the NCARCOG's commitment to advocating for regional solutions to multi-jurisdictional issues, coordinated state and federal program service delivery, and strategic partnerships.



Key Priorities in the 2024 Policy Agenda:

1. **Financial Administration for Local Governments:**
 - **Goal:** Enhance financial administration services for local governments struggling with financial management.
 - **Request:** \$3.95 million in recurring funding to employ additional finance professionals to assist small local governments in complying with state and national accounting standards.
2. **Aging Services ARMS System Replacement:**
 - **Goal:** Replace the outdated Aging Resource Management System (ARMS) used for aging services reimbursement due to its risks and limitations.
 - **Request:** \$5.96 million for implementation and \$3.89 million for five years of operations and maintenance.
3. **Long-Term Care Ombudsman Program Funding:**
 - **Goal:** Address the needs of North Carolinians living in long-term care facilities by fully funding the ombudsman program.
 - **Request:** An additional \$2.75 million in annual recurring funds.
4. **Prosperity Zones Modification:**
 - **Goal:** Modify the eight Prosperity Zones to conform to COG regions, reducing duplication and confusion, and facilitating better coordination of services.
 - **Request:** Legislative action to align Prosperity Zones with COG regions.
5. **Disaster Resiliency Efforts and Hazard Mitigation Planning:**
 - **Goal:** Continue disaster resiliency efforts and establish COGs as the entities to develop regional pre-disaster hazard mitigation plans.
 - **Request:** \$3.9 million in recurring annual funding.
6. **Legislative Authority for COGs to Apply for Transit Grants:**
 - **Goal:** Authorize COGs to apply for transit planning, capital, and operating grants through NCDOT and the FTA.
 - **Request:** Specific legislation to clearly define COGs as eligible entities for these grants.
7. **High-Speed Broadband Expansion:**
 - **Goal:** Increase the availability of high-speed broadband throughout North Carolina.
 - **Request:** Continued funding to study, build, and upgrade broadband infrastructure, and use COGs as a mechanism for local and regional broadband planning and implementation efforts.
8. **Strategic Partnerships for Regional Service Delivery:**
 - **Goal:** Enhance the use of COGs to administer and implement multi-county governmental services and programs.
 - **Request:** Support for COGs as the default mechanism for regional service delivery and opposition to new regional offices or service areas that split COG regions.
9. **Eligibility for State and Federal Grants:**
 - **Goal:** Modify rules, regulations, or legislation to include COGs as eligible entities for state and federal grants.
 - **Request:** Alignment with OMB Circular 2 CFR 200.64(l), which identifies a COG as an eligible local government for federal grant awards, and advocacy for state and federal recognition of COGs as eligible grant recipients.

Mid Carolina Workforce Development Board Announces New Leadership

We are thrilled to announce the appointment of Xavier DeBrough as Chairman and Candace Howell as Vice Chair of the Mid Carolina Workforce Development Board. Their extensive experience and commitment to community development promise to drive the board toward new achievements.

Xavier DeBrough: Chairman

Xavier DeBrough, the esteemed founder and CEO of DeBrough & Co, has been a pivotal figure in the local business community for over two decades. DeBrough & Co, under his leadership, has grown into a renowned consultancy firm specializing in business strategy and workforce development. Xavier's innovative approach and keen business acumen have earned him numerous accolades, including the Regional Business Leader of the Year award.

Xavier's journey began with a degree in Business Administration from North Carolina State University. His early career was marked by rapid ascension through the ranks of several Fortune 500 companies. In 2002, Xavier founded DeBrough & Co, driven by his vision of helping businesses and individuals reach their full potential. His leadership extends beyond his company; he has served on various boards and is known for his philanthropic efforts within the community. As Chairman, Xavier aims to leverage his expertise to enhance workforce initiatives and foster economic growth across the Mid-Carolina region.



Candace Howell: Vice Chair

Candace Howell, a distinguished agent with State Farm, brings a wealth of experience in financial services and community engagement to her new role as Vice Chair. Candace's career with State Farm spans over 15 years, during which she has demonstrated exceptional commitment to her clients and the community. Her work has been recognized with several awards, including the State Farm Agent of the Year.

A graduate of the University of North Carolina at Chapel Hill, Candace began her career in financial planning before joining State Farm. Her ability to build strong relationships and her deep understanding of community needs have made her a trusted advisor and a community leader. Beyond her professional achievements, Candace is actively involved in various community service initiatives, particularly those aimed at empowering youth and supporting local businesses. In her role as Vice Chair, Candace plans to focus on creating more opportunities for skill development and employment, especially for underserved populations in the Mid-Carolina region. Her vision aligns with the board's mission to create a vibrant and inclusive workforce.



The appointments of Xavier DeBrough and Candace Howell mark a significant milestone for the Mid-Carolina Workforce Development Board. With their leadership, we anticipate a future of robust economic development and enhanced workforce opportunities. We look forward to their contributions and the positive impact they will have on our community. Please join us in welcoming Xavier and Candace to their new roles. Together, we will continue to work towards a brighter future for the Mid-Carolina region.

GRANDPARENTS * RAISING GRANDCHILDREN

***AND OTHER RELATIVES**



CAREGIVER SUPPORT GROUP



JOIN US IN A JUDGMENT-FREE ZONE, A TIME AND PLACE TO SHARE
FEELINGS, EXPERIENCES, AND RESOURCES

AUGUST 22, 2024

SEPTEMBER 19, 2024*

OCTOBER 24, 2024

NOVEMBER 21, 2024*

DECEMBER 19, 2024*

JANUARY 23, 2025

FEBRUARY 27, 2025

MARCH 27, 2025

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MAY 22, 2025

JUNE 26, 2025



Sampson County Department of Aging
405 County Complex Road
Clinton, NC 28328

Contact: Angela Faircloth
angela.faircloth@sampsoncountync.gov
910-592-4653 ext 5308



**Mid-Carolina Regional Council
Agency on Aging**

***Senior Expo 2024
Thrives at Bill Crisp
Senior Center, Draws
Over 300 Attendees***

Fayetteville, NC, August 2, 2024 – The Bill Crisp Senior Center in Fayetteville was transformed into a lively hub of activity on August 2, as the Senior Expo 2024 welcomed

more than 300 attendees and over 80 vendors in an afternoon dedicated to enhancing the lives of local seniors.

From the moment the doors opened, the atmosphere buzzed with excitement. Seniors, their families, and caregivers navigated through an array of colorful booths, each offering something unique. Exhibitors showcased a wide spectrum of services, including caregiving support, retirement living options, senior recreation and fitness programs, funeral services, veteran services, and health insurance providers.

The Expo was more than just an event—it was an experience. Attendees were treated to live demonstrations, interactive displays, and one-on-one consultations with experts. Many took advantage of the opportunity to sample fitness classes, explore retirement communities, and learn about the latest in healthcare and insurance options.

As the day unfolded, it became clear that the Expo was more than just a chance to gather information—it was a celebration of the vibrant senior community in Fayetteville. Laughter, conversations, and shared experiences filled the center, reminding everyone that aging is not just about getting older, but about living life to the fullest.

The Bill Crisp Senior Center has long been a cornerstone of support and engagement for seniors in Fayetteville, and this year's Senior Expo has further cemented its role as a vital resource. With the success of this event, the center continues to demonstrate its commitment to helping seniors lead active, informed, and joyful lives.



FOOD ADDICTION 911

❖ Are you struggling with cravings?

❖ Do you find yourself eating foods that you know aren't good for you but you can't stop?

❖ Do you sometimes feel controlled by food?

Learn to identify the root cause of cravings and overcome them with powerful strategies to tackle them when they occur.

SEPTEMBER 23RD, 2024 10 AM TO 12 PM

**SAMPSON COUNTY DEPARTMENT OF AGING
405 COUNTY COMPLEX ROAD
CLINTON, NC 28328**



RSVP REQUIRED
CONTACT: ANGELA FAIRCLOTH 910-592-4653 ext 5308
Angela.faircloth@sampsoncountync.gov

Mid-Carolina Regional Council Receives \$516,387 Workforce Inclusion Grant to Support Older Job Seekers

Fayetteville, August 14, 2024 – The Mid-Carolina Regional Council of Governments (MCRC) has been awarded a \$516,387 Workforce Inclusion grant from the Center for Workforce Inclusion, Inc. (CWI). This significant funding, primarily sourced from the U.S. Department of Labor, is set to provide critical support to low-income older adults in North Carolina through workforce training and employment opportunities.



Nearly 90 percent of the grant will be allocated to the Senior Community Service Employment Program (SCSEP), a key initiative under the Older Americans Act. SCSEP is the only federal job training program specifically designed for low-income job seekers aged 55 and older. The grant will enable temporary employment for at least 87 older North Carolinians residing in Bladen, Cumberland, Lee, Moore, Richmond, and Robeson counties.

MCRC's receipt of this grant underscores its ongoing commitment to fostering workforce inclusion and supporting the economic stability of older adults in the region. This initiative will not only provide valuable job training but also enhance the quality of life for participants by helping them re-enter the workforce and contribute to their communities.

Please find the full press release here: [2024 Mid-Carolina Council of Government \(mccog.org\)](https://www.mccog.org)



Mid-Carolina Regional Council Joins Fayetteville Woodpeckers' Community Table for Alzheimer's Awareness

The Mid-Carolina Regional Council is set to participate in the Fayetteville Woodpeckers' Community Table event on Sunday, August 25th, as part of a special initiative to raise awareness for Alzheimer's disease. The event, taking place at Segra Stadium, will bring together local organizations and community members to spotlight the ongoing fight against Alzheimer's.

The Council, known for its commitment to improving the quality of life across the region, will be engaging with attendees, providing resources, and promoting Alzheimer's awareness through its participation. This event marks an important collaboration between the Council and the Fayetteville Woodpeckers, emphasizing the community's role in supporting those affected by Alzheimer's.

Fans attending the game will have the opportunity to learn more about the disease, access vital information, and connect with local support networks. The event is a part of the Fayetteville Woodpeckers' broader efforts to engage with and give back to the community, using the platform of baseball to bring attention to critical causes.

The Mid-Carolina Regional Council's involvement underscores its ongoing dedication to community engagement and public health advocacy, making this event a significant step in raising local awareness about Alzheimer's disease.

Save the Date



FAYETTEVILLE

Dementia Caregiver CONFERENCE

Thursday, November 7, 2024



NUTRITION CLASS FOR CAREGIVERS

Presented By: *Cooking 4 Fitness*



Each class includes recipe demonstrations, beautiful nutrition handouts, and delicious food samples. You'll leave empowered with

new tools and a new perspective on healthy eating!

**6205 Raeford Road
Fayetteville, NC 28304
10 am – 12 pm**

BARBARA WHITE
910-323-4191 ext. 28
bwhite@mccog.org



**CERTIFIED
NUTRITION INSTRUCTOR**
APRIL PERTON



**MID-CAROLINA
REGIONAL COUNCIL**
Creative Regional Solutions

July 25
**Nutrition and Heart
Disease**
Class date change
from July 18th

Aug 29
Get Focused

This cerebral nutrition class explores which foods create, and which reduce, brain fog, lack of focus and mental clarity. Bring a small cooking pot

Sept 26

Benefits of Exercising
Improve your muscle strength
and boost your endurance

Oct 24

Healthful Habits

Adopting new, healthier habits may protect you from serious health problems like obesity and diabetes.

Nov 14

Holiday Baking Healthy
What's baking for the holidays?
It can be healthy and helpful for
your health

**LIMITED
SPACE**
RSVP Required
2 Days
Before Class

Let's Go Woodpeckers & Mid-Carolina!



Mark Your Calendars for the Veterans Benefit Live Event!

Attention all veterans and family members! Join us for a special event where you can receive comprehensive assistance with your VA claims and benefits.

Event Details:

Location: Herbert Young Community Center, 101 Wilkinson Avenue, Cary, NC 27513

Dates: September 12th, 13th, and 14th, 2024

Hours:

Thursday & Friday: 9 AM – 3 PM

Saturday: 9 AM – 2 PM

What to Expect:

- Face-to-face assistance with existing claims and appeals
- Help with filing new claims and processing claims-related evidence
- Information on VA benefit programs, including updates on the PACT Act

What to Bring:

- DD 214
- All medical records related to your disability (military and civilian)
- Dependency documents (if new or not previously provided to the VA)

Additional Info:

- Wait times may be long, so please be patient.
- Coffee, water, and snacks will be provided free of charge.

For more information, contact Richard Spyrison at CaryVEAC@gmail.com.

We're excited to announce the Moore County Career Expo & ARPA Resource Fair!

Location: The Fair Barn, Pinehurst, NC

Date: Thursday, October 24, 2024

Time: 11:00 AM – 4:00 PM

What to Expect:

- Career Expo: Connect with top employers and explore a range of job opportunities.
- ARPA Resource Fair: Discover valuable resources and services available through the ARPA program.

Whether you're looking for new career prospects or seeking resources to support your goals, this event is the perfect opportunity to make connections and gather information.

Save the date and stay tuned for more details! We can't wait to see you there!

Help Create a Dementia Friendly Community

Tuesday, August 27, 2024

10:00am-12:00pm

Mid-Carolina Regional Council Office, 6205 Raeford Rd., Fayetteville, NC 28304

Come to a Dementia Friends Information Session to learn a little about what it is like to live with dementia and turn that understanding into action.

To RSVP and for more information, please contact Barbara White, 910-323-4191, ext. 28, bwhite@mccog.org.

Peer Grief Support Group

Thursday, September 5, 2024

10:00am-12:00pm 1st Thursday each month
Mid-Carolina Regional Council Office

6205 Raeford Rd.

Fayetteville, NC 28304

FOR ADDITIONAL INFORMATION PLEASE CALL:

Chaplain Lisa DeCandia

(910) 885 1479

ldecandia@libertyhomecare.com

- ✓ Get vaccinated.
- ✓ Get your yearly dose of confidence.

Protect yourself by adding annual vaccines to your checklist and we'll make it your easiest to-do.

**YOU'VE
GOT THIS.**
We've got you.



Mid-Carolina Area Agency on Aging Vaccine Outreach Program

Vaccines Provided: COVID-19 and Influenza



**Call 919-396-2355
or visit mccog.org/vaccine/asp**

This project is supported by the Administration for Community Living (ACL, U.S. Department of Health and Human Services (HHS)) through USAging as part of a financial assistance award to USAging totaling \$74,999,835 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by USAging, ACL/ HHS or the U.S. Government.