



## MCRC Weekly Newsletter April 17, 2023

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### Notable Notes From the Region

**-Multiple Local Companies to Expand in Sampson County:** Two companies, North Carolina Welding, LLC, and Crumpler Plastic Pipe have recently announced that they would be expanding operations within Sampson County. The announcement from both companies, which are based in Roseboro, is part of a recent trend of businesses and organizations relocating into Sampson County. In addition to the local credentials of both companies, they also hire within the community, as well as remain active by supporting local events. The hope is that these recent announcements push more companies to base their operations in Sampson County and to contribute towards an economic boom for the region.

**-Dunn Police Athletic & Activities League Receives Grant:** Last week, the Dunn Police Athletic & Activities League (PAL) was recently announced as the recipients of a \$40,000 grant from the State Employees Credit Union Foundation. This grant award will go towards expanding programs directed towards the county's youth in an attempt to "fill playgrounds not prisons". For those interested in donating to or volunteering with the PAL or any of its programs please contact them at [admin@dunnpal.org](mailto:admin@dunnpal.org) or at 910-892-1873. Congratulations to the PAL on this grant award, and we look forward to you strengthening your programs in the future!

**-Upcoming Better Living Workshops:** The Cumberland County Cooperative Extension is holding better living workshops concerning "Gardening Basics" throughout the month of April at the I. B. Julian Auditorium at Cooperative Extension, located at 301 E. Mountain Dr., Fayetteville. This week, they will be held on Wednesday and Friday, as well as an additional event next Wednesday. Registration is required for each event, and there are registration fees to attend the events. For more information on the workshops and what you'll be learning, [click here](#).



## Aging Department Program Introduction

The Mid-Carolina Regional Council's Area Agency on Aging has launched two new direct services for the Mid-Carolina region under the direction of Ifetayo Farrakhan, ARPA Aging Program Coordinator. The two programs are the ARPA Transportation Mileage Voucher Program and the Chore/Enhanced Chore services for eligible older adults. In order to qualify for either program, participants must be a resident of Cumberland, Harnett or Sampson County and be aged 60+. The ARPA Transportation Voucher Program is a transportation service that provides mileage reimbursement to an eligible older adult age 60+ for transport to and/or from community resources to access needed services or carry out activities necessary for daily living. Additionally, the Chore/Enhanced Chore services are intended to provide assistance to older adults age 60+ in their homes to help provide a safe and healthy environment for them to be able to age in place. These services are being funded through the American Rescue Plan Act (ARPA). Potential clients will be screened to ensure eligibility for the program.

For more information contact Ifetayo Farrakhan (910) 309-8191 or at [ifarrakhan@mccog.org](mailto:ifarrakhan@mccog.org).



Mid-Carolina Senior Games Opening Ceremonies

The Mid-Carolina Senior Games officially begin this week! Join us at the Reid Ross Classical Middle School Track (3000 Ramsey St., Fayetteville, NC 28301) this Wednesday at 9:00 AM for our opening ceremonies. The celebration will include representatives from Cumberland, Harnett, and Sampson counties, as well as a proclamation presentation from a Fayetteville City Council member. There will also be live entertainment at the opening ceremonies with local singers and dancers. Following the opening ceremonies, the first track and field events of the senior games will take place. Make sure to come out and see the best talent that the region has to offer!

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## Upcoming COG Events

**Wednesday, April 19:** Mid-Carolina Senior Games Begin, Opening Ceremonies start at 9:00 AM, Reid Ross Classical Middle School Track, 3000 Ramsey St., Fayetteville, NC 28301. Events in the Mid-Carolina Senior Games will take place throughout the region from Wednesday, April 19-Monday, May 15.

**Thursday, April 20:** Cumberland County Family Caregiver Support Group, Every Wednesday from 12:00 PM-1:30 PM, Mid-Carolina Regional Council 6205 Raeford Road, Fayetteville, NC 28304. The Family Caregiver Education and Support Group provides a supportive and educational environment to enhance the caregiver & family understanding of Alzheimer's & Demential or related cognitive impairments. For more information, or to RSVP for the event, please contact Barbara White at [bwhite@mccog.org](mailto:bwhite@mccog.org) or 910-323-4191.

**Thursday, April 20:** Sampson County Caregivers Academy: "Helping Those Who Help Others", Grandparents support group 11:00 AM, Information Sharing and Activities 1:00 PM, Basic Computer Class 2:30 PM. 307 E Main St., Clinton, NC 28328. Registration is required. Please contact Barbara White at [bwhite@mccog.org](mailto:bwhite@mccog.org) or 910-323-4191 for any questions.

**Thursday, April 20:** Family Caregiver's Bingo, Every third Thursday of the month 11:00 AM- 12:00 PM, Mid-Carolina Regional Council 6205 Raeford Rd., Fayetteville,

NC 28304. For more information on the event please [click here](#).

**Friday, April 21:** The Power of Goal Setting, 3:00 PM-4:30 PM, Mid-Carolina Regional Council 6205 Raeford Road, Fayetteville, NC 28304. Workshop Presented by Jewrine Brown, LCMHC. Please RSVP by April 20, 2023, with Barbara White, 910-323-4191, ext. 28, or at [bwhite@mccog.org](mailto:bwhite@mccog.org). For more information on the event, [click here](#).

**Monday, April 24:** The Art of Caregiving-How to Piece it All Together, Monday-Tuesday, 9:00 AM-1:00 PM, Mid-Carolina Regional Council 6205 Raeford Road, Fayetteville, NC 28304. Class Topics:

- Caregiving Basics
- Activities of Daily Living & Instrumental Activities of Daily Living
- Medication Management
- Nutrition
- Safety
- How to talk with your Doctor

Light refreshments will be provided. Registration is required, please register with Barbara White, 910-323-4191, ext. 28, or at [bwhite@mccog.org](mailto:bwhite@mccog.org). For more information on this event, please [click here](#).

**Wednesday, April 26:** Mid-Carolina Rural Transportation Advisory Committee, 1:00 PM, Mid-Carolina Regional Council 6205 Raeford Road, Fayetteville, NC 28304.

**Thursday, April 27:** Cumberland County Grandparent Support Group, Every 4th Thursday from 12:00 PM-1:00 PM, 4221 Black Bridge Rd., Hope Mills, NC 28348. Are you a grandparent raising grandchildren? We have a support group just for you! Who Qualifies?

- Seniors 55 and older who are the sole caregiver of a child 18 years of age or younger and is an older relative (not a parent).
- Seniors 55 and older who are the sole caregiver of an adult with a disability and is an older relative (not a parent).

Please contact Barbara White at [bwhite@mccog.org](mailto:bwhite@mccog.org) or 910-323-4191 for any questions.

**Friday, April 28:** Healthy Aging Program, 8:00 AM-3:15 PM. Southern Regional AHEC, third floor classrooms, 1601 Owen Drive., Fayetteville, NC 28304. Target

Audience - Physicians, advanced practice providers, nurses, behavioral health professionals, caregivers, and all others interested are welcome to attend. The event is free to informal caregivers (i.e. partner/spouse, family, friend, or volunteer who does not work in a healthcare setting). Event costs \$50 for healthcare professionals. Registration is required. Register to either Stephanie Powers at (910) 775-9779 or [stephanie.powers@lrcog.org](mailto:stephanie.powers@lrcog.org), or Barbara White at (910) 323-4191 or [bwhite@mccog.org](mailto:bwhite@mccog.org). Barbara For more information on the event, [click here](#).

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### **UNC School of Government Worthwhile Reads**

**Buy American? Buy America? Build America? Domestic Procurement Preferences in Federal Financial Assistance**  
(Published 4/3/23) Read [here](#).

**Making Quasi-Judicial Decisions**  
(Published 4/4/23) Read [here](#).

**American Rescue Plan Act Coronavirus State and Local Fiscal Recovery Fund: Preparing for the April 30, 2023 Project & Expenditure Report**  
(Published 4/11/23) Read [here](#).



#### **About Us**

Mid-Carolina Council of Governments is a multi-county, planning, development, and human services organization. We reach across county and municipal borders to provide technical assistance to our local governments and to administer programs that benefit our region's citizens. Our mission is to provide creative regional solutions to relevant and emerging issues in Cumberland, Harnett, and Sampson Counties while providing a standard of excellence in the delivery of federal, state, and regional services for our local governments and the people they serve.

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