



MCRC Weekly Newsletter June 9, 2023

Notable Notes From the Region

-Harnett County to get Fiber Optic Expansion: It was recently announced that a multi-million-dollar investment will bring 100% Fiber Optic Internet to residents and businesses in large parts of Harnett County. This announcement comes from the service provider Lumos, which provides WiFi, Internet and streaming services to households in North Carolina and Virginia. Through this project, Lumos will be servicing residents and businesses in portions of Dunn, Angier, Coats, Erwin, and Buies Creek. The Internet expansion in Harnett County will allow for more residents to have access to quicker, reliable Internet service. For more information on the announcement and project, [click here](#). To enroll in email updates from Lumos on the status of the project, please visit the [link here](#).

-Cumberland County Library Receives Grant Award: This week, the Friends of the Cumberland County Library Inc. was awarded a grant from the Cumberland Community Foundation's Summertime Kids Grants program totaling \$6,000. The monies from the grant program will be used to deliver two age-appropriate books and a tote bag to children and teens throughout the area attending summer camps offered by local nonprofits, neighborhood groups and community organizations. The Friends of the Cumberland County Library have received this grant since 1992 and have helped thousands of local area youth gain life changing summer experiences.

-Harnett County Schools to Receive Safety Grants: Almost 11 years after the devastating death of a Harnett County student, the Adam Kempf Memorial Fund is donating \$10,000 to the Harnett County Board of Education. The Memorial Fund was created in honor of Adam Kempf, a seventh grade student who was struck by a van and killed while boarding a school bus in 2012, and brings awareness to safety surrounding school buses. The monies, which are some of the last in the memorial fund, will be used to promote school bus safety throughout the County.



Office Closure

The Mid-Carolina Regional Council office will be closed on Monday, June 19th in observance of Juneteenth. We hope you're able to enjoy the holiday with friends and family. Our office will be opened for business the following day on Tuesday, June 20th.



Vulnerable Adult and Elder Abuse Awareness Day

This Thursday, June 15th is World Vulnerable Adult & Elder Abuse Awareness Day. The day provides communities with the opportunity to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. For more information on the day of awareness, or for resources related to elder abuse awareness, click the link [here](#).



NC Senior Tar Heel Legislature Members Needed for Sampson and Harnett Counties

The Mid-Carolina region is still in need of two alternates for the North Carolina Senior Tar Heel Legislature (NCSTHL). Sampson and Harnett counties require one more alternate member each to the legislature in order to comprise of a full delegation from the region. The NCSTHL is for all state residents aged 60 and up. Members of the NCSTHL are volunteers from all walks of life. Some are retired, some still work. They commit to educate themselves about how the state's aging services and funding streams work, evaluate the effectiveness of the distribution network, measure the impact of current policies and processes, and act to propose legislation that addresses the problems. To inquire about appointment as a NCSTHL delegate or alternate, contact Tracy Honeycutt, thoneycutt@mccog.org, or 910-323-4191 x27.

Upcoming COG Events

Monday, June 12: Bingosize, Mondays and Thursdays 10:00 AM-11:00 AM, Bill Crisp Senior Center, 7560 Raeford Rd., Fayetteville, NC 28304. View event flyer by [clicking here](#).

Wednesday, June 14: Gentle Yoga, Every Wednesday 3:00 PM-4:00 PM, Mid-Carolina Regional Council, 6205 Raeford Rd., Fayetteville, NC 28304. Gentle Yoga is appropriate for all levels of experience but is particularly accessible to anyone new to the practice of yoga. Event is free but registration is required, to register, please contact Barbara White, 910-323-4191, ext. 28, or at bwhite@mccog.org. For more information on the event, [click here](#).

Thursday, June 15: 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](#).

Thursday, June 15: 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 & Dementia or related cognitive impairments. For more information, or to RSVP for the event, please contact Barbara White at bwhite@mccog.org or 910-323-4191. For more information on the event, [click here](#).

Thursday, June 15: 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 Phyllis McLymore at pmclymore@mccog.org or Barbara White at bwhite@mccog.org or 910-323-4191 for any questions.

Thursday, June 15: Bingosize, Mondays and Thursdays 10:00 AM-11:00 AM, Bill Crisp Senior Center, 7560 Raeford Rd., Fayetteville, NC 28304. View event flyer by [clicking here](#).

Wednesday, June 21: Gentle Yoga, Every Wednesday 3:00 PM-4:00 PM, Mid-Carolina Regional Council, 6205 Raeford Rd., Fayetteville, NC 28304. Gentle Yoga is appropriate for all levels of experience but is particularly accessible to anyone new to the practice of yoga. Event is free but registration is required, to register, please contact Barbara White, 910-323-4191, ext. 28, or at bwhite@mccog.org. For more information on the event, [click here](#).

Wednesday, June 14: Gentle Yoga, Every Wednesday 3:00 PM-4:00 PM, Mid-Carolina Regional Council, 6205 Raeford Rd., Fayetteville, NC 28304. Gentle Yoga is appropriate for all levels of experience but is particularly accessible to anyone new to the practice of yoga. Event is free but registration is required, to register, please contact Barbara White, 910-323-4191, ext. 28, or at bwhite@mccog.org. For more information on the event, [click here](#).

Thursday, June 22: Bingosize, Mondays and Thursdays 10:00 AM-11:00 AM, Bill Crisp Senior Center, 7560 Raeford Rd., Fayetteville, NC 28304. View event flyer by [clicking here](#).

Thursday, June 22: Introductory Zumba Gold, 2:00 PM-3:00 PM, Mid-Carolina Regional Council, 6205 Raeford Rd., Fayetteville, NC 28304. 45 minute senior Zumba workout with certified Yoga instructor Eve Nelson-Brown. Limited space for the event, so please RSVP to Barbara White at bwhite@mccog.org or 910-323-4191 by June 20.

Friday, June 23: Dementia Caregiver Workshop, 9:00 AM-2:00 PM, Sampson Agri-Exposition Center, 414 Warsaw Rd., Clinton, NC 28328.

Cost:

\$5 - For family caregivers, community members, students, clergy

\$25 - For professionals - includes 3 CEUs

To Register Visit:

www.DementiaNC.org/Clinton2023

To View Flyer, [click here](#).



UNC School of Government Worthwhile Reads

Local Government Budgeting for Specific Expenditures, Projects, or Contracts
(Published 5/26/23) Read [here](#).

County Legal Authority to Fund Non-Mandated Social Services Programs
(Published 6/6/23) Read [here](#).

What North Carolina's Local Governments Should Know About Use Taxes
(Published 3/31/23) 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.

Mid-Carolina Council of Governments | 6205 Raeford Road, Fayetteville, NC 28304
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