



MCRC Weekly Newsletter September 23, 2022

Notable Notes From the Region

-City of Clinton to Celebrate Bicentennial: The City of Clinton will commemorate its 200th anniversary next month from October 7-8. Festivities will begin on Friday, October 7th with a concert on Vance Street from 5:30-8:30, and events will continue all day on Saturday, October 8th on Main Street starting at 10 am. For more information on the celebration and its schedule, click [here](#).

-Cumberland County Announces new Assistant Manager: Cumberland County recently named Heather Skeens as its new Assistant Manager for Community Support. Skeens has previously worked as the Director of Social Services for the county since December 2021. While Skeens will serve her first day on October 3rd, her new position "will be an asset to [the County Board]," according to County Manager Amy Cannon.



Heather Skeens brings her over 30 years of experience in Human Services to her new position.

-Upcoming Denim Days: The Town of Erwin, which is also known as the "Denim Capital of the World" will be hosting its annual Denim Days weekend during the [first weekend of October](#). Throughout the weekend, Erwin will host a number of events

to celebrate the occasion including concerts, beauty pageants, and a parade. For more information about the upcoming festivities, contact the [Erwin Chamber of Commerce](#).

-Local Resident Spotlight: Kaleb Jessup, a Clinton resident, was recently [featured](#) in a success story about his involvement in the RuralWorks! internship program run through NC State. Jessup has qualified for the program three years in a row in part due to his stellar academic performance (above 3.0 GPA). According to his peers, Jessup has significant potential and has been called "a great asset to [the program]." Congratulations Kaleb and keep up the good work!



Kaleb Jessup (left) is helping to elevate rural communities with his involvement in the RuralWorks! internship.



Get Your Flu Shot Soon:

As the fall season begins, so does the annual flu season. Infectious disease officials and public health experts have predicted a severe flu season this year. In order to combat the spread of the flu, getting the flu vaccine is highly recommended. A higher rate of flu vaccines within a community will work to protect everyone, especially more vulnerable individuals. For more information on flu vaccine locations click the link [here](#).



Grant Reminder:

Towns interested in applying for [non-disaster grants](#) through the North Carolina Division of Emergency Management (NCEM), must submit a letter of interest by **Monday, October 3**. Projects allowed through this grant include Flood Mitigation Assistance projects (FMA), Capabilities & Capacity Building (C&CB) proposals, and Building Resilient Infrastructure and Communities (BRIC) programs. To submit any letters of interest, or to ask any questions regarding the grant application, please email swullenwaber@mccog.org.

Upcoming Events

Tuesday, September 27: Tai Chi for Arthritis and Fall Prevention Class for Seniors, held every Tuesday and Thursday from 10:00 AM-11:00 AM, Bill Crisp Senior Center 7560 Raeford Rd, Fayetteville, North Carolina. For more information on the class, click [here](#).

Tuesday, September 27: Senior Caregiver CPR and First Aid Training, 9:00 AM- 4:00 PM, Mid-Carolina Regional Council 6205 Raeford Road, Fayetteville, NC 28304. \$40 registration fee, the deadline to register is September 23. For more information or to register, please contact Barbara White, 910-323-4191, ext. 28, bwhite@mccog.org. To view the event flyer, [click here](#).

Wednesday, September 28: Tai Chi for Arthritis and Fall Prevention Class for Seniors,

held every Wednesday and Friday from 9:00 AM-10:00 AM, Tokay Senior Fitness Center located at 328 W Hamilton St, Fayetteville, North Carolina. For more information on the class, click [here](#).

Wednesday, September 28: Free Confidential Memory Screenings, 9:00 AM-1:00 PM every Wednesday until 12/28/22, Mid-Carolina Regional Council 6205 Raeford Road, Fayetteville, NC 28304. To book an appointment contact Barbara White 910-323-4191 ext. 28, for more information, please [click here](#).

Thursday, September 29: Caregiver Emergency Preparedness Training, 10:00 AM-2:00 PM, Mid-Carolina Regional Council 6205 Raeford Road, Fayetteville, NC 28304. For more information on the event, click [here](#).

Thursday, September 29: Tai Chi for Arthritis and Fall Prevention Class for Seniors, held every Tuesday and Thursday from 10:00 AM-11:00 AM, Bill Crisp Senior Center 7560 Raeford Rd, Fayetteville, North Carolina. Registration required by September 26, 2022. For more information, please contact Barbara White, 910-323-4191, ext. 28, bwhite@mccog.org. To view event flyer, please [click here](#).

Friday, September 30: Raleigh Caregiver Conference on Dementia with Teepa Snow, 8:30 AM-3:00 PM, North Ridge Country Club, 6612 Falls of Neuse Road, Raleigh, NC. Registration is required and there is a fee to attend the event. Early registration with discounted pricing ends on September 9, 2022, at 11:59 pm. To view the flyer for this event, please [click here](#). To view the website, please [click here](#).

Monday, October 3: Bingosize, Mondays and Wednesdays 10:00 AM-11:00 AM, Bill Crisp Senior Center, 7560 Raeford Rd., Fayetteville, NC 28304. View event flyer by [clicking here](#).

Wednesday, October 5: Male Caregiver Support Group, first Wednesday of each month from 10:00 AM-11:30 AM, Mid-Carolina Regional Council 6205 Raeford Road, Fayetteville, NC 28304. To view the flyer, please [click here](#).

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UNC School of Government Worthwhile Reads

The Most Common Oaths of Office Question
(Published 8/4/22) Read [here](#).

Design-Build Contracting in North Carolina Using Coronavirus State and Local Fiscal Recovery Funds
(Published 4/14/22) Read [here](#).

What the heck is "agritourism"? Defining a non-farming agricultural use
(Published 7/7/22) 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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