



NOT JUST 'ANOTHER' COG

MID-CAROLINA COUNCIL OF GOVERNMENT
OCTOBER 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.



Together, we can!

state.

The **NCWorks Partnership Conference** continues to be a cornerstone event for workforce development professionals in North Carolina. With its commitment to inclusion and innovation, the conference not only addresses the immediate challenges facing the workforce but also lays the groundwork for a more inclusive and prosperous future. As North Carolina's economy continues to grow, the insights and connections made at this year's conference will play a pivotal role in shaping a workforce that benefits everyone in the community.

NCWorks Partnership Conference: Unleashing the Power of Tomorrow



On October 9-10, 2024, workforce development professionals gathered at the Sheraton Four Seasons in Greensboro, NC, for the much-anticipated **NCWorks Partnership Conference**. Celebrating its 37th year, the conference attracted hundreds of attendees from diverse sectors, including labor, state and federal government, education, community-based organizations, community colleges, and the private sector. The event provided an invaluable platform for networking and sharing innovative ideas in the ever-evolving workforce landscape.

This year's theme, "**Unleash the Power of Tomorrow: A Future Shaped by Ideas, Connections, and Community**," emphasized the critical importance of fostering inclusion within North Carolina's workforce. The conference set forth several ambitious goals aimed at enhancing the state's economic growth while ensuring that all individuals have access to opportunities:

- **Build an Inclusive Workforce:** Focused on sharing ideas and strategies that promote inclusion for untapped demographic groups, including justice-involved individuals, Opportunity Youth, people on public assistance, those with disabilities, and veterans.
- **Increase Community Outreach:** Encouraged participants to identify innovative strategies to educate job seekers, businesses, and workforce partners about available services.
- **Highlight the Critical Role of Quality Workforce Services:** Aimed to inform staff and the public about how workforce services contribute to and support North Carolina's robust economic growth.
- **Understand the Clean Energy Sector:** Provided insights into employer needs, job availability across all skill levels, and the importance of training programs in emerging sectors, such as electric vehicles (EV), wind, solar, and green construction.

Members of the **Mid Carolina Workforce Development Team** and Board were well-represented at the conference. The conference featured an **updated agenda** that was condensed due to the impact of Hurricane Helene on the state, but it still offered an array of sessions and networking opportunities. Attendees had the chance to hear from expert speakers, participate in breakout discussions, and connect with peers across the

Falling into Organization: Mid-Carolina Regional Council's October-November Initiative



As the leaves turn golden and temperatures drop, the Mid-Carolina Regional Council is embracing the fall season with a renewed focus on organization and productivity. From October 7 through November 30, we are launching our "Falling into Organization" initiative—a structured effort designed to help our team streamline processes, declutter workspaces, and prepare for a successful close to 2024.

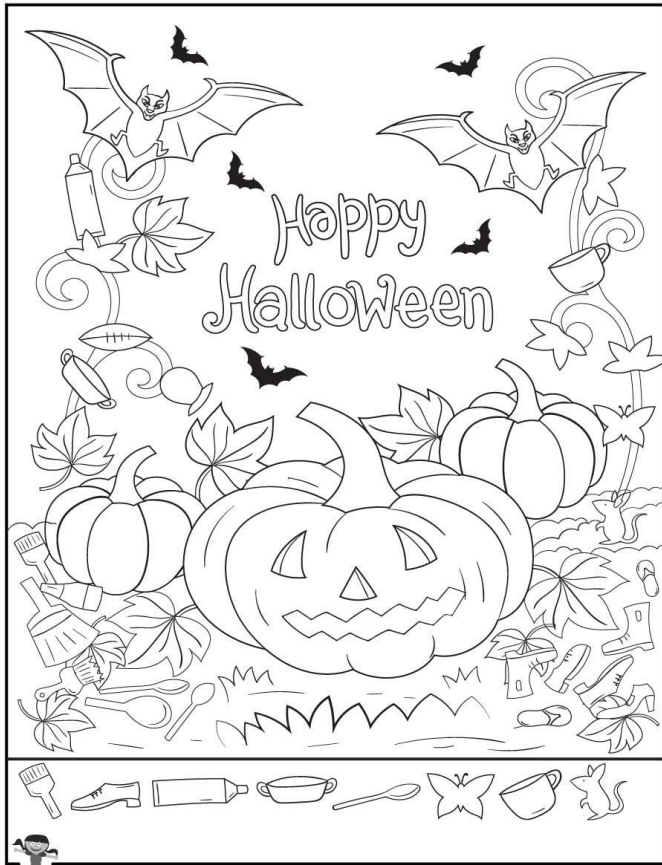
Why Organization Matters

Organization is more than just a neat desk or a color-coded calendar—it's about creating systems that improve efficiency, reduce stress, and foster a sense of accomplishment. Here at Mid-Carolina, where we support numerous workforce development programs, local governments, and other community services, staying organized ensures that we can serve our communities better and respond to their needs more effectively.

Here are some practical tips to help you get and stay organized during our "Falling into Organization" initiative:

- 1. Start Small** -Focus on organizing one small area at a time. Whether it's a single drawer, a section of your desk, or a folder on your computer, taking small steps can prevent overwhelm and build momentum.
- 2. Declutter Ruthlessly** -Be selective about what you keep. Discard or donate items you no longer need. For your digital space, delete outdated files, old emails, and unnecessary apps or software.
- 3. Create a Filing System**-For both physical and digital files, set up an easy-to-follow filing system. Label folders and subfolders clearly so that important documents can be found quickly. Use consistent naming conventions for digital files.
- 4. Use Storage Solutions**-Invest in organizational tools like desk trays, file folders, or drawer organizers. Having a designated place for everything reduces clutter and makes tidying up a breeze.
- 5. Prioritize Daily Tasks**-Every morning (or the night before), create a list of the most important tasks you need to complete. Use a prioritization system like "urgent vs. important" to help you stay focused on what truly matters.
- 7. Adopt the Two-Minute Rule** -If a task takes less than two minutes to complete, do it right away. This will prevent small tasks from piling up and becoming overwhelming.
- 8. Schedule Regular Check-ins** -Set aside time weekly to review and adjust your organization systems. Tidy your desk, update your digital folders, and check on your project timelines. This regular maintenance keeps everything running smoothly.
- 9. Time Block Your Calendar** -Use time blocking to structure your day. Allocate chunks of time for specific tasks and protect this time from interruptions to maximize productivity.
- 10. Stay Consistent** -Maintaining organization is a habit. Stay consistent by dedicating a few minutes each day to tidying up your space and keeping your systems updated.
- 11. Set Achievable Goals** -Set short-term and long-term organizational goals for yourself. For example, plan to clean your desk by the end of the week or clear your inbox by Friday. This helps you stay on track and see your progress.

Let's fall into organization!



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Trick

FIND THE HALLOWEEN BATS!

*10 BATS



HALLOWEEN

Spot the twelve differences



or

Treat

Halloween Mad Lib

Time of Day: _____

Adjective: _____

Co Worker's Name: _____

Number: _____

Noun: _____

Adjective: _____

Noun: _____

Item on your desk: _____

Office Equipment: _____

Adjective: _____

Office Building: _____

Room in office: _____

Verb: _____

Plural Noun: _____

Verb: _____

Office Supply: _____

Verb: _____

Noun: _____

Past Tense Verb: _____

Holiday: _____

To be continued..... (Next Page)



"Ghoulish Giggles"

- **Why don't mummies take vacations?**

They're afraid they'll relax and unwind!

- **Why did the ghost go into the bar?**

For the boos!

- **What's a ghost's favorite exercise?**

Deadlifts!

- **What's it like to be kissed by a vampire?**

It's a pain in the neck!

- **How do you fix a broken pumpkin?**

With a pumpkin patch!

- **Why are graveyards so noisy?**

Because of all the coffin!

Halloween Mad Lib continued...

"The Haunted Office"

One eerie (**time of day**), as I was working late at (**office building**), I heard a (**adjective**) sound coming from the (**room in the office**). I thought it might just be (**co-worker's name**) pulling a prank, but when I went to check, the lights began to (**verb**).

I cautiously opened the door and saw (**number**) (**plural noun**) scattered across the floor. Suddenly, a cold (**noun**) brushed past me, making the hairs on the back of my neck (**verb**). I turned around and saw a (**adjective**) figure standing in the doorway, holding a (**office supply**).

"Who's there?" I asked, my voice trembling like a (**noun**) in the wind. The figure didn't respond, just slowly began to (**verb**) closer. I quickly grabbed my (**item on your desk**) to defend myself. But just as I was about to scream for help, the figure whispered, "I'm here for your (**noun**)."

The next morning, everyone in the office talked about how strange it was that the (**office equipment**) had mysteriously (**past tense verb**) overnight. But no one believed my story about the (**adjective**) ghost.

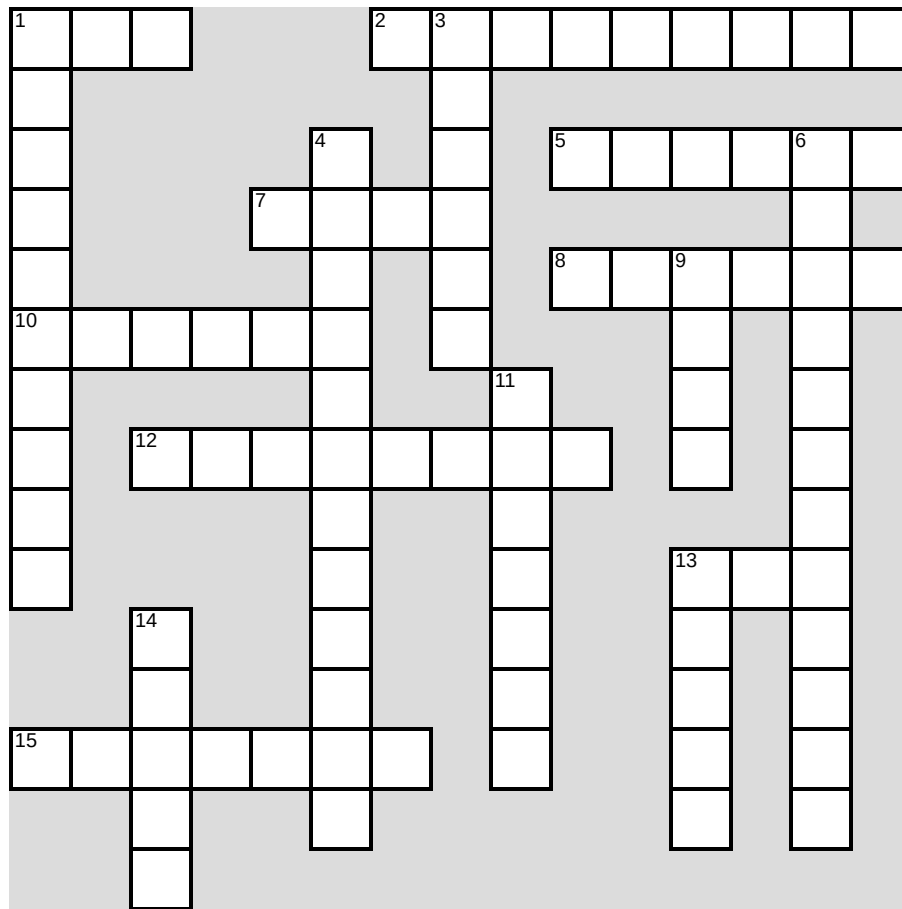
From that day on, I never stayed late at the office again... until the next (**holiday**)!





Halloween Crossword Puzzle

"Witch way to the candy?"



Across

- 1 Black scary flying mammal
- 2 This candy is orange, yellow and white
- 5 Comes back to haunt you
- 7 What season comes after summer
- 8 Hungry for brains
- 10 A mouse makes this sound
- 12 What is in a coffin
- 13 An unlucky black animal
- 15 Thirsty for blood

Down

- 1 Witches preferred method of travel
- 3 Bobbing for ...
- 4 You light a candle inside of it When
- 6 the door opens, you must say This
- 9 hides your face
- 11 For pretending to be someone else
- 13 What goes in a Halloween bag
- 14 Wrapped in bandages in a coffin



MID-CAROLINA REGIONAL COUNCIL

Creative Regional Solutions

Office Furniture Moving and Rearranging at Mid-Carolina Regional Council

As part of our ongoing efforts to optimize workspace, improve office functionality, and fall into organization, the Mid-Carolina Regional Council (MCRC) has undergone some furniture moving and office rearrangements in the last few weeks. This initiative was aimed at creating a more efficient and comfortable environment for our staff, ensuring that each space is designed to meet the specific needs of its team.

Several offices were rearranged, with desks, chairs, and other office furniture being relocated to better fit the layout of each department. These changes were carefully planned to minimize disruption to daily operations, and our hired team worked closely with the MCRC Deputy Director, Samantha Wullenwaber to ensure a smooth transition. By creating more cohesive and organized workspaces, we have aimed to enhance collaboration and productivity throughout the organization.

Staff members may also notice some purging and reorganization in the common areas of the building like the copy room, break room, and conference area. The reorganization of the common areas aims to enhance cohesion and improve overall efficiency. By streamlining the layout and functionality of these spaces, we are creating an environment that fosters better collaboration and communication. This update will also reduce clutter and optimize the flow of activities, making it easier for teams to work together seamlessly and ensuring that shared resources are more accessible. The result is a more organized, functional, and productive workspace for everyone.

Mid-Carolina Regional Council Awarded Peer Support Specialist Program Scholarships

The Mid-Carolina Regional Council, in partnership with the Lost-One.org Opioid Awareness Program, awarded 15 scholarships for the North Carolina Certified Peer Support Specialist (NCCPSS) Program. The 50-hour training course, facilitated by the OnTrack Wellness & Recovery Center, took place from October 7th to 12th at the Mid Carolina Regional location in Fayetteville, NC.

These scholarships were designed to support individuals serving Cumberland County residents who met specific eligibility requirements. Applicants were required to be 18 or older, have personal experience with mental health or substance abuse concerns, and have a sponsoring agency related to mental health, substance abuse, senior care, or youth mentorship. Priority was given to senior and kinship caregivers raising children impacted by parental opioid abuse and overdose poisonings.



**LOST-ONES.ORG
OPIOID & FENTANYL
COMMUNITY
INFORMATION, &
RESOURCE CENTER**

Fentanyl is killing our friends, family, and loved ones. Leaving hundreds of children in impactful situations. Grandparents are left to raise children, and grandchildren alone on fixed incomes.



- Our primary goal is to assist grandparents, parents, and children left behind. Financially, Mentally, Physically.

John Russell 910-644-4356
Johnrussell910@yahoo.com



Learn more about fentanyl poisoning Find out how you can help.

John Russell
CEO
LOST-ONES.ORG

Jasmyne Russell-Dickler
Operations

Rita Russell
Finance

For Awa'Nee' Alone

Join NAWB for Workforce Advocacy Day: Make Your Voice Heard!

The National Association of Workforce Boards (NAWB) is excited to announce **Workforce Advocacy Day**—a unique opportunity to share the success stories of workforce development from your community and ensure Congress understands how to continue supporting our critical work.



This one-and-a-half-day event takes place right after #NAWBForum25 on **Tuesday, April 1, 2025**. Workforce advocates will come together for briefings on key legislative issues impacting workforce boards and will learn how to effectively communicate these messages to members of Congress. On **Wednesday, April 2**, participants will head to Capitol Hill to meet with Congress members and their staff, ensuring the voices of workforce development professionals are heard loud and clear.

Whether you're a seasoned advocate or new to this arena, NAWB will offer online advocacy training and provide all the resources you need to confidently participate. No previous experience is required!

This is your chance to educate Congress on the essential role workforce boards play in connecting people with meaningful employment opportunities and helping businesses grow. But space is limited, and registration closes on **January 31, 2025**—so don't wait!

Helene Recovery Efforts:



Justin Hembree Travels to WNC Post-Hurricane Helene to Support Western NC Councils of Government

In the wake of Hurricane Helene's significant impact on Western North Carolina, Justin Hembree, Executive Director of Mid Carolina Regional Council, took swift action to support local communities in need. Traveling to the region, Hembree aimed to assist the WNC Area Councils of Government (COGs) as they navigated the challenges posed by the recent storm.

Hurricane Helene brought heavy rains and strong winds, causing widespread damage across many counties in Western North Carolina. In the aftermath, community leaders faced the daunting task of assessing damages, supporting affected residents, and coordinating recovery efforts. Recognizing the urgency of the situation, Hembree's visit aimed to provide much-needed assistance and resources to the COGs.

The North Carolina Association of Regional Councils of Governments (NCARCOG) is committed to helping communities in western North Carolina from Helene's devastating effects. Through a partnership with Civic Credit and Local Government Credit Unions, a donation site is now live. Civic Local Foundation, supported by both Civic and Local Government Credit Unions, is now accepting donations. All proceeds will be donated to NCARCOG and distributed to local government communities, employees, and supporting organizations located in impacted regions. If you would like to show your support, please donate by clicking here: <https://civiclfsquare.site/>.

NAVIGATING GRIEF DURING THE HOLIDAYS

Friday
October 18, 2024
8 a.m. - 12:15 p.m.

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Location:
Southern Regional
1601 Owen Drive
Classrooms A & B
Fayetteville, NC 28304



MID-CAROLINA
REGIONAL COUNCIL



Liberty
Healthcare



Grieve Together. Heal Together



Fayetteville VA Coastal Health
Care System Suicide Prevention



SOUTHERN REGIONAL AHEC

PART OF NC AHEC

In affiliation with the Duke AHEC Program

Register by QR Code

