

Training—Programs for Local Governments

The Appalachian Council of Governments offers a variety of training courses for elected officials and city and county employees. Courses may be taught at ACOG training facilities or on site. All courses are designed for local government personnel and are taught by experienced instructors. Please contact Donna Kazia or Joe Newton at (864) 242-9733 for further information.



City of Easley Annual City Council Planning Retreat at ACOG.

Elected Officials Training:

- **Councils/Appointed Boards and Commissions:** Training and orientation sessions for council members and board members in the areas of statutory responsibilities, public records, administrative procedures, management, conduct of meetings, Home Rule, annexation, planning and other topics essential for effective local government.
- **Municipal Association Broadcasts:** Quarterly, live-ETV transmission training sessions for coun-



Basic supervisory training for new and first-time supervisors.

cil members in cooperation with the S. C. Municipal Association.

- **Council Retreats/Strategic Planning Sessions:** Facilitated sessions for city/county councils and appointed boards and commissions that include Planning, Leadership orientations, workshops and learning activities.

Employee Training:

- **Basic Management/Supervisory training programs** for lower level and first-time supervisors.
- **International City/County Management Association, (ICMA) Certificate in Management Program** for upper-level managers.
- **Customer Service, Public Speaking, Diversity, Interviewing, Performance Evaluation, Communication, Motivation, Ethics, Sexual Harassment and Fair Labor Standards** briefings and classes for all employees.

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Youth Forum — “A Shared Vision for Youth”

The State of South Carolina sponsored a Youth Forum entitled, “A Shared Vision for Youth” on June 22, 2005. The meeting was held at the Metropolitan Convention Center in Columbia. The Forum was designed to set the foundation for South Carolina’s Workforce Investment System to fully implement the U. S. Department of Labor Employment and Training Administration’s New Strategic Vision to serve out-of-school and at-risk youth under the Workforce Investment Act.

Each Local Workforce Investment Area (LWIA) was asked to assemble a team consisting of representatives from the Department of Juvenile Justice, Adult Education, Department of Social Services, WIB Directors and WIB Youth Council chair.

Six representatives from the Pendleton District Workforce Investment Area attended the forum. Those attending were Ms. Julia Hoyle, Director, Pendleton District Workforce Investment Board; Mr. Hugh Carroll, Youth Council Chair; Mr. Jim Grantham, Anderson County Juvenile Justice Director; Mr. Jonathan Jennings, Anderson Districts 3, 4, & 5 Adult Education Director; Mr. Rick Hane, Anderson County Department of Social Services Director; and Ms. Teri Gilstrap, Pendleton District Workforce Investment Board.

Each LWIA participated in group exercises to develop strategies for implementing the new strategic vision for the local areas’ targeted youth. The information gathered from these exer-

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\$2 Million Awarded to Four Upstate Communities

Governor Mark Sanford announced on July 13, 2005, that four local governments in the Upstate have been awarded a total of \$2 million in Community Development Block Grant (CDBG) funds. These grants, federal funds that are administered by the S. C. Department of Commerce, can be used for a variety of local projects, primarily benefiting low to moderate income persons. The Department of Commerce awarded 21 grants statewide, totaling \$9,485,193. The grant application process is highly competitive. However, with assistance from the ACOG Grant Services Department, the Appalachian COG region received 19% of the grants and 21% of the funds awarded in this grant cycle.

The following local governments received grants:

- **Town of Blacksburg**—\$500,000 to extend water service to the Holly Grove neighborhood. This is Phase II of a large project to extend public water service to an area north of Interstate 85 that is suffering from contaminated wells. Blacksburg received grant funds in December 2004 to extend public water to a portion of the neighborhood; this grant will extend the project right up to the North Carolina line. High levels of coliform in the water are creating a health and safety hazard to residents in the neighborhood, 60% of which are low to moderate income. A total of 167 persons will be served.
- **Cherokee County**—\$500,000 to extend public water service to the Old Chester Road neighborhood. The neighborhood extends from outside the town of Blacksburg to the county line, and is experiencing well contamination throughout the area, which is causing a serious health and safety hazard to residents. The

neighborhood is heavily low to moderate income, with 84% of its 133 persons low income.

- **Pickens County**—\$500,000 to replace and upgrade sewer lines in the Arial Mill Village. The mill village is located outside the City of Easley, and is experiencing severely deteriorated sewer lines. Lines are old, undersized for the neighborhood population, and on some streets are laid under homes and alongside water lines. This is creating a severe health and safety hazard when lines break or back up, with the possibility of cross-contamination with adjacent water lines. One hundred twenty-eight persons will be served, of which 90% are low to moderate income.
- **City of Pickens**—\$500,000 to replace and upgrade sewer lines in the Hagood Mill Village. The mill village's sewer lines are severely deteriorated and undersized, causing raw sewage spills to occur frequently in the area. Sewer spills running down the neighborhood's hills, and the large rat population the sewer attracts, are creating a serious health and safety hazard for residents. The project will serve 86 persons, of which 73% are low to moderate income.

The ACOG Grant Services Department will administer these grants to assure the funds are expended in compliance with state and federal guidelines.

For more information on these projects, or the CDBG program, contact a member of the Grants Services staff at the COG.



Caregivers Must Prepare for the Possibility of Disaster

Most caregivers will find themselves facing situations for which they may be unprepared. It is the nature of the role. Preparing for the possibility of an emergency need not be one of those situations. It is possible to have some things gathered that will make emergencies of any kind less frightening and serious.

The kit can be as simple as a large rubber tub with a lid or a large trash can. Whatever you use, be sure that it will fit into your car should you need to pack and go unexpectedly. There are many things that would be excellent to have in this container:

- Canned or non-perishable foods (foods should be changed out every six months when not used). Foods such as boxed juices, milk, peanut butter and more can be of great help when no heating facility is available. Be sure to pack disposable utensils, paper towels and cleaning supplies.
- A minimum of one gallon of water per person, per day should be stored. Be sure to sanitize the containers before using them for storage by rinsing with one part bleach to ten parts water. Commercially provided water may be used as is. Other water should be treated by using instructions from your local public health service. Replace every six months.
- First aid supplies should include a first aid manual, scissors, sterile bandages, gauze pads, cotton balls, safety pins, latex-free gloves. Also helpful would be aspirin, Tylenol, anti-diarrhea, ipecac and meds taken daily by anyone who could be compromised by the emergency. Needles, tweezers, scissors and a thermometer would be advisable.
- Clothing adequate for the season should be included; enough for at least three days. If seniors or children

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Cherokee County Receives Grants to Revitalize the East Gaffney Community

Cherokee County has recently identified the East Gaffney community as an area of special interest.

Located adjacent to the City of Gaffney, the East Gaffney neighborhood has been in transition over the past several years. With strong church communities, several residents who have a long term commitment to the area, and excellent highway access to downtown Gaffney and other growth areas, the community has several factors in its favor. An increasing number of abandoned buildings, the proliferation of drug dealing and related crimes, as well as a rising incidence of poor property maintenance, however, have been bringing the area down.



In response, joint efforts over the past year by the Cherokee County Building Safety Department and the Cherokee County Sheriff's Office have targeted the area for code enforcement and crime prevention. These activities have made an impact. Some of the sites in the poorest condition have been cleaned up. Abandoned homes used for drug transactions have been demolished or secured, and persons conducting criminal activity are increasingly on the run. In the spring of this year, the County, with assistance from the Appalachian Council of Governments, sought a grant through the South Carolina Community Development Block Grant (CDBG) program to undertake community revitalization efforts in the community. In early July, it was announced that the County is a recipient of \$20,000



in grant funds for the area. Over the next nine months, County staff will work with ACOG staff and local community leaders to develop a revitalization plan for the neighborhood. A primary activity will be targeting homes for housing rehabilitation. Through the locally driven process, other strategies will be identified as well. Upon the conclusion of the planning process, it is anticipated that the County will be in a favorable position to receive additional CDBG funds for implementation.

For additional information on this exciting initiative, please contact Steve Pelissier at ACOG.

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Public Officials/Emergency First Responders:

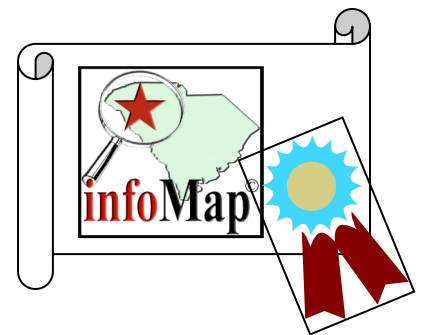
- **Weapons of Mass Destruction/Terrorism Awareness:** Awareness level training for public officials and emergency first responders. U. S. Department of Homeland Security training certificates, S. C. Criminal Justice Academy advanced law enforcement credits, and AHEC bioterrorism CEU's are offered for successful completion of this 4.5-hour course.

Additional Training Opportunities:

- **GIS/ArcView software instruction, S.C. Planning Law and Practices** for Councils, Planning Commissions and Zoning Boards of Adjustment; legal and practical matters related to **senior citizens and care of the elderly.**

InfoMap Wins NADO Innovation Award

The National Association of Development Organizations (NADO) recently selected *InfoMap* to win a 2005 Innovation Award. *InfoMap* is the ACOG's web-based mapping application, which provides on-line decision support tools for economic development.



NADO provides advocacy, education, research and training for the nation's regional development organizations. The NADO Innovation Awards Program recognizes organizations who demonstrate innovative approaches to economic and community development. Each year the projects selected are highlighted in a special issue of the *Economic Development Digest*, which is published in July and distributed to NADO members, federal and state officials, the media, and members of Congress.*

The award winning programs are also featured in roundtable sessions at NADO's Annual Training Conference, held this August in Seattle, WA. The roundtables give economic and community development professionals and elected officials the opportunity to share with colleagues detailed information about successful strategies for building communities and creating jobs. Many of the winning organizations partnered with local businesses, educational institutions and non-profit groups, allowing them to simultaneously address human and economic development

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Medicare: The Drug Benefit—What Happens Next

It's not so long until January 1, 2006—the date when Medicare prescription drug coverage becomes available to all beneficiaries who want it. Nearly everyone on Medicare will need to make decisions about the new benefit in the coming months, so you can expect to receive a lot of information before enrollment begins in November.

In the fall, you'll hear from the federal agency that runs Medicare and from the private plans that will offer drug coverage in your area. Here are key dates in the rollout of the benefit:

Now-August 2005 - The Social Security Administration mails out applications to beneficiaries on limited incomes who may be eligible for special low-cost coverage. You can apply by mail, by phone at (800) 772-1213, at local SSA or Medicaid offices, or from early July online at www.socialsecurity.gov. From July onward, SSA lets you know if you qualify. [*I-CARE counselors with the AAA (Area Agency on Aging) are available to assist.*]

June 2005 - If you also receive Medicaid benefits or SSI or your Medicare premiums are paid by your state, Medicare informs you that you're automatically eligible for this extra help without having to apply.

Summer 2005-Fall 2005 - If you have retiree health benefits, you may hear from your former employer or union about future drug coverage.

Late September 2005-Early November 2005 - If you have a Medigap policy that covers drugs (plans H, I or J), you will hear from the insurer about your options.

October 2005 - All beneficiaries receive the "Medicare & You 2006" handbook, with information on the drug benefit. From October 13, you can

compare details of coverage options available in your area by going to www.medicare.gov or calling (800) 633-4227.

Nov. 15, 2005 - First open enrollment period for drug coverage begins. Enrolling is voluntary, but doing so after May 15, 2006, may incur late penalties in the form of higher premiums. Everyone—including those eligible for limited-income assistance—must enroll in a Medicare drug plan to get coverage.

Dec. 31, 2005 - Temporary Medicare drug discount card program ends. You can use your card until May 15, 2006, or until you sign up for Medicare drug coverage (whichever is sooner).

Jan. 1, 2006 - Drug coverage begins. Beneficiaries who previously got their drugs from Medicaid now get them from Medicare.

May 15, 2006 - First open enrollment period ends.

To aid individuals, caregivers and professionals who work with older adults to understand the Medicare Prescription Program, the Appalachian AAA is sponsoring the following information sessions:

September 13, 2005, 10:30 a.m. – 12:30 p.m.

Location: Park Place Assisted Living Community, 2570 Country Club Road, Spartanburg, SC

September 15, 2005, 10:30 a.m. – 12:30 p.m.

Location: The Gardens at Eastside, 275 Commonwealth Drive, Greenville, SC 29615

September 20, 2005, 9:30 a.m. – 11:30 a.m.

Location: The Legacy, 3501 Hwy. 81 North, Anderson, SC 29621

Register through the Appala-

chian Council of Governments/Area Agency on Aging by FAXING to 864-242-6957; Attention: Beverly W. Allen, or e-mail allen@scacog.org

Reprint of an article by Patricia Berry from AARP Bulletin June 2005.

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cises provided a draft for the Pendleton District WIA. The team quickly discovered that more partners were needed. They developed a list of agencies with which each regularly collaborates and each of those will be included in a similar local forum.

To further the vision, the Pendleton District Workforce Investment Board will be sponsoring a local Youth Forum on August 8, 2005.



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needs, leverage funds and eliminate duplication.*

InfoMap allows decision-makers from anywhere in the world to view, manipulate and print maps and attribute information for the 10-county region of Upstate South Carolina. Internet users can select industrial properties from a comprehensive database, identify the characteristics of workers and customers in a selected area, and create maps of the region.

InfoMap is an online extension of the *InfoMentum* decision support system, which won a NADO Innovation Award in 2004. This unique interactive mapping tool greatly enhances economic development efforts in the region by making critical information available to a wider audience through cutting edge technology. Navigate to www.infomentum.org to see *InfoMap* in action. (*source: www.nado.org)

For more information, please contact Carol Andersen at ACOG, andersen@scacog.org.

Dementia Issues

Insufficient consumption or inappropriate food and fluid choices can contribute directly to a decline in a resident's health and well-being. Adequate assistance, preventive screening and intervention for nutritional problems will help to assure the overall health of residents suffering from dementia and will prevent unnecessary complications. Dementia may lead to reduced food and fluid intake, due in part to decreased recognition of hunger and thirst, declining perceptions of smell and taste, dysphagia (swallowing difficulty), inability to recognize dining utensils, loss of physical control and depression. Residents with dementia may lose the ability to communicate hunger and thirst, or they may refuse to eat because of physiological or behavioral conditions. Addressing dementia-associated problems and helping to ensure adequate intake of food and fluid requires a concerted staff effort.

Facilities must provide nutritional screening and a thorough assessment of each of their residents. There should be ongoing monitoring of the residents to aid in discovering any changes. The facility should promote mealtimes as pleasant and enjoyable with close observation of the residents, helping to ensure health, well-being and quality of life. Some of the daily routines of the staff may need to be altered to benefit the residents.

Staff Approaches:

- * Create opportunities for residents to help plan the menu and set the table; stimulate their senses by baking bread or pie prior to a meal.
- * Create a "happy hour" to encourage fluid intake.
- * When practical, have residents choose the time their meal is served. Mealtimes may need to be rescheduled for a different time of day if a resident exhibits time agitation, distraction or disorientation.

- * If a resident is able to eat independently, but does so slowly, the resident should be allowed to feed themselves at their own pace, perhaps with verbal reminders to eat and drink. Have the mealtimes extended for those residents to promote their independence.
- * Provide adaptive utensils and lipped plates or finger foods to help the resident maintain their ability to eat.

It is ideal for staff to sit, make eye contact and speak with residents when assisting with meals. The staff should avoid loud conversations across the dining room with other staff members. The dining room should be a familiar place that is free from distractions. A resident's attention to food can increase through visual cues, such as ensuring visual contrast between the plate, food and place setting; even limiting the amount of items on the table will help. The residents need opportunities to drink fluids throughout the day, especially now during the hot summer months. Staff could incorporate fluids into activities and have popsicles, sherbert, fruit slushes, gelatin desserts, or other forms of fluid available to residents during the day. Residents do not always think about getting the appropriate amount of fluids, therefore it is the responsibility of their caregivers. Providing the proper nutrition and fluid intake does not have to be burdensome. Staff can get creative with the types of activities and incorporate the necessities!

Some information gathered from: *Dementia Care Practice Recommendations for Assisted Living Residences and Nursing Homes*. Provided by the Alzheimer's Association.

Your Area Ombudsmen:
Nancy Hawkins, Jamie Guay, Sandy Dunagan, Rhonda Monroe and Celia Clark; phone: 864-242-9733.

Development Corporation News

The ADC Board approved a loan of \$150,000 to Families First Family Medicine to assist Dr. Anne Tuggle in purchasing the assets of an existing practice in Mauldin. Community South Bank is providing the primary funding, which will help retain and create seven jobs.

The Strike Zone, LLC, a baseball training facility in Greenville County, has been approved for \$675,000 in funding, allowing the principals to purchase the building that they have been leasing for the past three years. The ADC has arranged \$375,000 in permanent funding through the Community Reinvestment Fund, and \$300,000 through the Small Business Administration. The project will retain five jobs and create at least two more for this unique business.

The Small Business Administration 504 loan for Kee Company for the expansion of its wood molding manufacturing operation in Travelers Rest has been approved for \$530,000. The business is adding a second 5,000-square-foot manufacturing building and a dry kiln operation for drying green wood. Carolina First is providing the primary financing for this business, which will retain ten employees and expand by six.

The \$100,000 loan to Rasnidhi and Sudha Parikh has been closed and funded. It will allow them, with funds from BankAmerica, to purchase a convenience store in Easley.

The \$150,000 loan to Rosewood Assisted Living, LLC for the Assisted Living facility in Pauline has been funded and the business is now accepting clients.



VIEWPOINT

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Greenville, South Carolina 29606

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Address Correction Requested

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are included, be prepared with briefs or diapers as needed. Blankets and bedding should also be considered.

- Essential tools would include a battery-powered radio, television and extra batteries to power them sufficiently. Flashlights, cell phones and other equipment in order to communicate are helpful. A small folding shovel or spade, a screw driver, and essential tools, plus enough plastic sheeting to use should a shelter not be available. Duct tape is always a good idea as well as waterproof matches and sterno.
- Other considerations might be essential equipment such as oxygen or generator, jumper cables, road flairs, ice melt and the like. Keep your gas tank filled, if the emergency can be anticipated.
- Don't forget your pets. Be certain to have a plan in mind should they have to be left behind, or if they can travel with you – be prepared with food, meds, leashes, kennels and the like.