

Clemson University Selected to Foster South Carolina Economic Growth

CLEMSON — In 2006 the Economic Development Administration (EDA) of the U. S. Department of Commerce selected Clemson University as the location for its South Carolina EDA University Center. The three-year designation culminated a selective application process. Clemson will receive \$162,700 annually for three years to carry out economic development projects throughout the state.

As the state EDA University Center, Clemson will work with state and local governments to enhance state and community capacities to attract and nurture high-skilled, high-wage employment opportunities. Research and technical assistance efforts will concentrate on the development of industry clusters in the state, the leveraging of university technical expertise to promote business development and the assistance of workforce development organizations in preparing workers for the knowledge-based economy.

The center will be administered by the Regional Economic Development Research Laboratory in the University's department of applied economics and statistics and the Clemson Institute for Economic and Community Development. Center co-directors are professors David Barkley and Mark Henry of the department of applied economics and statistics.

Through a combination of research, outreach and application, technical innovation and venture creation, Clemson will catalyze community economic development in South Carolina. Positively affecting the economic vital-



ity of communities in the state is central to Clemson's land-grant mission.

For additional information regarding the Center's areas of specialization, please visit their newly launched web site at <http://www.clemson.edu/uced>. (Article taken from Clemson University News Service media release, July 26, 2006.)



Did You Know?

John C. Calhoun (1782-1850), United States vice president, senator, and cabinet member, made his home at Fort Hill plantation in Pickens County. His son-in-law, Thomas Green Clemson (1807-1888), bequeathed the plantation to the state for use as an agricultural college, which led to the founding of Clemson University.

ACOG Welcomes New Staff Member



The ACOG would like to welcome Greg Taylor to the Long Term Care Ombudsman team. He began his career in 1993 as a respiratory therapist, calling on home health agencies, along with nursing homes and assisted living communities. In 1996, his new position in distributor sales to nursing homes enabled him to build relationships with their administrative staffs. The death of his father in 2001 led him into the long term care health industry, as he served a large Spartanburg assisted living community in the role of Resident Services Director from 2002 until 2004. In 2004, he became the Executive Director of a retirement community in Hendersonville, N.C., where he served until 2006. Most recently, he worked in sales for a home health company here in the Upstate, until he made the decision to redirect his path toward a service-oriented career. To that end, he will now assist in providing complaint resolution for residents of Upstate long term care facilities.



2007 Consolidated Plan for Housing and Community Development

The State of South Carolina proposes to submit its 2007 Consolidated Plan for Housing and Community Development Annual Action Plan to the U. S. Department of Housing and Urban Development (HUD) on February 15, 2007. The Plan's purpose is to satisfy HUD's statutory requirements for South Carolina to receive funding for four HUD programs: Community Development Block Grant (CDBG), HOME Investment Partnerships (HOME), Emergency Shelter Grants (ESG), and Housing Opportunities for Persons with AIDS (HOPWA). The 2007 program year is April 1, 2007 to March 31, 2008.

The CDBG Program is administered by the S. C. Department of Commerce – Grants Administration. Local governments use CDBG funds to strengthen and revitalize communities. Eligible activities include public infrastructure and facilities, affordable housing, downtown revitalization, economic development, and planning. In the 2007 program year, the state will receive approximately \$23.5 million in CDBG funds, a decrease of about 2% from 2006.

The HOME Program, which is administered by the State Housing Finance and Development Authority (SHFDA), targets activities and policies aimed at expanding the supply of affordable housing and increasing the number of families with access to affordable housing. Eligible HOME activities include rental housing construction or rehabilitation, homeownership/homebuyer assistance, tenant-based rental assistance, and owner-occupied replacement housing. The SHFDA expects to distribute \$11.6 million in HOME funds in 2007.

The ESG Program is administered by the Governor's Office, Office of Economic Opportunity. This program, through local governments and

non-profit organizations, assists individuals and families in the transition from homelessness to independent living by promoting housing with supportive services. Eligible ESG activities include renovation/rehab/conversion of buildings for use as emergency shelters for the homeless, provision of essential services to the homeless, preventive services designed to prevent the incidence of homelessness, and operational costs. The Office of Economic Opportunity expects to receive \$1,474,017 in ESG funds for 2007.



The HOPWA Program is administered by the Department of Health and Environmental Control (DHEC) - STD/HIV Division. The program provides housing services and other assistance to low-income persons with AIDS or related diseases and their families. The HOPWA allocation is based on population and the number of reported AIDS cases. DHEC expects to receive \$1.064 million in 2007.

The Plan is available for review at the Council of Governments and on the Internet at <http://www.sccommerce.com/consolidatedplan.html>. A 30-day comment period began on January 15, 2007. Forward any written comments or questions about the Plan by February 13 to S. C. Department of Commerce, 1201 Main Street, Suite 1600, Columbia, SC 29201, or e-mail lross@SCCommerce.com.

Military Call-Ups—A Local Issue



U.S. Department of Defense Photo

On January 6, 2007, more than **1,800 S.C. Guard personnel** were assembled at William Brice Stadium in Columbia in preparation for a massive mobilization of troops destined for Afghanistan. Men and women from the **Anderson, S.C. 263 Army Air and Missile Defense Command** are already guarding the skies around the nation's capital. Many other South Carolinians, Guard and Reservists, are now in uniform serving around the world.

Every month, public and private employees across South Carolina are being called-up for active military service. Units and individuals are being activated and deactivated regularly to allow for rotation of troops here at home or at a number of hotspots around the world. Elected officials and human resource managers need to be mindful of their responsibilities under the **Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA)**.

USERRA protects Reserve and National Guard troops from losing their jobs and benefits due to military service. Local governments are bound by the provisions of USERRA and officials should be familiar with its requirements.

Upstate elected officials or human resource specialists who are seeking detailed information on USERRA may find information and advice on the Internet at www.esgr.org or by calling 1-800-336-4590.

U. S. Department of Defense—Guard and Reserve Mobilization Statistics

Current as of January 2007. At any given time, services may mobilize some units and individuals while demobilizing others, making it possible for these figures to either increase or decrease. Total number currently on active duty in support of the partial mobilization for the Army National Guard and Army Reserve is 76,089; Navy Reserve, 4,921; Air National Guard and Air Force Reserve, 5,326; Marine Corps Reserve, 5,574; and the Coast Guard Reserve, 358. This brings the total National Guard and Reserve personnel, who have been mobilized, to 92,268, including both units and individual augmentees.

A cumulative roster of all National Guard and Reserve personnel, who are currently mobilized, can be found at <http://www.defenselink.mil/news/Jan2007/d20070103ngr.pdf>

Current South Carolina Units mobilized or partially-mobilized units include:

264 EN TM FFTG - ALLENDALE SC Army National Guard
 266 QM TM WATER PURIF - ALLENDALE SC Army National Guard
 267 QM TM WATER PURIF - ALLENDALE SC Army National Guard
263 AD BN 02 ADA BN AVGR - ANDERSON SC Army National Guard
263 AD CMD MSL DEFENSE - ANDERSON SC Army National Guard
 122 EN BN COMBAT CORPS - BATESBURG SC Army National Guard
324 SC BN SIG TELCOM BN - CLEMSON SC Army Reserve
 411 QM TM FORCE PROVIDER - COLUMBIA SC Army Reserve
 SCARNG ELEMENT, JF HQ - COLUMBIA SC Army National Guard
 263 AR BN 01 TANK BN - CONWAY SC Army National Guard

163 CS BN SPT - DARLINGTON SC Army National Guard
 263 AR BN 01 TANK BN - DILLON SC Army National Guard
263 AD BN 02 ADA BN AVGR - EASLEY SC Army National Guard
 151 AV BN 01 AH-64 - EASTOVER SC Army National Guard
 151 AV BN 02 SEC SPT - EASTOVER SC Army National Guard
 VA ARNG MED DET - EASTOVER SC Army National Guard
 122 EN BN COMBAT CORPS - EDGEFIELD SC Army National Guard
 133 MP CO CBT SPT - FLORENCE SC Army National Guard
 108 DIV 2 BDE HQ - FT JACKSON SC Army Reserve
 12 JA DET LEGAL SPT ORG - FT JACKSON SC Army Reserve
 2D BN MP 108TH RGT - FT JACKSON SC Army Reserve
 321 RGT 3D BN HQ - FT JACKSON SC Army Reserve
 345 DT RGT 02 BN TS 87 DIV- FT JACKSON SC Army Reserve
 345 RGT 2 BN TNG SPT - FT JACKSON SC Army Reserve
 360 CA HHC BDE - FT JACKSON SC Army Reserve
 7226 USA MED SPT UNIT -FT JACKSON SC Army Reserve
 7TH BN PS 108TH RGT - FT JACKSON SC Army Reserve
 87 DT DIV 05 BDE - FT JACKSON SC Army Reserve
 READINESS CMD - FT JACKSON SC Army Reserve
 USAR ELE 157 INF BDE - FT JACKSON SC Army Reserve
7225 USA MED SUP UNIT - GREENVILLE SC Army Reserve
 111 SC BN CNTGY CORPS ARE GREENWOOD SC Army National Guard
178 FA BN 01 155SP -GREER SC Army National Guard
 111 SC BN CNTGY CORPS ARE HODGES SC Army National Guard

151 SC BN TELECOM -LAURENS SC Army National Guard
 263 AR BN 01 TANK BN - MARION SC Army National Guard
 482 AG CO CONUS - MYRTLE BEACH SC Army Reserve
 218 AR HHC HVY SEP BDE - NEW-BERRY SC Army National Guard
 111 SC BN CNTGY CORPS ARE NORTH CHARLESTON SC Army National Guard
 1189 USA TRANS TML BDE - NORTH CHARLESTON SC Army Reserve
 218 MI CO SEP BDE - NORTH CHARLESTON SC Army National Guard
263 AD BN 02 ADA BN AVGR PICKENS SC Army National Guard
 122 EN CO CBT SPT EQ - SALUDA SC Army National Guard
263 AD BN 02 ADA BN AVGR - SENECA SC Army National Guard
108 DIV 1 BDE BCST IT - SPARTANBURG SC Army Reserve
228 SC HHC THEAT TAC SIG B - SPARTANBURG SC Army National Guard
228 SC TM SIG CO HQ - SPARTANBURG SC Army National Guard
 151 FA HHB BDE - SUMTER SC Army National Guard
 251 HQ CPS CORPS RAOC - W COLUMBIA SC Army National Guard

Note that additional individual Guard and Reserve personnel have been mobilized or are affiliated with units outside of South Carolina.



Grandparenting and Stress

Grandparenting is a tough, tough job. I'll bet no one ever stood up in the classroom on career day to say, "I want to raise my grandchildren when I turn 60 years old." As a grandparent raising a grandchild, you have decided to take on a role that will influence this child for the rest of his or her life. You'll probably find yourself thinking that there is never enough time, money, or even sleep to keep you going. The stress you experience can be more than you want to handle, but there are some things that you need to keep in mind when you become stressed.

Stress is a normal part of raising children. All grandparents feel stress at times. Knowing how to handle stress can help you when raising a grandchild.

Taking care of yourself such as eating well and getting plenty of rest will help you to manage stress as well. Make sure that you avoid alcohol and drugs. You may even find that cutting back on caffeine can play a role in reducing stress. Exercising is also a great way to lower stress, even if it's nothing more than taking a walk around your neighborhood.

Keep in mind that you should not try to do everything yourself. Between juggling housework, family, and raising a child, your world can become more than anyone could handle. Let's face it—it was tough to do it at age 30, and now that we are looking at our mid-sixties...whew! When possible, try sharing household jobs. Have everyone in your family lend a hand. If your grandchildren are capable, divide up tasks for each grandchild to perform. This not only helps you, but also teaches children responsibility. When possible, don't hesitate to ask a friend, relative, or neighbor to help out at times. You'll never know until you ask.

Don't let an opportunity for a special moment with your grandchild pass by. Talk to your grandchildren while you both do the dishes. Try to turn cleaning into a game. Listen to

music while sharing everyday chores. You can even turn your walk or ride to school into your special time together.

Don't forget to take a break when you can. Everyone needs time to themselves. Maybe trade baby-sitting with another grandparent. Try to do something for yourself everyday that doesn't include your family. Watch your favorite TV show, take a walk, or read a book.

If you find yourself "stressed out," try to remember these certain things. Give yourself a time-out. Fifteen minutes by yourself can really help. Take ten slow, deep breaths. Look at a special photo of you and your grandchild. Exercise—jog in place or even dance a little. Call a friend. Take everyone for a ride to enjoy a change of scenery. Cry or yell (away from your grandchildren so that you don't scare them). Write your feelings down. And most importantly, be forgiving of yourself. Say out loud, "I am a good grandparent; I can handle this."

For more information on grandparents raising grandchildren, or tips you can try to help reduce your stress, contact a Family Caregiver Advocate at 864-242-9733 or 800-925-4077.

Appalachian Region Offers S. C. Chronic Disease Self Management Program

The Appalachian, Pee Dee and Trident regions are the first regions in South Carolina to offer the S. C. Chronic Disease Self Management Program (CDSMP). SENIOR Solutions and Senior Centers of Spartanburg received a grant through the Lieutenant Governor's Office on Aging to implement the program for the Appalachian region. Within three years, the program should

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Appalachian Caucus of the S. C. Silver Haired Legislature Seeking Candidates

To be considered to serve as a Representative or Alternate Representative of the S. C. Silver Haired Legislature, a candidate must meet the following criteria:

- A. Be at least 60 years of age or older.
- B. Complete and return the filing form.
- C. Be a representative from the county in which you are a registered voter.
- D. Be willing to participate in all required activities of the members.
- E. Must not be any of the following:
 1. Employee of the Area Agency or Council on Aging,
 2. A paid lobbyist for any group,
 3. Current member or candidate for the S. C. General Assembly.

The Appalachian Caucus consists of the following Representatives and Alternate Representatives:

Anderson County - 3 Representatives and 3 Alternate Representatives
 Cherokee County - 1 Representative and 1 Alternate Representative
 Greenville County - 5 Representatives and 5 Alternate Representatives
 Oconee County - 1 Representative and 1 Alternate Representative
 Pickens County - 2 Representatives and 2 Alternate Representatives
 Spartanburg County - 4 Representatives and 4 Alternate Representatives

Interested candidates may request a packet from the SCACOG Area Agency on Aging from now until February 16, 2007, by calling Michael Stogner at 864-242-9733. Packets will include a copy of the election procedures, a filing form, the Silver Haired Legislature By-laws, a brochure and the current legislative priorities.

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The Ombudsman Corner

The Right Way to Complain

When your loved one is suffering, your first reaction is likely to be one of outrage. While you may want to scream at a careless aide, pause to consider what's ultimately best for your family member. Controlling your temper may be hard, but keeping a civil demeanor will help get your complaints resolved more quickly. Here is the protocol to follow:

1. Talk to the staff responsible for your loved one's care. Don't accuse or attack them, but let them know what the problem is in a clear, calm and respectful manner. Intemperate words not only will antagonize the staff but can also be used to "prove" you are a danger. If a worker cites reasons for the lapse, listen to her, make sure you understand and ask how you can work together to prevent the situation from recurring. At home, keep a log of such conversations. Write down the dates and names of the individuals. If the situation is resolved successfully, thank the staff members involved.
2. If the problem isn't corrected in a timely manner, complain in writing to your nursing home administrator. Again, be civil. Describe the issue and your efforts to resolve it clearly, without berating or threatening the staff. Keep copies of your complaints, all responses and any evidence.
3. If you don't get a satisfactory response, request an outside mediation from your state ombudsman's office (www.ltombudsman.org/static_pages/ombudsmen.cfm). After an ombudsman is appointed, he or she will talk to you and to nursing home personnel in an effort to resolve your differences amicably.
4. If the problem is still not settled, contact your state Department of Health. Provide a detailed and documented summary of your complaint. The state will then dispatch inspectors to investigate your

claims. If you disagree with the findings, you may need to hire an outside attorney.

5. Establish an independent family council with other residents' relatives so that you can voice your concerns collectively. The National Citizens' Coalition for Nursing Home Reform (NCCNHR) offers advice on how to form such a group (www.nccnhr.org/public/50_152_430.CFM).
6. After you complain, be extra vigilant and document reprisals. If you suspect retaliation, consult an independent advocate. NCCNHR's website offers a list: (www.nccnhr.org/static_pages/citizens_groups.cfm).

Information gathered from: *Ladies' Home Journal*, June 2006.

From your local Ombudsmen: Nancy Hawkins, Jamie Guay, Sandy Dunagan, Rhonda Monroe, and Jessica Arnone; phone: 864-242-9733.

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be available in all six counties of the region.

The CDSMP is based on the Stanford model and targets adults 60 years of age and older who have at least one chronic disease such as diabetes, heart disease, chronic obstructive pulmonary disorder, arthritis or end stage renal disease. Individuals attend a six-week course facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves.

Subjects include exercise, appropriate use of medication, nutrition, and how to evaluate new treatments. Sessions should begin this spring. For individuals interested in attending a course or interested in training as a facilitator, contact SENIOR Solutions at 864-225-3370 or Senior Centers of Spartanburg at 864-596-3910.

Be Part of a Community Forum to Build the Next Southern Workforce

How can the Anderson, Oconee and Pickens region build a competitive and entrepreneurial workforce? That's the central theme and one of the main questions that will be addressed during an upcoming meeting—February 20 at 9:00 a.m. - noon at the Clemson Madren Center. This meeting is open to the community, especially leaders involved in education, workforce development, economic development and all others who would like to contribute ideas, thoughts and observations about the area's economy and workforce—particularly its present and future health.

This forum is the only one of its kind to be held this year in South Carolina, and it is being sponsored by WorkLink. It is one of many to be held in the South this year, based on a model created by the Southern Growth Policies Board.

This Policies Board is a non-partisan public policy think tank based in Research Triangle Park, North Carolina. Formed by the region's governors in 1971, the Southern Growth Policies Board develops and advances visionary economic development policies by providing a forum for partnership and dialog among a diverse cross-section of the region's governors, legislators, business and academic leaders and the economic and community development sectors. This public-private partnership is devoted to strengthening the South's economy and creating the highest possible quality of life.

WorkLink's Building the Next Workforce Forum

When: February 20, 2007, 9:00 a.m. - Noon

Where: Clemson Madren Center

RSVP: By Feb. 15 to

jhoyle@worklinkweb.com

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VIEWPOINT

Appalachian Council of Governments
P. O. Box 6668
Greenville, South Carolina 29606

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(Candidates continued from page 4)

The completed filing form must be returned to the SCACOG Area Agency on Aging by February 26, 2007. On March 6, 2007, the SCACOG Area Agency on Aging will mail all candidates' information to the current members of the Appalachian Caucus. On March 13, 2007, at 10:00 a.m. all candidates must be present at a meeting of the Appalachian Caucus of the Silver Haired Legislature and are expected to make a presentation, no longer than five minutes. The meeting will be in the Board Room of the S. C. Appalachian Council of Governments, 30 Century Circle, Greenville, S. C. Following the presentations, the caucus will elect representatives and alternate representatives.

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Space will be limited to the first 40 who RSVP, and light refreshments will be provided during this working session.

The information collected during this meeting will be added to the other participating states in the South. Ultimately, these meetings' results will be combined in a report from the Policies Board showing how the region can build a better workforce. For further information, contact Julia Hoyle, Director of WorkLink, at 864-646-1827.