

ARC Announces Asset-Based Development Grants Competition

The Appalachian Regional Commission (ARC) has announced that it will provide \$250,000 in competitive grants to communities to initiate or expand asset-based economic development activities.

ARC expects to provide five to ten awards of up to \$50,000 each to help communities implement asset-based development strategies. Nonprofit organizations, governmental entities, and public educational institutions located within the Appalachian Region are eligible to apply. Private organizations are not eligible to apply.

Appalachia enjoys an abundance of cultural, natural, and structural assets, from its scenic mountains and small towns to its rivers, forests, music, and crafts. These wide-ranging resources can play an important role in building a strong and sustainable asset-based economy, bringing jobs and prosperity to rural communities while preserving their character. The ARC asset-based development grants competition and strategic planning workshop program are designed to assist communities in leveraging local resources to revitalize their economies.

The economic development strategies submitted for grant consideration should focus on the following four categories of assets: cultural, natural, leadership/community, and structural. Each of these types of assets offers unique avenues for crafting new enterprise and injecting vitality into Appalachian communities. Development strategies that leverage these assets include:

- **Cultural Assets.** Building creative economies by capitalizing on traditional arts, culture, and heritage, supporting local entrepreneurs, and attracting visitors. Strategies in this category may include creating heritage trails, developing apprenticeship programs, using web-based or traditional retail venues to market products, and showcasing the region's music and narrative traditions.

- **Natural Assets.** Opening the beauty of the region's mountains and rivers, and the gateway communities leading to them, by leveraging ecological assets for outdoor sports such as fishing, camping, white-water rafting, and rock climbing. Adding value to farming through specialized agricultural development, including processing specialty food items, fish farming, and organic farming. Getting the most from the region's productive hardwood forests by maximizing sustainable timber harvesting and value-added processing.

- **Leadership/Community Assets.** Successful development takes place when business, government, non-profit organizations, and community groups mobilize resources toward a common goal. Promising local leaders and emerging civic entrepreneurs are critical assets for developing—and redeveloping—opportunities in the region.

- **Structural Assets.** Appalachian communities can turn local liabilities into opportunities, focusing on such strategies as brownfield redevelopment, adaptive reuse, and downtown

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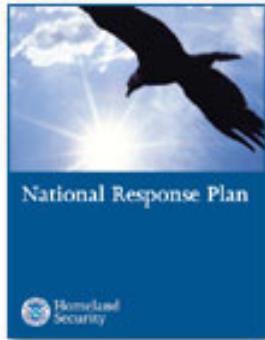
Emergency Management — National Response Plan

In December 2004, the United States Department of Homeland Security released the final version of the **National Response Plan (NRP)**, the federal government's comprehensive plan for managing national disasters. The NRP is a critical element of the local-state-national emergency response to natural or manmade disasters or terrorist events. The

NRP replaces the Initial National Response Plan, the Federal Response Plan, and a number of other stop-gap measures instituted after 9/11.

The National Response Plan establishes a comprehensive all-hazards approach to enhance the ability of the United States to manage domestic incidents. The plan incorporates best practices and procedures from incident management disciplines—homeland security, emergency management, law enforcement, firefighting, public works, public health, responder and recovery worker health and safety, emergency medical services, and the private sector—and integrates them into a unified structure. It forms the basis of how the federal government coordinates with state, local, and tribal governments and the private sector during incidents.

(NRP Continued on page 2)



SCDOT Enhancement Grants 2005

Due Dates and Workshops Announced

The South Carolina Department of Transportation (SCDOT) administers the non-metropolitan component of the Transportation Enhancement Grant Program, which funds community improvement projects that have a relationship to transportation. Recently, the SCDOT announced that the due date for grant applications is Friday, June 17, 2005. The SCDOT has scheduled several application workshops throughout the state to help explain the Enhancement Grant Program and the application process. A regional workshop has been scheduled for Thursday, March 17, 2005, at 10:00 a.m. here at the Appalachian COG.

Because of the grant application's technical requirements, it is important to get an early start. The first steps are to identify one project and determine a cost estimate. The Statewide Program is open only to communities that are not located within the jurisdiction of a Metropolitan Planning Organization (MPO). Local governments that are in MPOs should contact their local MPO in order to apply for the grants.

There are 12 eligible Transportation Enhancement Grant categories, which are:

1. Provisions of facilities for pedestrians and bicycles.
2. Safety and educational activities (pedestrians and bicyclists).
3. Acquisition of scenic easements and scenic or historic sites.
4. Scenic or historic highway program (tourist and welcome center facilities).
5. Landscaping and other scenic beautification.
6. Historic preservation.
7. Rehabilitation and operation of historic transportation buildings, structures, or facilities.
8. Preservation of abandoned railway corridors.
9. Control and removal of outdoor advertising.
10. Archeological planning and research.



Recently, The City of Woodruff used Enhancement Grants to improve pedestrian safety and update the streetscape in its downtown.

11. Mitigation of water pollution due to highway run-off or reduction of vehicle-caused wildlife mortality while maintaining connectivity.
12. Establishment of transportation museums.

The maximum amount of funding a jurisdiction can receive is \$200,000. Grants require a 20% local match. For more information concerning the Transportation Enhancement Program, contact Shawn Colin or Dan Wagner at the ACOG, or visit the SCDOT web site at <http://www.scdot.org/community/tepoutside.html>.

Are Your Providing “Kincare”?

In our country nearly 6 million grandparents live with grandchildren, and at least 2.5 million of these grandparents are the children's primary caregiver. Elder family members providing care to younger relatives are providing "kincare" daily. In the Upstate region, we are attempting to provide support through the Family Caregiver Support Program to these caregivers.

Imagine the difficulties of being over the age of 60 and having gained the primary responsibility for

raising one to four (or more) children of varying ages. As the caregiver, you may live on a fixed income that just meets your needs, much less the needs of diapers for a two-year-old, day-care for a toddler, or lab fees for the high-school-aged child. Unexpected needs abound and the grandparent often has no extended support. The Family Caregiver Support Program (FCSP) is a resource for information and assistance in this endeavor.

In an effort to assist these "kincare" givers, the FCSP is forming support groups for those seniors in this role. The support groups meet once per month and are open to anyone who cares to come. The two groups meeting at present are facilitated by Sam Wiley, Family Caregiver Advocate. These groups meet in Cherokee and Pickens Counties. There is no cost to participate, and child-care is even covered by the program to allow senior caregivers to participate. The value of having a network of people who know and understand your situation is priceless. If you would like to get further details regarding these or other support groups, please call (864) 242-9733 or (800) 925-4077. Ask for Sam Wiley or Debra Brown.



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The **Federal Emergency Management Agency** (FEMA) Emergency Management Institute (EMI) is offering an online course (at no charge) designed to introduce the National Response Plan to elected officials, emergency management officials and first responders. Interested persons can sign on at www.training.fema.gov/emiweb/IS/is800.asp. Contact Joe Newton at ACOG for additional information on the NRP, FEMA training, and related plans and resources.

ACOG Regional Directory Goes Digital

The ACOG proudly announces the on-line availability of the popular *ACOG Regional Directory* at www.scacog.org. Produced annually as a service to the region, the Directory contains contact information for elected and appointed officials and administrative staff in the cities and counties of the Upstate.

This useful resource is now available to everyone on the ACOG web site, www.scacog.org. Look for the "Regional Directory" link just below the picture of the ACOG building. The listings for six counties and forty-two municipalities are organized for quick navigation and even contain an option for easy printing of individual pages.

One major benefit of distributing the directory in digital format is convenience. The directory may be accessed from almost any computer and the information can be updated easily and efficiently throughout the year. Every effort has been made to make this edition as complete and accurate as possible, but contacts often change after elections or new appointments, so the web pages will require constant update. Please contact Debbie Courson at (864) 242-9733 or courson@scacog.org to submit updates and corrections.

Another benefit of the digital directory is lower production and distribution costs. The shift from last year's exclusively paper publication to the 2005 on-line version represents an annual cost savings of more than \$1,500. ACOG continually strives to bring the best value for services to the region.

Although ACOG Board members will continue to receive paper copies of the directory, all others are encouraged to access the directory on-line.

For those who do not have access to the Internet, ACOG can provide the directory on CD, free upon request, or in printed book format for \$20. Note that mid-year address updates will only be available on-line and not for the CD



and printed formats. To request a CD or book, please contact Debbie Courson at (864) 242-9733 or courson@scacog.org.

Delegates Needed for State White House Conference on Aging

Wanted: 400 mature adults from across South Carolina to meet for three days in April (25-27) at Myrtle Beach's Springmaid Beach Resort to help shape South Carolina's input into national policies presented by the retirement of the baby boomers. Applicants need only to complete a simple one-page application and include a letter that explains why their involvement in the process will be beneficial to the senior community. A copy of the application is included in this newsletter as an insert. From the Appalachian Region we are looking for 94 delegates to participate in the process. Funds have been secured to offset the registration fee of \$80.00, which includes the meals. Fund-raising continues to help offset lodging costs of delegates.

Aging delegates will spend time in general session, as well as in break outs among ten discussion groups to explore the policies, pathways and priorities the United States should adopt to prepare for the 78 million baby boomers nearing retirement. The first

wave of boomers becomes eligible for Medicare in 2011.

President Bush has called for the national White House Conference on Aging to be held October 23-26, 2005, in Washington. Such conferences occur once a decade to make aging policy recommendations to the President and Congress. Past White House Conferences have contributed to the establishment of many key aging programs such as Medicare and Medicaid, the Older Americans Act, the Supplemental Social Security Income Program, and the National Institute on Aging.

If you wish to participate, we would encourage you to complete the application and return it to the ACOG office by March 24, 2005. If you have any questions, please call the SCACOG Area Agency on Aging at 864-242-9733.



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redevelopment. Converting overlooked and underused facilities into industrial parks, business incubators, or educational facilities has shown positive results across Appalachia. Throughout the region, communities and businesses are integrating development and management practices to leverage what they have—historic buildings, abandoned railroads, and old mines—to build and enhance economic vitality.

- Application information for this grants program is now available on ARC's web site at www.arc.gov, or may be obtained from Dirk Reis at the ACOG. Applications are due May 31, 2005, and grant award recipients will be announced June 30, 2005.
- ARC, in partnership with the Conservation Fund and the National Endowment for the Arts, will hold a technical assistance workshop in Asheville, N. C., on April 11-12 to provide technical support to communities interested in starting asset-based development initiatives.

Keeping Your Independence

Your Concerns

There comes a time when you either can't live at home anymore or have chosen not to. Likely, you couldn't manage on your own at home as you once did. Maybe it was hard to climb in and out of the bathtub, get dressed, or leave the house to take a walk. Assisted living should give you the help you need, so you can do more for yourself and enjoy more of your favorite pastimes than you could at home alone.

The facility staff should encourage you to do as much for yourself as you can. You want to keep your power to make decisions about the parts of your life that matter most to you. Now and then, you might like to smoke a cigarette, drink an alcoholic beverage, or go off a special/restricted diet. Sometimes, what you may want to do may put you at risk for harming your health; however, you want to do it anyway. Staff and family concerns may limit you from living your life the way you would like.

Staff and Family Concerns

The staff of your residence and your family may try to balance your right to live how you want with the way they see their responsibility for your safety and well-being. Maybe it's important for you to decide whether to go for a walk by yourself, as best you can, knowing you might fall. But the staff may think you would be safer in a wheelchair. They may feel your danger of falling is bigger than you think. The staff may feel their job is to protect you and do things for you, instead of helping you to be as independent as possible. This may come from their own beliefs, from your family's instructions, or from what they think a government agency requires. But you don't need to accept these limits. Talk with your family and the staff about what you want to do and which decisions you want to make for yourself.

Your Local Ombudsmen for Anderson, Cherokee, Greenville, Oconee, Pickens, and Spartanburg Counties are Nancy Hawkins, Jamie Guay, Rhonda Monroe, Celia Clark and Sandy



Dunagan; phone: 864-242-9733.
Information gathered from:
"Resident's Guide for Assisted Living."

National Health and Nutrition Examination Survey (NHANES)

The U. S. Department of Health and Human Services, National Center for Health Statistics, will be in Greenville County to invite participation in the National Health and Nutrition Examination Survey (NHANES). The survey will be used to gather information, from a sample of 387 people to assess the health and nutrition status of children and adults, with special emphasis on seniors, and their needs for health care. NHANES is unique in that it combines household interviews and physical examinations. During the past 40 years, these surveys have provided valuable information on the prevalence of major disease, risk factors for diseases, and the relationship between nutrition and overall health.

The survey will be conducted in Greenville County from March 11, 2005 through May 14, 2005. Survey staff will have a photo identification badge and all the information you provide is strictly confidential. Survey staff will collect their data from household interviews and standardized medi-

cal examinations conducted in their mobile examination center. Transportation will be provided to the mobile center and the medical and dental examination is provided at no cost.

The Administration on Aging and the SCACOG Area Agency on Aging strongly endorse this study. At the Area Agency on Aging we rely on the survey data to help us understand the health and nutritional status of our region's older citizens. This information also helps us in planning for the services and programs that we contract for through the Area Agency. If you are one of those individuals asked to participate in the survey, we would encourage you to take advantage of this opportunity.

If you have any questions you may call Mercy Merino, NHANES Outreach Coordinator, at 1-800-452-6115; or contact us at the SCACOG Area Agency on Aging at 864-242-9733.

Development Corporation News

A loan of \$20,000 has been approved by the ADC Board for Fitness Edge Studio. The funds will be used with funds from The National Bank of South Carolina to enable the business' expansion and relocation to the Boiling Springs area of Spartanburg County. From the new location the business will continue to provide personal fitness, and group fitness activities. Two additional jobs are expected to be added to the two existing jobs.

A loan of \$78,000 has been approved by the ADC Board for funding to Custom Forest Products, LLC, a company that makes shipping pallets. This project will expand the company's operations to include conversion of their waste product to mulch. The project will create new jobs for four to six people.

The ADC Board has approved a loan of \$100,000 to Carolina Increte, LLC, for the purchase of assets. Carolina Increte provides design and installation

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VIEWPOINT

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

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Auto Maintenance 101 Workshop Provided to Participants

On Saturday, December 11, 2004, from 10 a.m. to 3 p.m., volunteer mechanics taught ten WIA Youth program participants, one on one, how to provide basic maintenance on their cars. One major barrier facing WIA participants is access to transportation. Many participants buy a used vehicle, but do not provide proper maintenance. Consequently, their car ultimately fails, forcing the purchase of another used car, thereby perpetuating the cycle.

The S.H.A.R.E., WIA Youth program, along with Anderson Inter-faith Ministries, provided the workshop to educate their participants on general maintenance and safety to improve the longevity of the cars they have. Advanced Auto Parts partnered with programs and donated windshield wipers, fluids, antifreeze, oil, and filters. Several managers donated

their time and provided the training.

One workshop attendee drove to the workshop and her car broke down in the parking lot. The problem was she had put too much oil in her car and there was a simple solution – education. One of the volunteers was a female mechanic who answered questions about females in this non-traditional career. The participants expressed interest in learning about their cars and had a great deal of questions.

Due to the success of this event, the S.H.A.R.E. WIA Youth Program plans to offer this event in Oconee and Pickens counties. They are hoping to gain more support from partners and provide the workshop to a larger number of participants. The S.H.A.R.E. WIA Youth program is provided by the Pendleton District Workforce Investment Board.

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of decorative concrete throughout the Upstate. The business will employ eight or more people.

The ADC Board has approved a loan to Rosewood Assisted Living, LLC, in the amount of \$150,000. The proceeds will go towards the purchase of the facility, located in Pauline, Spartanburg County. This new project will employ up to 30 people.

Small Business Administration 504 loans were approved for ANA Hospitality, Inc., SK Hospitality, and Alverson Properties, LLC #2. The ANA Hospitality, Inc., and SK Hospitality loans are for the purchases of motels. The Alverson Properties, LLC, loan is for the construction of a new Brusters Ice Cream on Wade Hampton Boulevard in Greer.

The loan to Anderson Kitchen and Bath, Inc., in the amount of \$100,000 has been closed and funded. This Anderson County-based business remodels and/or installs kitchens and baths throughout the Upstate. Three to four additional jobs are expected to be created.