

Older Americans Month 2010— Age Strong! Live Long!

May is Older Americans Month – a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and to support them as they enter the next stage in life. The Appalachian Area Agency on Aging is joining communities nationwide in celebrating this month with special activities and events. This year's Older Americans Month theme – *Age Strong! Live Long!* – recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans. These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. It is important to note, however, that the contributions of older Americans are not only in the past.

Older Americans are living longer and are more active than ever before. With the aging of the baby boomer generation – the largest in our nation's history – America's senior population is expected to number 71.5 million by 2030. While keeping the growing population of older Americans healthy and active will increase the demand for senior services, a remarkable trend is the extent to which older Americans themselves are supporting each other.



As the new generations of seniors become better educated and more financially secure than their predecessors, they are spending more time making significant contributions in their communities through civic and volunteer opportunities. In fact, older Americans are a core component of service delivery to seniors – embodying and modeling the drive to *Age Strong! Live Long!* They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services. Their energy and commitment reminds all Americans – not just senior citizens and their caregivers – to do their part to enhance the quality of life for older generations.

The annual commemoration of Older Americans Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that empower

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Upstate Rises to the Census Challenge

South Carolina residents are making sure we get our share of funding for roads, schools, and hospitals. As of April 20, 71 percent of SC households receiving the simple Census questionnaire have completed and mailed it back. This exceeds the 68 percent rate from the 2000 Census, when South Carolina was among the states with the lowest participation.



The Census Bureau saves about \$85 million in operational costs for every percentage point increase in the nation's participation rate by mail. If every household completed and mailed back their census form, taxpayers could reduce the cost of taking the census and save \$1.5 billion.

Greater participation means a more complete and accurate count, as well as fewer households requiring an in-person visit beginning in May. Every increase in response can help save money on the expensive follow-up process.

An interactive online map and a customizable Web widget have given communities the ability to track their own progress towards winning the "Take 10 Challenge" (named after the 10 minutes or less required to fill out the form). The site displays daily tallies of respondents at the state, county, city, and tract level.

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State Energy Office Awards Grants



Eight units of local government in the Appalachian region were collectively awarded \$841,338 from the State Budget and Control Board - SC Energy Office through the Energy Efficiency and Conservation Block Grant (EECBG) Program. These funds were made available to South Carolina through the American Recovery and Reinvestment Act (ARRA), also known as "stimulus funds." Projects were required to meet certain energy conservation measures in order to qualify for funding. The ACOG Grant Services Department assisted the local governments with the submission of these applications. The grants awarded were as follows:

- Pickens County - \$66,891 to replace lighting fixtures in nine county buildings;
- Oconee County - \$196,774 to insulate and to replace lighting fixtures and heating/air conditioning units in county library facilities;
- City of Easley - \$202,680 to insulate and to replace lighting fixtures and heat pumps in West End Hall;
- City of Clemson - \$78,012 to retrofit 88 metal halide light fixtures with LED fixtures in the city parking garage;
- City of Gaffney - \$9,802 to replace natural-gas-fired heaters with infrared heaters at the maintenance shop building, the main fire station, and the Overbrook fire station;
- City of Belton - \$210,300 to install a water management/auto-read system for the water system;
- City of Greer - \$48,453 to retrofit lighting fixtures at the city operations center and the Horace McKown Center; and
- Town of Lyman - \$28,456 for weatherization and insulation enhancements at town hall.



The larger cities and counties in South Carolina received a direct allocation of EECBG funds from the US Department of Energy. These direct grantees included the Cities of Greenville and Spartanburg, along with Anderson, Greenville, and Spartanburg Counties.

For questions about these projects, contact Dirk Reis at the ACOG, or the applicable local government.

Job Fair



WorkLink held a job fair recently in Seneca and had over 575 participants.

WorkLink Workforce Investment Board hosted the Tri-County Community Job Fair on April 20th at the Shaver Recreation Complex in Seneca. Forty-five companies exhibited at the event, including manufacturers, healthcare and homecare, service industry representatives, work-from-home companies, and staffing agencies. Area colleges and service providers also set up booths at which job seekers could explore training options and other opportunities.

More than 575 job seekers participated in the 2010 Tri-County Community Job Fair. The exhibitors

accepted more than 450 resumes and interviewed 158 job seekers during the event. The job fair offered application and interview areas. OneStop On-the-Go also provided laptop computers, connected to the Internet and a printer, so job seekers could explore opportunities online or work on their resumes. Staff and volunteers helped job seekers navigate the job fair and complete applications. Employers estimate hiring at least 89 job fair participants in the next year, according to exit surveys.

The OneStops also offered online job search help and other services at job fairs throughout Anderson, Oconee and Pickens counties. In March OneStop On-the-Go set up laptops at the College and Career Fair at Tri-County Technical College and offered job fair preparation and resume writing workshops at the *Anderson Independent-Mail's* Jobs Expo.



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The map at <http://2010.census.gov/2010census/take10map> shows that five of the six ACOG counties have exceeded their Census 2000 participation rates, often by as much as four percentage points. Sadly, the neighborhoods most in need of the benefits allocated by population count remain the ones with the lowest response rate. Census workers will go door-to-door in these Hispanic and minority areas to make sure everyone is counted.

Decennial census data helps determine the allocation of federal funds for new construction, such as highways and hospitals, and for community services, such as school lunch programs and senior citizen centers. Every year, the federal government allocates more than \$400 billion to states and communities based, in part, on census data.

Long Term Care Training



Jamie Guay, ACOG Long Term Care Ombudsman, discusses mistreatment of nursing home residents at a recent training session.

The ACOG's Long Term Care Ombudsman Program hosted two trainings aimed at nursing home administrators and social workers in March and April. The training, "More than Meets the Eye," had two parts: one which focused on legal issues that often come up with nursing home residents and the other regarding the prevention of resident mistreatment.

Ms. Beth DesJardins, an attorney from South Carolina Legal Services, conducted the first part of the training and discussed durable powers of attorney, health care powers of attorney, guardianships, conservatorships, the SC Adult Health Care Consent Act and Social Security representative payee issues. The Ombudsman Program has received many questions from facilities throughout the Upstate on these issues, and the goal of this training session was to address some of those questions and to give everyone a better understanding of these legal documents and processes.

Ms. Jamie Guay, Long Term Care Ombudsman, provided the second part of the training. She presented the "We Each Have a Story" training program, which helps prevent elder mistreatment in long term care facilities. This training was developed by the University of South Carolina's Arnold School of Public Health and the Office for the Study of Aging. The training

has two separate components. Ms. Guay provided the management curriculum, which is directed to administrators and other supervisory management staff. Upon the administrators' completion of this curriculum, an additional component of the training for CNA's and other direct care staff is available for on-site delivery.

The Long Term Care Ombudsman Program strives to have an open, working relationship with all the facilities in the Upstate. Providing this type of training for all facility staff is one way to accomplish this goal. The Ombudsman Program hopes to work with all facilities in improving the lives and quality of care for all residents.

Seniors Farmers' Market Nutrition Project



The Appalachian Area Agency on Aging, in partnership with the SC Department of Social Services and the Department of Agriculture, will be issuing coupons to individuals age 60 and older who have limited income. The coupons are used to purchase produce at designated local farmers' markets from June through October 15, 2010. The Area Agency on Aging administers the program in Greenville and Spartanburg counties.

Individuals must apply in person, provide proof of identity and proof that they live in the county where sign up is being held.

This program is intended to supplement the diets of seniors with fresh, nutritious produce and to support South Carolina's small farmers. South Carolina is one of several states that received USDA funds to operate the Seniors Farmers' Market Nutrition Program.

All counties in the Upstate region, except Pickens and Cherokee, participate in the program. Expansion to additional counties has been constrained due to limited grant funds.

Sign up will be held in June for the Upstate region. For sign up locations and times in each county contact:

- * Oconee - United Way of Oconee County (864) 882-9743
- * Anderson - Anderson County Recreation Department (864) 231-2237
- * Greenville and Spartanburg - Appalachian AAA (864) 242-9733



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the elderly. Americans of all ages and backgrounds can volunteer with programs that improve health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities and community engagements, and more. If you are not familiar with the services offered through your county Council on Aging, call to find out what activities are scheduled during Older Americans Month, and plan a visit. Contact the Appalachian Area Agency on Aging at (864) 242-9733 to find out what you can do to strengthen services for older Americans, this month and all year round.

Lunch and Training

WorkLink joined several local partners to host the Lunch & Learn for Trade Adjustment Assistance (TAA) on March 3rd at Tri-County Technical College and an Industry Appreciation Breakfast on March 25th at Clemson University's Madren Center.



Area manufacturers attended a lunch and learn event at Tri-County Tech to hear about possible federal assistance in dealing with the impacts of imports.

The TAA Lunch & Learn featured guest speaker Andy Nelms, strategic business manager for the Southeastern Trade Adjustment Assistance Center (SETAAC) at the Georgia Institute of Technology. SETAAC helps manufacturers determine if they are eligible for Trade Adjustment Assistance, a federal program that offers up to \$75,000 to improve businesses impacted by imports.

Trade Adjustment Assistance is a cost-sharing grant, and companies need to match 50 percent of projects costing up to \$150,000, or 25 percent of projects costing up to \$30,000. Funding is on a first-come, first-served basis.

Trade Adjustment Assistance does not provide funding for employee training, which is where WorkLink Workforce Investment Board can help through programs such as Incumbent Worker Training and On-the-Job Training. WorkLink also administers Trade Adjustment Assistance (TAA) by providing re-employment services to workers who have been found to be adversely impacted by increased imports

or by a shift of production to another country.

The Industry Appreciation Breakfast recognized businesses that had taken advantage of these programs and spearheaded innovative training programs through Apprenticeship Carolina™ and the mechatronics curriculum at Tri-County Technical College.

Partners for these events included the Anderson County Office of Economic Development, Oconee County Economic Development Commission, Alliance Pickens, the South Carolina Manufacturing Extension Partnership (SCMEP), Tri-County Technical College, and WorkLink. Profit Partners LLC also co-hosted the TAA Lunch & Learn.

Historic Preservation Ordinance Forum



The Planning Services Department is partnering with Jennifer Satterthwaite, SC State Historic Preservation Office (SHPO), to provide a forum on historic preservation ordinances – what they are and how they can protect historic properties in any community. She will also discuss the Certified Local Government Program and how it promotes community preservation planning and heritage education through a

partnership with the SHPO and the [National Park Service](#). This program facilitates funding, technical assistance, and training that help manage future growth and encourage economic development while protecting the historic resources that are significant to a community.

This presentation would be especially helpful for members of boards of architectural review, planning commissions, and planning staff to learn how historic preservation efforts can benefit their community. The presentation will also count towards required continuing education credits for planning officials.

There will be two presentations on May 12th – one at 12:30 p.m. and one at 5:30 p.m. – at the Council of Governments offices. A meal will be provided prior to each presentation. There is a \$5 fee to attend the presentation. If you have any questions, or if you or someone in your organization would like to attend, please contact Jennifer Vissage at 864-241-4627 or vis-sage@scacog.org.



Volunteers much appreciated and thanked. The annual Volunteer Appreciation Luncheon was held on April 26th at the ACOG. Volunteers for the aging department in the Friendly Visitor Program and I-CARE volunteer program were given certificates of appreciation and gifts for their service. Missy Johnson, from All About Seniors, was the guest speaker. Sandy Wroblewski, pictured above right with volunteer coordinator Jessica Winters, won the Volunteer of the Year Award for her work at Mountainview Nursing Home in Spartanburg. She has spent over 100 hours visiting residents at the facility.

The Beauty of the Upstate



Photos courtesy of V. Lynne "Cricket" Jenkins and Beth Lewis.

VIEWPOINT

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Williamston Town Council members (L-R) David Harvell, Greg Cole, Michael Looper, Mayor Carthel Crout and town administrator Phyllis Lollis. The Williamston Council conducted their annual planning retreat at ACOG offices in April.