

Seniors Say They Need Help to Stay in Homes

South Carolina's senior citizens want to grow old at home. But 300 senior citizens and caregivers at the Anderson Civic Center on Monday afternoon, August 23, 1999, for the first of 13 community forums to be held across the state say they need help if they're to do that. "There's no place like home, no matter where you go," said Booker T. Nance of Anderson.

The forums, sponsored by the Appalachian Council of Governments' Area Agency on Aging, the Joint Legislative Executive Task Force on Aging Issues and local senior agencies, are designed to prepare the state for a growing senior population that threatens to overrun existing programs' ability to care for them, according to a letter written by Gov. Jim Hodges to area legislators. Rep. Gilda Cobb-Hunter, D-Orangeburg, chairs the Subcommittee for Seniors, Family Issues and Social Services. She said the forums are designed to give seniors a voice on issues that are important to them. "Some (seniors) felt aging was not a priority in our state," said Cobb-Hunter.

Elsa Dawson, a nurse for 36 years, said the needs of seniors are best met in the home, not in nursing homes or other facilities. According to her and the other seniors who spoke at the forum, the needs of seniors include:

- * Bigger and better adult day care centers with on-site medical services.
- * More respite care for those who



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take care of seniors in failing health.

- * More home-delivered meals and nutrition information.
- * Financial help paying for prescription drugs.
- * Transportation to and from doctor appointments and the grocery store.
- * Help with housekeeping and laundry.
- * Psychiatric home care services and additional home visits paid for by Medicaid.
- * More senior citizen centers and programs.
- * Affordable housing.
- * Job training.
- * Volunteer handyman services to help people on fixed incomes

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ACOG Offers Inexpensive PC Training to Local Governments

In response to an increasing demand from our local governments for computer software training, ACOG will begin offering new courses this fall on various computer software programs including Office Suites, Windows, Internet use and other PC programs.

ACOG has developed a comprehensive training program at very reasonable rates for both beginners and advanced users. Flexible schedules will



provide classes during the day or evening according to each jurisdiction's particular needs.

Classes Offered

- ❖ **Microsoft Operating Systems**
 - ◆ Windows95/98
- ❖ **Microsoft Office (Office97)**
 - ◆ Word

(PC Training continued on page 2)

Over \$4 Million Awarded By ARC and EDA

The Appalachian Regional Commission (ARC) and the Economic Development Administration (EDA) recently awarded over \$4 million in grants to fund several projects that will provide infrastructure and educational facilities in the region.

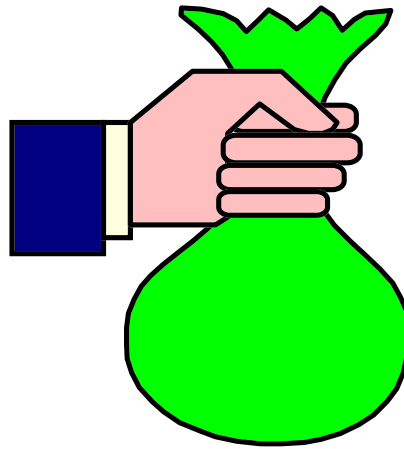
The Greer Commission of Public Works was awarded an ARC grant of \$470,000 and an EDA grant of \$750,000 to upgrade the Maple Creek Wastewater Treatment Plant from 3.0 MGD to 4.5 MGD in order to handle recent and expected growth in the area. The project is estimated to cost a total of \$1,574,843.

The Gaffney Board of Public Works was awarded an ARC grant of \$500,000 and an EDA grant of \$500,000 to construct sewer facilities in the Sunny Slope area to serve a new industry and to provide for future commercial and industrial development in the area. The project is expected to cost \$1,356,000.

ARC has approved a \$500,000 grant to replace and upgrade failing water and sewer systems in the Newry Mill Village. These funds have been made available to the State Department of Commerce, which will award the grant in conjunction with a \$500,000 CDBG Community Development Block Grant (CDBG) if the ownership of the utility systems can soon be transferred to a public entity. The total cost of the project is estimated at \$1,650,000.

ARC has also approved a \$323,377 grant to the Town of Blacksburg to extend water, sewer, and gas service to an expanding industry, which will create 107 new jobs. The State Department of Commerce will award these funds along with a CDBG grant of \$323,378.

Spartanburg Technical College (STC) has been awarded \$1 million by the EDA to construct a 70,000 square foot three-story Health Sciences Building on the campus. The estimated cost of the project is approximately \$8 mil-



lion. The building will house classrooms and labs for STC's health programs and will allow the school to expand its curriculum and to train more students for medical services careers.

The COG Grants Services staff assisted with developing and submitting these applications and will administer the projects to ensure compliance with federal and state regulations. For more information on these projects or programs, please call Dirk Reis at the

(PC Training continued from page 1)

- ◆ Excel
- ◆ PowerPoint
- ◆ Access (to be offered at a later date)

❖ Internet Browsers

- ◆ Microsoft Internet Explorer
- ◆ Netscape Navigator

Fees

One-half day training	3 hours	\$45
Full day training	6 hours	\$90

Prices shown are per person, per session for classes offered at the ACOG offices. On-site training can be provided by special arrangement. Contact Mike Sell or Debra Brown at ACOG (242-9733) for more information and scheduling.



Shawn Colin Joins Planning Staff

Shawn Colin is a new employee of the Appalachian Council of Governments. He is originally from Sackets Harbor, a small, historic town on Lake Ontario in Upstate New York. He graduated from Jefferson Community College in 1994 with an associate's degree in Math and Science. In 1996 he graduated from the State University of New York College of Environmental Science and Forestry in association with Syracuse University. He received a bachelor's degree in Environmental Science with a concentration in Land Use Planning. In May 1999, Shawn graduated from Clemson University with a master's degree in City and Regional Planning, where he completed a terminal project titled "Master Planned Communities Along the South Carolina Coast."

Shawn began pursuit of his professional career as an intern, working through Clemson University in a Public Service Agreement, with the Appalachian Council of Governments during the 1998-99 academic year. After graduation in May 1999, Shawn accepted a full-time position as Community and Regional Planner at the Appalachian Council of Governments. So far, he has been working with Upstate communities, assisting them with transportation enhancement grant applications, comprehensive plans, transit plans and economic development. Shawn is excited about developing his planning skills on the professional level and looks forward to the challenges ahead. Shawn currently lives in Greenville and enjoys sports and play-

Help the Long Term Care Ombudsman Stop Elder Abuse!!

WHAT IS ABUSE?

Abuse, neglect, and exploitation of the elderly and the disabled continue to increase. Family violence and institutional violence is a tragedy you can help prevent. Indicators of abuse include:

PHYSICAL ABUSE

- Frequent complaints of pain without obvious injury
- Passive, withdrawn, and emotionless behavior
- Injuries that appear after the person has not been seen for several days
- Frequent injuries such as bruises, cuts, black eyes, or burns

NEGLECT

- Obvious malnutrition
- Lack of personal cleanliness
- Obvious fatigue and listlessness
- Begs for food
- In need of mental, medical, or dental care

FINANCIAL EXPLOITATION

- Sudden inability to pay bills, buy food or personal care items
- Repossession of personal belongings such as a TV, furniture, etc.*

IF YOU NOTICE THESE SYMPTOMS, PLEASE CONTACT the Appalachian Council of Governments' Long Term Care Ombudsman toll free at:

Anderson County	225-3268
Cherokee County	489-6960
Greenville County	242-9733
Oconee County	882-7538
Pickens County	855-0163
Spartanburg County	582-1403

*Per the Attorney General's Office.



Information Services Welcomes Beth Lewis

The Information Services Department recently welcomed Beth Lewis as our new research assistant. She will be responsible for daily data requests, assisting with publications production, and conducting research. She has jumped "head first" into the data services arena by assisting with producing our county profiles.

A native of Anderson County, Beth received her bachelor's degree in Horticulture from Clemson University. In addition, she received a second bachelor's degree from the University of Georgia in Landscape Architecture. Beth worked for five years at the City of Charleston Planning Department as a Land Resource Planner.

With her roots tied to the Upstate of South Carolina, Beth and her husband, Preston, recently returned to the area when her husband accepted a position at the South Carolina School for the Deaf & Blind teaching Horticulture. They have a seven-month-old son named Cole, and they live in Spartanburg. Welcome aboard, Beth!

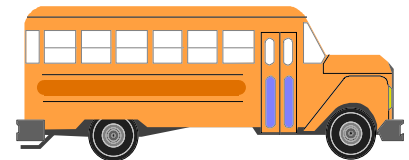
Did You Know? The risk of skin cancer from excessive solar exposure are well known. However, failure to get a few minutes of sun every day can result in inadequate supplies of vitamin D, creating an increased risk of other types of cancer

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maintain their homes.

Another group of senior citizens and caregivers attended the second community forum on Tuesday morning, August 24, 1999, at Fairview Baptist Church in Greer. Mary Looney said she's lived near Travelers Rest for the past 13 months and has wanted to become a part of Senior Action's programs. "I find out there is no bus service, so for one year, I have felt isolated," she said. "This is my one concern."

Herman Butler, who lives near Southside High School in Greenville, said money would help a project he's pushing, a senior center at Pleasant Valley. "I am pleading for some funds



for senior centers," he said.

Lack of transportation was one of the themes that showed up in forums in Anderson and Greer. One possible solution Cobb-Hunter is proposing is allowing school districts to use their buses for public transportation when not needed to transport students. She's co-sponsoring a bill that would allow that.

People at both forums talked about problems concerning respite care and prescription drugs. They cited a need for more collaboration between organizations working to help the elderly.

Virgie Chambers, director of the Governor's Office on Health and Human Resources, said money is not necessarily the answer in solving some of the problems of the elderly. "We do not have all the answers in Columbia. Sometimes people in the community have the answers," said Chambers.

A report on the forums will be forwarded to the Governor and the General Assembly.

[Excerpted from articles by Cindy Landrum (Aug. 24, 1999) and Jenny Munro

CALENDAR OF EVENTS

September 8	Conference on Aging Planning Committee Meeting, 10:00 a.m. – 3:00 p.m., Central Midlands COG Board Room, Columbia.
September 9	Aging Component Directors Meeting, 2:30 p.m. – 4:30 p.m., COG Training Room.
September 14-16	Inaugural Session of Silver Haired Legislature, House of Representatives Chambers, Columbia.
September 18-22	SE4A Annual Training Conference, Hyatt Regency, Savannah, Georgia.
September 24	COG Board of Directors Meeting, 10:30 a.m., Council Board Room.
September 29	Regional Aging Advisory Committee Meeting, Council Board Room.

VIEWPOINT

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