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MARK YOUR CALENDAR!

Upcoming Events

- Ageism Awareness Day: **Saturday, October 7**
- Medicare Open Enrollment Period: **Saturday, October 15-Thursday, December 7, more information [HERE](#)**
- 2023 America Walks Community Change Grant Applications Due: **Monday, October 16 @ 10:00pm, more information [HERE](#)**
- Visit NC Farms Refresher: **Thursday, October 19 @ 10:00am, Kerr-Tar COG Office, RSVP by October 13**
- Kerr-Tar RPO TAC/TCC Meeting: **Thursday, October 19 @ 3:00pm, hybrid meeting**
- Kerr-Tar COG Board Meeting: **Thursday, October 26 @ 7:00pm, Kerr-Tar COG Office**
- 2023 USDOT Thriving Communities Grant LOI's Due: **Wednesday, November 15 @ 4:59pm, more information [HERE](#)**

2023 Kerr-Tar COG Annual Banquet & Awards Ceremony

On Thursday, September 28, the Kerr-Tar Regional Council of Governments (COG) held its Annual Banquet & Awards Ceremony at Carlee Farm in Granville County. We had the great pleasure of honoring those that have gone above and beyond in serving their communities both at the city and county level. Congratulations to all the awardees!

Scenes from the Banquet

Photos by Lydia Crouse Photography, Oxford NC



2023 awardees, from left to right: Mary Anderson, Vance County (Outstanding Kerr-Tar Board Member), Christina Ebron, Town of Norlina (Outstanding Clerk to the Board), Bobby Wheeler, City of Creedmoor (Outstanding Municipal Elected Official), Gordon Powell, Person County (Outstanding County Elected Official) and Kim Denton, Franklin County (Outstanding Manager).



2023-2024 Incoming Board Chair Derrick Sims (Person County) & 2022-2023 Outgoing Board Chair Zelodis Jay (Granville County).

Special Thanks to Our Sponsors:

Platinum Sponsor:
Granville Health System

Gold Sponsors:
Wake Electric
Carlee Farm

Silver Sponsors:
Granville County Tourism
Dill Air Controls Products
Farm Bureau Insurance
Altec
VC3

Three Kerr-Tar Programs Receive National Recognition

Three Kerr-Tar Regional Council of Governments' programs were recently recognized through the National Association of Development Organizations' (NADO) Aliceann Wohlbruck Impact Awards Program – **INNOVATE 2023: Question.**

Design. Thrive., Kerr-Tar Reentry Roundtable and Reentry Services and **Food as Medicine.** Each year, NADO's Impact

Awards Program honors NADO members for their creative approaches that have made significant impacts on their regions and demonstrate the diversity of services and programs delivered by regional development organizations across the country. The 2023 class of awardees consists of 108 projects from 71 organizations spanning 28 states.



Innovate 2023: Question. Design. Thrive.

In partnership with local economic development organizations, a regional innovation summit was held on Thursday, March 23, 2023 at the newly renovated Lakeland Cultural Arts Center in Littleton, NC. The event featured workshops, panelists, and guest speakers covering a range of issues including how failure and resilience can lead to innovation, challenging bias and creating room for innovation in our hiring practices and workplace culture, self-determination, innovative education for a more purpose-driven workforce, and more.

Food as Medicine

The Area Agency on Aging (AAA) partners with regional public health providers and medical practitioners to deliver fresh fruit and vegetables to elderly people with chronic health conditions. Following referral by a medical practitioner, AAA staff conduct a baseline survey and schedules the client to receive two boxes of food monthly for six months. Follow-up surveys after six months will be used to evaluate the program's efficacy. The design is based on medical research showing that proper nutrition is effective at preventing or lessening the severity of many causes of physical and mental illness. Program partners expect the program to support positive economic development outcomes over time, including increased participation in social activities, decreased time away from work and school and fostering a culture of health and well-being.

Kerr-Tar Reentry Roundtable and Reentry Services

The Kerr-Tar Reentry Roundtable and Reentry Services provides transitional planning and support to individuals who are returning back to the community after incarceration by ensuring access to employment, educational training, housing, transportation, mental health services and other community resources and services from the moment of release and throughout their reentry. The comprehensive suite of services includes mentoring, educational opportunities, employment and job training, and connecting individuals to community resources and addressing unique individual barriers. As a whole, the program is designed to aid in successful reentry and reduce the risk of recidivism. Within just a few months of starting the program in 2023, Kerr-Tar Regional Council of Governments and more than 60 partners have reached over 150 people with education about records expungement, and hosted resource fairs and public education events across the region.

Click [HERE](#) for detailed information about NADO's 2023 Impact Awards recipients.

NC Association of Regional Councils of Governments Training Opportunity

Over the past five years, North Carolina has experienced several major natural disasters, including several overlapping events, which are becoming more and more prevalent. Local governments must navigate complex financial reporting and compliance requirements while working within constrained post-disaster operating environments. Concerns over the successful and efficient administration of recovery funding prompted the North Carolina General Assembly to provide resources to develop and deliver a comprehensive financial administration training program local governments. The North Carolina Association of Councils of Government (NCARCOG) received an appropriation to develop this training, and the rollout will begin later this year. Keep your eyes out for the eventual training dates, and reach out to Katie Conner at kconner@kerrtarco.org or (252) 436-2040 if you have any questions.



Digital Equity Survey



The Digital Equity Survey focuses on the accessibility and affordability of digital devices and the internet as well as digital skills needed to safely access online resources. Your response will help ensure that the State creates an effective and comprehensive state digital equity plan that addresses the digital equity needs of all North Carolinians.

To take the survey, click [HERE](#).

State Aging Plan NCDHHS

The Division of Aging and Adult Services of the North Carolina Department of Health and Human Services (NCDHHS) is required by federal and state laws to submit a State Aging Plan every four years as a guide for the aging and adult services population in North Carolina.

What's a State Aging Plan?

- Highlights goals, objectives, and strategies aimed at assisting older adults, their families and caregivers, and persons with disabilities.
- Serves as a valuable tool for planning/tracking all efforts on behalf of older adults, particularly in optimizing the state's home and community-based service system.
- Reflects extensive input from the community, actively considering the needs of populations facing racial and ethnic disparities.
- Click [here](#) to access the 2023-2027 State Aging Plan.

KTAAA Holds First Ever Falls Prevention Fair



The first annual KTAAA Falls Prevention Fair was held on Wednesday, September 20 at the Vance-Granville Community College Civic Center and it was sensational! 150 people enjoyed falls prevention skits in our Falls Idol competition, with ABC11's Anthony Wilson as our emcee. Four skits showcased local seniors' creativity, with the winning team, The Sensible Seniors from Vance County, taking home \$250 in cash. Demonstrations and in-person experiences with Tai Chi for Arthritis exercises and Bingocize were a big hit. Not only were we entertained, but we learned practical tips for preventing falls, and how we might improve balance and awareness. If you're interested in signing up for one of our evidence-based programs, contact Susan Tucker at (252) 436-2040 today!

Family Caregiver Support Groups

Family Caregiver support groups are available for anyone providing in-home care for their loved one. A support group may provide resources that could benefit you in this challenging work.

● *Franklin County:*

Louisburg Senior Center: 279 S. Bickett Blvd, Louisburg.
2nd Monday of the month, 7:00pm-8:00pm, virtual option available. For more information, contact Wendy Hunter, Director, Louisburg Adult Day Center at (919) 496-1131

● *Granville County:*

Granville Medical Center Cafeteria Meeting room: 1010 College St, Oxford. 1st Tuesday of the month, 2:30pm-4:00pm. For more information, contact Gail Barnes-Hall, Director, Harold Sherman Adult Day Center at (919) 690-3273

● *Person County:*

Person County Senior Center: 87 Semora Rd, Roxboro. 2nd and 4th Wednesdays of the month, 5:30pm-6:30pm. For more information, contact Tiffney Whitt, Aging Services Specialist at (336) 599-7484



State Senior Games Silver Arts

On Friday, September 22, Barbara Stewart (KTAAA Aging Specialist) had the pleasure of volunteering at this year's State Senior Games Silver Arts in Cary. There were volunteers all the way from Manteo to Murphy and the talent present was certainly admirable! The categories included: Heritage and Visual Arts, Literary Arts, Performing Arts, Visual, and Cheerleading. Below are a few photos of the wonderful art that was submitted!



SHIP Local Coordinators Meeting

Barbara Stewart, KTAAA Aging Specialist, attended this year's Local Coordinator's Medicare Meeting which was held at the Embassy Suites in Greensboro, NC on September 12-September 13. Speakers included, Mike Causey, Insurance Commissioner of North Carolina, Melinda Munden, NCDOL Deputy Commissioner and Kevin Robertson, SHIP Director. Important information was shared concerning Open Enrollment and Social Security Benefits.



2023 Annual Bunn Fun Day



On Saturday, September 16 the Town of Bunn held its annual Bunn Fun Day community celebration. 200 people enjoyed music, bounce houses, food trucks, BBQ plate sale, games, over 30 craft vendors, pony rides, rock climbing wall, sword fights and much more. Kerr-Tar Regional Ombudsman Kim Hawkins hosted a table to spread the word about what AAA supports and our services!

Medicare Open Enrollment

Medicare Open Enrollment begins on **October 15!** See one of our many Open Enrollment counselors to compare plans and find ways to save money on your medications, and find out if you are eligible for the Extra Help program. Counselors are available by appointment at all our Senior Centers and at several local pharmacies. There are many options during Open Enrollment:



- Call your local Senior Center to schedule an appointment
- Ask at your pharmacy
- Call Seniors' Health Insurance Information Program (SHIIP) toll-free at 1-855-408-1212.
- Go to www.medicare.gov/find-a-plan.

Check out the flyer below!

More North Carolinians can get health care coverage through Medicaid.

Beginning on Dec. 1, 2023, NC Medicaid will cover people ages 19 through 64 years with higher incomes. You may be able to get health care coverage through Medicaid even if you didn't qualify before.

Medicaid pays for doctor visits, yearly check-ups, emergency care, mental health and more – at little or no cost to you.




NC Medicaid covers most health services, including:

- **primary care** so you can go to a doctor for a check-up or when you are not feeling well
- **hospital services** when you need to stay overnight (inpatient) or when you can go home the same day (outpatient)
- **maternity and postpartum care** if you are pregnant and after giving birth
- **vision and hearing services**
- **prescription drug benefits** to pay for your medicines
- **behavioral health**
- **preventative and wellness services**
- **devices and other therapies**

Most people will be able to get health care coverage through Medicaid if they meet the criteria below. And if you were eligible before, you still are. Nothing changes for you.

- **You live in North Carolina**
- **Age 19-64**
- **You are a citizen.** Some non-US citizens can also get health care coverage through Medicaid.
- **And if your household income fits within the chart below:**

Household Size	Annual Income
Single Adults	\$20,120 or less
Family of 2	\$27,214 or less
Family of 3	\$34,307 or less
Family of 4	\$41,400 or less
Family of 5	\$48,493 or less
Family of 6	\$55,586 or less

How to apply for Medicaid:



ePASS
epass.nc.gov



Paper application
ncgov.servicenowservices.com



In person at your local DSS office
ncdhhs.gov/localDSS



Call DSS office
ncdhhs.gov/localDSS

Learn more at:
Medicaid.ncdhhs.gov

NC Department of Health and Human Services
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Warren County CORE Meeting

On Tuesday, September 26, the Warren County Community & Economic Development Commission, along with Bruce Naegelan, NC Dept. of Commerce Community and Economic Development Planner for the North Central Prosperity Zone, hosted an Outdoor Recreation Stakeholder Economy Breakfast at Buck Spring Park in Littleton. The North Carolina Department of Commerce's **Rural Economic Development**



Division selected 34 local governments from across the state, to participate in the Creating Outdoor Recreation Economies (CORE) program. The CORE program offers strategic planning and technical assistance to help rural communities leverage North Carolina's abundant outdoor recreation assets to bolster local economic vitality. The Town of Warrenton applied, and was selected to participate, although the resulting findings from this project will be used for planning on the county level. Stakeholders representing retail, outdoor recreation, and local government, to name a few, gathered to collaborate and provide feedback on the strategies in the current draft of the Implementation Plan.

Let's RE-Visit NC Farms!

The Kerr-Tar COG will be hosting a Visit NC Farms refresher meeting on **Thursday, October 19 at the Kerr-Tar COG office**. Tourism, Extension and Economic Development Leadership interested in furthering their involvement in and development of agritourism, agriculture, and access to local food are encouraged to attend this informational meeting. If interested in attending, make sure to **RSVP by Friday, October 13** to Marley Spencer at m Spencer@kerrtar cog.org.

Check out the invite for more details!

Kerr-Tar COG to Receive NC Climate Action Corps AmeriCorps Staff Member

The Kerr-Tar Regional Food Policy was adopted in late 2020, at the height of the pandemic. This food policy presents a strategy for guiding local governments, non-profit organizations, and businesses in growing a sustainable regional food system, encompassing sustainable food production, processing, distribution, marketing, consumption and waste management. The AmeriCorps member will be engaged in implementing vital parts of the policy including establishing a Kerr-Tar Regional Food Policy Council, completing a regional food system assessment, identifying agricultural assets that are vulnerable to climate hazards, identifying strategies to build redundancy into food systems, and conducting outreach and education in collaboration with local partners.



First Round of Completing Access to Broadband (CAB) Awards Announced

Governor Roy Cooper announced the state's first Completing Access to Broadband (CAB) program awards totaling **\$22 million** that will connect **6,012 households** and **164 businesses in 14 counties** to high-speed internet. The CAB program, administered by the N.C. Department of Information Technology (NCDIT), complements the state's Growing Rural Economies with Access to Technology (GREAT) grant program to reach additional unserved areas.



The NCDIT Broadband Infrastructure Office, part of the Division of Broadband and Digital Equity, made the following awards in the **Kerr-Tar region**, which are contingent upon final, executed grant agreement with broadband provider partners:

- **Franklin:** Spectrum Southeast LLC (Charter Communications)
- **Granville:** Spectrum Southeast LLC (Charter Communications)
- **Vance:** Zitel LLC

All CAB program grantees must participate in the **Affordable Connectivity Program (ACP)**, which provides eligible low-income households a \$30 per month discount on high-speed internet service, or provide access to a comparable low-cost program. To read the full press release, click [HERE](#).

National Walk to School Day

On your mark, get set, WALK! National Walk to School was held on **Wednesday, October 4!** Whether addressing the need to make routes to school safer for active trips or encouraging children to be more active, these events can be powerful tools to inspire lasting change. Of course, they are also lots of fun! This year, the Kerr-Tar COG's Safe Routes to School (SRTS) program partnered with Vance County Schools to host Walk to School Day at **Clarke Elementary School**. Students and staff all had a great deal of fun! Stay tuned for our next newsletter for more information and photos!



Warren County Survey on Trails



Take this brief survey to kick start Warren County's greenways and trails initiative! The vision for the future of greenways and trails in Warren County is to develop a system that safely links residents, families, and visitors to each other while fostering a deeper connection to the outdoors and natural landscape of the community. Through activities on the trail, new relationships can be forged, old connections can be restored, and economic opportunities can be vibrant and accessible.

To take the survey, click [HERE](#).

Funding Forecast

Check out these awesome funding opportunities, you might just **FALL** for them!

- **2023 Community Change Grant**
 - The America Walks Community Change Grant program supports the growing network of advocates, organizations, and agencies working to advance walkability. Grants are awarded to innovative, engaging, and inclusive programs and projects that create change and opportunity for walking and movement at the community level. This program will award 15 grantees \$1,500.00 in community grants for projects related to creating healthy, active, and engaged places to live, work and play. Applications are due by **Monday, October 16**. More information [HERE](#).
- **2023 USDOT Thriving Communities Grant**
 - The 2023 Thriving Communities Grant (TCG) provides technical assistance, planning, and capacity building support to teams of community partners that may lack the staffing or technical expertise to scope, fund, and develop infrastructure projects that advance broader community goals. Interested applicants must identify community partners and together submit a Letter of Interest (LOI) via [DOT webform](#) by 4:59pm (ET) November 15, 2023, to be considered for selection. More information [HERE](#).

Kerr-Tar Workforce Development Board Represented at AdvanceNC Launch



AdvanceNC, a collaborative venture to develop a robust talent pipeline supporting the growth of the advanced manufacturing industry in central North Carolina launched on Thursday, September 21. The launch was held at the Central Carolina Community College’s E. Eugene Moore Manufacturing and Biotech Solutions Center in Sanford, NC. Kerr-Tar Workforce Development Board Director, Lou Grillo, formalized our Region’s commitment to the initiative by signing the AdvanceNC Charter as one of the six workforce development boards, ten community colleges and two universities that are member institutions. The member institutions will work together to address the needs of regional employers through pipeline development strategies and projects.

Among those attending the event included North Carolina Gov. Roy Cooper, North Carolina Community College System President Dr. Jeff Cox, University of North Carolina System President Peter Hans, and North Carolina Association of Workforce Development Boards President Rodney Carson. For more information, please click [HERE](#).

[CLICK HERE FOR KERR-TAR LABOR MARKET UPDATE](#)



Check out the event below!



Saturday,
October 7, 2023
10 AM - 2 PM
VGCC Courtyard
Henderson, NC

Dress for
Success
Mobile
Boutique

Meal planning
on a dime,
Financial
Counseling

Make-up tips,
Career
Advice,
and MORE!



Empower Her

**an event for women by
women to equip women**

Come for **FREE** information and resources from local community partners. Enjoy free activities for kids, food, giveaways and more!

Contact us:

252.738.3264
foundation@vgcc.edu

EVENT LOCATED AT 200 COMMUNITY COLLEGE ROAD, HENDERSON, NC

COMMUNITIES SERVED

- [Franklin County](#)
- [Granville County](#)
- [Person County](#)
- [Vance County](#)
- [Warren County](#)
- [Town of Bunn](#)
- [Town of Butner](#)
- [City of Creedmoor](#)
- [Town of Franklinton](#)
- [City of Henderson](#)
- [Town of Kittrell](#)
- [Town of Louisburg](#)
- [Town of Macon](#)
- [Town of Middleburg](#)
- [Town of Norlina](#)
- [City of Oxford](#)
- [City of Roxboro](#)
- [Town of Stem](#)
- [Town of Stovall](#)
- [Town of Warrenton](#)
- [Town of Youngsville](#)

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MISSION STATEMENT

Kerr-Tar Regional Council of Governments aims to promote regionalism that provides opportunities for local governments to enhance and improve the quality of life for our citizens through effective delivery of services and programs.

Kerr-Tar Regional Council of Governments

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