



October 2010

# RECOGNITION

Volume: 30  
Issue: 3

Newsletter of the High Country Council of Governments

in this  
*issue*

## 36th Annual Meeting and Banquet

On September 10, 2010, High Country Council of Governments (Region D) held its 36th annual awards banquet to recognize outstanding contributions and achievements by elected officials, local government employees, and advisory committee members. High Country Council of Governments (COG) is a planning and development agency serving local governments in Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey Counties. Award winners were selected by elected and appointed officials from the seven-county region. Executive board chairman Richard Blackburn presented the awards, and applauded all local government employees, local committee members, and citizen volunteers for their hard work and dedication throughout the year.



### Calendar of Events

*Yadkin-Pee Dee River Basin Restoration Strategies Initiative*

*APPEL Awards a \$10,000 to the High Country Caregiver Foundation*

*Congratulations to Recent Incumbent Worker Grant Recipients*

*CDBG Scattered Site Housing Program*

*Avery and Yancey JobLinks on the Move*

*High Country RPO Receives Excellence in Regional Transportation Award*

*Region D Development Corporation Approves Loans*

*Building a Livable and Senior-Friendly NC*

### **This year's award winners are:**

Alleghany County resident Patricia Polley for Outstanding NC Senior Tar Heel Legislature/Advisory Committee on Aging Member. Wilkesboro county commissioner Zach Henderson was recognized as Outstanding Local Government Elected Official. Bakersville mayor Charles Vines was honored as the Outstanding High Country Council of Governments Executive Board Member and was also honored with the prestigious Charles Von Canon Regional Leadership Award. Avery County resident Sam Ray was this year's recipient of the Outstanding Workforce Development Board Member. Jefferson mayor Dana Tugman, Banner Elk commissioner Brenda Lyerly, and Crossnore mayor Tudor Vance all received the "Old Timer" Hall of Fame Award.

*Top: Delegates from Avery County enjoy window seats at the clubhouse at Linville Ridge. Middle: Chairman Richard Blackburn presents the "Old Timer" Hall of Fame Award to Dana Tugman and Edward Vance. Bottom, left to right: Andrew Mason, Bill Winkler and Sam Stroud.*

# Calendar of Events

<i>November</i>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

<i>December</i>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

<i>January</i>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

<i>February</i>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

## National Family Caregivers Month

- 9th Mitchell/Yancey Caregiver Appreciation Reception, 5 p.m.  
@ the Brian Center
- 11th HCWDB Executive Committee Meeting, 3 p.m.  
CLOSED FOR HOLIDAY
- 15th Executive Board Meeting, 7 p.m.
- 17th RTCC Meeting, 10 a.m.
- 25-26th CLOSED FOR HOLIDAY
- 30th RAPP Meeting, 5:30 p.m.

- 2nd Watauga Caregiver Appreciation Luncheon, 11:30 a.m. @  
the Daniel Boone Inn
- HCWDB Conference Call, 4 p.m.
- 9th HCWDB Meeting, 3 p.m.
- 14th STHL/ACA Meeting,  
RAPP Meeting, 5:30 p.m.
- 15th RTAC Meeting, 11 a.m.
- 20th Executive Board Meeting, 7 p.m.
- 24th & 27th CLOSED FOR HOLIDAY

- 1st New Year's Day
- 25th RAPP Meeting, 5:30 p.m.

- 8th AAA Service Provider Meeting,
- 16th RTCC Meeting, 10 a.m.  
RTAC Meeting, 2 p.m.
- 21st Executive Board Meeting, 7 p.m.
- 22nd RAPP Meeting, 5:30 p.m.

**2010  
Executive Board  
Members**

**Chairman:** Richard Blackburn  
**Vice-Chair:** Robert L. Johnson  
**Secretary:** Gary D. Blevins  
**Treasurer:** Bill Winkler

**Minority Representative**  
Paul L. Robinson, Jr.

**Alleghany County**  
Ken Richardson, Chair  
John Miller, Mayor, Sparta

**Ashe County**  
Richard Blackburn,  
Commissioner  
Dana Tugman, Mayor, Jefferson  
Jason Ring, Mayor, Lansing  
Tom Hartman, Alderman, West  
Jefferson

**Avery County**  
Kenny Poteat, Chair  
Brenda Lyerly, Councilwoman,  
Banner Elk  
Rick Miller, Councilman, Beech  
Mountain  
Tudor Vance, Mayor, Crossnore  
John Boone, Mayor, Elk Park  
Valerie Jaynes, Mayor, Newland  
Gunther Jöchl, Mayor Pro Tem,  
Sugar Mountain

**Mitchell County**  
Patrick Phillips, Commissioner  
Charles Vines, Mayor, Bakersville  
Phillip Hise, Mayor Pro Tem,  
Spruce Pine

**Watauga County**  
Bill Winkler, Vice Chair  
J.B. Lawrence, Mayor, Blowing  
Rock  
Loretta Clawson, Mayor, Boone  
Richard DeMott, Mayor Pro Tem,  
Seven Devils

**Wilkes County**  
Gary D. Blevins, Commissioner  
Robert L. Johnson, Mayor, North  
Wilkesboro  
Wanda Blackburn, Councilwoman,  
Ronda  
Sam Stroud, Town Councilman,  
Wilkesboro

**Yancey County**  
Walter Savage, Chair  
Danny McIntosh, Mayor, Burnsville

## A New Chapter for Local Woman

When Taylor Togs closed its doors in October 2007 and laid off Burnsville resident, Gail Parker, she never expected that life-changing moment to lead to a reception at the Governor's mansion almost three years later. Parker was one of only fifty-eight NC Community College students honored for academic excellence at a dinner and award ceremony at NC State University on April 14 in Raleigh.

Parker worked at Micaville jean manufacturer, Taylor Togs Incorporated, for twenty-one years, and at the time of the closing in October 2007 was a supervisor. She was given the opportunity to go back to school for retraining with the help of federal Workforce Investment Act job training dollars. At the time, Parker wasn't sure if at fifty-one years old she could go back school, but because of the challenge and her love of learning she jumped in as a full-time student.

When Parker began her first semester at Mayland Community College she didn't own a computer and spent a lot of time in the library writing five papers for the required English classes. That year Parker's sister gave her a laptop for Christmas to help with her schoolwork, and Parker signed up for an extra elective in Word Processing to help her get the feel for her new computer. Parker received several scholarships, as well as Workforce Investment Act funds to assist her with tuition and books.

The two and a half years it took to receive her degree in Business Administration went by fast for Parker, who preferred math, marketing, and economics to writing essays. She became heavily involved on campus at Mayland serving as the Student Government Association Secretary, a student ambassador, and a student member of the college's foundation board. Parker also found that the instructors went out of their way to help students and that the range of ages on campus and in the classroom helped her learning experience.

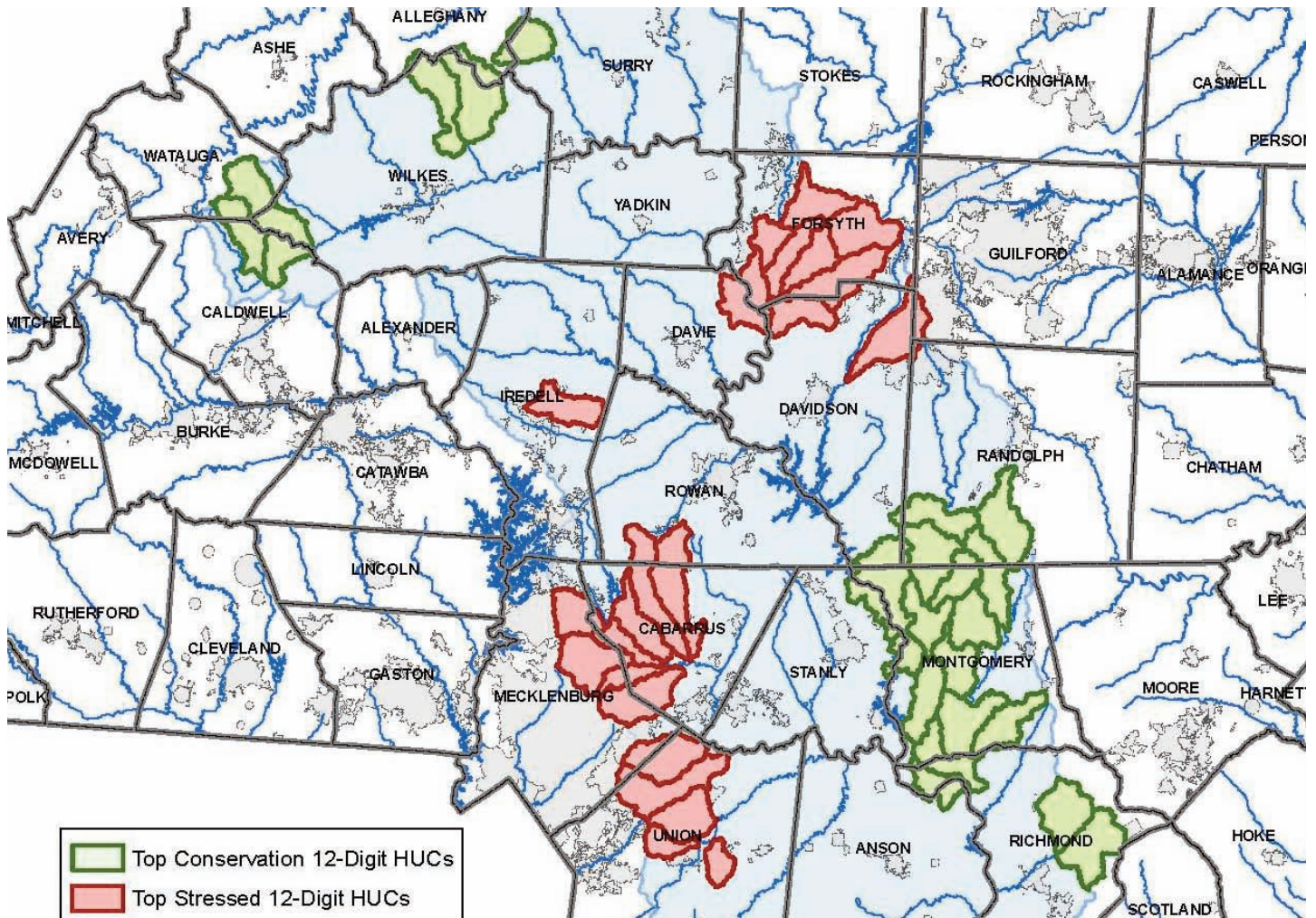
Parker's hard work certainly paid off: she graduated with a 3.97 GPA and would like to eventually get a bachelor's degree in marketing. She has already had some job interviews and is optimistic about finding a job in her career field. Her advice to others in situations similar to hers is, "You're never too old to learn. Don't let anyone tell you it can't be done."

Workforce Investment Act funding is managed by the High Country Workforce Development Board which is a business-led policy board serving Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey Counties with the mission of building an adaptive workforce system to meet the demands of a globally competitive economy. For additional information visit [www.highcountrywdb.com](http://www.highcountrywdb.com).



Burnsville resident and award recipient Gail Parker and Dr. Suzanne Owens, President of Mayland Community College, at the Governor's mansion in Raleigh

## 205(j) Yadkin-Pee Dee River Basin Restoration Strategies Initiative



*Priority conservation and stressed HUCs within the Yadkin-Pee Dee River Basin.*

High Country Council of Governments coordinated with Centralina COG, Northwest Piedmont COG, and Piedmont Triad COG to complete a Yadkin-Pee Dee River Basin Restoration Strategy Project funded by a NC Department of Environment and Natural Resources 205(j) Grant. The Yadkin-Pee Dee River Basin is the second-largest river basin in NC covering diverse landscapes and land uses from the High Country to the Charlotte metropolitan area. The variety of landscapes, land uses, growth pressures, natural resources, and water quality impacts the Basin experiences necessitated a sub-basin management approach.

The project was GIS intensive to analyze land use and landscape characteristics within each sub-basin, referred to as a 12-Digit Hydrologic Unit Code (HUC). An assortment of data was used in the GIS analysis to reflect watershed stresses and conditions. This data included high/low impervious surfaces, high/low forest cover, conservation lands/easements, hydric soils, erodible soils, 500 year floodplains, steep slopes, significant natural heritage areas, greenways, trout/high quality/outstanding resource waters, major roads, wetlands, animal operation permits, high impact zoning, and estimated population density change from 2009 to 2014.

Each HUC was included in a stressed and conservation ranking to identify priority sub-basins. The top 23 stressed and top 23 conservation HUCs were further characterized in a portfolio to describe the watershed, factors contributing to impaired water quality conditions, and recommended unique management planning efforts for each sub-basin. In the High Country COG region, five sub-basins were among the top 23 conservation HUCs, including the East Prong Roaring River, Middle Prong Roaring River, Elk Creek, Laytown Creek-Yadkin River, and Buffalo Creek HUC. No sub-basins in the High Country were among the top 23 stressed HUCs.

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# Avery Partnership for People at End of Life (APPEL) Awards \$10,000 to the High Country Caregiver Foundation

When Family Caregiver Specialists, Brenda Reece, was asked to complete a survey about the needs of Avery county residents facing end of life issues, she immediately recognized an opportunity for partnership to leverage additional services and supports for family caregivers. As a result of the survey responses she was invited to submit a grant proposal. Her proposal requested funding to serve additional family caregivers in Avery County with opportunities for respite care, education and support to enable them to care for their loved ones nearing the end of life. As a result of her efforts High Country Caregiver Foundation recently received a check for \$10,000 to be used exclusively for Avery county family caregivers.



you left our meeting, the Board voted to award High Country Caregiver Foundation a grant in the amount of \$10,000. On behalf of our Board, we look forward to beginning this new partnership. Thank you and your Board for initiating this new and important service for caregivers”.

Reece reports that with the additional funding, HCCF will be able to provide respite vouchers to twenty additional Avery county family caregivers. Upon notification of the award, Reece began contacting Avery county physicians, agencies and organizations to inform them of the additional opportunities for respite care for caregivers of elderly, frail residents of Avery County. Since then, HCCF has seen a dramatic increase in request for vouchers. For additional information about HCCF or to apply for a voucher, please visit the website at: [www.highcountrycaregiverfoundation.org](http://www.highcountrycaregiverfoundation.org) or call (828) 265-5434 x 128.

President of APPEL, Bob Schoffner, sent the following message to Reece only hours after she presented her proposal: “Brenda, thank you, again, for explaining the respite concept last night at our Board Meeting. We appreciate your efforts so far in your new non-profit. After

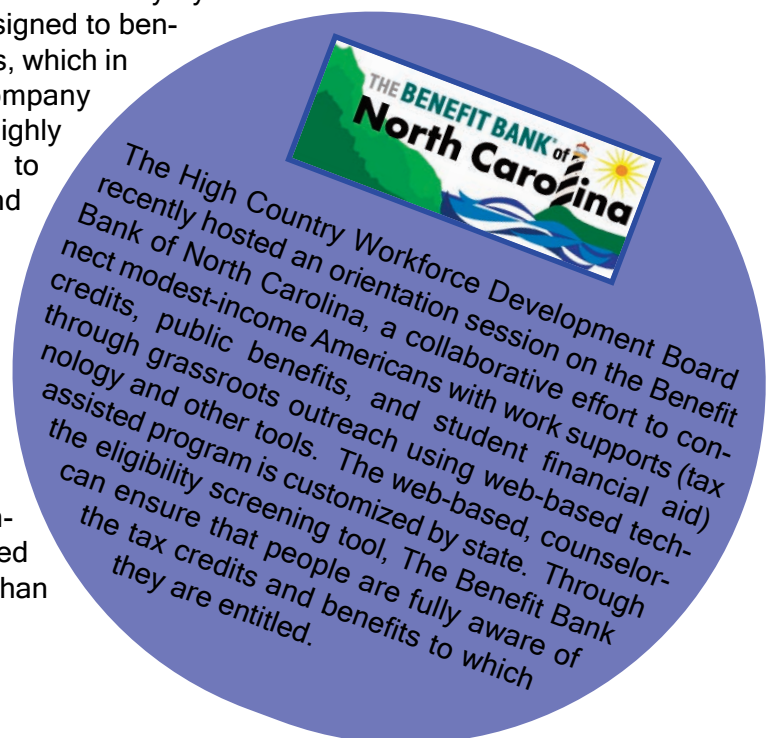
increase in request for vouchers. For additional information about HCCF or to apply for a voucher, please visit the website at: [www.highcountrycaregiverfoundation.org](http://www.highcountrycaregiverfoundation.org) or call (828) 265-5434 x 128.

## Congratulations to Recent Incumbent Worker Grant Recipients

Congratulations to Southern Industrial (Ashe County), Carolina Morning Designs (Yancey County), and Phillips Appraisals (Ashe County) for being awarded Incumbent Workforce Training Grant funds to support skills training for their employees. The program, which is administered locally by the High Country Workforce Development Board, is designed to benefit businesses by enhancing the skills of employees, which in turn increases productivity and the potential for company growth. Training in portable skills results in a more highly skilled and versatile workforce which contributes to North Carolina's ability to attract new business and creates an environment conducive to expansion.

Each of the three companies will be receiving training in different areas ranging from setting up and troubleshooting computer numerically controlled (CNC) machines to Building Performance Institute building analyst certifications.

Since the program's inception in 2003, over 30 Incumbent Worker Training Grants have been awarded to businesses in the High Country region with more than 2,000 workers having received training.



High Country Workforce  
Development Board  
Receives National  
Emergency Grant  
for On-the-Job  
Training

High Country Workforce Development Board has been awarded more than \$500,000 through a US Department of Labor to NC to provide on-the-job training to dislocated workers. The funds are part of a National Emergency Grant in response to prolonged high unemployment rates. Other workforce boards receiving grant funds include Western Piedmont, Region C, and Eastern Carolina.

Funds will be distributed to current Workforce Investment Act service providers in the region who will match available jobs with individuals who have identifiable skills gaps but who otherwise meet the employer's hiring standards. The goal of this stimulus grant is to provide good jobs with good wages. Funds are expected to be released in October.

## 4th Annual Evening at the Auction Nets Over \$15,000 for High Country Caregiver Foundation

On Saturday, August 7th, 2010 the High Country Caregiver Foundation (HCCF) hosted its fourth annual benefit auction at Lees McRae College Evans Auditorium from 5:30 to 9 p.m. HCCF is a 501 (c ) 3 non-profit organization that, to date, has awarded 87 Avery and Watauga county family caregivers with \$500 respite vouchers.

The event included a live auction, silent auction, cash bar and raffle with food and entertainment on hand. Sledgehammer Charlie's Smokehouse & Grill catered the event and for a donation of \$10 per plate guests were treated to some of the High Country's best BBQ while enjoying the music of local band, Diana & Sarvis Ridge.

The \$15,000 raised for HCCF will enable the organization to provide an additional 30 respite vouchers to family caregivers in Avery and Watauga counties. Family Caregiver Specialist and Executive Director of HCCF, Brenda Reece, noted that without hesitation members of the audience swiftly responded to a request by auctioneer, Trevor Browning, for additional \$25 donations to go toward yet another \$500 voucher.

On behalf of HCCF, Reece expresses her heartfelt appreciation to all of the area businesses and individuals who donated items for the auction; to everyone in attendance; and to the following sponsors of this year's event: Reins-Studivant Funeral Services, Glenbridge Health & Rehabilitation, Appalachian Home Care, Brian Center Health & Rehabilitation, Medi Home Care, Deerfield Ridge Assisted Living, Bayada Nurses, Maxim Healthcare, Appalachian Brian Estates, Wal-Mart and Rooster Ridge Stair Lifts. Also, a big thank you to Trevor Browning, Lees McRae College, Sledgehammer Charlie's and Diana & Sarvis Ridge.

Reece states that she is extremely pleased with the success of the event and is looking forward to future HCCF events. For more information or to register for the upcoming trivia competition, contact Brenda Reece at 265-5434 x 128 or [breece@regiond.org](mailto:breece@regiond.org).



Board of the High Country Caregiver Foundation. Left to right: Sharon Wellborn, Mary Blalock, Ellen Harrell, Vice-President- Dr. Carol Schaffer, President- Dr. Carol Berns, Executive Director- Brenda Reece, Julie Getty, Carol Smith, Garrick Smith, Treasurer- JoRhetta Gardner, Linsay Miller (not pictured- Gigi Barker, Secretary-Kay Decherd, Patty Wheeler).

# CDBG Scattered Site Housing Program



Left: House in Alleghany County receiving rehabilitation assistance through the CDBG Scattered Site Program. Right: Completed rehabilitation.

Scattered Site Housing Program is a non-competitive program offered by the NC Division of Community Assistance (DCA). Every three years each county throughout the state receives \$400,000 to provide housing rehabilitation assistance to low-income homeowners. Typically applications announcements are made by DCA in mid-summer, with applications due to in the fall.

The Scattered Site Housing Program allows the local government to design a program to best fit the need of that particular community. Funds may be used to treat severely deteriorated homes by replacing them with a manufactured

house or to rehabilitate a moderately dilapidated home to preserve the housing stock. The County also has the option set aside 10% of the funding (or \$40,000) for small or emergency repairs of up to \$15,000.

Over the years High Country Council of Governments has provided administrative services for Scattered Site Housing Programs in all

seven counties. Since 2001, when the program became non-competitive, approximately 100 homeowners in Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey Counties have received assistance through Scattered Site Housing Programs administered by the COG. The chart below shows the upcoming funding schedule for all of the counties within the High County region.

2010	2011	2012	2013	2014	2015
Alleghany	Ashe	Avery	Alleghany	Ashe	Avery
Mitchell	Yancey	Watauga	Mitchell	Yancey	Watauga
Wilkes			Wilkes		

North Carolina



## Avery and Yancey JobLinks on the MOVE

The JobLink Career Centers in Avery and Yancey counties have recently settled into their new locations after big moves in the spring.

After almost 2 years of being housed in various separate locations, all the key partners of the Avery JobLink Career Center are in one facility and open for business. The new office is located at 428 Pineola Street in downtown Newland.

In addition, the Yancey JobLink has moved across the road from its former location, which was literally standing in the way of a road widening project. The Yancey JobLink's new office is located at 1041L East US Highway 19E in Burnsville.

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## High Country RPO Receives Excellence in Regional Transportation Award

The High Country Council of Governments has been selected to receive an Excellence In Regional Transportation award from the National Association of Development Organizations (NADO) for the development of the Wilkes County Bicycle Route Map.

The Wilkes County Bicycle Route Map was a joint effort between the High Country Council of Governments (High Country COG), North Carolina Department of Transportation, the Brushy Mountain Cyclists Club (BMCC), and Wilkes County. The goal of the project was to enhance bicycle safety by providing cyclists with safe but scenic cycling routes that included areas which were already attracting cyclists. The maps provide direction, route information (i.e. elevation profiles,

public parking, camping, points of interest, etc.) and promote Wilkes County as a cycling destination to other areas of the state and region.



NADO provides advocacy, education, networking and research for regional development organizations primarily serving small metropolitan and rural regions. The association is an advocate for federal programs and policies that promote regional strategies and solutions for addressing local community and economic development needs.

The Excellence in Regional Transportation Award, a program of NADO's RPO America and the NADO Research Foundation's

Center for Transportation Advancement and Regional Development, recognizes noteworthy projects and practices in rural and small metropolitan transportation planning, programming and service delivery.

Awards were based on the following criteria: Uniqueness/level of innovation, Significant, demonstrated regional impact, Ability to be replicated, Long-term viability of the program or long-ranging impacts, Innovative partnerships and collaborations and Creative funding.

Copies of the maps are available at the Wilkes County Planning Department, Wilkes County bike shops, the Chamber of Commerce, the Northwest North Carolina Visitors Center/ Rest Area, and other outlets within Wilkes County.



## *Congratulations Ruby Greene!*

June 30th Ruby Greene, Systems Manager with the COG's Workforce Development Department, retired from full-time work after 33 years of service in the field of workforce development. Greene will continue working with the High Country Workforce Development Board on a part-time basis.

Ruby began her career in the 1970's as a Human Resource Development (HRD) instructor at Mayland Community College. Since then she has worked at WAMY Community Action, North Carolina Department of Labor, and Mayland Community College Workforce Development programs before joining the COG in 2004. Greene also served as a board member for the North Carolina Employment and Training Association for more than 20 years.

Greene found fulfillment in seeing people reach their life goals by getting the kinds of jobs they want that provide for their families. She also enjoyed working with area businesses in the High Country region, especially those receiving the incumbent worker training grant.

Looking back over her career Greene says, "If I had tried, I could not have found something better or enjoyed a job more than I have enjoyed this one."



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## Region D Development Corporation Approves Loans to Two Local Businesses

The Region D Development Corporation has approved two small business loans this year. The Development Corporation works with the US Small Business Administration (SBA) in packaging, closing, and servicing loans through the SBA 504 loan program. The Development Corporation Board is comprised of representatives of local government, private lenders, and the business community from the seven High Country counties. The Board acts as a local loan committee to approve and forward projects to SBA.

In May 2010, the Board approved a \$161,000 loan for Tri-State Components. Tri-State Components is a truss and metal building manufacturer in Sparta. The business is planning to add new machinery and

expand its building footprint.

In September 2010, the Board approved a \$280,000 loan for Dealer Financial Services. Dealer Financial Services, located in Wilkesboro, markets warranty, gap, and other credit insurance products to auto dealerships throughout North Carolina, South Carolina, Virginia, Tennessee, and Georgia. The business is expanding, and plans to create additional office space in Wilkesboro.

Both loans are now in the process of gaining approval from SBA. It is anticipated that necessary approvals, building construction, and loan closing activities will occur by end of 2010.

### SBA 504 Loan Basics

- For small businesses with less than \$7 million net worth and net annual profit under \$2.5 million
- Loans can be made for land, buildings, and equipment (fixed assets)
- Loans are collateralized
- Project must result in job creation
- The SBA portion of the loan limited to \$1.5 million; \$2 million for projects where borrower meets public policy goals (female, minority, veteran); \$4 million for a manufacturing operation
- SBA portion can be as much as 40% - typical project is 10% from borrower, 50% from private bank, 40% from SBA
- Higher share from borrower is required in some instances, such as start-up businesses
- Terms 10-20 years; 10 on equipment, 20 on real estate
- Interest rate is set when debenture sells - in September 2010, rates for 20 year term ranged from 4.2% to 5.0% (fixed for life of loan)
- Advantages to borrower: low down payment (10%); long term; and low, fixed rate
- Advantages to bank: exposure limited to 50%; first position lien on all collateral

## High County Workforce Development Board Staff Participates in Regional Library System Training

On August 6th, Rebecca Bloomquist, Special Projects Coordinator for the High Country Workforce Development Board, gave a presentation to 65 staff members of the Appalachian Regional Library system for their annual in-service training. Rebecca discussed background information on the JobLink Career Center system in NC and the High Country region as well as new JobLink services and initiatives, the NC Library system's Job Search Toolkit, and how local libraries can partner with the workforce system.

Recently, the US Department of Labor issued a nationwide Training & Employment Notice encouraging the establishment of partnerships between the workforce investment system and public libraries. North Carolina was already ahead of the curve when it began a statewide initiative in the spring of 2009. The JobLink Centers in the HCWDB region have been partnering with libraries in various ways since 2006.



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## BUILDING A LIVABLE AND SENIOR-FRIENDLY NC

GOVERNOR'S CONFERENCE ON AGING

The Governor's Conference on Aging, to be held October 13-15 in Durham, is not just another conference. The Governor's conference will set the course for the state to build a livable and senior-friendly North Carolina. It will be an important step in addressing the challenges and opportunities of our aging population and all of North Carolina.

In a letter of invitation Governor Perdue states, "For the first time in our history, state agencies will identify ways to better prepare for an aging workforce, to improve the safety and security of seniors, to increase opportunities for lifelong learning, and to identify ways to better involve senior volunteers and their skills. That's a better way to use our resources."

During the conference, people from across the state will come together to develop strategies to make our state a more livable and senior-friendly state. These strategies will also form the North Carolina's State Aging Plan. In the spring there were six Governor's Aging Policy Roundtables held across the state asking citizens to identify our most critical issues in six areas: health and aging, economics of aging, access and choice, lifelong engagement and contributions, homes and neighborhoods, and building safe communities. The results of these discussions will provide the springboard for developing meaningful strategies at the Conference.

Boone was host to one of the Governor's Roundtables this spring. The Roundtable engaged a diverse and informed group of stakeholders, including many older adults, to help identify major issues and barriers for older adults for lifelong learning as well as social and civic engagement. The lack of infrastructure that supports seniors as leaders, volunteers, mentors, and other opportunities for civic engagement was identified as a major issue. Also the lack of lifelong learning opportunities for all socio-economic groups was of major concern.

## Welcome Adrian Tait!

With a wealth of experience in various green jobs, our newest staff member, Adrian Tait, brings a practical approach to the challenges and opportunities of creating a green economy. As the High Country Workforce Development Board's Business Services Coordinator, Adrian will focus on the US Department of Labor Recovery Act green job training grant.

Adrian has spent the past five years running GreenMan Studios, a small business specializing in the design of energy efficient homes. While there Adrian developed a thorough understanding of the green building

industry. He brings this understanding to his new position as business services coordinator for the High Country WDB. Adrian has also worked retrofitting older homes to be energy efficient, has installed solar panels, and consulted with numerous local builders as they built high performance homes.

Excited about administering the Workforce Development Board's energy partnership grant, which will provide job training in various green industries, Adrian says, "Now is the time for businesses to offer green products and services."



# High Country Council of Governments Staff

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<b>Sabrina DiCarlo</b> sdicarlo@regiond.org	Clerk to the Board/Office Coordinator	(828) 265-5434 Ext. 101
<b>Tonia Cook</b> tcook@regiond.org	Contracts Mgr./Aging Program Coord. Area Agency on Aging	(828) 265-5434 Ext. 113



## High Country Fall Prevention Coalition

It is estimated that one third of seniors over the age of 65 and one half over the age of 80 will fall each year. Moreover, older adults who fall once are 2 to 3 times more likely to fall again.

Run the numbers. What do these numbers mean to you? What they mean to Mary is that she will never live at home again. At 87 years old, Mary was still living in her own home alone and was most independent. She fell, was hospitalized and then to rehab for 20 days. She returned home with in-home services from family caregivers and neighbors. But the next year, Mary fell again. This time after a stay in the hospital Mary was discharged to a nursing home with her quality of life greatly impaired.

Most seniors worry about falling. Falls can be prevented. The High Country Fall Prevention Coalition, recently formed to cover the seven county service area of the Council of Government, is working to increase awareness of this issue and promote multidisciplinary strategies to prevent falls; such as, exercise programs to improve balance and health, management of medications, correction of vision, comprehensive clinical assessments, and reduction of home hazards. There is something that everyone can do to take steps to protect those who are at increased risk of falling.

If you would like more information on fall prevention, go to [www.ncfallsprevention.org](http://www.ncfallsprevention.org). If you have an interest in joining the High Country Fall Prevention Coalition, contact Anita Davie at [adavie@regiond.org](mailto:adavie@regiond.org).



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