

REFLECTIONS



Helping People.
Changing Lives.

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Summer 2009

Coastal Community Action, Inc.

HUD Section 8 Celebrates its 30th Anniversary !

The Coastal Community Action, Inc. (CCA) HUD Section 8 Rental Assistance Program celebrated its 30th Anniversary this past June. Carteret Community Action (original name) established the Section 8 program on June 18, 1979 to provide decent, safe, and affordable housing to low-income families in Carteret County. CCA was awarded funds of \$447k to administer 280 Section 8 Certificates. Over the years, the Section 8 Certificate program evolved into the Housing Choice Voucher Program, and CCA grew to 444 Vouchers and a \$1.9 million budget. The average annual income of a participating household is \$11,695. Over 65% of the participants are elderly and/or disabled and approximately 33% are families with children. Carteret County Residents applying for the program may qualify for a preference to receive assistance ahead of others. These preferences include; home-

less, elderly, disabled, and working. Currently, the waiting list is approximately 24 months.

Along with the actual Section 8 Program, the CCA Section 8 team also provides a Family Self-Sufficiency (FSS) program, which assists Section 8 participants with becoming economically self-reliant through a network of community service providers offering counseling, education, vocational skills, and job search assistance. The United Way of Coastal Carolina has funded a Transportation program to assist FSS clients with car repairs, car maintenance, and prepaid gas cards.

Clients who visited the office on June 18 were presented with gifts and sweets! There were many warm compliments, hugs and even tears. It was a joyous and wonderful occasion.

The success of the HUD Section 8 Program at CCA is largely due to the collective support of the CCA team, who is committed to helping people and changing lives.

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Sonya Herron greets Section 8 Tenant Harry Gibat



Celebrating 30 Years with cake!

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Dates to Remember:

August

25 –CCA Board of Directors' Executive Committee meeting

28 – All-Agency In-Service (CCA offices and Child Development Centers closed)

September

7 – Labor Day (CCA offices and Child Development Centers closed)

29 – CCA Board of Directors' meeting

CCA Staff Grieves the Death of Former Employee



On May 27, Zack Hamlett, III (a CCA employee from 1998 to 2001) passed away. Zack came to CCA in 1998 as the Resource Development Director, and served as the Interim Executive Director for several months in 2001. Prior to his employment with CCA he was employed as the editor of the *Have-lock Times* newspaper. At the time of his death he was the Director of the North Carolina Department of Health and Human Services Office of Economic Opportunity in Raleigh.

Zack loved life! He was an avid photographer, and was active in the National Association of Black Storytellers. His love for people and community was evident throughout his life, and to the end he was dedicated to the cause of helping the poor and disenfranchised who could not speak for themselves,

and whose needs would otherwise be ignored. At Coastal Community Action, he played a major role in establishing the Hazard Mitigation grant program in the North River community following hurricanes Dennis and Floyd. CCA employees remember him as an excellent facilitator who brought disparate factions together toward a common goal.

Zack is survived by his wife, Eleanora Tate, a stepdaughter, his father, two brothers and two sisters, and a host of other loving family and friends. The CCA family will miss him!

Our Mission: To respectfully and responsibly help people help themselves.

CCA Welcomes New Board Members

At the May 26, 2009 Board of Directors' meeting, new officers were elected to serve a one year term. Bob Lowery, Director of Second Blessings, is the new Board Chair. Kris Durham, Executive Director of Habitat for Humanity, was elected to serve as the Vice-Chair. Beverly McCoy, Craven County DSS, is the Corporate Secretary, and the Treasurer is Andrew Wheeler Jr., Vice President of North State Bank. Congratulations to the new officers!

The Vice-Chair was Jim Biggerstaff, and after his resignation for health reasons from the Board of Directors, Bob Lowery became the Vice-Chair. Rev. Carolyn Roy from the Shady-Grove Dover Methodist Churches served as the Corporate Secretary, and filling the Treasurer's position was Kris Durham. Thanks and appreciation goes to these board members who so selflessly gave of themselves to further the CCA mission of helping others!

CCA by-laws permit officers to serve a maximum of two years at any one time. John Smith, Director of the Small Business Program at Carteret Community College, so ably served as the Board Chair for the past two

Never before has man had such a great capacity to control his own environment, to end hunger, poverty and disease, to banish illiteracy and human misery. We have the power to make the best generation of mankind in the history of the world.
President John F. Kennedy



Our Vision: To be a leading force in improving the lives of those we serve.

2009-2010 CCA Board of Directors

Elected officials or their representatives

- Wade Nelms**
Carteret County Commissioner
- Sondra Riggs**
Jones County Commissioner
- Renee Harrell**
Craven County Schools
- Vacant*
- Vacant*

Representatives of the poor

- Lori Robe**
Head Start Policy Council
- Sherry Dillahunt**
New Bern Housing Authority
- Kris Durham**, Vice Chair
Habitat for Humanity
- Bob Lowery**, Chair
Second Blessings
- Carolyn Roy**
Shady Grove-Dover Methodist Churches

Community representatives

- Pat Purnell**
Craven Smart Start
- Beverly McCoy**, Corporate Secretary
Craven County DSS
- John M. Smith**
Carteret Community College
- Wesley A. Collins**
Harvell & Collins, P. E.
- Andrew Wheeler, Jr.**,
Treasurer, North State Bank

Senior Programs Staff Attend National Conference on Volunteering

The National Conference on Volunteering and Service is the world's largest gathering of volunteer and service leaders from the nonprofit, government, and corporate sectors. Co-convened by [Points of Light Institute](#) and the [Corporation for National and Community Service](#), the annual event provides attendees with an opportunity to learn, connect, and be inspired through a wide range of exciting and informative plenary sessions, workshops, special events, service projects, exhibits, specialized corporate tracks and more.

This year the conference was held in San Fran-

cisco, and Dora Jones and Georgia Newkirk were CCA attendees. They praised the conference, stating it was the best conference they had attended in their years of service with CCA. It provided an opportunity for networking and inspiration, with appearances by Michelle Obama and Maria Shriver. The opening address was given by Arnold Schwarzenegger, with appearances by Jon Bon Jovi and Actor Matthew McConaughey. All were selected as presenters because of their involvement in and support of volunteering through community service.

Michelle Obama noted, "This Administration doesn't just see service as something that transforms individual lives, or individual communities—but as a force with the power to transform this nation."

She was in California to participate in building a playground with Maria Shriver.

At the opening session on Monday, June 22, more than 1,000 balloons dropped from the ceiling of Moscone West to celebrate Senior Companion's 35th Anniversary.



Guest Speaker
Michelle Obama



Opening Speaker
Arnold Schwarzenegger
with wife Maria Shriver

✦ The High Cost of Stress

Stress overload not only causes health problems, it affects our budgets as well as our mind.

Stress claims are becoming the single most costly claim in the workers' compensation system. Stress in the workplace can be reduced by understanding why stress exists and working on the negative stress factors.

Stress impairs immune systems functions, lowering the body's resistance to disease and reducing a

person's ability to be fully functional on the job.

A survey of medical tests estimates that as much as 50-80% of all disease is stress related in origin. Doctors Holmes and Rahe, pioneering researchers in the field of stress, proved conclusively that the greater the number of life-change events people experienced in a two-year period, the more frequently they became physically ill. With health care costs skyrocketing, the financial impact of stress-induced illness and

lowered work productivity are major drains on the economy, as well as on our personal pocketbooks.

The price of stress in the workplace in the form of lowered productivity, excessive absenteeism, increased insurance costs, and premature loss of key people is staggering.

American industry spends more than \$26 billion every year in disability payments and medical bills. Executives alone cost American industry more than \$10 bil-

lion annually through lost workdays, hospitalization and early death caused by stress.

General stress is increasing. There are many factors outside the workplace which contribute to the normal pressures of doing any job. In workers' compensation areas, stress claims are on the rise, in some cases dramatically. Many companies are ill-prepared to deal with stress claims, or to prevent stress from becoming debilitating.

CCA Administration

Executive Director
Edith J. Travers

Chief Financial Officer
John Bassat

Assistant CFO
Holley White

Accounting Technicians
Janie Mason,
Margaret Lewis

Human Resources Director
Dora J. Sprague

Information Technology Director
John McManus

Administrative Assistant
Lura Taylor



CCA Receives Praise from a Grateful Participant

Sometimes it takes a program participant to tell our story far better than we can. Recently, the Executive Director received an e-mail from a grateful recipient of CCA's services. She wrote:

"I would like to take a couple of minutes to express my sincerest gratitude. CCA's More at Four teachers took in my daughter and treated her as though she were a family member rather than a student. At the beginning of the school year, I thought my daughter would get to go to school and have some interaction with children her own age. I didn't suspect that she would get so much more out of the experience! CCA staff was so involved with her,

I actually could see her learning and maturing. She continues to use the tools they taught her in much of her daily routine.

Teachers were very professional, and addressed each aspect of her experiences in very kind and caring ways. When there were areas that she needed to work on, they would help her, rather than complain about it. My daughter is still talking about the teachers she had! She is excited about starting kindergarten, yet she is sad that she won't be going back to the CCA Child Development Center. What a wonderful way to start a child's school experience!

Not only has CCA helped my daughter, but you are

helping my entire family. We were approved for participation in the weatherization program, which is a blessing that I still cannot believe! My husband and I were very concerned that we may lose our home if we had to endure another winter of hundreds of dollars each month for gas bills. The weatherization director is working hard on helping us resolve this.

I cannot express in words how thankful I am with the programs CCA offers. God bless the teachers, office, and agency staff. You all are truly an asset to this community."

☺☺



Head Start is a free program for income eligible families of preschoolers. Families must meet Federal Income guidelines, which are based on the total number of people in the home and their annual income.

Family Caregiver Support Program a Godsend for Caregivers

Barbara Forrest of Newport is the primary, full-time caregiver of her mother, Juanita. Juanita had a stroke in 1995, and while she's still pretty active at age 83, she's slowing down some. The stroke significantly affected her left side, and she's needed assistance ever since. She moved in with her daughter about ten years ago, and Barbara quit her job to care for her mother.

"Caregiving for the elderly is difficult. Sometimes it's a struggle, but you have to learn to deal with it," Barbara said. She had 24 years of experience working in the long-term

health care industry, so she knew a lot about caring for older adults, but taking on the role 24-7 is much more difficult. About four years ago, the family decided that Barbara needed some outside assistance, so they contacted the NC Family Caregiver Support Program. Now, Barbara's caregiving energy is replenished weekly for four to six hours on Mondays and Fridays when a member of CCA's Senior Companion Program comes to her home to stay with Juanita. During this time, Barbara is able to run errands, visit friends, spend quality time with other loved ones, and get

the rest and focus she needs to help her maintain her caregiving role. "I can go out and enjoy myself for a few hours and not have to worry about Mom. It gives me peace of mind to know that I have a dependable, caring person with my mother during my absence."

To find out more about CCA's Family Caregiver Support Program, contact Georgia Newkirk at 252-223-1651 or georgia.newkirk@coastalcommunityaction.com, the local Area Agency on Aging, or the NC Division of Aging and Adult Services.

ELDERLY CARE

The first "baby boomers," the group born after World War II ended, are just entering their 60s. It is likely that this group of Americans may spend more years caring for elderly parents than they spend raising children. They truly exemplify the sandwich generation.

Participants in the Spotlight at CCA Celebration of Success

The Annual Celebration of Success on June 29th was an evening of inspiration and motivation. This year, in lieu of a keynote speaker, program participants were in the spotlight, moving the crowd of 250 people to tears as they shared their personal testimonies of persevering through tough times. It was a festive evening filled with emotion and laughter.

The event kicked off with a welcome reception at the Flame Banquet Center in New Bern, featuring Big Band Jazz music performed by the Tony Moseley Trio. The awards ceremony opened with the Invocation by Carteret County Commissioner and CCA Board Member Wade Nelms, followed by a duet of the "Star Spangled Banner" by Lanita Lewis and Diana Godette, as a tribute to the active duty members and veterans in our military. Edith J. Travers, CCA Executive Director, extended a warm welcome to the participants, their families, agency partners, and other distinguished guests. She thanked board members Commissioner Nelms, Bobby Lowery, Beverly McCoy, Sherry Dillahunt, Pat Purnell and former board member Paul Marrero for their attendance and support.

The highlight of the evening was the conferring of participant awards and recognition to approximately 85 individuals. Family Development Ser-

vices team members presented certificates and gift incentives to individuals enrolled in one or more of the following programs: Head Start Case Management, Self-Sufficiency Family Development and/or Section 8 HUD Family Self-Sufficiency. Participants were awarded special certificates based on their achievement of goals in one or more specific categories: employment, education, obtaining standard, affordable housing, home ownership, transportation, and income management, increased household income and financial savings.

Participant achievements were presented by Section 8 HUD, Senior Companion and CSBG Case Managers. The Outstanding Achievement Awards went to Jude Tracy and Terrie Newton. Mr. Tracy completed his Basic Law enforcement Training program at Craven Community College in February 2009, and is now employed full time, with benefits, at the Craven County sheriff's Department. Terrie Newton was recognized for her outstanding achievement while attending college, and for participating in a variety of community activities while she raises four children as a single parent. The CCA Award of Distinction was presented to former Self-Sufficiency participant Diane Richardson Stancil for maintaining a level of

self-sufficiency for the past ten years.

Outstanding Achievement Award (posthumous) was presented to Paris Rhodes on behalf of Self-Sufficiency Program Participant Rhonda Powell. Ms. Powell passed away suddenly in February 2009. She would have graduated in May 2009 with a degree in Massage Therapy from Carteret Community College.

Pioneer Awards were presented to individuals and partners in the community who continue to make a difference through their work in helping people and changing lives. The recipients were: Wade Nelms, Carteret County Commissioner, Felecia Brinkley, New Choices Program, Duane Clark, WIA Program/Green Lamp, Inc., Christy Lewis, Pamlico county JobLink Career Center, Sheila Ward, Jones county DSS, Craven Literacy Council accepted by Audra Albert, and Uniforms PRN/The Shoe Botique accepted by the owners Phil and Pamela Malozi.

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Teresa Gray receives her award for Outstanding Achievement with some emotion. She graduated from Lenoir Community college in May with a Nursing Degree.



Terrie Newton (right) stands with her two daughters Morgan (center) and Anastacia (left) during the awards ceremony. Terrie spoke to the crowd about her experience of raising successful children in difficult times.



Dora Jones salutes Phyllis Lewis with an inspiring message for achieving her GED and the CCA Senior Achievement Award.

Head Start/Early Head Start Child Development Centers (CDCs)

Carteret County

Beaufort CDC

201 Professional Park Drive
Beaufort, NC 28516
252-728-2786

Jessica Grow,
Center Manager

Newport CDC

5601 HWY 70 East
Newport, NC 28570
223-1638

Shalanda Oxley
Center Manager

Craven County

Charles Taylor CDC

302 Liberty Street
New Bern, NC 28560
252-633-2455

David Theroith,
Center Manager

Duffyfield CDC

1200 Myrtle Avenue
New Bern, NC 28560
252-637-4119

Cynthia Irving,
Center Manager

F. R. Danyus CDC

622 West Street
New Bern, NC 28560
252-637-1700

Connie Davis,
Center Manager

Godette CDC

125 Old Godette School Rd
Havelock, NC 28532
252-447-5059

Barbara Gibson,
Center Manager

Pamlico County

Pamlico CDC

11311 NC Hwy 55 E
Grantsboro, NC 28529
252-745-0105

Evelyn Smith,
Center Manager

Jones County

Jones County families are served through a home-based option. Information regarding this service is available by calling the Duffyfield Center at 252-637-4119, or by contacting Dr. Barbara Heckman, Family and

Community Partnership Manager, at 252-223-1682.

Weatherization Crew Attends National Conference

The entire Weatherization Program Crew recently attended the week-long National Weatherization Conference in Indianapolis, Indiana (July 20-23). Also attending were John Bassat (CFO), Ted Austin (SFR Director), and Edith Travers, Executive Director. They joined more than 3200 other weatherization crew members, administrative and management support personnel, and board members in learning everything they could about the latest updates on weatherization. With the large amount of American Recovery and Reinvestment Act (ARRA) funding that is coming to community action agencies across the nation, our network is being challenged to go above and beyond our previous achievements. We are being asked to support, teach and expand our workforce in a

very short period of time.

Almost 100 vendors were there, exhibiting the latest and greatest in weatherization materials, techniques, and products. CCA employees were able to choose from over 180 core conference sessions and 15 specialized pre-conference sessions. Our crew members, especially those new to weatherization, learned new skills and sharpened their existing ones.

One of the biggest changes is the requirement that weatherization employees (laborers and mechanics) be paid Davis-Bacon wages. Since there are no prevailing wage rates for these specialized positions, each agency must submit a rather detailed report on current wages,

fringe benefits, and position requirements, and the Department of Labor (DOL) will issue new prevailing wage rates based on this information. CCA is diligently working to do everything possible to make the myriad changes go as smoothly as possible.

As soon as ARRA funding is received (any day now, we're told), we'll be moving forward on many fronts. Watch for notices encouraging potentially eligible homeowners and renters to submit applications for services. Eligible participants must be at or below 200% of the federal poverty guidelines. CCA provides weatherization services in Carteret, Onslow and Duplin counties. Twin Rivers Opportunities in New Bern serves Craven, Jones and Pamlico counties.

Recycling Facts

♻️ A used aluminum can is recycled and back on the grocery shelf as a new can, in as little as 60 days. That's closed loop recycling at its finest!

♻️ Used aluminum beverage cans are the most recycled item in the U.S., but other types of aluminum, such as siding, gutters, car components, storm window frames, and lawn furniture can also be recycled.

♻️ Recycling one aluminum can saves enough energy to run a TV for three hours -- or the equivalent of a half a gallon of gasoline.

♻️ More aluminum goes into beverage cans than any other product.

♻️ An aluminum can that is thrown away will still be a can 500 years from now!



CCA PROGRAMS

Child Development and Child Care Services

Maria McDonald, Director
252-223-1630

CCA's *Child Development Services* are comprehensive child development and family-focused programs which serve high-risk children from birth to age five and their families. Child care services provide quality child care to children and families of all income levels. Eligible participants must live in Carteret, Craven, Jones or Pamlico Counties.

Family Development Services

Charlotte Neely, Director
252-223-1655

Through this program, qualified low-income families and individuals work toward economic self-sufficiency. A case management approach is utilized to help families set goals, achieve positive outcomes and move out of poverty to become self-sufficient. Eligible participants must live in Carteret, Craven, Jones or Pamlico Counties.

Weatherization Assistance Program (WAP)

Stacey Ellege, Director
252-223-1645

The goal of this program is to reduce energy costs (heating and cooling bills) of low-income, elderly and disabled individuals in Carteret, Duplin and Onslow Counties. Weatherization refers to the insulation of attics, floors, walls, water heaters and pipes, and the performance of air sealing with the use of a blower door.

Heating and Air Repair and Replacement Program (HARRP)

Stacy Ellege, Director
252-223-1645

This program concentrates on the elimination of health and safety issues related to the primary heating system in the homes of low-income, elderly and disabled individuals. Eligible applicants must live in Carteret, Duplin or Onslow County.

Urgent Repair Program (URP)

Stacey Ellege, Director
252-223-1645

The goal of this program is to alleviate housing conditions which pose an imminent threat to the life or safety of low and very low income homeowners with special needs, and to provide accessibility modifications and other repairs necessary to prevent displacement from the home. Eligible applicants must live in Carteret, Duplin or Onslow County.

Housing and Home Improvement Program (HHI)

Stacey Ellege, Director
252-223-1645

HHI is intended to enable older adults in Carteret County to secure and/or maintain maximum independence and dignity by helping them meet their basic need for adequate shelter. Eligible projects under this program include housing modifications and special design features, minor renovations and repairs, or the purchase of basic appliances and furnishings.

Section 8 Housing Assistance

Cindie Garland, Director
252-223-1660

This program provides rental subsidies for low-income families, helping them to rent affordable, decent, safe and sanitary homes in Carteret County. Home ownership is another option available to participants who qualify.

Single Family Rehabilitation Program (SFR)

Ted Austin, Director
252-223-1640

Funds through this program are used to renovate and repair homes of elderly or handicapped individuals and families, bringing the home up to current code standards, thereby allowing residents to remain in their homes for a longer period of time. Eligible applicants must own their home and reside in Onslow, Jones or Craven County.

Foster Grandparent Program (FGP)

Diane Williams, Director
252-223-1650

The Foster Grandparent Program provides services to children with special needs through the volunteer services of elderly, low-income citizens who work from 15-40 hours per week. Services are provided to children in local Child Development Centers, public schools, hospitals, and daycare/after school programs. Foster grandparents work in Carteret, Craven, Jones and Pamlico Counties.

Senior Companion Program (SCP)

Georgia Newkirk, Director
252-223-1651

This program supports in-home services to the elderly and handicapped, allowing them to remain independent later in life. Senior Companions are adults, 60 and older, who provide support to family caregivers in Carteret, Craven, Lenoir and Pamlico Counties.

Family Caregiver Support Program (FCSP)

Georgia Newkirk, Director
252-223-1651

The goal of this program is to provide temporary relief for primary caregivers of homebound individuals in Carteret and Jones Counties.

Retired and Senior Volunteer Program (RSVP)

Dora Irving Jones, Director
252-223-1652

RSVP serves as a clearinghouse for volunteer opportunities for individuals aged 55 and older. Volunteers in Carteret and Craven Counties serve in over 30 private and non-profit volunteer stations ranging from assisting students in schools to delivery of meals to senior and homebound citizens.



Helping People.
Changing Lives.

Helping people! Changing lives!

Coastal Community Action, Inc.
Helping People.  Changing Lives.

303 McQueen Avenue
Post Office Box 729
Newport, NC 28570

Phone: (252) 223-1630
FAX: (252) 223-1689

Find us on the web at
coastalcommunityaction.com

Did You Know?

Coastal Community Action, Inc. is building a diverse workforce and encourages applications from candidates who enjoy making a positive difference in people's lives. If you are a dedicated and hard working individual who values diversity, economic justice and the ability to improve the quality of life for those living in poverty, we invite you to join our exceptional team.

- ☉ We currently employ approximately 200 employees throughout our service area.
- ☉ We have an outstanding benefit package which is available to eligible employees.

You can locate current information on careers and how to apply to Coastal Community Action on our website at www.coastalcommunityaction.com

CCA is an equal opportunity provider and employer.

**FOR QUESTIONS REGARDING THE
APPLICATION OR HIRING PROCESS,
PLEASE CONTACT:**

**Dora J. Sprague,
Director of Human Resources
Office: 252.223.1633
Fax: 252.223.1688
dora.sprague@coastalcommunityaction.com**