

REFLECTIONS



Helping People.
Changing Lives.

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Spring 2009

Coastal Community Action, Inc.

Additional Weatherization Funding Received by CCA

Coastal Community Action's Weatherization Assistance Program has been selected to receive additional funds for weatherizing homes and making energy efficiency improvements. These funds are awarded under the American Recovery and Reinvestment Act (ARRA), and are earmarked for those with low to modest incomes who can benefit from air sealing and insulating measures in their home to reduce energy costs. Applicants for assistance must qualify by meeting income requirements of no more than 200% of the federal poverty guidelines.

Weatherization energy auditors will provide eligible homeowners with an energy consultation and a plan of action to reduce air leaks and make the home more energy efficient. For each home that is weatherized, the family realizes a savings of approximately \$300/yr in energy costs.

CCA provides weatherization services in Carteret, Duplin and

Onslow counties. Interested applicants may contact Debra Brown at 252-223-1630, or 866-210-1630.

For those newsletter readers who live in Jones, Craven, or Pamlico counties, these same services are provided by Twin Rivers Opportunities. They can be contacted at 252-637-3599.



Before



Before



After



After

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Dates to Remember:

May

25—Memorial Day holiday (CCA offices and Child Development Centers closed)

26—CCA Board of Directors' Annual Meeting and luncheon

June

30—Family Development Services Celebration of Success

July

3—Independence Day observance (CCA offices and Child Development Centers Closed)

21—Aging Program Advisory Council (APAC) Meeting

28—CCA Board of Directors' Meeting

Management Team Visits the Hill

On March 3-6, Executive Director Edith Travers, CFO John Bassat, and Family Development Services Director Charlotte Neely attended the National Community Action Foundation Conference in Washington, D.C.

The purpose of the conference was twofold: to provide community action staff an opportunity to hear from some of the senators, representatives and key personnel about the latest issues and actions in Washington, and to provide staff with an opportunity to meet with our local congressional representatives and their legislative staff. During these office visits community action personnel share our accomplishments during the past year, and express any concerns we may have with pending legislation.

Charlotte, John and Edith provided written materials for Representative Walter B. Jones, who was not available to meet with them. They met briefly with Senator Burr, and spent time with his legislative assistant, Celia Sims. They shared CCA's accomplishments, particularly in Weatherization, Head Start, and Family and Development Services, and left written materials about our

Agency. The last stop was with Senator Kay Hagan's legislative assistant, Perrin Cooke, where the same information and written materials were provided for the Senator to review.

A highlight of the conference was the information shared regarding American Recovery and Reinvestment Act funds that would be coming to community action agencies in the next few months, and the expectations that we do the absolute best we can in administering these funds and providing services to low-income families.

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

CCA Welcomes New Board Members

Chairman John Smith is pleased to introduce two new members on the CCA Board of Directors.

Patricia Purnell, Executive Director of Craven Smart Start, Inc. in New Bern, was officially seated for a three-year term at the March 24 Board of Directors. Patricia has spent her career working for high-quality educational opportunities for young children, and this expertise will be a big asset to the Board of Directors.

Ms. Purnell replaces Jim Biggerstaff, who resigned for health reasons after five years on the board.

Lori Robe, Head Start parent and chair of the Policy Council, was officially seated for a one-year term at the March 24 meeting. She is the mother of two children, one of whom attends the Newport Child Development Center. Ms. Robe replaces James Snapp, Jr. who resigned because of work conflicts.

Congratulations to these new members, and welcome to the CCA family!



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

2008-2009 CCA Board of Directors

Elected officials or their representatives

Christine Mele
Pamlico County
Commissioner

Wade Nelms
Carteret County
Commissioner

Sondra Riggs
Jones County Commissioner

Vacant

Vacant

Representatives of the poor

Lori Robe
Head Start Policy Council

Sherry Dillahunt
New Bern Housing Authority

Kris Durham, Treasurer
Habitat for Humanity

Bob Lowery, Vice Chair
Second Blessings

Carolyn Roy, Corporate Secretary
Shady Grove-Dover
Methodist Churches

Community representatives

Pat Purnell
Craven Smart Start

Beverly McCoy
Craven County DSS

John M. Smith, Chairperson
Carteret Community College

Wesley A. Collins
Harvell & Collins, P. E.

Andrew Wheeler, Jr.
North State Bank

HUD Section 8 Celebrates Home Ownership

Currently clients possessing a HUD Section 8 Tenant Based Housing Choice Voucher have the opportunity to utilize their voucher as a step in the purchase of their first home through the Homeownership Voucher program. Homeownership vouchers are intended to assist first-time homeowners with their monthly homeownership expenses, including mortgage pay-

ments. To be eligible clients must be on the HUD Section 8 program for a minimum of one year, participate in a housing counseling program, and qualify for an affordable fixed-interest mortgage.

On May 1st we proudly announced another participant in the Homeownership Voucher program. This single Father of two has been pursuing his goal of homeownership for two years.

Working in conjunction with a housing counselor at CCA this gentleman was able to meet credit and homeownership qualifications.

Thanks to his hard work, determination, and dedication this single Dad has provided a decent, safe, and affordable home for himself and his children which they can call their own!



15 Steps to Lower Stress

1. Invest thirty minutes in vigorous physical exercise, three to five times per week (assuming your doctor doesn't have a problem with that). Work up a sweat.
2. Learn relaxation techniques.
3. Cut down on caffeine.
4. Eat right.
5. Meditate. Get still. "Center."
6. Develop better time management habits.
7. Play. Have fun. Recharge.
8. Get plenty of sleep.
9. Smile more. Laugh. Use humor to lighten your emotional load.
10. Count your blessings—daily. Make thankfulness a habit.
11. Say nice things when you talk to yourself.
12. Simplify.
13. Set personal goals. Give yourself a sense of purpose.
14. Forgive. Grudges are too heavy to carry around.
15. Practice optimism and positive expectancy. Hope is a muscle—develop it.



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



Celebrating our Volunteers

CCA honored more than 200 Agency volunteers at their Seventh Annual Volunteer Appreciation Luncheon held at the Havelock Tourist Center on April 23. A gardening theme set the tone for the day—from the plants on the tables to the favors given each volunteer, who “sows the seeds of change” in our communities.

WCTI’s meteorologist, Skip Waters, served as the emcee, doing his part to make each volunteer feel special and appreciated on this, their day. Guests en-

joyed a catered lunch, special door prizes, and musical selections by board member and Second Blessings Director Bob Lowery.

Guest speaker for the luncheon was retired District Court Judge Lawrence McSwain. The honorable Judge McSwain spoke on the value volunteers bring to any community, and the importance of giving back.

Volunteer of the Year Awards were given to seven community recipients: **Kevin Moeller**, Newport contractor

and Family Services volunteer; **Ann Cameron**, Senior Companion Volunteer; **Betty Bryant**, a Foster Grandparent volunteer in the Head Start program; **Carolyn Roy**, member of CCA Board of Directors; **Mamie Carter**, a Foster Grandparent volunteer in the Godette Child Development Center; **Sharon Rule**, a volunteer in the Section 8 program; and **Wesley Jones**, the RSVP volunteer who drives senior citizens to/from medical appointments throughout the state.

Coastal Community Action volunteers contribute more than 225,000 hours of time in the eastern North Carolina counties of Carteret, Craven, Jones, Pamlico, and Lenoir.

✘





Volunteers Appreciation Luncheon '09

Sowing the Seeds of Change



Volunteers of the Year Kevin Moeller, Sharon Rule, and Mamie Carter pose with CCA Board Chair, John Smith



RSVP Volunteer Wesley Jones gets a hug from Coordinator Dora Jones



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.

Recycling Facts

Recycling **1 plastic bottle** not only saves anywhere from 100 to 1000 years in the landfill but also saves the environment from the emissions in producing new bottles as well as the oil used to produce that bottle.

For every **1 ton of plastic** that is recycled we save the equivalent of 2 people's energy use for 1 year, the amount of water used by 1 person in 2 month's time and almost 2000 pounds of oil.

Odd as it seems there are many people who do not realize that plastic bottles our water comes in are **made out of oil**. This is the same oil that is used to make gasoline. It's the same oil that is in such high demand and is not an unlimited resource.

Water Safety

The long days of summer are just around the corner and with our blissful coastal weather comes the dangers associated with water recreation. Unfortunately, a pleasant childhood memory for many is also one of the leading causes of death for North Carolina children. In 2006, 20 children under 14 years of age died as a result of unintentional drowning in our state.

The recent availability of large inflatable pools has made the danger of drowning especially frightening over the last few years. These new pools are relatively low cost, easy to set up, and in the majority of communities, require no permits or safety measures, such as fencing. These factors make for a very attractive recreation option for young families, especially

considering the current economic climate where trips to the beach and local water parks have become too expensive. Parents and neighbors purchasing inflatable pools should be aware of the risk posed by accidental drowning. Children who fall victim to accidental drowning are often reported by parents to only be out of sight for five minutes – just enough time to wander into a neighbor's yard.

Thankfully, everyone can play a key role in protecting the children they love by following these prevention tips:

- **Fence it off.** Install a four sided fence, with self-closing and self-latching gate, around backyard swimming pools. Keep this in mind when deciding on your vacation rental for the season.

- **Learn CPR.** Take a course and get recertified every two years. Cardio-pulmonary Resuscitation (CPR) can help a child stay alive with little or no brain injury.

- **Make life jackets a "must".** Make sure kids wear life jackets in and around natural bodies of water, such as rivers and the ocean – even if they know how to swim.

Be on the lookout. Supervise young children at all times around bathtubs, swimming pools, hot tubs and natural bodies of water. Adults in charge of supervising children should avoid alcohol and distracting activities such as reading, talking on the phone or playing cards.

For more information on keeping children safe this summer, log on to:

www.usa.safekids.org/



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.



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Changing Lives.

Helping people! Changing lives!

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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**