

Helping people! Changing lives!

Coastal **CCA** 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 over 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

Reflections



Volume 1, Issue 5

Summer 2010

Coastal **CCA** Community Action, Inc.

8th Annual Volunteer Appreciation Luncheon a Success

Coastal Community Action, Inc. (CCA) recognized its volunteers at its annual Volunteer Appreciation Luncheon. This year's luncheon "Celebrating People in Action" was held on April 22 during National Volunteer Week, at the Havelock Tourist Center. Volunteers are an important part of the work of CCA, and this event gives the agency a formal opportunity to recognize and thank everyone for their support, hard work and hours of volunteer services in eastern North Carolina.

Coastal Community Action celebrated more than 250 volunteers who had provided more than 200,000 total hours of service in Carteret, Craven, Jones, Pamlico, and Lenoir counties in the past year. **The volunteers' hours equaled to more than 95**

full-time jobs in our communities.

The agency recognized 7 Volunteers of the Year each of whom exhibited a unique spirit of giving and made their community a more welcoming place.



The 2010 Volunteers of the year are pictured above, from left to right: Eliza Hill, Foster Grandparent Program, Carteret County □ Minnie Powell, Senior Companion Program, Jones County □ Teresa Wade, Family Services Program, Carteret County □ Sherry Dillahunt, CCA Agency, Craven County □ Medvene Williams, Section 8 Housing Program, Carteret County □ William (Bill) Anderson, Retired Senior Volunteer Program, Carteret County



Volunteers were treated to a meal catered by Flounders with favors and door prizes.

Inside this issue:

A message from the Executive Director	2
Children's Services Receives Good Review	3
Live a Month in Poverty	3
Senior Programs Needs Volunteers	5
Annual Shoe Drive	6
Healthy Living	6
CCA Programs	7

Dates to Remember:

June

1st Nonprofits Day, Raleigh
7th Program Director's Meeting
15th Family Development Services Celebration of Success
21st Policy Council Meeting

July

5th Observance of July 4 Holiday
12th Program Director's Meeting
20th Advisory Committee on Aging
27th Board of Director's Meeting

August

9th Program Director's Meeting
16th Policy Council Meeting

A message from the Executive Director

It's an honor for me to serve as Executive Director of Coastal Community Action (CCA). I have been in community action for more than 10 years as both a CFO and Executive Director. Currently, I serve as President of the North Carolina Community Action Association (NCCAA), where I praise the efforts of community action from the local level to the Federal level. In May the NCCAA held its annual conference at the Grove Park Inn, Asheville. CCA was well represented by two Board members and more than 20 staff.

I am excited to be part of such an amazing community organization with a dedicated staff and committed Board of Directors. During my first three months as Executive Director, I saw a staff that came together to serve more than 250 volunteers at the 8th Annual Volunteer Luncheon and a team of more than 50 staff engaged in a Poverty Simulation, hosted by CCA and conducted by the NCCAA and NC Head Start.



Kecia Miller, HUD Housing Specialist, participates in Leadership Carteret

In three months, I have seen what CCA does in the communities it serves and I am excited to be part of such a vital community organization. I look forward to being part of the change agent which progresses the agency "to be a leading force in improving the lives of those we serve".

Respectfully,
Angela Miller
Executive Director

CCA Welcomes Assistant Comptroller

Please welcome our new Assistant Comptroller, Laura Jackman, to the CCA family. Laura hails from New England (don't hold it against her!), where she grew up and attended Wellesley College, graduating cum laude with a B.A. in economics. Laura also attended the Yale University School of Management, where she received an MBA with concentrations in both finance and non-profit management. Laura has

worked and consulted at a variety of non-profit organizations, including Boston University, Connecticut Hospital Association, and Council of Juvenile Correctional Administrators (CJCA). Laura is currently working on earning her CPA. Given her recent raffle winnings at the NCCAA Annual Conference held in Asheville, NC, we are certain Laura will bring lots of good luck to the Agency!

Did you know:

1. At least 80% of humanity lives on less than \$10 a day.
2. Less than one per cent of what the world spent every year on weapons was needed to put every child into school by the year 2000 and yet it didn't happen.
3. Health of children Worldwide,
 - 2.2 million children die each year because they are not immunized
 - 15 million children orphaned due to HIV/AIDS (similar to the total children population in Germany or United Kingdom)

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



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

2010-2011 CCA Board of Directors

<u>Elected officials or their representatives</u>	<u>Representatives of the poor</u>	<u>Community representatives</u>
Wade Nelms , Vice Chair <i>Carteret County Commissioner</i>	Dinah Foskey <i>Head Start Policy Council</i>	Pat Purnell <i>Craven Smart Start</i>
Sondra Riggs <i>Jones County Commissioner</i>	Sherry Dillahunt <i>New Bern Housing Authority</i>	Beverly McCoy , Corporate Secretary <i>Craven County DSS</i>
Renee Harrell <i>Craven County Schools</i>	Carolyn Roy <i>Shady Grove-Dover Methodist Churches</i>	John M. Smith <i>Carteret Community College</i>
Jessie Corwin <i>Corwin Law Firm PLLC</i>	Vacant	Vacant
Vacant	Vacant	Andrew Wheeler, Jr. , <i>Treasurer, North State Bank</i>

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

Nadine Sullivan, Interim 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 55 and older who work from 15-40 hours per week. Services are provided to children in local Child Development Centers, public schools, hospitals, and day-care/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, 55 and older, who provide support to family caregivers in Carteret, Craven, Jones, 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, Craven, Jones and Pamlico 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.



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

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

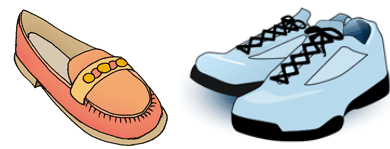
Jones County

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 Com-

Annual Shoe Drive

On May 1st the Family Development Services Team in partnership with Uniforms PRN/The Shoe Boutique and the Salvation Army in Craven County distributed approximately 125 pairs of quality, name brand shoes for members in the community expressing a need for comfortable, orthopedic footwear for work. Approximately 60 individuals enrolled in Self-Sufficiency and Head Start Case Management projects were among the individuals receiving a free pair of shoes. The average cost per pair of shoes valued \$179.99 each, not including tax. Case Managers selected participants based on those with the greatest need, enrollment status and type of work performed.

Owners of Uniforms PRN/The Shoe Boutique are Pam and Phil Malozi. The Malozis offer discounts to CSBG participants for nursing and cosmetology uniforms and shoes. The Malozis were presented with a Pioneer Award during the Annual Celebration of Success in 2009 for their endless support with helping low-income families in the New Bern area. The Salvation Army-Craven County received a Pioneer Award in 2008 for their long-standing partnership with the Family Development Services Program. Pioneer Awards are presented annually to partner agencies, businesses, and organizations that project extraordinary commitment to collaborating with Coastal Community Action, Inc. in the effort of "helping people and changing lives".



© Photo: Danyus, Inc. 2010/2011

Benefits that truly Benefit

It has been said that nothing is more important than your health.



CCA, Inc. believes there is a lot of truth to that saying. Among other things, a loss of health can mean a loss of earnings if you are not able to work, and it can also mean medical bills that are extremely expensive. CCA, Inc. also realizes that health insurance can help you avoid some of those costs and it can also help individuals to lead more healthy lives by paying for preventive measures such as regular check ups and immunizations, to name just two. In recent years the increasing costs of medi-

cal insurance has caused many employers to substantially increase the out-of-pocket expense to employees. CCA, Inc. has made every effort to continue to pay the FULL amount of eligible employee's medical premium.

\$505.37 x 12 = \$6,063.72
is the amount CCA, Inc. pays per employee for medical coverage

For additional information on employee benefits please contact:
Dora J. Sprague, Director of Human Resources
Office: 252.223.1633
Fax: 252.223.1688
dora.sprague@coastalcommunityaction.com

Children's Services Receives Fully Compliant Review

From 2/21/10 – 2/26/10 the Administration for Children and Families (ACF) conducted an on-site monitoring review of the CCA Head Start and Early Head Start programs. The good news is....we were found to have no, zero, not a single area of noncompliance. Additionally we were recognized as having several areas of strength in our program(s). Our use of technology from our videoconferencing

capabilities to wireless capabilities to our One Call Now system were noted for making information readily available to staff, parents and community partners alike. Our Seeking Out Support (SOS) system also received accolades for allowing staff to have a viable tool to obtain the assistance needed to serve our families, as well as, any needs they may have.

While the program was noted for all

of these advancements, none of it would be possible without the dedicated staff that works so hard for our children and families. Congratulations to all on a tremendous job, well done and thank you for all of the hard work, dedication and efforts, exhibited by everyone!



Little Voices for Healthy Choices

As our nation continues to fight a tough battle against childhood obesity, CCA works to make a difference in the youngest of citizens. Little Voices for Healthy Choices (LVHC) is an initiative directed towards children ages zero to three years old enrolled in our Early Head Start program. The project was prompted by the Office of Head Start along with Zero to Three and promotes prevention by incorporating healthy move-

ment and nutrition into the classroom environment. CCA first became involved in the project in early 2008 and has been working to implement the project in EHS classrooms over the last two years.

Most recently, EHS teacher, Calvin Floyd, was invited to Washington DC to discuss the program's successes. Mr. Floyd teaches a two year old class at the FR Danyus Child Development

Center in New Bern and has been with the agency for 12 years. His dedication to obesity prevention, along with that of numerous other EHS staff will be highlighted in a DVD about the project, expected to be released in Summer 2010. The DVD will be used as a training resource for other EHS programs around the country. CCA is blessed to have staff working every day to minimize the impact childhood obesity will have on our community's children and future.



- CCA Administration**
- Executive Director**
Angela Miller
 - Chief Financial Officer**
John Bassat
 - Assistant CFO**
Laura Jackman
 - Accounting Technicians**
Janie Mason,
Margaret Lewis
 - Human Resources Director**
Dora J. Sprague
 - Information Technology Director**
John McManus
 - Administrative Assistant**
Lura Taylor



Evicted from Home!

Live a Month in Poverty

One of the most powerful educational tools in community action is the Poverty Simulation Experience. CCA hosted a simulation on May 14 at the Havelock Tourist Center. Participants enter the workshop with a new identify and family profile. The simulation captures one month in the life of a low-income family. Participants are able to take a 1 hour "walk in the shoes" of a low-income person in 4-15 minute increments. Afterwards in the debriefing, they share insights of extraordinary vividness and intensity. As a result, ordinary people from all walks of life share a very special kind of awakening. The simulation opens people's eyes to the human cost of poverty. The power of this tool is that it creates an insight into the state of chronic crisis that consumes so many working poor families. One participant stated, "It brought back feelings of no-self worth". Another stated, "It's very stressful. We haven't eaten because we don't have the time (to go the grocery store during its operating hours) and the lines have been so long. It's rough." "This is going to make me a better person when I go to work on Monday", stated Amy Bryant, UPC Easter Seals stated. For more information about how your agency can host a Poverty Simulation, call 252-223-1630.

Happenings in the Housing Choice Voucher Program

Over the past few months an internal evaluation of the Housing Choice Voucher (HCV) Program was conducted. As a result of this evaluation, it was determined the HCV program needed a minor makeover. While this department has been providing outstanding customer service to CCA clients, there was room to grow, expand and challenge

our staff.

Current staffing includes the Housing Director, two full-time Housing Specialists and one part-time Housing Assistant position with the Housing Specialist position. Therefore, the HCV program will have three full-time Housing Specialists.

This transition will be completed by June.

Español para la escuela

Due to recent ARRA funding, Head Start was able to host a three part training session on "Survival Spanish for School Teachers, Administrator's and Support Staff." In conjunction with Carteret Community College's Office of Continuing Education, Juan Rivas gave tips and tricks to 96 employees on appropriate pronunciation and key phrases. For several years, CCA had hoped to host Spanish Language classes for employees as more Span-

ish Language families continue to enroll in our programs. This year, nearly 20% of the Head Start families speak a language other than English. This course provided school personnel with key phrases for interactions with children and parents. Staff that participated in the training reports that the material was very relevant and useful.



Children learn Spanish

Margaret Lewis' Recipes for:

STRAWBERRY SHORTCAKE



- 1 Large angel food cake
- 2 small pkg. strawberry gelatin
- ½ cup sugar
- 2 cups boiling water

1 large pkg. frozen strawberries
Dissolve sugar and gelatin in hot water. Add strawberries and let stand to thicken into slush.

Break cake into small pieces and make a layer in large clear glass bowl. (You can use a cake pan). Cover with a layer of strawberries. Repeat layers. Be sure to end

LUSCIOUS LEMON PIE



- 1 Unbaked 9 inch graham cracker crust pie shell
- 1 cup heavy cream
- 1 (6 oz.) can frozen lemonade concentrate (thawed)
- 1 (15 oz.) can sweetened condensed milk
- 3 drops yellow food coloring

Whip heavy cream until soft peaks form. Slowly add lemonade concentrate, sweetened condensed milk and food coloring, mixing well (do not over mix). Pour into pie shell and chill at least 2 hours.

Godette CDC Playground



A lovely arbor fashioned from bamboo with jasmine planted to grow along the arches opens a whole new world for the children of the Godette CDC to explore. Look for the full article in the next issue of Reflections. Improvements were made May 15, 2010.

Appliances and Fixtures in General

*If all U.S. households installed water-efficient appliances, the country would save more than 3 trillion gallons of water and more than \$18 billion dollars per year! (EPA, 2008)

*If one out of every 100 American homes was retrofitted with water-efficient fixtures, we could save about 100 million kilowatt-hours of electricity per year — avoiding 80,000 tons of greenhouse gas emissions. The greenhouse gas savings would be equivalent to removing nearly 15,000 automobiles from the road for one year! (EPA, 2008).



Senior Companion Program Volunteers Needed

The Senior Companion Program is in need of volunteers to provide one-on-one supportive services to at risk older adults in Carteret, Craven, Jones, Lenoir and Pamlico County.

Senior Companion volunteers make independence a reality for other older adults. The volunteers help preserve and strengthen an older adult's life, by helping them to maintain living independently. The volunteers may provide scheduled relief for a caregiver. The volunteers also provide scheduled help to at risk older adults in the home with simple household tasks as well as helping them to get to and from appointments, errands and recreational activities.

Volunteers must be fifty-five and older, available a minimum of 15 hours a week, have moderate to limited income and a love to help others.

Benefits include pre-service and on-going training, supplemental insurance during volunteer assignment, help with transportation cost, and a tax-free stipend that does not affect Social Security, housing subsidies or any other assistance.

Interested participants may call Georgia Newkirk at 252 223-1651 for more information.



ANNUAL CELEBRATION OF SUCCESS

The Family Development Services Program will host the Annual Celebration of Success Tuesday, June 15, 2010 at The Flame Banquet Center in New Bern. The purpose of the celebration is to applaud and highlight the achievements of all Self-Sufficiency program participants, and also to recognize outstanding participants enrolled in Head Start Case Management and Section 8 HUD Family Self-Sufficiency projects.

The celebration gives participant families a time to shine. For example, one Head Start parent who is

raising her four children alone works outside the home and still maintains a 4.0 GPA in her college courses. She is a past Head Start Parent Council President, a current member of the Policy Council and she is very active in her community. Last year she was recognized for consistently being on the President's List and also for her successful parenting skills. All of her children are on the honor roll. Last year her eldest daughter graduated Valedictorian from East Carteret High School; she received a full academic scholarship from UNC-Greensboro. Upon being honored along

with her mother at the 2009 Celebration, she spoke to the audience in tears. She said, "I owe my success to God and my mother. It is hard to live in poverty while trying to go to school, work to help your family, and not give in to the pressures of wanting to be like everybody else...." with mom now graduating from Carteret Community College, this family is well on its way out of poverty.

A reception will kick off the event at 4:00 PM with entertainment by the Blue Moon Jazz Ensemble, followed by an awards

23rd Annual Carteret County Senior Games

The Carteret County Senior Games mission statement is "To promote healthy living and active lifestyles with community participation by setting and achieving goals in sports and arts competitions."

The Carteret County Parks and Recreation and many local coordinating agencies hosted the 23rd Annual Carteret County Senior Games with Opening Ceremonies and Celebration of the Games held Thursday, April 29, 2010 at the Crystal Coast Civic Center. Ninety-two participants registered for this years events with thirty of those registered being first time participants.

A continental breakfast was provided for participants and guest prior to the opening ceremonies. During the breakfast event, a performing arts registrant provided enter-

tainment through song.

Thirty-four vendors were on site for the annual health fair to provide information, screenings and answer questions about a variety of health and wellness services available locally.

The sporting events took place April 20- May 6 in a variety of locations across the county to accommodate the different sporting events.

Heritage and Visual Arts were on display at the History Place in Morehead City from April 20th until May 11th. A reception was held for those participants at the History Place on Friday April 23 where they received recognition and awards for their work.

The annual event wrapped up May 10th at the Leon Mann Enrichment Center with a dinner and dance.

ceremony and dinner. Program participants from Carteret, Craven, Jones and Pamlico counties will receive awards for accomplishing their goals.

Pioneer Awards are also presented during the Celebration of Success honoring businesses, human service agencies and civic organizations which go above and beyond to blaze trails in the community on behalf of low-income persons.

The Celebration of Success is by invitation only. For more information, please contact charlotte Neely, Family Development Services director at 252.223.1655