

# The Central View



Fall 2015

## MOVING THE MIDLANDS: 2040 LONG RANGE TRANSPORTATION PLAN

Every five years, Metropolitan Planning Organizations (MPOs) are required to update the Long-Range Transportation Plan (LRTP), which serves as the framework for the region's multimodal transportation system. The LRTP will guide regionally significant transportation investments designed to develop a multimodal transportation system that also promotes good quality of life for area residents over the next twenty years.

Over the past three years, the COATS (the MPO for Columbia, SC) has been updating the next LRTP, entitled Moving the Midlands to 2040. As part of the update process, the current transportation system is assessed in order to determine system deficiencies in regards to roadway condition, congestion, safety, etc.



COATS staff also examines how the region may develop over the LRTP timeline approximately twenty years based upon projected population and employment growth. Changes in growth can impact travel demand on the regional transportation system, therefore future plans must consider alternatives to effectively address these needs. Once alternatives are determined and prioritized, funds are identified to pay for the projects. This entire process takes approximately four

years to complete and requires regional cooperation and public participation.

In August 2015, the CMCOG Board (which serves as the COATS Policy Committee) approved the Moving the Midlands 2040 LRTP. The Moving the Midlands 2040 LRTP serves as an update of the most recent 2035 LRTP (updated in 2008), in accordance with the five-year update required for air quality attainment areas by Federal

transportation legislation – Moving Ahead for Progress in the 21st Century (MAP-21).

A public web-based survey was conducted so participants could comment on transportation efforts to ease congestion in the region and/or improve regional connectivity. Public meetings were also held to provide interested citizens another opportunity to weigh in on the list of candidate projects being considered for inclusion in the Moving the Midlands 2040 LRTP.

For more information about this project, please contact Reginald Simmons at (803) 744-5133 or [rsimmons@cmcog.org](mailto:rsimmons@cmcog.org). You may also view the 2040 LRTP at [www.cmcog.org](http://www.cmcog.org).

## BECOME A VOLUNTEER FRIENDLY VISITOR!



Are you 18 years and older, have great people skills, love spending time with seniors, and are looking for a great volunteer opportunity?

The Long-Term Care Ombudsman Program (LTCOP) is recruiting and training volunteers to become Friendly Visitors to visit our residents in long-term care facilities. Fall training begins in October!

Many residents in nursing facilities do not have regular visitors and seeing a friendly face would brighten their day. You can make a difference in the lives of people living in long-term care facilities.

The Friendly Visitor Volunteer Program furthers the LTCOP's mission and program requirements

by providing companionship, interaction and education about residents rights through the routine friendly visits with residents in the assigned facility.

The most important skills and experience required are compassion and respect for older adults. The Long-Term Care Ombudsman Program provides the training required to enable volunteer friendly visitors to help residents know their rights.

For a volunteer application and/or to receive more information on the program, please call (803) 376-5389.

All prospective volunteers are subject to a criminal background check.

**Central Midlands Council of Governments**  
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## NADO 2015 INNOVATION AWARD



Share Plan, called Walk Bike Columbia. Walk Bike Columbia envisions an expanded and ADA-accessible network of transit, sidewalks, greenways, trails, and on-street bicycle connections linking people to jobs, schools, destinations, adjacent communities, and one another.

Central Midlands Council of Governments (CMCOG) was recently awarded the National Association of Development Organization (NADO) 2015 Innovation Award for its Walk Bike Columbia Master Plan.

The plan was one of 115 projects from 32 states honored for its significant impact in our region through innovation approaches to problem solving and program delivery.

CMCOG partnered with the City of Columbia to develop a Pedestrian and Bicycle Master Plan and Bike

By focusing on safe routes to transit, the Plan establishes a clear framework for a truly multi-modal transportation network for the City of Columbia.

For more information about this project, please contact Reginald Simmons at (803) 744-5133 or [rsimmons@cmcog.org](mailto:rsimmons@cmcog.org). You may also visit the project's website at [www.walkbikecolumbia.org](http://www.walkbikecolumbia.org).

# Spotlight On: Area Agency on Aging

This fall is a busy time for the Central Midlands Area Agency on Aging (AAA) as we prepare for Open Enrollment of Medicare Part D and the implementation of three new innovative programs, unique to our AAA, created to further serve our senior population.

Programs such as “My Wills Program,” a Pet Support program to financially support seniors who own pets, and a Pest Control program that will bring funds to seniors in our region with the greatest social and/or economic need who need assistance with the costs of basic exterminating services, are three of the newest ways that the Central Midlands AAA is using its funds to serve seniors with unique needs.

This past July 2015, the nation celebrated the 50th Anniversary of Medicare program, Medicaid, and the founding of the Older Americans Act (OAA) in July 1965. It was a time that the



nation decided, under the leadership of President Johnson that our senior population will need health insurance for everyone age 65 and older regardless of income or medical history. This added to the benefits created 30 years before by the Social Security Act of 1935.

The Older Americans Act of 1965 mandated much of what now comprises the state level Office

on Aging and the Area Agencies on Aging such as Central Midlands Area Agency on Aging. Programs such as the Regional Long-Term Care Ombudsman Program, Information, Referral and Assistance office, I-CARE Program, and Family Caregiver Support Program are all required by the federal government and implemented every day by the staff of Central Midlands AAA.

With the Open Enrollment of Medicare Part D beginning on October 15, 2015, the AAA staff will be affected as more calls will be coming in from seniors and their families asking for guidance on what they should do with the Open Enrollment opportunity.

The I-CARE department staff plans for a greater call volume during these months and the call volume received by the staff of the I/R & A Department will be directly impacted as well.

The Open Enrollment will continue until December 7, 2015. All calls regarding Medicare and other insurance plans should be directed to Sheila Bell-Ford (I-CARE Program Coordinator) ext. 309 and JaJuana Davis (I-Care Program Assistant) ext. 312.

## Spotlight On: My Will Program

The Central Midlands Area Agency on Aging implemented a new “pilot” program called “My Will Program.” The program is for seniors over the age of 60 who have not had the opportunity to compose a “simple will.”

Through partnerships with the SC Bar Association and the USC School of Law, scheduled appointments will be made at different locations during events sponsored at the senior centers within the Central Midlands’ four county region, giving the opportunity for qualifying seniors to meet with an attorney who is volunteering their time to help compose a “simple will” at no cost to the client. Help us to spread the word

to seniors about this no cost opportunity for them to complete this important task in their lives. To confirm eligibility for the program, please contact the AAA at (803) 376-5390.

**Please note:** There is a limited number of appointments available for this program.

All “My Will Programs” will take place at the following locations from 10:00 am to 12:30 pm by appointment only.

- **October 23, 2015:** Newberry County Council on Aging, Newberry, SC
- **November 20, 2015:** Fairfield County Council on Aging, Winnsboro, SC

- **January 29, 2016:** Senior Resources-Bishop Avenue Wellness Center, Columbia, SC
- **February 26, 2016:** Lexington County Recreation Aging Commission, Lexington, SC
- **March 25, 2016:** Senior Resources-Eastover Wellness Center, Eastover, SC
- **April 22, 2016:** Lexington Recreation and Aging Commission- Crooked Creek Park, Lexington, SC

### ★ Announcements ★

Central Midlands AAA announces the addition of two new employees over the past summer. Anita T. Baker is currently serving as I/R & A Coordinator and Jenny Hicks is currently serving as Family Caregiver Support Program Coordinator. We will welcome three interns from the USC College of Social Work on this fall. Their names are Annacie Sastry, Emily Walter, and Satasade (Tassy) Roberts. They will be complete their internship in the Family Caregiver Support Program.

We are also pleased to announce an addition to our Research, Planning, and Development department. Guillermo Espinosa was recently hired as a Senior Planner. He brings a wealth of knowledge in Geography with a specialization in Environmental and Resource Management.