



Town Manager's Report

BOARD OF COMMISSIONERS REGULAR MEETING | JANUARY 8, 2024

UPCOMING COMMUNITY EVENTS

Save The Date

For More Info:

Barbara A. White
910-323-4191 ext. 28
bwhite@mccog.org

Dineen Morton
910-494-5761
dineen.morton@lhcggroup.com

SENIOR EXPO

HOPE MILLS, NC

March 8, 2024
10AM - 2PM

Hope Mills Recreation Center
5766 Rockfish Road • Hope Mills, NC

THE HOPE MILLS SENIOR EXPO!!!!

The Town of Hope Mills is partnering with the Mid-Carolina Area Agency of Aging for a groundbreaking endeavor directly tied to our senior citizen population. The Expo will take place here at our Recreation Center and will include vendors, breakout sessions, and vital information crucial to our seniors. If you are interested in participating as a vendor please contact Barbara A. White at 910.323-4191



HELP CREATE A DEMENTIA FRIENDLY COMMUNITY

Come to a Dementia Friends Information Session to learn a little about what it is like to live with dementia and turn that understanding into action. Anyone of any age can become a Dementia Friend. You will learn more about dementia and how you can help Cumberland, Harnett and Sampson counties become dementia friendly communities.

Tuesdays | **Jan. 30 • Feb. 27**
10am-12pm | **Mar. 26 • Apr. 30**

MID-CAROLINA REGIONAL COUNCIL
6205 Raeford Road | Fayetteville, NC 28304

To RSVP & for more info:
Barbara A. White
910-323-4191 ext. 28
bwhite@mccog.org



Nutrition Classes FOR CAREGIVERS

FOOD ADDICTION 911

JAN. 26, 2024
10AM-12PM
Are you struggling with cravings? Do you find yourself eating food that you know isn't good for you, but you can't seem to stop? Do you sometimes feel controlled by food? Learn to identify the root cause of cravings & overcome them with powerful strategies to tackle them when they occur.

DIABETES AWARENESS / AFRICAN AMERICAN

FEB. 22, 2024
10AM-12PM
Know the risk, know your responsibilities! With a strong cooking method, unlock ways to preserve 93% of the nutrients in the food you prepare and eat. Let us show you a healthier approach to cooking and eating.

SLEEP BETTER, STRESS LESS

MAR. 28, 2024
10AM-12PM
More and more research is being released on sleep and what a powerful effect it has on our daily health. Many people struggle with poor sleep quality, sleep apnea and sluggishness during the day. This class explores the science on what to eat and when to eat to achieve optimal sleep, stress reduction and body/health renewal.

REVAMP YOUR KITCHEN: HEALTHY MEAL PREPS

APR. 18, 2024
10AM-12PM
Do you wish you could go out to eat less, but are not sure how to plan meals for home? Are you looking to save money, while also eating healthier? Confused about how to put delicious meals together easily? Have you dived the question of "what's for dinner?" again? This class will teach you how to put meals together and how to pair different recipes so you always have variety!



Each class includes recipe demonstrations, beautiful nutrition handouts & delicious food samples. You'll leave empowered with new tools & a new perspective on healthy eating!

Limited Space
RSVP Required
2 Days Before Class

Barbara White
910-323-4191 ext. 28
bwhite@mccog.org



THE ART OF CAREGIVING



How To Piece It All Together

Class Topics

- Caregiving Basics
- Activities of Daily Living & Instrumental Activities of Daily Living
- Medication Management
- Nutrition
- Safety
- How to talk with your Doctor

Family caregiving certainly has its challenges; but it does not need to be overwhelming or confusing. With the right tools and information at your fingertips, managing the care of a loved one can be simplified. As many adult children are being faced with the responsibility of caring for their aging parents, they may find themselves wondering where to start, how much it will cost, what is covered by insurance among many other important questions. The Art of Caregiving - How To Piece It All Together will help you put all the pieces of the puzzle together by removing the complication and guesswork for all those considering caring for a family member.

Feb. 5-6, 2024
9am - 1pm

Light Refreshments Provided

Registration Required

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Additional programs offered by Mid-Carolina Regional Council. Each of these programs offer resources that are vital to meeting the needs of our senior citizens.

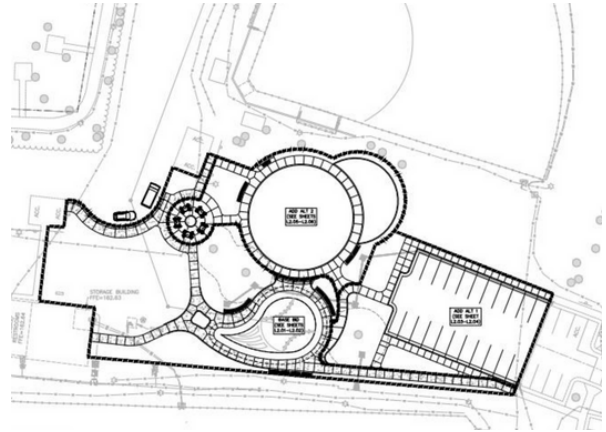


Town Manager's Report Construction Projects Update

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TOWN OF HOPE MILLS PROJECTS

HOPE MILLS SPLASH PAD: Utility Installation – The contractor for the utility installation for the splashpad will mobilize soon to install the sanitary sewer and water lines as all supplies have been delivered. This project is anticipated to be complete by mid-January, and will require a 30 day compaction period before final inspection by PWC. Completion is projected early March.



HERITAGE PARK: Pre-bid meeting was held with over 5 contractors showing up to visit the site. Several others have downloaded the plans from the state website and have also asked for access to the site as well.



REMINDER: Sealed bids for construction will be accepted on January 4th at 2 p.m. at the Parks and Recreation Center.

HOPE MILLS DAM: The Hope Mills Public Works Department has informed staff that they have begun lowering the levels at Hope Mills Lake for the purposes of dam maintenance.



VETERANS PARKING LOT: An accelerated review of the plan has been conducted with no objections from Planning, Stormwater, or Inspections on the design documents. The project will be put out to bid soon with a 20 day bid process since it is informal.

TOWN HALL ADA UPGRADE: The contract for the upgrade to the rear doors of Town Hall has been executed. The \$40,000 budgeted item is tied to bringing the rear doors up to ADA compliance and materials have been ordered.