



# Centralina Ombudsman Program

April - June 2022

## CAC Connection

### *Did you know that April is National Volunteer Appreciation Week?*

Region F is so appreciative of our dedicated volunteers who have stayed patient, willing and flexible as we have navigated through the trying times of Covid-19. There have been no visits from our CAC's since March of 2020. We know our

residents miss your visits and we are hopeful those will resume in the coming months.

**THANK YOU** for all you do!!



*Join us for our Virtual Volunteer Appreciation Celebration on Thursday April 28th, 2022 10:00 AM*

Join Zoom Meeting

<https://us06web.zoom.us/j/83053902135>

Call in number: 301-715-8592

Meeting ID: 830 5390 2135

### Reminders:

**This year you are required to have 18 hours ongoing education. Make sure you document them on your activity sheet.**

We have to collect your hours and efforts for our State office. They will be monitoring your training hours this year. We are working to provide you as many opportunities to receive those additional training hours. We have the activity sheet as an electronic file, let us know if you need one.

### *Shoutout To Our Amazing CAC Members!*

- ☺ Mecklenburg County Nursing Home CAC's wanted to find a new way to show their appreciation to the hardworking staff in their facilities. They worked with residents to choose 6 CNA's to receive gift cards for their hard work and dedication this past year.
- ☺ A Lincoln County committee member has started holding monthly trainings to assist her fellow members in achieving the new 18 hours of continuing education required.
- ☺ Union County has dropped off gift cards for the activity department of the facilities.

### *Things you can still do even though visits are on hold.*

- Call the facilities and ask to speak to the president of the resident council, Activities Director, or other individuals to check in.
- Make cards for the residents. Contact the Activity Department to drop them off at the front door .
- Work to achieve your 18 hours of continued education by attending virtual meetings, trainings and even utilize other educational sources.
- Fill out training hour tracking sheet and provide proof of courses attended.



**CENTRALINA**  
REGIONAL COUNCIL

**QUARTERLY TRAINING AND TECHNICAL ASSISTANCE MEETING WITH  
REGIONAL OMBUDSMAN**

**Anson Joint CAC**

**Next Meeting:** Wednesday, April 6th

**When:** 11:00am

—Hybrid—

In person meeting at the Union County Senior Center

Join by zoom link that was sent by email from Rachel or Dial in 929-436-2866 Meeting ID 876 7004 3082 With Passcode 465715

**Gaston ACH & NH CAC**

**Next Meeting:** Tuesday, April 12th

**When:** 10:00am

—Virtual—

Join by zoom link that was sent by email from Cindy or dial in 301-715-8592 Meeting ID 843 6308 9451 With Passcode 694922

**Lincoln Joint CAC**

**Next Meeting:** Tuesday, April 21st

**When:** 10:00am

—Virtual—

Join by zoom link that was sent by email from Cindy or dial in 929-436-2886 Meeting ID 863 0071 1050 With Passcode 822229

**Mecklenburg NH CAC**

Monthly Meeting/Zoom links will be sent by email from Hillary each month. Keep checking your email.

**Stanly Joint CAC**

**Next Meeting:** Wednesday, May 11th

**When:** 10:00am

—Virtual—

Join by the Zoom link that was sent by Lindsay through email.

**Cabarrus ACH & NH CAC**

**Next Meeting:** Wednesday April 13th

**When:** 3:00pm

—Virtual—

Join by zoom link that was sent by email from Rachel or Dial in 929-436-2866 Meeting ID 874 3323 4831 With Passcode 235051

**Iredell ACH & NH CAC**

**Next Meeting:** Wednesday, April 20th

**When:** 9:30-11:30am

—Hybrid—

In person meeting at the Statesville Senior Center Or join by Zoom link that was sent by email from Patricia

**Mecklenburg ACH CAC**

**Next Meeting:** Tuesday, April 12th

**When:** 10:00am

—Virtual—

Join by the zoom link that was sent by Lindsay through email.

**Rowan ACH & NH CAC**

**Next Meeting:** Thursday, April 21st

**When:** 9:30-11:30am

—Hybrid—

In person meeting at Rufty-Holmes Senior Center Or join by Zoom link that was sent by email from Patricia

**Union ACH & NH CAC**

**Next Meeting:** Wednesday, April 6th

**When:** 1:30pm

—In Person—

At the Ellen Fitzgerald Senior Center for PPE check off  
You do not need to bring supplies they will be provided.