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16-12 Grants Committee

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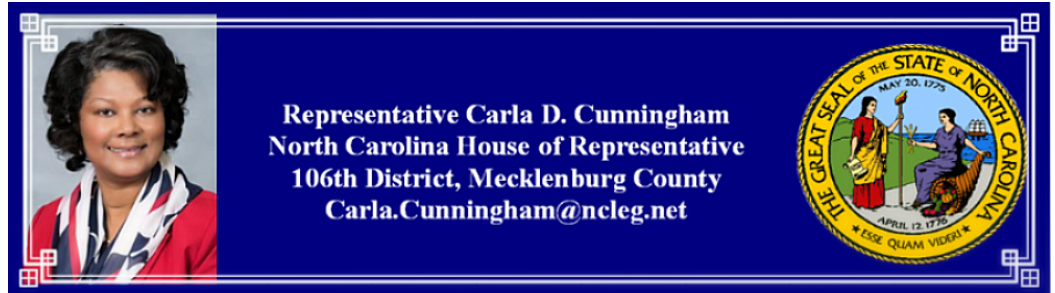
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Rep. Carla Cunningham October 2018 Newsletter

Rep. Carla D. Cunningham [carlacunningham2012@gmail.com]

Sent: Thursday, October 18, 2018 6:33 PM**To:** [Steve Johnston](#)**Rep. Carla Cunningham: House Committee Assignments 2017-2018 Session**

Appropriations

Appropriations Health and Human Services

Commerce and Job Development

Energy and Public Utilities

Health

Health Care Reform

House Select Committee on Implementation of Building Code Regulatory Reform

House Select Committee on School Safety

Regulatory Reform

Non-Standing Committee

Joint Legislative Oversight Committee on Health and Human Services

Appointment by North Carolina**Governor Roy Cooper**

North Carolina Commission for Mental Health, Developmental Disabilities, and Substance Abuse Services

Appointments by North Carolina House of Representative Speaker Tim Moore

Minority Health Advisory Council

Associates Advisory Committee Member- Council of State Government (CSG)

Health Public Policy Committee - Council of State Governments (CSG)

North Carolina Council for the Deaf and Hard of Hearing

North Carolina Institute of Medicine Legislative Health Policy Fellows Program**October 18, 2018**

Greetings,

The special legislative session to start Hurricane Florence relief finished on Monday, October 15, 2018. We took a first step to helping those who are suffering now, but there is far more work to be done. Highlights are below.

In election news, no doubt you have seen the yard signs and political ads. In-person early voting started Wednesday, October 17 and voting by mail is already underway.

Best regards,
Rep. Carla Cunningham



Florence Disaster Relief

Florence is the most devastating storm to hit North Carolina in our history. People, small businesses, and farmers need help now. But we also need to think long-term to rebuild stronger and smarter.

Governor Cooper put forward a \$1.5 billion plan using money from the state's Rainy Day Fund, to invest \$750 million now and \$750 million over the next few years. Yesterday the legislature passed [Senate Bill 3](#) to spend \$400 million now and reserve an additional \$400 million for later.

Below is how the legislature allocated the \$400 million. Some are normal state appropriations. Some are matching funds that bring in more federal money. I'll note match funds with an *.

- Farmer assistance - \$70 million (some is match and some is not)
- Disaster relief programs - \$65 million*
- Transportation repairs and debris removal - \$65 million*
- Local school repairs and renovations - \$60 million
- Fayetteville State, UNC-Wilmington, and UNC-Pembroke repairs - \$30 million
- Housing recovery support - \$23 million
- Local water, wastewater, and stormwater repairs - \$20 million
- Affordable housing development and repairs - \$10 million
- Community college support for lost tuition - \$8.5 million
- Local government assistance - \$8 million
- Behavioral health services - \$5 million
- Community college repairs - \$5 million
- Community college grants for students - \$5 million
- Small business loans - \$5 million

- Food assistance - \$3.5 million
- UNC System grants for students - \$2 million
- Mosquito abatement - \$2 million*
- Coastal beach and dredging needs assessment - \$2 million
- Volunteer organization assistance - \$2 million
- Create an Office of Recovery and Resiliency - \$2 million
- Commercial fishing assistance - \$1.6 million
- Independent college grants for students - \$1 million
- Prescription assistance - \$1 million*
- Volunteer fire department assistance - \$930,477
- Support to independent hospitals - \$500,000
- Marine debris cleanup - \$400,000

Some of the most important investments that we need to make, but did not do include:

- Rebuilding affordable housing outside of flood-prone areas.
- Debris removal from waterways that are contributing to flooding.
- Farmers
- Clean Water

When the General Assembly returns to work in late November, I hope we will take up these critical projects.

[Cooper Unveils \\$1.5B Florence Aid Package, Seeks \\$750M Now](#)

Associated Press

[Legislature promises \\$800 million in Florence relief](#)

WRAL



Know Before You Go!

The general election will be held

Tuesday, November 6, 2018.

All polling locations will be open 6:30 am until 7:30 pm

[Click here to confirm you are registered at the correct address](#)

Your Sample Ballot - [Click here](#)

[Request an Absentee Ballot be mailed to you for the November election](#)

[See the 2018 Candidate listing for the 2018 General Election \(UOCAVA Notice\).](#)

Voter Registration:

[Mecklenburg County Voter Registration Statistics](#)

[Check your Voter Registration](#)

[Change or update your address](#)

 [Download a voter registration form](#)

 [Using your campus address to register in Mecklenburg County](#)

[Remove your name from the registration rolls](#)

 [Maintaining Accurate Voter Registration Files](#)

Elected Officials:

[Listing of all elected officials
& their contact information in a printable format.](#)

[Elected Officials](#)

Precinct Officials:

[Precinct Officials' Information](#)

 [Precinct Official's Application](#)

[State Board of Elections Voter Guide](#) with information on how to vote, statewide judicial races, and the constitutional amendments.

[Proposed Constitutional Amendments Invite Controversy, Divide Conservatives](#)

WFAE

[Proposals would affect hunting, crime victims, taxes, judges, elections and ethics](#)

Asheville Citizen Times

[Judicial Elections, Constitutional Amendments You'll See On The November Ballot](#)

WFAE



Fall Health Tips and October National Health Observances

Autumn is officially upon us, but that doesn't necessarily mean the temperatures are dropping in North Carolina. As the weather gets a little cooler, we know fall symbolizes a lot of other things--it can mean change, new beginnings, balance, and letting go--all things that can effect our health.

Let's take a few minutes to try a few tips that will help keep us healthy and well through the upcoming holiday season!

1-Minute Tip: Take some vitamin D. Vitamin D deficiency can occur if you're in an area with high pollution, spend a lot of time indoors, or use sunscreen. Vitamin D fights disease, reduces depression, and can help boost weight loss. Since there aren't many foods that are great sources of vitamin D, it's suggested that adults up to age 70 take 600IUs of vitamin D per day. Adults over age 70 should up that amount to 800 IUs.

5-Minute Tip: Get you flu shot. The CDC recommends an annual flu shot every year for anyone over the age of six months. Flu shots are available at almost every pharmacy with no wait, or from your primary care physician. It's one of the easiest and quickest things we can do for our health and for the health of those around us.

15-Minute Tip: Change the batteries in every smoke and carbon monoxide detector in your home. Not only will you insure they are in proper working order, but you'll also avoid the last minute hunt for fresh batteries when the low battery warning beeps start coming in the middle of the night.

30-Minute Tip: Take on a new mental challenge. Research shows that participating in challenging mental activities that would generally be outside our comfort zone are great for our brains. Try something that you don't normally do — read, do a crossword puzzle, learn a new language, or volunteer. The possibilities are endless.

October National Health Observances

A wide range of health conditions and causes have touched many of our lives. We typically hear about the big ones, such as Breast Cancer Awareness Month or World AIDS Day. But what about lesser-known awareness campaigns, such as Occupational Health Month, National School Breakfast Week, or Cornelia de Lange Syndrome Awareness Day? Did you

know they existed?

Awareness months, weeks, and days are important. They allow people with certain health conditions — along with their loved ones, advocacy organizations, and support groups — to rally around a common cause and lend support. Educational, fundraising, and support events are often held during these times. They can bring people together for a great cause. Click the link below to learn more on them.

- [Domestic Violence Awareness Month](#)
- [Eye Injury Prevention Month](#)
- [Health Literacy Month](#)
- [Home Eye Safety Month](#)
- [International Walk to School Month](#)
- [National Breast Cancer Awareness Month](#)
- [National Bullying Prevention Month](#)
- [National Dental Hygiene Month](#)
- [National Down Syndrome Awareness Month](#)
- [National Medical Librarians Month](#)
- [National Physical Therapy Month](#)
- [Sudden Cardiac Arrest Awareness Month](#)
- [Sudden Infant Death Syndrome \(SIDS\) Awareness Month](#)
- 1 - 5 [Fungal Disease Awareness Week](#)
- 1 - 5 [National Primary Care Week](#)
- 7 - 13 [Mental Illness Awareness Week](#)
- 11 [National Depression Screening Day[®]](#)
- 12 - 20 [Bone and Joint Health Action Week](#)
- 13 [Metastatic Breast Cancer Awareness Day](#)
- 14 - 20 [International Infection Prevention Week](#)
- 15 [National Latino AIDS Awareness Day](#)
- 16 - 20 [National Health Education Week](#)
- 16 [World Food Day](#)
- 19 [World Pediatric Bone and Joint Day](#)
- 21 - 27 [National Healthcare Quality Week](#)
- 21 - 27 [Respiratory Care Week](#)
- 21 [National Check Your Meds Day](#)
- 22 [International Stuttering Awareness Day](#)
- 23 - 31 [Red Ribbon Week](#)
- 29 [World Psoriasis Day](#)

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