

## Rideshare, Revolutionized

For people looking for a new way to get from here to there, big changes are underway with the state's rideshare programs. They are being integrated statewide, and, as part of these changes, OCWCOG will begin transitioning local users to a new rideshare matching system this summer.

The new rideshare tool is light-years ahead of the previous system. It offers real-time access to user profiles and ride requests and even provides options for linking accounts to Facebook for easy login and posting trips to your social network. Users will be able to track their trips by mode, distance and type. The online tools generate cost, fuel and carbon savings for the individual.

As an incentive to try out the new tool, registrants will be eligible for rewards during the first several months. Rewards will be offered based on travel modes and frequency.

OCWCOG is the Regional Network Administrator for this service. For more information please contact Phil Warnock at 541/924-8474 or [pwarnock@CWCOG.org](mailto:pwarnock@CWCOG.org).

*I would like to thank all of you that have participated in one of our many committees, councils, task forces and ad hoc groups over the last year. Your efforts make a difference in the lives of the residents of our region, and the State. I would particularly like to acknowledge the advocacy work of the members of our Senior Services Advisory Council and Disability Services Advisory Council. These individuals were part of the force that prevented the gutting of Oregon's social services safety net in the pursuit of a balanced State budget. As their efforts illustrate, effectiveness often requires persistence – over many months and really years – to build understanding of needs and the consequences of ill-considered proposals. It also demonstrates that there can be real victory in what appear to be modest accomplishments or even the minimizing of losses. It is relentless work, but all of us benefit from your commitment and perseverance.*

*Cynthia Solie, Executive Director.*

## ADRC to Provide Options Counseling

The December 2010 issue of Regional Connections reported that OCWCOG, with funding from a federal grant, was piloting an Aging and Disability Resource Connection (ADRC), an enhanced information and assistance program for Linn, Benton and Lincoln Counties.

Initial components of the ADRC are a call center with specialists trained to guide callers to services provided through our agency or others and an online directory of resources. The latest component to be added to the ADRC is Options Counseling.

Options Counselors meet with the senior or the person with disabilities and family or others involved in their care. The Counselor helps these individuals create a care plan and identifies resources needed to implement the plan. The Counselor will later follow-up to see whether additional help is needed.

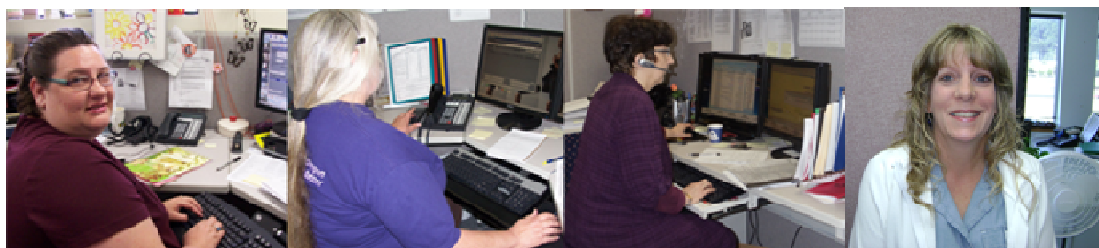
OCWCOG Case Manager Nannette Bengel currently provides Options Counseling in Lincoln County. In describing a recent visit with an elderly widow and her family, Nannette said that she led them through the process to de-

velop a care plan and identify potential resources to enable the woman to remain in her home for as long as possible.

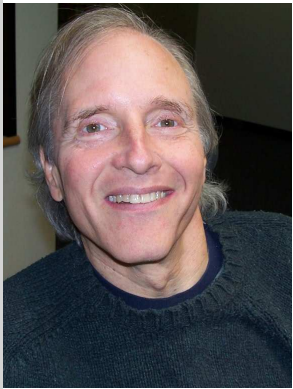
In a few weeks, Nannette followed up with the family to find out if they had made the contacts. One family member had talked with the local Veteran's office and discovered that their mother was eligible for Aide and Attendance benefits through the VA. The family had scheduled a private care manager for an assessment to set up in-home care. Another member set up automatic bill paying through her bank as a way to simplify her finances.

Options Counseling generates a plan tailored to each individual's needs and preferences and strengthens relationships among family and other supports.

If you have questions about services for older adults or people with disabilities, please call us at 541/967-8630 or 541/336-2289; or toll-free at 1-800/638-0510 or 1-800/282-6194, weekdays between the hours of 9:00 a.m. and 5:00 p.m.



## Mike Volpe: Senior and Disability Services Advocate



Mike Volpe is an advocate. Mike joined the Disability Services Advisory Council in 1994 and has become an expert on long term care in Oregon. Mike has worked on local and statewide disability issues and mentored other disability services advocates.

system which has allowed him to remain living in his own home, where he can participate in his community and continue his work as an advocate.

As a person with a disability, Mike carries a powerful message to our legislators in Salem. He is a voice of experience and wisdom. He talks about the services that are vital to his health and well-being from a very personal perspective. Mike is articulate and able to assist legislators and DHS staff to fully examine their policies from a consumer perspective.

Oregon's nationally-respected system of Long Term Care was built through the advocacy of Mike and others like him. We are grateful for the hard work and dedication of Mike Volpe.

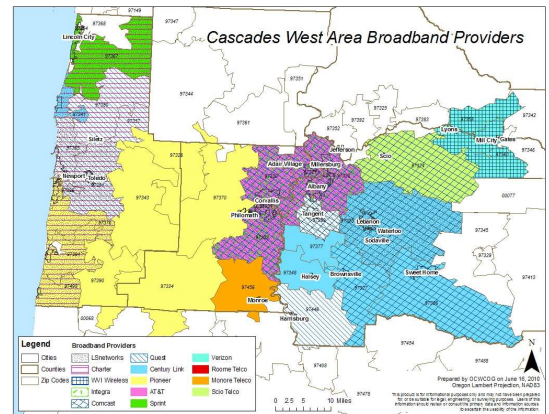
Mike was diagnosed with Multiple Sclerosis in 1978, and moved to Oregon from the mid-west in 1985 to take advantage of our milder climate. Since the mid 1990's, Mike has received support through the Long Term Care

## Technology Services Initiates Broadband Study

Last year, Google sent out a request to cities and communities across the country to compete for a chance to be fully wired and connected to the new Google High Speed Services. Although Kansas City eventually won the competition, the application sparked a great deal of interest with COG members who wanted to learn more about current levels of high speed service in our region and how the smaller cities would stack up against larger ones when competing to attract businesses. This interest launched the Regional Broadband Study.

As it turns out, "broadband" (internet connection faster than phone dial-up) is widespread throughout our region, but may not be the speed and quality some businesses demand or available at a specific site. Knowing where the fiber is located in relation to business centers and industrial properties became a primary focus of the study.

To date, 26 properties in Linn and Benton Counties are being evaluated for broadband connectivity and access to fiber. These initial properties coincide with those identified in OCWCOG's Regional Industrial Wetlands/Wetlands Mitigation project. Caroline Bauman of the Economic Development Alliance of Lincoln County is assisting in the identification of the properties in Lincoln County that will be assessed for their broadband availability and quality.



OCWCOG's Technology staff is working with LS Networks (who leases installed fiber from the Bonneville Power Administration) and CoastCom out of Newport that partners with LS Networks and manages the leased Lincoln PUD fiber on the coast. Both LS Networks and CoastCom have extensive relationships with other carriers such as Qwest, Peak and Comcast as well as public entities such as the State of Oregon, Oregon State University and the City of Albany.

If you would like to know more about the study or to have an electronic copy of the draft study sent to you, please contact Steve Martinenko, Technology Services Director at 541/924.8445 or [smartine@CWCOG.org](mailto:smartine@CWCOG.org).

## On-the-Go Grows on the Coast

As OSU's campus for marine and coastal sciences, the Hatfield Marine Science Center (HMSC) sees many students, researchers, and faculty who split their time between Corvallis and Newport. Recognizing this, an enterprising group of HMSC commuters started a commuter vanpool this spring.

The group quickly outgrew their original 9 passenger van with full-time or part-time commuters, and now has a spacious new 12-passenger van which can accommodate new riders.

With continued interest in the route, there is potential for a second van to form or the group to step up to an even larger van. Furthermore, there may be potential to create additional vanpools between coastal communities or for those commuting into the valley from the coast.

The effort is being coordinated by Itchung Chung (HMSC), vendor VPSI (leases the van to the commuters) and Cascades West's Valley VanPool, with support from the Oregon Department of Transportation.

This vanpool decreases the number of vehicles on Highway 20 each day and reduces local fuel consumption. It also gives riders extra 'free-time' during the drive and the chance to get to know employees from different agencies.

## COG Facilitates Toledo PD Tech Updates

In 2009, the Toledo Police Department approached the COG to assist with a major upgrade to the City of the Toledo Police Department's technology using a Department of Justice Grant. The project had several elements: new dispatch programs, laptops for police cruisers, server updates and connection to the City's fiber network. The COG hired Ed Oswald, who had prior experience working with the Toledo Police Department on a wireless project, to help with this project.

Ed and COG Technology Services staff overcame several challenges to implement this project. First, COG staff successfully implemented a fiber connection to the coast's fiber network, which is managed by CoastCom through a lease from the Lincoln County PUD. This involved connecting the City's four main buildings and designing firewalls to separate and secure data. Second, a Microsoft Exchange server was installed and configured for City staff to improve email services. Once these issues were settled, a route to Salem for the dispatch program database was needed. Staff negotiated with Oregon Emergency Management to co-locate with their T1 data line, establishing a no-cost link to Salem's Willamette Valley 9-1-1 dispatch center. Three new computers and a server built by COG Tech Services rounded out the technology upgrade to the dispatch center.

The final piece to the update was the installation of rugged Panasonic "Toughbooks" in the police cruisers, which are designed for the rigor of police field work. Special car mounts and antennas were installed along with Verizon cell cards to connect the laptops back to the Toledo Police Station and the Willamette Valley 9-1-1 dispatch system. In addition, Remote Desktop services were installed on the new Police Station server so officers can connect and access network and internet resources as though they were working at their desk computer.

This technology update resulted in a complete facelift to Toledo's law enforcement technology. Officers now have a more efficient system and continual access to time-sensitive information regardless of whether they are at their desk or in their vehicle. These improvements enhance both their safety and the safety of the citizens they protect. To learn more about this project, contact Steve Martinenko, Technology Services Director at 541/924.8445 or [smartine@CWCOG.org](mailto:smartine@CWCOG.org).

### Staff Highlight: Ali Bonakdar



**Ali Bonakdar**  
**CAMPO**  
**Director**

As Director of the Corvallis Area Metropolitan Planning Organization (CAMPO), Ali Bonakdar works with CAMPO's member jurisdictions

to build consensus on transportation planning issues and to maximize the inflow of federal funds to the area. CAMPO is the designated transportation planning agency for Corvallis, Philomath and Adair Village, as well as the urbanized portion of Benton County.

Ali brings considerable experience to his position, with a Master's Degree in Urban and Regional Planning from the University of Wisconsin, professional certification from the

American Institute of Certified Planners, and 26 years of experience in regional transportation planning. Prior to working with CAMPO, Ali worked as a project manager with an MPO in Boise, Idaho and as Coordinator of an MPO in Wausau, Wisconsin.

Ali serves on the Technical Advisory Committee and the Operational Management Committee of the Association of Metropolitan Planning Organizations, a national organization for the enhancement of MPOs in the country. He also serves on the State Transportation Strategies for Greenhouse Gas Emission Reductions Committee.

What Ali enjoys most about his job is the opportunity to have an impact on his community and improve the lives of his neighbors. He enjoys living in Corvallis because of the university culture and immediate access to rich natural resources. "There is a great sense of community here", Ali said.

## CAMPO Kicks off Bicycle Safety Campaign

The Federal Highway Administration (FHWA) has awarded the Corvallis Area Metropolitan Planning Organization (CAMPO) a \$10,000 grant to develop a public outreach program for bicycle safety in the Corvallis metropolitan area.

As part of this program, CAMPO staff will coordinate with local bike and pedestrian advisory groups, including the Corvallis Bicycle and Pedestrian Advisory Commission and the Benton County Bicycle Advisory Committee.

CAMPO staff will draw from existing bicycle safety education resources to develop outreach materials that address issues unique to Oregon and Corvallis. For example, a special emphasis will be placed on educating OSU students that may be new to the area and unfamiliar with Oregon's rules of the road.

This program is the first step in the development of a Transportation Safety Plan for the Corvallis Metropolitan Area, which FHWA has requested that CAMPO develop as a pilot project for the Corvallis area.

For more information regarding this effort, contact CAMPO Director Ali Bonakdar at 541/758.1911 or [abonakda@cwco.org](mailto:abonakda@cwco.org).



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#### Community & Economic Development

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#### Senior and Disability Services

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#### Senior and Disability Services/Toledo

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#### Technology Services

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#### Veteran Services

301 SW 4th  
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Member Governments:  
COUNTIES: Benton, Lincoln,  
and Linn CITIES: Adair  
Village, Albany, Brownsville,  
Corvallis, Depoe Bay, Halsey,  
Harrisburg, Lebanon, Lincoln  
City, Millersburg, Monroe,  
Newport, Philomath, Scio,  
Siletz, Sweet Home, Tangent,  
Toledo, Waldport, Yachats  
OTHER: Confederated Tribes  
of Siletz, Port of Newport, and  
Port of Toledo.

Cascades West Council of  
Governments is an Equal  
Opportunity Lender, Provider  
and Employer

## Hospital to Home: A CWCOG Pilot Project

Since November of last year, OCWCOG has been implementing Hospital to Home (H2H), a year-long pilot project aimed at improving communication between patients and their physicians and ensuring safer transitions from the hospital, emergency room or skilled nursing to *home*. Additional goals of the H2H program are to test the impact that H2H coaches can have on reducing unplanned re-hospitalizations and to increase individuals' health literacy and ability to take a more active role in managing their own health care.

H2H is a pilot project between OCWCOG, Senior and Disability Services (SDS) and Samaritan Health Services (SHS). The pilot was developed out of the work being done across the country on Care Transitions and promoted through the Administration on Aging. Our Aging and Disability Resource Connection (ADRC) grant was also an opportunity to explore the new partnership with the health care system in our region.

Two of our SDS staff, Barb Nay and Kathy Kennedy, have been trained and are actively "coaching" individuals who have been dis-

charged from the Lebanon Community Hospital and who are Medicare/Medicaid recipients. They see patients at their homes, make follow-up phone calls for a 30-day period, and work with SHS, to track readmission data. To date, COG has seen approximately 20 individuals referred by the hospital staff, with a good success rate and positive input from recipients.

The Center for Medicare and Medicaid Services recently announced an opportunity to apply for Care Transition grants for expansion of pilot projects. Area Agencies on Aging (SDS) and hospital systems (SHS) with strong working relationships and experience in piloting programs are eligible to apply. We are interested in using our pilot experience to strengthen our relationship with SHS, to collect data and to enhance our ability to receive additional grant funding in the future.

The H2H Care Transitions model is a good program for our agency. It supports our values of health, independence and quality of life for seniors and people with disabilities in our region.

## COG Shared Services: A Cost-Effective Alternative

The annual OCWCOG Work Program and Budget not only outlines COG program budgets, it describes the COG organization and the services we provide to our members. While those services have traditionally been focused in Senior and Disability Services or Community & Economic Development, current fiscal realities are prompting the OWCOG Executive Committee and some of our members to 'think outside of the box' in terms of COG services.

For example, the COG's Technology Services team has increasingly provided IT services to our members, and our Finance Department for the past couple of years has provided fiscal and payroll services to the Lebanon Fire District. These are examples of how 'shared services' can save dollars for the local entity and provide services for cost effectively.

COG Board Chair Bill Hall is urging COG members to consider whether there are opportunities for members to share additional services through the COG. Services may be in the areas of human services and training, planning and public outreach, accounting, payroll and budgets, public works or any other area in which local governments provide services.

If you have any ideas you would like to discuss please contact Commissioner Bill Hall at 541/265.4100 or OCWCOG's Executive Director, Cynthia Solie at 541/924.8465. If you are interested in viewing the recently adopted Work Program and Budget, you can visit our website at: [www.CWCOG.org](http://www.CWCOG.org) and click on the Finance page.