

NCSCA News Spring 2021

INSIDE: LEADER'S LETTER

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2021 OAM Advocacy Packet	2-6	I don't know about all of you but, I am sure glad that Spring is here. I love the warmer weather, birds singing and the flowers blooming. I also am grateful that things are moving forward and lots of centers are opening and planning more and more activities for our seniors. It has been a long and challenging year. As usual the senior center world has stepped up to the challenge and was instrumental in creating new and innovative ways of reaching out to our seniors.
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NC Assistive Technology Program	24	I want to thank the Alliance board members for all of their hard work over the past year. Through this pandemic you not only kept up with your specific job duties but, were instrumental in keeping the Alliance moving forward.
Directory of Committee Members	25-27	I especially want to thank Katherine Irby for consistently getting the quarterly newsletter out. When it is late it is truly because she is waiting on my Leader's Letter.
NCSCA Newsletter Information	28	I want to thank the NCAOA for hosting its first ever virtual Bootcamp which I believe was hugely successful.

If you did not have a chance to be a part of it, I am attaching a link you can use to watch it, https://youtu.be/Lq3d2hAig_s

I want to thank the speakers who provided a lot of good information for new senior center staff and veteran staff alike. I look forward to some of the new things the NCAOA will be doing in the future. You will definitely want to be a part of it. If you are not a member, please consider joining today. Membership information can be found on page 7.

We are still looking for representation from Regions N and B and an At-Large member for the Alliance. If you are interested in serving and also being a part of a great team that is dedicated to helping and encouraging all those in the senior center field to be the best they can be and offer the best programs and activities, then please call me at 252-475-5625. We need all areas of North Carolina represented.

Enjoy the sunshine! ~Sandy

Submitted by Sandy Pace, R, Chair, Dare County Senior Center



A-D-V-O-C-A-C-Y

May is Older Americans Month

The NCSCA Advocacy sub-committee has worked diligently to help compile a useful toolkit and help older adults age well. Please see the article below as well as the following pages of information that encompasses a wealth of information that will help YOU, as a professional, advocate in an almost effortless way!
Be a community of strength.

May 2021 - Older Americans Month
ADVOCACY PACKETS –Available Now!
Older Adults Strengthen Communities
With The Tools To Age Well

The NCSCA Advocacy subcommittee is providing the 2021 May Older Americans Month Advocacy Packet. Use this



packet to guide your participants towards a successful advocacy event, enabling older adults to **Advocate for Needed Change in your Community.**

Does Your Community have the Tools to help your Older Adults Age Well? This packet provides examples of ways to identify and advocate to Public Representatives what is most needed in your Communities for Aging Well.

Participants who care about issues in their communities are more likely to get involved and advocate for change. Share what your Senior Center is Advocating for so we can highlight it in the next Newsletter!



<https://www.ncscalliance.com/members-portal>

Ready to Use Facebook Images Oh, Yeah!!



North Carolina Senior Center Alliance



COMMUNITIES OF STRENGTH
START WITH US!

Your event
information
here



Your Senior Center

123 Seniors Rock Drive | Older Adults, NC 12345

www.oldervoicesmatter.com | 555-555-5555

**Use this editable flyer to
announce your event!**

North Carolina Senior Center Alliance



Sample Survey Questions ~ Identify Advocacy Needs in Your Community

Choose questions which best suit your needs to discern Advocacy opportunities your participants feel strongly about. These can be used for a paper survey, phone call survey or use an electronic format such as Survey Monkey <https://www.surveymonkey.com/>

- 1) What is your age?
- 2) What is your gender?
- 3) How do you rate your community as a place to live?
- 4) How do you rate your community as a place to retire?
- 5) How likely or unlikely are you to recommend living in your community to older adults?
- 6) How likely or unlikely are you to remain in your community throughout your retirement?
- 7) Please rate each of the following community characteristics as they relate to your community for adults age 60 or over (Excellent, Good, Fair, Poor, Don't Know)
 - a. Opportunities to volunteer
 - b. Employment opportunities
 - c. Opportunities to enroll in skill building or personal enrichment classes
 - d. Recreation opportunities (including games, arts, library services, etc.)
 - e. Fitness opportunities (including exercise classes, paths, or trails, etc.)
 - f. Opportunities to attend social events or activities
 - g. Opportunities to attend or participate in meetings about local government or community matters.
 - h. Availability of affordable quality housing.
 - i. Variety of housing options
 - j. Availability of information about resources for older adults
 - k. Availability of financial and legal planning services
 - l. Availability of affordable quality physical health care
 - m. Availability of affordable quality mental health care
 - n. Availability of preventive health services (health screenings, flu shots, educational workshops etc.)
 - o. Sense of community
 - p. Openness and acceptance of the community towards older residents of diverse backgrounds
 - q. Ease of bus travel in your community
 - r. Ease of car travel in your community
 - s. Ease of accessible parking in your community
 - t. Ease of walking in your community

You may use this survey (continued on page 6), which is included as part of the advocacy packet. Or find inspiration from this example to create one that speaks directly to the older adults in your community.

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- 8) In the last 12 months, how much of a problem, if at all, has each of the following been for you? (**Not a problem, minor problem, moderate problem, major problem, don't know**)
- Performing regular activities (including walking, eating, preparing meals, etc.)
 - Having enough money to meet daily expenses
 - Maintaining a healthy diet
 - Having safe and affordable transportation available
 - No longer being able to drive
 - Having safe and affordable housing
 - Maintaining your home and yard
 - Doing heavy or intense housework
 - Feeling depressed
 - Feeling lonely or isolated
 - Having friends or family you can rely on
 - Falling or injuring yourself in your home
 - Your physical health
 - Getting the healthcare you need
 - Affording the medications you need
 - Getting the dental health care you need
 - Providing care for another person
 - Staying physically fit
 - Access to neighborhood park or trails
 - Feeling like your voice is heard in the community
 - Not knowing what services or information is available to older adults in your community
 - Finding work in retirement
 - Being a victim of crime, fraud, or scam
 - Dealing with legal issues
 - Dealing with financial planning issues
- 9) What change would you most like to see to make your community more welcoming for older adults?
- 10) What change would you like to see to improve your community?
- 11) When you think of your life as an older adult, what service(s) would you like offered to make your life better, even if you had to pay for them, that are not now offered, or you find difficult to obtain?

Special thanks to the Advocacy sub-committee for a packet everyone can use with ease!

If you should have any questions, please contact a committee member listed in the directory located at the back of the newsletter.

Submitted by: Nan Buehrer, F, and the Advocacy sub-committee, NCSCA

North Carolina Senior Center Alliance



NCAOA/NCSCA Membership Renewal

Become a contributing member of one of the state's leading professional associations in the aging field. Your NCAOA membership benefits will easily surpass the cost of annual dues, and include:

- **Advocacy** - The NCAOA employs a Lobbyist that works daily to promote legislative priorities such as increased HCCBG and other funding sources for Senior Centers. More often than not, lobbyists are the difference in revenue streams coming to the aging field or being routed elsewhere.
- **Training** - The NCAOA offers Aging Boot Camps and an Annual Conference featuring leading professionals in the aging field. You receive an instant discount with your active membership.
- **Partnerships** - Your NCAOA membership comes with a complimentary membership to the North Carolina Senior Center Alliance.
- **Award Opportunities** - Member only opportunities to receive one of the NCAOA Excellence in the Field of Aging Awards.
- **Marketing and Communication** - Our members receive electronic updates and newsletters with urgent advocacy and legislative updates and more.



If you have questions about whether your membership is due in August or January- please use the email below to receive confirmation for when you should renew. If you not yet a member of the North Carolina Association on Aging or the North Carolina Senior Center Alliance- this is a wonderful time to begin! I can't think of a time when we have needed to ban together and pool resources, ideas, and information more than we need to do so now! Being of a member of these groups gives you access to many free resources and networking opportunities. In addition, there are leadership opportunities (which you know helps you in SCOPE), and even grant or award opportunities. For more information about the benefits of membership- check out the websites listed below; and to register or renew please use the link below:

Registration/Renewal:

<https://events.r2o.constantcontact.com/register/eventReg?oeidk=a07eh79hjf725dc5de6&oseq=&c=&ch=>

NCAOA:

<https://ncaoa.us/>

NCSCA:

<https://ncscalliance.com/about>

Submitted by: Billie Jo Lister, Vice-Chair, D, 828-265-8090 ext. 895 or email: billie.lister@watgov.org



NEWS FROM AROUND THE STATE

What a great response to the “5 Minute Challenge”!

Quick participation in 4 steps: 1-take a picture of something happening in your center at that very moment, even if working remotely, totally acceptable;

2-write a caption in 20 words or less to describe what the picture reflects;

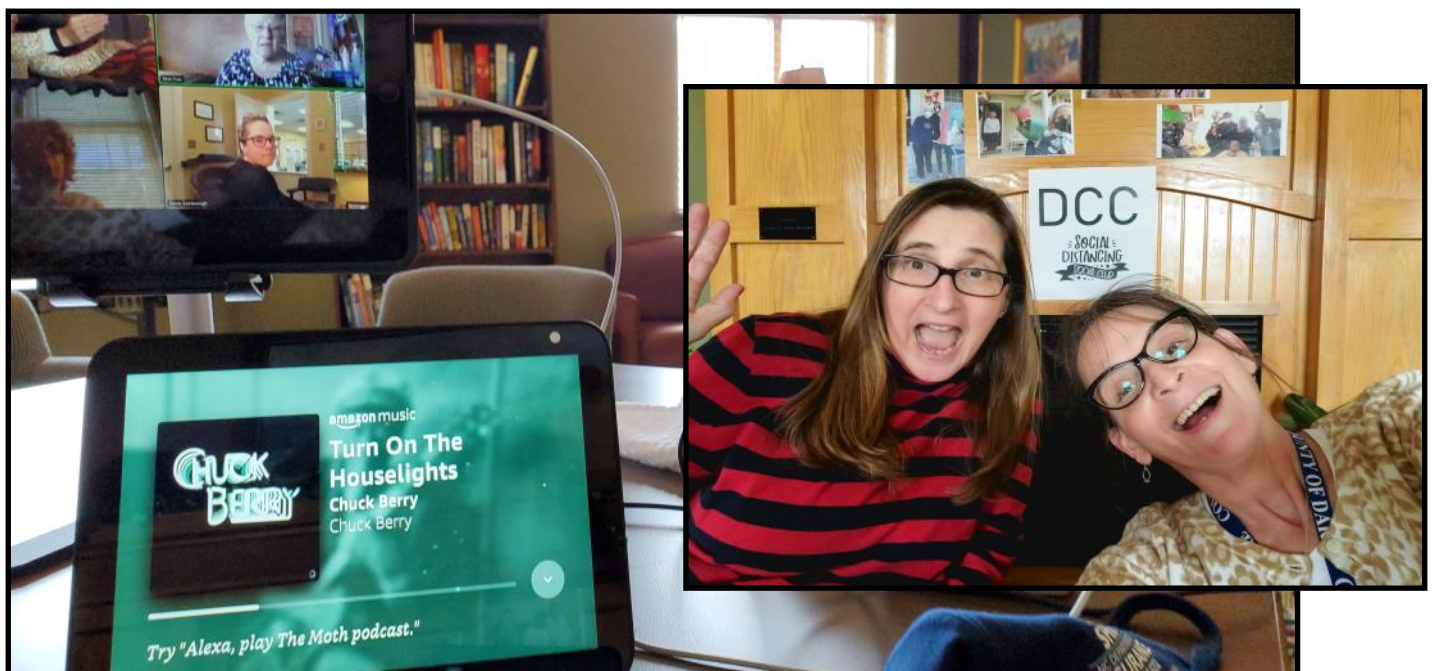
3- include your name, status with NCSCA, if any, region, and name of the center;

4-submit the picture and information to

katherine.irby@darenc.com. Woot!

Thank you to all that submitted your pictures and captions.

It is the hope that each of our readers will put this in their calendars for the next newsletter. It is a very simple way to share and highlight your hard work!



DCC Social Distancing Social Club has been a favorite event for friends to stay in touch while apart.

North Carolina Senior Center Alliance



Crafting spring-themed wreaths just in time for warmer weather!



Here are the completed spring-themed wreaths!

North Carolina Senior Center Alliance



Every Monday, Tai Chi helps seniors with arthritis, balance, and relaxation for the mind, body and soul.



Submitted by: Reba Dodson, G, Walnut Cove Senior Center

North Carolina Senior Center Alliance



**Changing all the clocks at Topsail Senior
Center for Daylight Savings Time!
Spring is here!!**



Submitted by: Donna Murphrey, O, Topsail Senior Center

North Carolina Senior Center Alliance



**The Seegars Hiking Group at the Cliffs of the
Neuse State Park.
Forest Ranger, Will, made this hike very educational.**



North Carolina Senior Center Alliance



Davie County Senior Services hosted “Craft from the Car” an event in which participants made an origami heart.



Submitted by: Kim Shuskey, G, Davie County Senior Services

North Carolina Senior Center Alliance



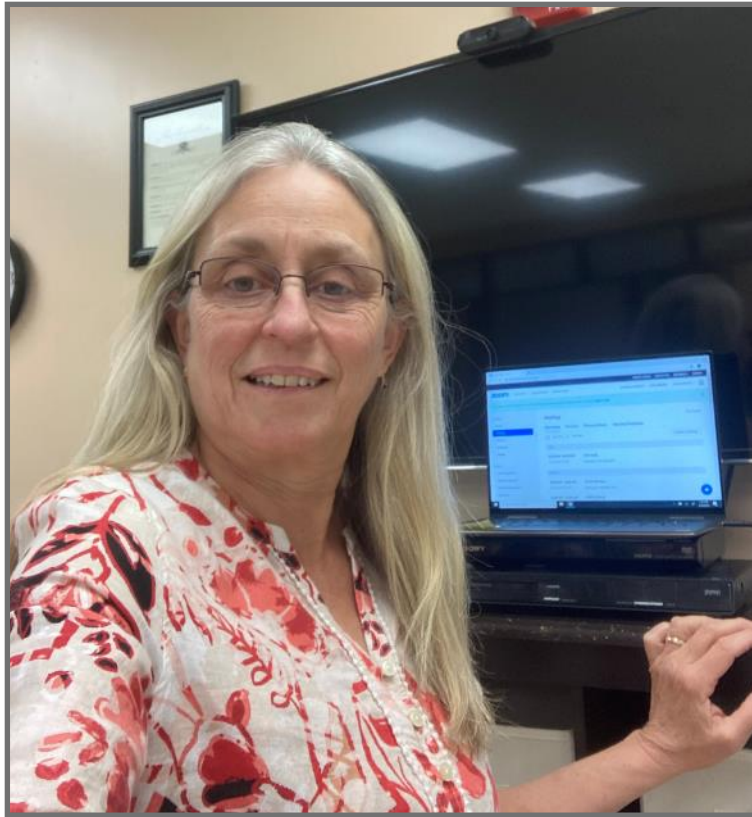
GRRO collaborating with the Warren County Senior Center to get food and other services to our elderly population in need.

(GRRO: Green Rural Redevelopment Organization)

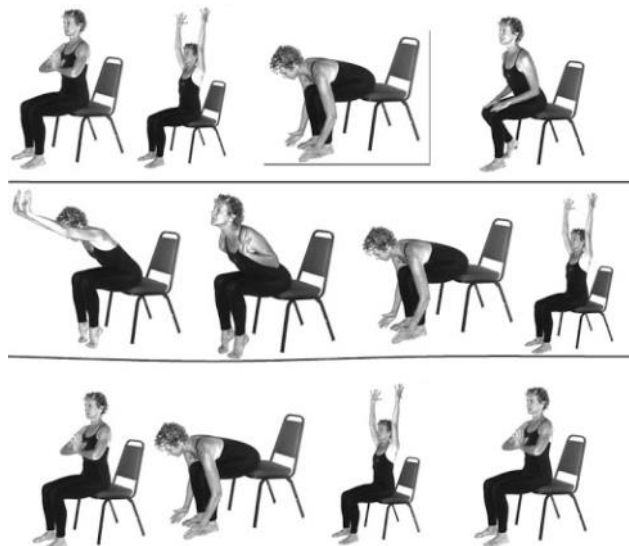


Submitted by: Vicky Stokes, K, Warren County Senior Services

North Carolina Senior Center Alliance



**A quick selfie whilst opening a virtual
Seated Yoga Class.
Can't wait to see folks in person, again!**



Submitted by: Kim Crawford, A, Advocacy, Crawford Senior Center

North Carolina Senior Center Alliance



**Lincoln County Senior Services staff
showing off their St. Patty's Day
drive-thru event decorations.**



Submitted by: Lauren Heavner, A, Lincoln County Senior Services

North Carolina Senior Center Alliance



Tax assistance at Kernodle Senior Center!



Submitted by: Judy Whitfield, G, Kernodle Senior Center

North Carolina Senior Center Alliance



**Enjoying some Irish Fun at the St. Patrick's Day Drive-Thru!
Green goodie bags for everyone along with live entertainment!!**



Submitted by: Tabitha Thomas, C, Patrick Senior Center

North Carolina Senior Center Alliance



A successful **Safe Start** means we all have to do our part.

It's safest to stay home.

BUT IF YOU HEAD OUT:

Wear a mask.



Stay six feet apart.



Wash your hands.



Prevent the spread by staying local.



Re-opened gym with new acrylic dividers between equipment! Socially distanced Seniors, wearing masks, and getting full gym workouts!

Submitted by: Maynell Harper, K, Advocacy, Person Senior Center

North Carolina Senior Center Alliance



PartyLine BINGO at Benson Center for Active Aging now on Mondays at 2 p.m.!

Submitted by: Debra Cardone, J, Benson Center for Active Aging

Want to toot your horn?? Send your Center information to katherine.irby@darenc.com **before May 28, 2021 at 5 PM** in order to be included in the Summer 2021 edition. Late submissions will not be accepted.

IN OTHER NEWS....



North Carolina Senior Center Alliance



**Who's
Zoomin'
Who?**

**TECHknowledgeY
Classes**

- ✓ ANDROID TABLETS
- ✓ ANDROID PHONES
- ✓ IPHONES
- ✓ IPADS
- ✓ BASIC TECHNOLOGY HELP

For more information contact
seniorcenter@senior-resources-guilford.org
 336-373-4816 EXT 280

Evergreens Lifestyle Center
1401 Benjamin Parkway
CLASSES WILL START IN JUNE 2021

www.facebook.com/seniorresourcesofguilford

SENIOR RESOURCES
OF GUILFORD

Made with PosterMyWall.com

The CARES ACT that was signed into law March 27, 2020 provides additional funding for various programs authorized by the Older Americans Act. The Piedmont Triad Regional Council (PTRC) carved out of the CARES ACT funds for Senior Centers that will help address social isolation through structured classes that teach older adults to use technology and enhance their overall well-being. The intent is to reach older adults who do not have a smartphone, tablet or computer or those older adults who have a device, but have very limited knowledge on how to use it. One class includes 8 sessions in a month (2 per week). One month will be designated for instruction on Apple devices (iPad) and the following month would be for training a different cohort of older adults on Android devices. Participants who already own a smartphone or tablet will need to bring them to the class because they will need to learn on their own device. For older adults who do not have a smartphone, tablet or laptop, the Center will have tablets to lend to them for one month while they are participating in a class. Participants will bring tablet to class and are encouraged to take it home to practice. At the last session, participants must return the device to be returned to factory settings (wiped) and be made ready for the next user. Classes will begin in June of this year. Stay tuned for registration, and specific dates. In addition to the classes, we have received funding to continue with construction on a small computer lab here in the center.

Submitted by: Shelby Kline, G, Senior Resources of Guilford County

North Carolina Senior Center Alliance



Over the last twenty years Senior Resources of Guilford has provided supportive services to elderly refugees living in our community. Participants have included seniors from the Montagnard, Vietnamese, Russian, and Congolese Bosnian/Serbo-Croatian, and most recently Burmese and Bhutanese communities. (Guilford County is home to the largest community of Montagnard's living outside of Vietnam.) Senior Resources of Guilford conducts beginning level ESL classes and citizenship classes for elderly refugees in Guilford County. The goal for individuals participating in these classes is to obtain US citizenship, as well as skills which enable them to integrate into American culture. Refugee elders are also mainstreamed on a weekly basis into activities at the Evergreens Lifestyle Center. These elderly refugee participants share in recreational, health, wellness, and educational activities. They also participate in our Community Nutrition Program. A focus is placed on preventative health care which has not been available to them in their native land.

Under normal circumstances, participants gather throughout the month on Saturdays for informational, educational, and cultural programming at the Evergreens Lifestyle Center. Elderly immigrants and refugees face many challenges and barriers in daily living that make the idea of citizenship education and naturalization seem unobtainable. Throughout COVID, Senior Resources has continued to provide nutritional support to our Refugee Outreach participants through the agency's Community Nutrition Program. Additionally, through special COVID funding, participants have been provided with produce boxes containing culturally specific fresh fruits and vegetables. Our staff have also remained available to assist with other needs including applying for benefits and providing referrals to community resources to help meet clients' needs.

For more information:

Blanche King, Refugee Outreach Coordinator

336-373-4816 EXT 236

refugeepgm@senior-resources-guilford.org

North Carolina Senior Center Alliance



NC ASSISTIVE TECHNOLOGY PROGRAM

ACCESSIBILITY FOR ALL



**Learn how
technology can
connect you
to people
and activities
in your
community.**

ZOOM in with NCATP

Thursdays | 11:30 a.m. - noon

- Live device demonstrations
- Ask the experts
- Connect with local resources

Beginning Thursday April 15, 2021



[Click here to join session](#)

For more information, please visit:



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Vocational
Rehabilitation Services

www.ncdhhs.gov/ncatp-centers

NCDHHS is an equal opportunity employer and provider, 4/21

North Carolina Senior Center Alliance



Know Your Committee Members.....Reach Out and Touch Base!!

Your NCSCA Committee Members are here to help YOU thrive. Please feel free to contact any of the members listed in the chart below for any questions you may have or to just to introduce yourself!

North Carolina Senior Center Alliance Committee Membership Roster

Sandy Pace, Chair (R) Dare County Senior Center PO Box 1000 Manteo, NC 27954 252.475.5625 sandyf@darenc.com Term Expires: January 1, 2023	Billie Lister, Vice Chair (D) Membership/Communication Subcommittee Lead Lois E. Harrill Senior Center, Watauga 132 Poplar Grove Connector, Suite A Boone, NC 828.265.8090 Billie.Lister@watgov.org Term Expires: January 1, 2023	Christy Southall, Treasurer (K) Special Projects Subcommittee Franklinton Senior Center 602 East Mason St. Franklinton, NC 27525 919.494.5611 csouthall@franklintoncountync.us Term Expires: January 1, 2023
Betsy Griffin, Secretary (P) Lenoir County Council on Aging 112 E. Blount Street Kinston, NC 28501 252.527.1545 director@leniorcco.org Term Expires: January 1, 2022	Thessia Everhart-Roberts (G) Website Administrator Davidson County Senior Services 555-B West Center St. Ext. Lexington, NC 27295 336.242.2946 Thessia.everhart@davidsoncounty.gov Term Expires: January 1, 2023	Kim Crawford (A) Advocacy Subcommittee Macon County Senior Services 108 Wayah Street Franklin, NC 28735 828-349-2058 ext..2727 kcrawford@maconnc.org Term Expires: January 1, 2023
Rich Zeck (Q) Training/Mentoring Subcommittee Lead Pitt County Council on Aging 4551 County Home Road Greenville, NC 27858 252-752-1717 rzeck@pittcoa.org Term Expires: January 1, 2023	Amber Smith (O) Advocacy Subcommittee New Hanover County Senior Resource Center 2222 South College Rd. Wilmington, NC 28403 910.798.6401 asmith@nhcgov.com Term Expires: January 1, 2023	Roxanne Powell (E) Mentoring/Training Subcommittee Burke County Senior Services 501 North Green St Morganton, NC 28655 828.430.4147 roxanne.powell@burkenc.org Term Expires: January 1, 2023

North Carolina Senior Center Alliance



Weyland Prebor (C) <i>Special Projects Subcommittee</i> McDowell Senior Center 100 Spaulding Road Marion, NC 28752 828.659.0823 Wprebor@mcdowellseniorcenter.org Term Expires: January 1, 2022	(N) PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!	Thomas Goble (L) <i>Marketing Subcommittee Lead</i> Jo Story Senior Center City of Roanoke Rapids Parks & Recreation 701 Jackson Street Roanoke Rapids, NC 27870 252.533.2849 tgoble@roanokerapidsnc.com Term Expires: January 1, 2023
Marie Faircloth (M) <i>Advocacy Subcommittee</i> Sampson County Dept. of Aging 405 County Complex Rd Bldg. B, Ste. 104 Clinton, NC 28328 910-592-4653 mfaircloth@sampsonnc.com Term Expires: January 1, 2023	Nancy Hulbert (J) <i>Special Projects Subcommittee</i> Garner Senior Center 205 East Garner Road Garner, NC 27529 919-661-6893 nhulbert@garnernc.gov Term Expires: May 1, 2023	(B) PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!
Nan Buehrer (F) <i>Advocacy Subcommittee, Co-Lead</i> Rufty-Holmes Senior Center 1120 S. MLK, Jr. Avenue Salisbury, NC 28144-5692 704-216-7715 director@ruftyholmes.org Term Expires: January 1, 2023	Jennifer Barraclough, Member at Large (F) <i>Advocacy Subcommittee</i> South Iredell Senior Center 202 North Church Street Mooresville, NC 28115 704-662-3337 jbarraclough@iredellcoa.org Term Expires: January 1, 2023	Katherine Irby, Member at Large (R) <i>Marketing Sub-Committee, Newsletter Lead</i> Dare County Senior Center PO BOX 1000 Manteo, NC 27954 (252)475-9273 katherine.irby@darenc.com Term Expires: May 1, 2023
Step Volunteer	Right To	Up! Help.

North Carolina Senior Center Alliance



<p>Maynell Harper, Member at Large (K) Advocacy Committee</p> <p>Person County Senior Center 87 Semora Road Roxboro, NC 27573 366-599-7484</p> <p>maynell.harper@personseniors.org</p> <p>Term Expires: May 1, 2023</p>	<p>Member at Large</p> <p>PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!</p>	<p>Morgan Doughtie, Member at Large (L) Special Projects Subcommittee</p> <p>Nash County Senior Center 103 N Alston Street Nashville, NC 27856 252-462-2730</p> <p>morgan.doughtie@nashcountync.gov</p> <p>Term Expires: May 1, 2023</p>	
<p>EX-OFFICIO MEMBERS</p>	<p>NCDAAAS Representative Leslee Breen (Ex-Officio)</p> <p>N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3414</p> <p>Leslee.breen@dhhs.nc.gov</p>	<p>Janice Tyler (J), NCAOA Board Member (Ex-Officio)</p> <p>Orange County Department on Aging 2551 Homestead Road Chapel Hill, NC 27516 919.245.4255</p> <p>Jtyler@orangecountync.gov</p>	<p>NCDAAAS Representative Selena Royal (Ex-Officio)</p> <p>N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3414</p> <p>selena.royal@dhhs.nc.gov</p>

If you are interested in becoming a Committee Member or assisting on a sub-committee please send an email or give a Committee Member a call TODAY!!

EDITOR'S NOTE: North Carolina Senior Center news matters to us. NCSCA newsletters will be sent to the email address that we have on file.

Please submit your news article or other content you would like to share to: Katherine Irby via katherine.irby@darenc.com Microsoft Word is the preferred platform, please do not use PDF. Please DO include photographs (.gif or .jpeg) when possible--everyone loves pictures!

The next deadline is **May 28, 2021 at 5 p.m.** in order to be included in the Summer 2021 Edition. Late submissions will not be accepted.

When lacking content supplied by our members; we will utilize outside sources to ensure that we continue to build and grow healthy seniors together while nurturing our own NCSCA network through idea sharing, personal and professional updates and any other pertinent news! Thank you!

North Carolina Senior Center Alliance



If you leave home, know your Ws!



WEAR
a cloth face
covering.



WAIT
6 feet apart. Avoid
close contact.



WASH
your hands often or
use hand sanitizer.

@NCDHHS

#StayStrongNC

ATTENTION: Please refer to North Carolina Department of Health and Human Services for the latest mandates, guidelines, and vaccine information.

Like the NC Senior Center
Alliance Facebook page



Check out our website
www.ncscalliance.com

For more information on the NCSCA visit:
www.ncalliance.com or email: ncscalliance@gmail.com
or you may contact
NCSCA Chair, Sandy Pace, by calling 252-475-5625
or via email at sandyf@darenc.com

NCSCA NEWSLETTER

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