

## NCSCA News Winter 2023

### INSIDE: LEADER'S LETTER

Leader's Letter	1	NCSCA Members—
Membership Information	2	I would like to thank all of the Alliance committee members that have helped make my tenure as Chair enjoyable and gratifying. I feel very blessed to have worked with the best people in the aging field from across our awesome state.
News from Around the State	3-12	We accomplished a lot of things together and kept the Alliance alive and kicking through an extraordinarily challenging time during the pandemic. I am grateful and proud to have been able to work with each of you.
In Other News	13-19	I am now passing the torch to Rich Zeck who I know will be phenomenal. I ask that you all give him all of the assistance he needs and I know that together we will continue to help mentor our fellow senior center staff enabling them to provide the best possible programs and services to our older adults. Because, at the end of the day, that is what it is all about and why we do what we do, our older adults are worth it and deserve our best.
Alliance Facebook Use	20	
Directory of Committee Members	21-22	I hope to see you all at the NCAOA Conference in March where you can meet Rich in person at our annual meeting that will be held on Monday, March 13th at 5:30 p.m.
		Sandy
NCSCA Newsletter Information	23	<p><b>Good Day Fellow Senior Center Shakers and Movers!</b></p> <p>There is no better time to be in the aging/senior center business than right now.</p> <p>The baby boomer generation is the single largest group of people in the history of our</p>

country, with over 10,000 people a day turning 65 years old. It is this group of seniors that has and will change our centers for years to come.

Our organization has met these new opportunities with many new ideas, and most of all the example of leadership from your Executive Leadership team, led by Chair Sandy Pace. Sandy has done an incredible job, mostly behind the scenes and thankless. Each and everyone of us already has a job, but this team has found the time to help you and me be better professionals in our positions. Thank you to all the past chairs and leadership who got us to where we are today.

Now it is time for us to grab the baton and keep moving forward. It all starts at our conference in Charlotte March 13-15. If you have not yet registered, or are on the fence, do it today! There is power in numbers and now is the time we need that power to improve the quality of life for our seniors with creative and innovative programs, services, and advocacy.

I realize I have big shoes to fill (Sandy has dainty feet), but I am up for the challenge as chair of our awesome group. What we'll need to do is continue to work together and get out of comfort zones and help one another. What usually does not work is the 80/20 rule when 20% of the people carry 80% of the workload. We need you. We need your ideas. We need your investment for the good of the whole.

To each and everyone of you, thank you for your time and commitment to serve one of our country's greatest resource—it's seniors. Once again thank you Sandy Pace for being the example of leadership, and to everyone who has contributed and been a part of the NCSCA over the years.

Here's to the next generation of leadership and improving quality of life of North Carolina's seniors.

Regards,

Rich

*Submitted by Sandy Pace, R, Chair, Virginia S. Tillett Community Center & Rich Zeck, Q, Training/Mentoring Lead, Pitt County Council on Aging*

# 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>



# NEWS FROM AROUND THE STATE

## “5 Minute Challenge”

Each newsletter cycle, a prompt will be sent to you via email requesting that you complete the following 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 (preferably) 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.gov](mailto:katherine.irby@darenc.gov)

It is a very simple way to share and highlight your hard work while giving fresh ideas to our fellow senior center folks!! Or share pictures from over the season.



# North Carolina Senior Center Alliance



## A Season for Living



In the past couple of months the Virginia S. Tillett became re-certified as a NC Center of Excellence; VTCC Travelers went to Maine, SW USA, Scotland and Asheville; VTCC ornaments were featured at the Capitol Christmas 2022 Tree Stop in Manteo; held the Annual VTCC Dare to Scare 5K, VTCC Annual Veteran's Celebration, Annual VTCC Toy Drive, VTCC's 12 Days of Christmas visits; and the Tai Chi on the Beach folks thoroughly enjoyed themselves—not to mention a fabulous holiday cookie swap!! We also rolled out another edition of the Aging Well Series. Here's to 2023!!

*Submitted by: Katherine Irby, R, Marketing, Virginia S. Tillett Community Center*

## Active Seniors: Putting Knowledge to Work



Participants at the Davidson County Senior Center in Lexington demonstrate their skills in a recent Tai Chi for Arthritis and Fall Prevention class.





# Intergenerational Programs Benefits All



Interacting across the generations is a favorite activity in Pitt County. Students from a local high school come out **weekly** to assist with exercise classes and bingo.

**BRAVO!**

# North Carolina Senior Center Alliance



On Friday, January 6, 2023 the Neighbors Network in Conover, celebrated their 10<sup>th</sup> Anniversary!

Congratulations on your first decade!

*Submitted by: Rik Covalinski, E, Neighbors Network*



Want to toot your horn?? Send your Center information to [katherine.irby@darenc.gov](mailto:katherine.irby@darenc.gov) **before May 5, 2023 at 5 P.M.** in order to be included in the Summer 2023 edition. Late submissions will not be accepted.



# North Carolina Senior Center Alliance



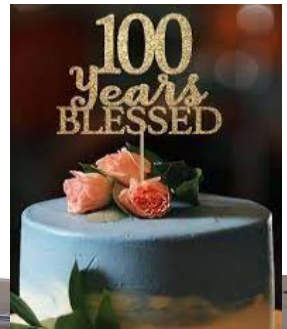
Ages 90 – 100 years young!

The Crawford Senior Center hosted a party to celebrate our members who had turned 90 or older in 2022.

Singing along to some Oldie Goldie songs and sharing stories of some of the biggest changes they had seen in their years. The oldest at the party was 100!



# TO



The graduating class from Matter of Balance. Each worked hard to finish 8 weeks of classes to learn exercises that will help them stay balanced.

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



## Healthy from Head to Toe



New Hanover County Senior Resource Center's dental program ensures that participants teeth and gums stay healthy.

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New Hanover County Senior Resource Center's nutritionist leads a walking group on the beautiful trail beside the Senior Resource Center; each are getting exercise and keeping that good blood flowing down to their feet!



HEAD TO TOE  
HEALTH • WELLNESS

## New approach at the Council on Aging

Agency adapting to meet  
changing needs of today's seniors

By Kim Grizzard

**A**t the start of a new year, the fact that exercise classes are going strong is hardly newsworthy. But what might come as a surprise to some people is exactly where fitness is flourishing.

Thanks, in part, to aging Baby Boomers, business is booming at the Pitt County Council on Aging, where participants 60 and older can choose anything from chair fitness to yoga and bachata to Zumba. But what is bringing them here is more than just a new year's resolution. It's the evolution of the concept of the senior center, which just this month changed the sign in front of its County Home Road location to read Council on Aging Greenville Senior Wellness Center.

"When I think of a 'senior center,' I think of a bunch of old people sitting around a table knitting, crocheting, playing bingo, watching TV," Executive Director Rich Zeck said. "We may do some of those things, but it isn't really what we do. The people today who are 70, they're active; they're engaged. They don't want to knit and crochet and play bingo. They want to be going."

"We're trying to reinvent aging," he said. "... We're kind of like the Chuck E. Cheese for seniors."

That means making some additions to the menu at the local nonprofit, which was launched nearly half a century ago. In 1975, to serve the older adult population in Pitt County by helping them maintain independence in their homes. Back then, the mission was centered on transportation and nutrition with the 1981 start of Meals on Wheels, which served 70 meals a week.

More than four decades later, that program has grown to 400 meals a day, with another 100 people on a waiting list. To help fund those meals and to satisfy a hunger for more offerings for senior adults, COA now offers a host of programs and services designed to promote healthy living. A glance at



Guests enjoy the Time Of My Life 2022 Senior Citizen Prom at the center in June. (Elton Collins)

the agency's calendar reveals a cruise-ship-like schedule of activities from landscape painting and woodcarving to ping pong and soul line dancing.

"You see people maybe 80 years old out here doing that kind of stuff," Zeck said of the popular dance class. "I'm out of breath just walking around here, and they're out there doing that."

Stella Williams, 73, who started coming to the center more than a year ago, has enrolled in sign language and the "Food Is Medicine" series of nutrition classes. On Tuesdays and Thursdays, she joins as many as 50 others in a senior fitness class taught by Journonya Davis.

"I strongly believe some of them are not really that old," Williams said, joking about her classmates, who had just worked up a sweat working out to the 1978 disco hit "Y.M.C.A." "They just come here and take lessons."

Davis, who teaches half a dozen dance and fitness classes at the center each week, said it is not unusual for observers to be surprised at the level of intensity they see in a senior adult class.

"All seniors are not created equal," said Davis, who previously taught fitness classes in the Triangle before relocating to eastern North Carolina. "This class is very energized. We move a lot."

Silver tsunami

According to the U.S. Department of Health and Human Services, a large segment of the country is on the fast track to senior adulthood, with an estimated 10,000 people a day turning 65. By 2030, older adults are expected to account for as much as 20 percent of the U.S. population. That could translate to some 40,000 senior adults in Pitt County.

Zeck said the Council on Aging sees about 15 people a week who are new to the area, many having relocated from the Northeast. That's 60 new people a month to add to the



# North Carolina Senior Center Alliance



Fitness classes are a big draw at the Pitt County Senior Wellness Center on County Home Road. "All seniors are not created equal," said Journonya Davis, one of the instructors. "This class is very energized. We move a lot."

hundreds already walking through the doors.

Nearly three years after the coronavirus pandemic forced the center to close its doors, it is a welcome sight. While the agency managed to keep its Meals on Wheels delivery service open throughout the pandemic, COVID kept the facility closed to seniors. But the local Council on Aging, unlike many government-run agencies across the state and nation, was able to reopen after only three months. Since then, attendance has increased by about 30 percent.

"I think the pandemic, in some bizarre way, actually helped us because so many seniors depend on interacting and relationships," Zeck said. "People are looking for fellowship. They want to find people. ... We started growing in the heart of the pandemic."

In February 2022, the agency opened a 7,000-square-foot expansion at a cost of \$1.5 million, funds that were raised during the pandemic.

"That says a multitude of things," Zeck said. "It says the community's behind us. It says there's a multitude of need and we are bursting. We're even getting to the point of full capacity of the new building."

Part of the reason for that, he believes, is that the Council on Aging is adapting to the changing needs of seniors. In recent years, the agency has shifted programming to host workshops that teach seniors how to use their new cell phones or Facebook in addition to innovative offerings like hymnology and "Wine for Dummies."

"Today's seniors are way different than even 10 years ago," Zeck said. "We have chocolate sculpting classes, we have pie-making classes, we have stained glass classes. We have things that young people don't even do."

"When I look at our newsletter, I'll go back to one of our directors and say, 'When did we start doing this?'" he said,

laughing. "They want to learn."

Sometimes, that means learning to knit, crochet or quilt, skills that many seniors have already mastered but others

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# North Carolina Senior Center Alliance



## From APPROACH | 9

never got around to pursuing. Other times, it means taking up something completely foreign to them, like mahjong, a tile-based game developed in China that is similar to the card game rummy.

Alison Johnson was not sure what to expect when she began attending fitness classes last summer. Council on Aging didn't sound like a very exciting place for the 69-year-old, who had recently retired.

"I thought senior center, they're probably going to be a lot of older people," she said. "I don't want to feel like I'm old, I want to be able to still feel young and do things."

But what she found was people who share her interests, including fitness and Scrabble. Johnson has been a regular ever since, although she still doesn't like the word "aging" in the name.

"It shouldn't say that because it makes people think old," she said. "Becoming a senior and becoming retired is not bad. It's a lot of fun."

Zeck hopes the emphasis on wellness — physical, social and emotional — will continue to attract people.

"People hate to admit that they're aging, but we're all doing



Executive Director Rich Zeck speaks during an opening ceremony for an expansion at the center in 2022.

it," he said. "Who says just because we're getting older we can't have fun? For me that's what this place is about, people coming having a good time, feeling like their lives matter. There's value here."

Pitt County Council on Aging operates six senior wellness centers throughout Pitt County. For more information about programming and services, visit [www.pittcoa.com](http://www.pittcoa.com).

**Pitt County Council on Aging is squarely focused on benefits provided by the Senior Wellness Center.**

**What a great example of how the North Carolina Senior Centers take care of our citizens.**

**Well Done, Pitt County.**

more  
news  
...

# North Carolina Senior Center Alliance



ACL UPDATES



## ACL ANNOUNCEMENT

### Older Americans Month 2023

The 2023 OAM theme has been announced. Click on the link below for additional information, planning and marketing resources!



**AGING UNBOUND: MAY 2023**

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is ***Aging Unbound***, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes.

Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

<https://acl.gov/oam/2023/older-americans-month-2023>



# North Carolina Senior Center Alliance



## HEALTHY AGING NC

### Healthy Aging NC – NC Center for Health and Wellness

<https://healthyagingnc.com/>

Be sure to check out the recently updated Healthy Aging NC (HANC) website. Their website is a great resource to share in your newsletters or mass emails. The website includes Social Engagement Self-Assessment, Social Engagement Resources, the interactive Find Your Senior Center Map and much more.

This flyer is one example of the many one page flyers and fact sheets.

Perfect for sharing via email or posting on your center's bulletin board. HANC Flyer

The HANC website also has great resources for (you) senior center staff.

Informational Power Points slides, tons of topics with lists of resource pages - all available for download. You can also find details on upcoming webinars and training.

So, even if you've seen it before, take a few minutes for a refresher and check out the HANC webpage.

# North Carolina Senior Center Alliance



**North Carolina  
Senior Games**

Kinney Baughman, a North Carolina Senior Games participant, Ambassador and Board member from the Boone area, offered the following thoughts after he experienced NCSG's return to in-person events in 2022 – sports and the beautiful SilverArts – after a long delay due to health and safety concerns brought about by the pandemic. Kinney wrote these eloquent words: “It was hard to describe the atmosphere at State Finals. It was just so good to see everyone again and experience firsthand the feeling of a family reunion.”

For many years, we have described State Finals as an “annual family reunion,” as participants gather to see friends created over the years through competition and shared joy. This year was special and powerful, indeed! Kinney's words truly capture the essence of how so many of us felt as we were able to see members of the Senior Games Family, live and in-person again! To complement Kinney's words, here are some of my observations and reflections on the power of this year's State Finals:

- As I walked around the Track Meet in Durham, a woman was overcome with emotion as she registered for her running events for the day. Struck by the significance of being back at State Finals, she shed tears of joy as she exclaimed “It is just so GOOD to be back and to be able to see everyone again!”
- At the Cary Arts Center as part of the Celebration of the Games, NCSG commemorated the 50<sup>th</sup> Anniversary of Title IX and recognized some of the incredible women who have shaped this program over the course of its nearly 40 years. It was so amazing to see all of them on-stage!
- It was equally amazing to witness the two torch bearers from the Qualla Boundary Senior Games, which was in its very first year as a Local Senior Games, bring the Flame of Good Health to Opening Ceremony. They reminded everyone of the spirit of peace and harmony and strength that permeates all Senior Games activities – you could truly feel that spirit this year!
- And while we welcomed so many old friends and new ones as well, we had to pause and remember those who left us during the time we were “away.” There were some “empty chairs” at our family table and we remember our friends with deep reverence.....

Kinney Baughman was right – it was hard to describe the atmosphere this year. One thing is for sure – the Spirit of Senior Games is strong and the Flame of Good Health continues to burn brightly! We hope to see YOU soon....if you are not involved with your Local Senior Games or at State Finals, please contact us!!

Our website is [www.ncseniorgames.org](http://www.ncseniorgames.org) and email contact is [ncsg@ncseniorgames.org](mailto:ncsg@ncseniorgames.org).

North Carolina Senior Center Alliance



# Ann Johnson Institute for Senior Center Management

Module 2 -The Art of Supervision and Developing Resources

March 28th -30th

Meadowbrook Inn, Blowing Rock, NC

Traditional 2 1/2 day in-person conference

Seats are limited - registration and payment required\*

Keep an eye on the senior center listserv for the registration link and additional information!

\*this session will fill very quickly.





# North Carolina Senior Center Alliance



## **Garner Senior Center 2023 Ann Johnson Senior Center of the Year Award Winner!**

Garner Senior Center is the winner of the seventh annual Ann Johnson Senior Center Award for Excellence in the Field of Aging. On January 23, the award was presented on behalf of the North Carolina Senior Center Alliance and the North Carolina Division of Aging and Adult Services by Leslee Breen, Senior Center Development and Transportation Specialist (DAAS), to Torrey Blackmar, Garner Senior Center Manager, Nancy Hulbert, Garner Senior Center Assistant Manager, Tony Derico, Garner Senior Center Advisory Chairman, and Todd Riddick, Recreation Superinten-



(Left to right: Tony Derico, GSC Advisory Chairman, Leslee Breen, NC DAAS, Torrey Blackmar, GSC Manager, Todd Riddick, Recreation Superintendent, and Nancy Hulbert, GSC Assistant Manager)

For more information about this year's winner please read the story on the next page.

Congratulations from the North Carolina Senior Center Alliance and the Special Projects Committee!

*Submitted By: Weyland Prebor, C, Special Projects Subcommittee, McDowell Senior Center*

# North Carolina Senior Center Alliance



## **Garner Senior Center Named North Carolina Senior Center of the Year**

When Seniors enter the Garner Senior Center (GSC), they are greeted with a smile and with a wide range of classes from fitness to art for them to enjoy. This year, the GSC has earned the 7th Annual Ann Johnson Senior Center of the Year Award for Excellence in the Field of Aging awarded by the North Carolina Senior Center Alliance to honor a senior center that has made significant contributions that address and elevate issues important to the field of aging and make a positive impact affecting older adults. The award was presented to GSC Staff by Leslee Breen, NC Division of Aging and Adult Services, representing the NC Senior Center Alliance.

For more than 30 years the GSC has offered the Garner area 55+ population valuable opportunities to learn about wellness and fitness, take a variety of classes, participate in local trips and leisure activities, address health and nutrition needs, and come together in fellowship. The GSC is certified as a Center of Excellence by the North Carolina Division of Aging and Adult Services, a designation received in recognition of achieving a high standard of practice in five operational areas: outreach and access, programs and activities, planning and evaluation, staffing, and operations. On an average year, more than 3,500 adults over 55 become “members” of the GSC.

The GSC partners with Meals on Wheels of Wake County who uses the catering kitchen at the GSC to provide 1,700 meals a month in the congregate dining room. Volunteers from the GSC and the community deliver an additional 1,100 meals locally every month. Another partner, Resources for Seniors, Inc., is a nonprofit organization that provides information and referral services for seniors at the GSC and in Wake County.

In 2022, the GSC launched the Gardening for Life Program, made possible by a \$25,000 grant from Next50. This program combines learning opportunities about nutrition and healthy eating, hands-on gardening and cooking demonstrations, and creative opportunities for participants to document their learning experience. Participants have been getting their hands dirty in the new raised beds located at the GSC and have enjoyed gardening-related classes creating art projects, journals, learning about composting and healthy recipes, and more.

“The Garner Senior Center is a great resource for the Seniors in our community,” says Maria Muñoz-Blanco. “It truly has something for everyone in the Garner senior community, whether it’s fitness, games, gardening, learning opportunities, the arts, or social activities. The designation of “North Carolina Senior Center of the Year” is a true testament to the GSC staff’s hard work and dedication to make the center such a welcoming resource for our community.”

For more information about Garner Parks, Recreation and Cultural Resources, visit:

[garnernc.gov/parks](http://garnernc.gov/parks)

and follow us on Facebook and Instagram #DiscoverPlayCelebrate

*Congratulations!*



## **Expectations When Using the NC Senior Center Alliance Facebook Page**

Social media is a great way to learn different ways to promote your center, as well as innovative new programs that you can try. We love hearing your tips, success stories, and creative ideas, and encourage you to share these on our NCSCA Facebook (*NC Senior Center Alliance*) page!

Examples of these may be an article in newspaper/publication highlighting a creative program, an announcement of event from which centers across the state can access and benefit, or tips on how your center overcame a challenge that other centers may struggle with.

To make sure these posts are highlighted and our mission is fulfilled, we ask that you please limit posts that pertain solely to your own senior center (such as exercise videos, announcements for local events, etc.) or other information that does not directly benefit senior centers (such as memes, quotes, etc.)

Thank you for helping us ensure we remain an excellent resource for marketing and communication within this strong network of senior centers in our state!





# 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



February 2023

|                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Rich Zeck, Chair (Q)</b><br><i>Training/Mentoring Subcommittee Lead</i><br>Pitt County Council on Aging<br>4551 County Home Rd Greenville, NC 27858<br>252-752-1717<br><a href="mailto:rzeck@pittcoa.org">rzeck@pittcoa.org</a><br>Term Expires: January 1, 2025                                   | <b>Morgan Doughtie, Vice Chair (L)</b><br><i>Membership/Communication Subcommittee Lead</i><br>Nash County Senior Center<br>103 N Alston Street<br>Nashville, NC 27856<br>252-462-2730<br><a href="mailto:morgan.doughtie@nashcountync.gov">morgan.doughtie@nashcountync.gov</a><br>Term expires: May 1, 2025 | <b>Christy Southall, Treasurer (K)</b><br><i>Special Projects Subcommittee</i><br>South Granville Senior Center<br>PO Box 766<br>Creedmoor, NC 27522<br>919.528-0848<br><a href="mailto:christy.southall@granvillecounty.org">christy.southall@granvillecounty.org</a><br>Term expires: January 1, 2025 |
| <b>Betsy Griffin, Secretary (P)</b><br>Lenior County Council on Aging<br>112 E. Blount Street<br>Kinston, NC 28501<br>252.527.1545<br><a href="mailto:director@leniorcco.org">director@leniorcco.org</a><br>Term Expires January 1, 2024                                                              | <b>Anna Claire Kelly (G)</b><br><b>Website Administrator</b><br>Davidson County Senior Services<br>555-B West Center St. Ext.<br>Lexington, NC 27295<br>336.242.2946<br><br>Term expires: January 1, 2025                                                                                                     | <b>Kim Crawford (A)</b><br><i>Advocacy Subcommittee Co-Lead</i><br>Macon County Senior Services<br>108 Wayah Street<br>Franklin, NC 28735<br>828-349-2058 ext..2727<br><a href="mailto:kcrawford@maconnc.org">kcrawford@maconnc.org</a><br>Term expires: January 1, 2025                                |
| <b>Katherine "Kat" Irby, (R)</b><br><i>Marketing Subcommittee</i><br>Newsletter<br>Virginia S. Tillett Community Center<br>950 Marshall C. Collins Drive<br>Manteo, NC 27954<br>252-475-9273<br><a href="mailto:katherine.irby@darenc.gov">katherine.irby@darenc.gov</a><br>Term Expires: May 1, 2025 | <b>Amber Smith (O)</b><br><i>Advocacy Subcommittee</i><br>New Hanover Co. Senior Resource Center<br>2222 South College Rd.<br>Wilmington, NC 28403<br>910.798.6401<br><a href="mailto:asmith@nhcgov.com">asmith@nhcgov.com</a><br>Term Expires: January 1, 2025                                               | <b>Roxanne Powell (E)</b><br><i>Mentoring/Training Subcommittee</i><br>Burke County Senior Services<br>501 North Green St<br>Morganton, NC 28655<br>828.430.4147<br><a href="mailto:roxanne.powell@burkenc.org">roxanne.powell@burkenc.org</a><br>Term Expires: January 1, 2025                         |

# North Carolina Senior Center Alliance



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| <b>Weyland Prebor (C)</b><br><i>Special Projects Subcommittee Lead</i><br>McDowell Senior Center<br>100 Spaulding Road<br>Marion, NC 28752<br>828.659.0823<br><a href="mailto:Wprebor@mcdowellseniorcenter.org">Wprebor@mcdowellseniorcenter.org</a><br>Term Expires: January 1, 2024     | <b>Sarah Locklear (N)</b><br>Hamlet Senior Center<br>102 Veterans Drive<br>Hamlet, NC 28345<br>910.582.7985<br><a href="mailto:slocklear@hamletnc.us">slocklear@hamletnc.us</a><br>Term Expires: March 2024                                                                              | <b>Thomas Goble (L)</b><br><i>Marketing Subcommittee Lead</i><br>Jo Story Senior Center<br>City of Roanoke Rapids Parks & Rec<br>701 Jackson Street<br>Roanoke Rapids, NC 27870<br>252.533.2849<br><a href="mailto:tgoble@roanokerapidsnc.com">tgoble@roanokerapidsnc.com</a><br>Term Expires January 1, 2024 |
| <b>Marie Faircloth (M)</b><br><i>Advocacy Subcommittee</i><br>Sampson County Dept. of Aging<br>405 County Complex Rd<br>Bldg. B, Ste. 104<br>Clinton, NC 28328<br>910-592-4653<br><a href="mailto:mfaircloth@sampsonnc.com">mfaircloth@sampsonnc.com</a><br>Term Expires: January 1, 2025 | <b>Nancy Hulbert (J)</b><br><i>Special Projects Subcommittee</i><br>Garner Senior Center<br>205 East Garner Road<br>Garner, NC 27529<br>919-661-6893<br><a href="mailto:nhulbert@garnernc.gov">nhulbert@garnernc.gov</a><br>Term expires: May 1, 2023                                    | <b>(B)</b><br><br><b>Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve</b>                                                                                                                                                                                      |
| <b>Jennifer Barraclough, (F)</b><br><i>Advocacy Subcommittee</i><br>South Iredell Senior Center<br>202 North Church Street<br>Mooresville, NC 28115<br>704-662-3337<br><a href="mailto:jbarraclough@iredellcoa.org">jbarraclough@iredellcoa.org</a><br>Term Expires: July 1, 2024         | <b>Cyndi Shimer, (Q)</b><br><b>Member at Large</b><br><i>Advocacy Subcommittee Co-Lead</i><br>Pitt County Council on Aging<br>4551 County Home Rd Greenville, NC 27858<br>2525.752.1717 x205<br><a href="mailto:cshimer@pittcoa.com">cshimer@pittcoa.com</a><br>Term Expires: March 2024 | <b>Member at Large</b><br><br><b>Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve</b>                                                                                                                                                                          |
| <b>Maynell Harper (K)</b><br><b>Member at Large</b><br><i>Advocacy Subcommittee</i><br>Person County Senior Center<br>87 Semora Road<br>Roxboro, NC 27573<br>336-599-7484<br><a href="mailto:maynell.harper@personseniors.org">maynell.harper@personseniors.org</a>                       | <b>Sandy Pace, (R)</b><br><b>Member at Large</b><br>Virginia S. Tillett Community Center<br>PO Box 1000<br>Manteo, NC 27954<br>252.475.5625<br><a href="mailto:sandyf@darenc.gov">sandyf@darenc.gov</a><br>Term expires: January 1, 2025                                                 | <b>Member at Large</b><br><br><b>Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve</b>                                                                                                                                                                          |
| <b>NCDAAS Representative</b><br><b>Leslee Breen (Ex-Officio)</b><br>N.C. Division of Aging and Adult Services<br>MSC 2101<br>Raleigh, NC 27699<br>919.855.3414<br><a href="mailto:Leslee.breen@dhhs.nc.gov">Leslee.breen@dhhs.nc.gov</a>                                                  | <b>NCDAAS Representative</b><br><b>Selena Royal (Ex-Officio)</b><br>N.C. Division of Aging and Adult Services<br>MSC 2101<br>Raleigh, NC 27699<br>919.855.3423<br><a href="mailto:selena.royal@dhhs.nc.gov">selena.royal@dhhs.nc.gov</a>                                                 | <b>Janice Tyler, NCAOA Chair (J)</b><br><b>(Ex-Officio)</b><br>Orange County<br>Department on Aging<br>2551 Homestead Road<br>Chapel Hill, NC 27516<br>919.245.4255<br><a href="mailto:Jtyler@orangecountync.gov">Jtyler@orangecountync.gov</a>                                                               |

# North Carolina Senior Center Alliance



## Kindness is free

**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.gov](mailto:katherine.irby@darenc.gov) 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 5, 2023 at 5 p.m.** in order to be included in the Summer 2023 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 though idea sharing, personal and professional updates and any other pertinent news! Thank you!

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[www.ncscalliance.com](http://www.ncscalliance.com)

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

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