

## NCSCA News Summer 2024

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Summer 2024

Greetings NCSCA members,

How was your summer? We visited Charlotte and OBX and several other destinations. North Carolinians have the best of both worlds. We can travel from the ocean to the mountains with so much in between. What a great state!

For many of us vacation time is over, and it is time to get back to senior business. And boy, do we have senior business to attend to this fall. We are the light and voice for so many and now more than ever our voices need to be heard.

We talk about advocating for our seniors and they need us. Inflation is stifling them with higher food costs, utilities are higher, insurance and prescription drug costs have risen. Loneliness, fear and anxiety are at all time highs. We cannot fix all these issues, but we can advocate and be there when seniors come knocking on our doors.

What can we do? The same things we have always done, but we need to turn it up a notch or two. If you do not, who will? We cannot wait for the other guy to do something. Issues are issues and it does not matter the political party. Our job is to educate and inform elected officials of the needs of seniors. It may be obvious to you and me but for some of these officials, they are clueless. We need a loud and clear voice about who we are and what we need.

This fall roll up your sleeves, pull up your big person pants and let's advocate like never before for our seniors. They are counting on us.

Have a great day and thank you for being such wonderful stewards for our greatest resource- our seniors!



*Rich*

Rich Zeck



# 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 are 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://app.joinit.com/o/north-carolina-association-on-aging>

### **NCAOA:**

<https://www.ncaoaging.org/>

### **NCSCA:**

<https://ncscalliance.org/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



**Come on, we'll  
save you a seat!**



The Virginia S. Tillett Center (VTCC) had a busy summer in 2024. Trips to: Niagara Falls, Ontario, a Mediterranean Cruise, West Virginia rails as well as The Ancient Cities.

Many creative arts classes featuring different mediums. Bingo for days. WEAAD Walk. Intergenerational Camp and classes all summer. Hurricane preparedness sessions. Medicare 101's. It's been one HOT summer at the VTCC!

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



# North Carolina Senior Center Alliance



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Taking fan donations from the generous community after we distributed our original allotment of fans (originally 21 fans—they were gone very quickly). We have been overwhelmed by the community support when we asked for more fans, we received more than 50 additional fans.! What a giving spirit!

## ‘Dis is How Davidson Does



### Oldiedwed Game:

The Lexington Senior Center hosted an Oldiedwed Game - similar to the newlywed game but for seniors! Lots of laughs and information was shared!





# Painting and Walking in Davidson

## Painting Class:

A few of Davidson  
participants enjoyed painting



## WEAAD:

We hosted our annual World Elder Abuse Awareness walk this year! We had participants walk around a section of the track and end with popcorn, cookies and waters.

# North Carolina has Needled Narwhals?



## Needle Felting:

Participants learned how to needle felt and each made a little creature to take home with them! They made everything from narwhals to cats and dogs!



# North Carolina Senior Center Alliance



Engage Art class at the Neighbors Network has been busy making summer candle jars in Conover!

# North Carolina Senior Center Alliance



Mrs. Edna Minor giving away pull ups for the Martin County bi-weekly pull up for pull ups program/service!

*Submitted by: Brianna Dickerson, R, Martin County Adult and Aging Services*



Want to toot your horn?? Send your Center information to [katherine.irby@darenc.gov](mailto:katherine.irby@darenc.gov) **before October 11, 2024 at 5 P.M.** in order to be included in the Fall 2024 edition. Late submissions will not be accepted.



# North Carolina Senior Center Alliance



Helping Hands Helping  
Children's Hospital



A couple of Martin County quilters making a baby blanket for the Maynard Children's Hospital located in Greenville, NC!

# North Carolina Senior Center Alliance



Thy word is a lamp unto my feet, and a  
light unto my path.

Psalm 119:105 KJV



Garland participants having Bible study;  
listening very attentively.



# North Carolina Senior Center Alliance



We enjoyed fun in the summer sun with a tour of the Carolina Beach Historic Boardwalk and donuts from historic shop "Britt's Donuts".



For our Memorial Day BBQ and celebration to a wonderful Older Americans Month we enjoyed some group line dancing, great food and fellowship.



Our participants enjoying some bike rides with the assistance of local non-profit 3 Wheel Therapy.



Submitted by: Megan Lanier, O, New Hanover County Senior Resource Center

# North Carolina Senior Center Alliance



After Bingo, it's the 3 P's in Jones County:

~Puzzles

~Pool

~Painting

Submitted by: Kathryn Smith, O, Jones County, Trenton Site





# Fish Tales Told Here



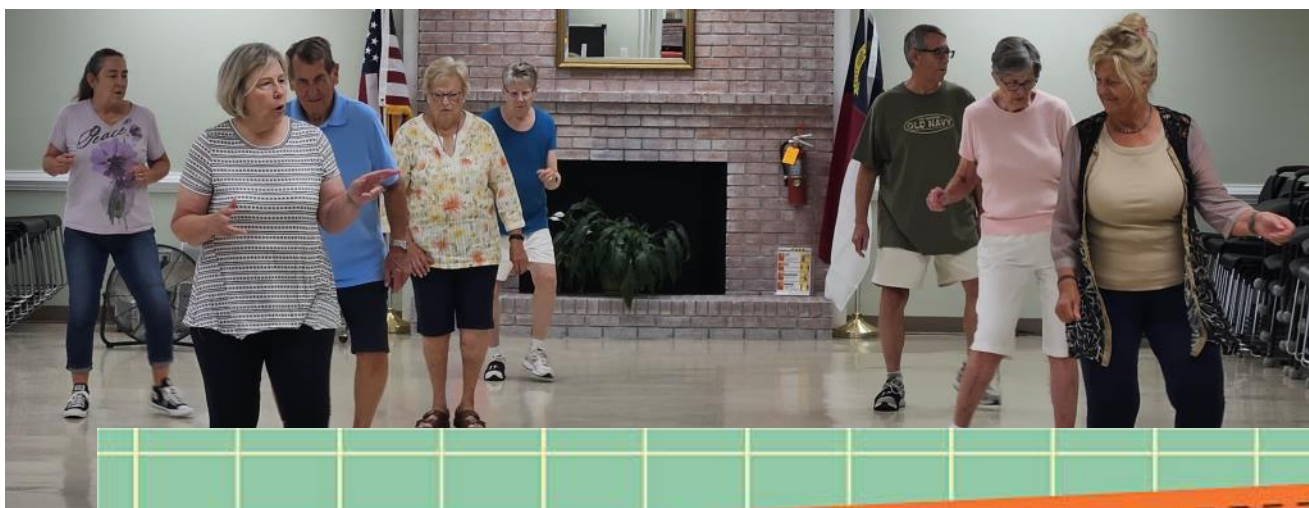
Hertford County catches a good time at Jeanette's Pier  
in Nags Head!

*Submitted by: Diedra Evans, R, Hertford Office of Aging*

# North Carolina Senior Center Alliance



## CLASSES



Beginner Line Dancing and Age & Bake  
Classes (using fresh veggies from  
“The Greenery”, a community garden)...fun!

*Submitted by: Paula Hall, G, King Senior Center*



# North Carolina Senior Center Alliance



“Volunteering is an act of heroism on a grand scale. And it matters profoundly. It does more than help people beat the odds; it changes the odds.” -Bill Clinton

*Submitted By: Diedra Evans, Q, Hertford County on Aging*

# North Carolina Senior Center Alliance



## Iredell...Teaching Skills Everyday



Participants at the South Iredell Senior Center/Iredell Council on Aging enjoying fresh flower arranging under the guidance of Clipper's flower shop in Mooresville, NC.

South Iredell Senior Center/Iredell Council on Aging's Woodcarving group showing off their work. This talented, dedicated group meets every Wednesday!



# North Carolina Senior Center Alliance



*I'd Rather Be Playing*  
**EUCHRE**



**At the Neal Senior Center, card games are very popular, such as this "Euchre" group.**

more  
news  
...





## ACL ANNOUNCEMENT

# EMERGENCY PREPAREDNESS

## FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

**CREATE A  
NETWORK OF  
SUPPORT**  
TO HELP YOU IN CASE  
OF AN EMERGENCY.

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.



talk to a health care  
provider about what to do



identify an alternative  
power source for devices



inform your emergency  
contacts of the plan



Plan how you will  
**communicate**  
if you have a  
communication  
disability.



Plan for your  
**transportation**  
if you need help  
evacuating.



Plan how you will  
evacuate with any  
**assistive devices.**

## WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ☒ Contact information for important people and care providers
- ☒ A list of medicines you need, dosage instructions, and any allergies
- ☒ Styles and serial numbers of all medical and assistive devices
- ☒ Need-to-know information for first responders and others who might need to help you



Food, water, and  
essentials for  
you and pets or  
service animals



Medicines,  
medical supplies,  
batteries, and  
chargers

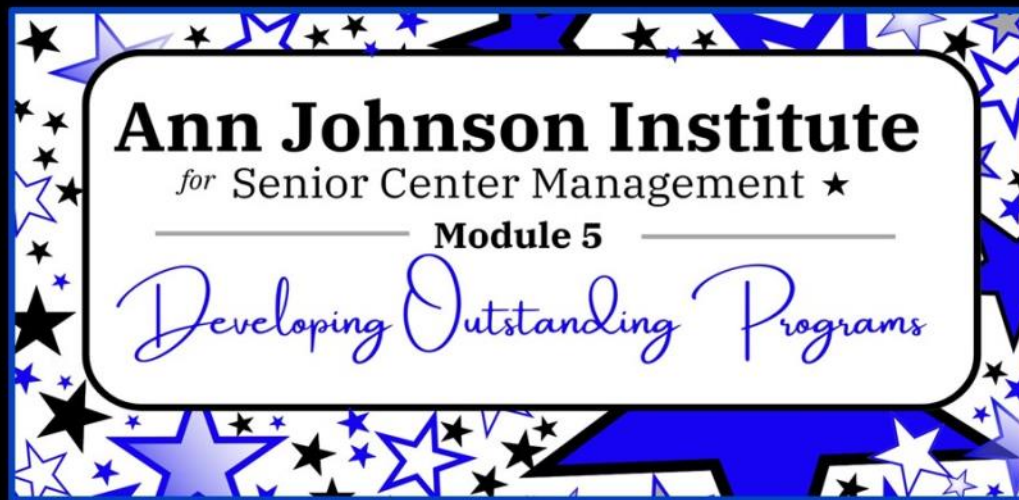


Copies of  
Medicaid, Medicare,  
and other  
insurance cards

# North Carolina Senior Center Alliance



*Save the date!*



**More information  
coming soon!**

*October 1<sup>st</sup> -3<sup>rd</sup>*  
*Blowing Rock, NC*





## 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!



# 2023-2024

## North Carolina Senior Center Directory

Being a member of NCSCA means staying connected to other in the senior center community.

If you are interested in having access to the NC Senior Center Directory (listed by region) please follow the link :

<https://www.ncscalliance.org/about>

You may download the document to your computer or print, as you wish. If you see an inconsistencies, please report them to [Leslee.breen@dhhs.nc.gov](mailto:Leslee.breen@dhhs.nc.gov)





# North Carolina Senior Center Alliance



## North Carolina Senior Center Alliance Committee

### Membership Roster



<b>Rich Zeck, Chair (Q)</b> Training/Mentoring Subcommittee Lead Pitt County Council on Aging 4551 County Home Rd Greenville, NC 27858 252-752-1717 <a href="mailto:rzeck@pittcoa.com">rzeck@pittcoa.com</a> Term Expires: January 1, 2025	<b>Jennifer Barraclough, Vice Chair (F)</b> Advocacy Subcommittee Iredell Council on Aging 344 East Front Street Statesville, NC 28677 704-873-5171 <a href="mailto:jbarracough@iredellcoa.org">jbarracough@iredellcoa.org</a> Term Expires: July 1, 2024	<b>Christy Southall, Treasurer (K)</b> Special Projects Subcommittee South Granville Senior Center PO Box 766 Creedmoor, NC 27522 919-528-0848 <a href="mailto:christy.southall@granvillecounty.org">christy.southall@granvillecounty.org</a> Term expires: January 1, 2025
<b>Betsy Griffin, Secretary (P)</b> Lenoir County Council on Aging 112 E. Blount Street Kinston, NC 28501 252-527-1545 <a href="mailto:director@leniorcco.org">director@leniorcco.org</a> Term Expires January 1, 2024	<b>Anna Claire Kelly (G) Website Administrator</b> Marketing Subcommittee Lead Davidson County Senior Services 555-B West Center St. Ext. Lexington, NC 27295 336-242-2949 <a href="mailto:anna.kelly@davidsoncountync.gov">anna.kelly@davidsoncountync.gov</a> Term expires: January 1, 2025	<b>Kim Crawford (A)</b> Advocacy Subcommittee Co-Lead Macon County Senior Services 108 Wayah Street Franklin, NC 28735 828-349-2058 ext. 2727 <a href="mailto:kcrawford@maconnc.org">kcrawford@maconnc.org</a> Term expires: January 1, 2025
<b>Katherine "Kat" Irby, (R) Newsletter</b> Marketing Subcommittee Virginia S. Tillett Community Center 950 Marshall C. Collins Drive Manteo, NC 27954 252-475-9273 <a href="mailto:katherine.irby@darenc.gov">katherine.irby@darenc.gov</a> Term Expires: May 1, 2025	<b>Amber Smith (O)</b> Advocacy Subcommittee New Hanover Co. Senior Resource Center 2222 South College Rd. Wilmington, NC 28403 910-798-6401 <a href="mailto:asmith@nhcgov.com">asmith@nhcgov.com</a> Term Expires: January 1, 2025	<b>Roxanne Powell (E)</b> Mentoring/Training Subcommittee Burke County Senior Services 501 North Green St Morganton, NC 28655 828-430-4147 <a href="mailto:roxanne.powell@burkenc.org">roxanne.powell@burkenc.org</a> Term Expires: January 1, 2025
<b>Weyland Prebor (C)</b> Special Projects Subcommittee Lead McDowell Senior Center 100 Spaulding Road Marion, NC 28752 828-659-0823 <a href="mailto:wprebor@mcdowellseniorcenter.org">wprebor@mcdowellseniorcenter.org</a> Term Expires: January 1, 2025	<b>Amanda Kempen (N)</b> Hamlet Senior Center 102 Veterans Drive Hamlet, NC 28345 910-582-7985 <a href="mailto:akempen@hamletnc.us">akempen@hamletnc.us</a> Term Expires: March 2025	<b>Thomas Goble (L)</b> Marketing Subcommittee Jo Story Senior Center City of Roanoke Rapids Parks & Rec 701 Jackson Street Roanoke Rapids, NC 27870 252-533-2849 <a href="mailto:tgoble@roanokerapidsnc.com">tgoble@roanokerapidsnc.com</a> Term Expires: January 1, 2024

# North Carolina Senior Center Alliance



<b>Sheila Armwood, (M)</b> Advocacy Subcommittee Sampson County Dept. of Aging 405 County Complex Rd Bldg. B, Ste. 104 Clinton, NC 28328 910-529-3931 <a href="mailto:sarmwood@sampsonnc.com">sarmwood@sampsonnc.com</a> Term Expires: January 1, 2025	<b>Torrey Blackmar, (J)</b> Special Projects Subcommittee Garner Senior Center 205 East Garner Road Garner, NC 27529 919-661-6893 <a href="mailto:tblackmar@garnernc.gov">tblackmar@garnernc.gov</a> Term expires: May 1, 2025	<b>Shana Kriewall, (B)</b> Harvest House 205 Kenilworth Road Asheville, NC 28803 828-350-2051 <a href="mailto:skriewall@ashevillenc.gov">skriewall@ashevillenc.gov</a> Term expires: January 1, 2026
<b>Maynell Harper, (K) Member at Large</b> Advocacy Subcommittee Person County Senior Center 87 Semora Road Roxboro, NC 27573 336-599-7484 <a href="mailto:maynell.harper@personseniors.org">maynell.harper@personseniors.org</a> Term expires: May 1, 2025	<b>Cyndi Shimer, (Q) Member at Large</b> Advocacy Subcommittee Co-Lead Pitt County Council on Aging 4551 County Home Rd Greenville, NC 27858 252-752-1717 ext. 205 <a href="mailto:cshimer@pittcoa.com">cshimer@pittcoa.com</a> Term Expires: March 2025	<b>Sandy Pace, (R) Member at Large</b> Virginia S. Tillett Community Center PO Box 1000 Manteo, NC 27954 252-475-5625 <a href="mailto:sandyf@darenc.gov">sandyf@darenc.gov</a> Term expires: January 1, 2025
<b>NCDAAS Representative Leslee Breen (Ex-Officio)</b> N.C. Division of Aging and Adult Services MSC 2101 Raleigh, NC 27699 919-855-3414 <a href="mailto:Leslee.breen@dhhs.nc.gov">Leslee.breen@dhhs.nc.gov</a>	<b>NCDAAS Representative Selena Royal (Ex-Officio)</b> N.C. Division of Aging and Adult Services MSC 2101 Raleigh, NC 27699 919-855-3423 <a href="mailto:selena.royal@dhhs.nc.gov">selena.royal@dhhs.nc.gov</a>	<b>Janice Tyler, NCAOA Chair (J) (Ex-Officio)</b> Orange County Department on Aging 2551 Homestead Road Chapel Hill, NC 27516 919-245-4255 <a href="mailto:Jtyler@orangecountync.gov">Jtyler@orangecountync.gov</a>
<b>Member at Large</b>  Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve.	<b>Member at Large</b>  Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve.	

<b>NCDAAS Representative Leslee Breen (Ex-Officio)</b> N.C. Division of Aging and Adult Services MSC 2101 Raleigh, NC 27699 919.855.3414 <a href="mailto:Leslee.breen@dhhs.nc.gov">Leslee.breen@dhhs.nc.gov</a>	<b>NCDAAS Representative Selena Royal (Ex-Officio)</b> N.C. Division of Aging and Adult Services MSC 2101 Raleigh, NC 27699 919.855.3423 <a href="mailto:selena.royal@dhhs.nc.gov">selena.royal@dhhs.nc.gov</a>	<b>Janice Tyler, NCAOA Chair (J) (Ex-Officio)</b> Orange County Department on Aging 2551 Homestead Road Chapel Hill, NC 27516 919.245.4255 <a href="mailto:Jtyler@orangecountync.gov">Jtyler@orangecountync.gov</a>
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# North Carolina Senior Center Alliance



## AIN'T NO CURE FOR THE Summertime Blues



**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 .jpeg or .png) when possible--everyone loves pictures!

The next deadline is **October 11, 2024 at 5 p.m.** in order to be included in the Fall 2024 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!

Like the NC Senior Center  
Alliance Facebook page



Check out our website:  
[www.ncscalliance.org](http://www.ncscalliance.org)

For more information on the NCSCA visit:  
[www.ncscalliance.org](http://www.ncscalliance.org) or email: [ncscalliance@gmail.com](mailto:ncscalliance@gmail.com) or  
you may contact  
NCSCA Chair, Rich Zeck, by calling 252-752-1717  
or via email at [r.zeck@pittcoa.org](mailto:r.zeck@pittcoa.org)

### NCSCA NEWSLETTER

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