

## NCSCA News Summer 2017

BE AN  
ADVOCATE



North Carolina  
Senior Center  
Alliance (NCSCA):

**BOLO!**

**Be on the Lookout!**

In a few months, you will receive an invitation to participate in a statewide senior center outcomes project.

This project includes a short survey which attempts to measure ways in which older adults benefit from participating in senior center programs.

Obviously, the more data we have, the more meaningful the results will be.

We hope to have 100% participation so we can *finally* offer evidence to show what we've known a long time -

**Senior centers make a difference in the lives of the people they serve and that they are unquestionably worthy of support.**

Please help us as we work to support you.

Rebecca Freeman and  
Leslee Breen



Pictured in the photo (L to R): Terry Colville, Operations and Program Manager-Passmore Center; Myra Austin, Senior Centers Administrator; Cydnee Sims, Operations and Program Manager-Seymour Center; Janice Tyler, Director-Orange County Department on Aging; and Mark Dorosin, Chair-Orange County Board of County Commissioners

## Seymour and Passmore Centers Awarded National Accreditation!

The BIG NEWS for the **Orange County Department on Aging** is that the **Robert and Pearl Seymour Center** on Homestead Road, Chapel Hill and the **Jerry M. Passmore Center** on Rt. 70A in Hillsborough have become **NATIONALLY ACCREDITED** by the National Institutes of Senior Centers! Their programs and services have long been recognized nationally and inter-nationally, but now are officially accredited as well as certified as centers of excellence in North Carolina. The staff has worked long and hard to create all the documentation that was needed – including several 4" binders for each center. **Congratulations to one and all!** We who are lucky enough to participate at the centers are especially appreciative of them, as well as the marvelous staff who make it "all happen"!

Passmore & Seymour - in Orange County are the  
4th & 5th in NC to achieve National Accreditation  
along with Ruffy-Holmes, Nash County & Rocky Mount

## NC Association on Aging Excellence in the Field of Aging awards presented during state conference

Winston-Salem, NC –  
Five aging service providers and organizations were recognized as recipients of **Excellence in the Field of Aging awards**



Pictured: NCAOA Treasurer and NC Senior Games, Inc. President, Brad Allen and **Lucy Fletcher**, Certified Nursing Assistant with Davidson County Senior Services.

Winston-Salem, NC –  
The Excellence in Aging awards were presented on March 17, during an awards luncheon at the two-day annual North Carolina State Aging Conference held at the Marriott in Winston-Salem.

NCAOA Treasurer and NC Senior Games, Inc. President, Brad Allen, served as the awards presenter.

**Lucy Fletcher**, Certified Nursing Assistant with Davidson County Senior Services received the **Service Excellence award**.

The **Service Excellence** award honors a front line service delivery employee for the quality of direct service they provide to older adults in their community.

**Suzanne Black**, Associate State Director, Costal Region of AARP, NC was selected as the recipient of **The Guiding Star award**.

The **Guiding Star award** honors a supervisor or manager for quality supervisory skills in the management of programs and staff they provide that benefit older adults. This award recognizes their ability to supervise and motivate staff as they provide quality work in their community.

**Laura Bolton Plunkett**, Health Promotion Coordinator with the Piedmont Triad Regional Council, Area Agency on Aging received the **Rising Star award**.

The **Rising Star award** honors a rising star employee with three or fewer years of work experience in the aging network, recognizing their ability to take on leadership roles and an interest in the future of their organization and the field of aging.

**The Leadership Excellence Award** was presented to **Thessia Everhart-Roberts**, Director of Davidson County Senior Services

The **Leadership Excellence Award** honors a Chief Executive/Administrative Officer for the quality of leadership and organizational management they provide to their organization and to the aging network. Candidates must have significant year (candidate is preferred to have five years of work experience) as a Chief Executive or Administrative Officer with their organization.

**Senior Services, Inc. of Forsyth County** was recognized with the **Reaching for the Stars Innovative Program award**

The **Reaching for the Stars Innovative Program award** honors an agency that has an innovative and creative program that is working to enrich the lives of older adults.

The North Carolina State Aging Conference is held annually and open to all aging service professionals in the state.



## May Was Older Americans Month

The Administration on Aging, part of the Administration for Community Living, chose the theme *Age Out Loud* for 2017.

The theme was intended to give aging a new voice - one that reflects what today's older adults have to say about aging.

The Vital Living Program of the Shepherd's Center of Greater Winston-Salem decided to throw a loud *rockin' beach party* featuring the twice-voted Best Rock & Roll, Classic Rock, Southern Rock, Beach, Blues, Soul & Country Band in the Winston Salem Readers Choice Awards.



### The Invaders

Waaaa hooooo... sunglasses, palm trees, hula hoops, and leis...

Contests:  
Best Hawaiian Shirt  
Best Dance Moves  
Most Leis  
**(Bikinis were not required!)**

## NC Senior Center Alliance Committee Members Present at West Virginia Conference



Davidson County Senior Services director and past NC Senior Center Alliance committee chair, Thessia Everhart-Roberts, and Rebecca Freeman, senior center program specialist with the Division of Aging and Adult Services, were asked to speak at the 2017 West Virginia Directors of Senior and Community Services' annual conference.

The conference was held April 19-20 at Pipestem Resort State Park and was themed, **"Plant Your Garden Now for a Bountiful Harvest."** Thessia provided a chronological outline of the Senior Center Alliance's successful reorganization process that began in 2014 and summarized the work that continues today.

Rebecca presented a topic on **"Senior Center Sustainability"** which focused on three key messages: **build diversity, tell your story, and cultivate an alliance.**

Rebecca shared how these principals are being applied in North Carolina through our senior center training and certification programs, the senior center outcomes project, the senior center capacity survey and fact sheet, and the work of the Senior Center Alliance.

Conference attendees were impressed by the work of the Senior Center Alliance and the emphasis North Carolina places on creating model senior centers across the state.



On March 29<sup>th</sup> of this year, eight senior center professionals gained the elite title of “AJI graduate”. A total of 249 people have graduated from AJI since its inception in 2001.

## “Mentor” – with the Greek meaning “faithful and wise adviser”

As part of the Mentor and Training Subcommittee,  
I have thought to myself many times

### “How can I be considered a ‘mentor’?”

I mean I have only been in this field a few years. . . But, boy have I had some great teachers and mentors from day one to the present and all along the way! So, yes at the point of 3 ½ years in the aging field, running a full time certified center of excellence and recently earning the title as an Ann Johnson Institute graduate, I definitely have some great things to share. Don't you?

### So, what does it take to be a mentor, other than the willingness to accept the role?

Well, resources say that a mentor is typically an individual with a broad range of knowledge and experience that utilizes a strong network of contacts. The Mentor – Mentee relationship is normally in a non-reporting form. In other words not your direct supervisor or boss. However, that doesn't necessarily mean that your supervisor or boss won't make a great mentor. Actually, you can also have the role reversed when examining a Mentor- Mentee Relationship. Age, gender, tenure or other organization chart placement between two employees should not stand as a barrier between potential Mentor-Mentee relationships.

**Traditionally, mentoring involves a more experienced, older or well established leader providing guidance to a younger or less experienced person.**

**Reverse Mentoring** is becoming more and more common these days. Reverse Mentoring involves younger, newer, broader experienced people offering guidance, new approaches and different views to well established, long term veterans in a particular field of work. Perfect examples

of this might be the use of technology or implementing data from recent research studies. There is not a right way or a wrong way to mentor. Any two willing individuals can form a Mentor- Mentee type of relationship. Often, these relationships are unknowing established through a natural set of occurrences. Several common meetings, trainings or situational ventures that attract them to each other are a common way they may start.

**Once you have established a Mentor- Mentee relationship, try to not to define it so much.**

**The guidance and advice can always go both ways.**

A two way street works well for professionals in our field of work. Additionally, having more than one mentor is a good idea as well. If you were to look up “How to be a good mentor?” online, you would find all kinds of top 10 list and in depth articles about the topic. And we have already established that there is no specific set of rules for being a mentor, but what about a good mentor?

### Here are a few basic things to keep in mind;

- ◆ Willingness to share and accept information, without the expectation that is must be used is crucial.
- ◆ Active communication between the Mentor and Mentee. Communication adds knowledge on both ends and ultimately knowledge is “power”!
- ◆ Recognizing growth and differences. Your current mentor may not be meeting the needs you have 2 years from now. Don't view it as their failure, see it as your growth.

Happy mentoring everyone!

Selena Royal, **Clayton Center for Active Aging**





Doris Fowler of the Lexington Senior Center shares how she 'ages out loud' during Older Americans Month.

## North Carolina Senior Center Alliance (NCSCA)

### What's It All About?

NCSCA exists to provide a statewide organization for senior center professionals to advocate for senior centers, network and collaborate on common issues, share information, co-market initiatives, and provide for additional staff training and development.

### It's About You!

The Alliance was established to work in collaboration with senior center staff from the NC Division of Aging & Adult Services, the NCAOA and to promote awareness of the National Institute of Senior Centers.

**In a nutshell...  
we're here to help you!**



*Reminder: an Alliance membership can include up to 25 individual members and as many stand-alone centers/organizations under one paid membership of the parent agency.*

Like the NC Senior Center Alliance Facebook page



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

Yeay! As your senior center submits a new or renewal application NCSC Alliance, you will receive a password for the **Members Only** section of the website by email. This section contains helpful tools for marketing and training.

Check out the member portal of the NCSCA website for valuable resources including the recently added "How to Write a Press Release" tool. This includes a PowerPoint presentation which can be customized to fit your training needs!

For more information on the NCSCA visit [www.ncaoa.org](http://www.ncaoa.org) or contact NCSCA Chair, Brittany Williams at 828-669-8610 or [Brittany.williams@townofblackmountain.org](mailto:Brittany.williams@townofblackmountain.org)

NCSCA NEWSLETTER  
*All the news that fits, we print.*

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Please send pictures of your senior center including events and activities to Alex Barker, [alex.barker@darenc.com](mailto:alex.barker@darenc.com)

Two Great Organizations for Aging Professionals

*Join both...Join one...Join Today!*

**Membership Application**

NCAOA represents a diverse membership of agencies and professionals in the field of aging and provides members with opportunities to influence policy in government and academic settings. Known across North Carolina as an association with an emphasis on service provision at the local level. NCAOA members serve on regional and statewide committees that help shape the future of services for North Carolina's older population. For more information on NCAOA please see our website at [www.ncaoa.org](http://www.ncaoa.org).

NCSCA - A section of the North Carolina Association on Aging (NCAOA), the North Carolina Senior Center Alliance exists to provide a statewide organization for senior center professionals to advocate for senior centers, network and collaborate on common issues, share information, co-market initiatives, and provide for additional staff training and development. For more information on NCSCA please see our webpage at [www.ncaoa.org/alliance.org](http://www.ncaoa.org/alliance.org)

Name \_\_\_\_\_ Title \_\_\_\_\_

Agency: \_\_\_\_\_ County: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Main E-mail \_\_\_\_\_

\*List additional email addresses on back of form (up to 25 per agency or organization)

Agency website \_\_\_\_\_ Is Your Agency \_\_\_Public \_\_\_Not-for-Profit \_\_\_For-Profit

**NCAOA Membership categories (please check only one):**

\_\_\_\_\_ **Agency/Organization/Individual Member, \$120 per year**

For agencies, organizations, or individuals that are involved in providing services or administration in the field of aging or closely allied field. Membership includes all employees of an agency or organization. Only one mailing address will be used, but organizations may have up to twenty-five emails addresses included for the receipt of newsletters and bulletins. Voting privileges are limited to one designated employee. Any one employee of said agency or organization may hold office.

\_\_\_\_\_ **Friends of NCAOA, \$75 per year**

For individuals who are not directly involved, but interested in aging and the mission of NCAOA, **who are not part of an agency organization that qualifies above.** Friends are not eligible to vote or hold office.

\_\_\_\_\_ **Student/Senior Member, \$35 per year**

For individuals currently enrolled in a Degree Program, or a senior age 60+, who are not part of an agency or organization that qualifies above. Students/Senior Members are not eligible to vote or hold office.

**NCSCA Membership categories (please check only one):**

\_\_\_\_\_ **\$10 per year** - For Agency/Organization/Individual Members of the NCAOA \_\_\_\_\_ **\$30 per year** - For Agency/Organization/Individual Non NCAOA Members

Name of Senior Center(s) \_\_\_\_\_

Name and email of agency/organization members joining/renewing membership: \_\_\_\_\_

\*List additional names and email addresses on back of form (up to 25 per agency organization)

Enclosed is my check or money order for membership with the North Carolina Association on Aging and/or North Carolina Senior Center Alliance. Membership is renewable July 1 of each year.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Make check payable to: NCAOA and mail to: NCAOA • PO Box 10341 • Raleigh, NC 27605-0341  
To complete the registration form and pay online go to [www.ncaoa.org](http://www.ncaoa.org) and click the online membership form  
For more information or if you have questions, please contact us at [ncaoaconferencecord@gmail.com](mailto:ncaoaconferencecord@gmail.com)