

NCSCA News Winter 2024

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Greetings NCSCA members,

I hope that you all had a restful and peaceful holiday. Sadly, for most of it I was sick and unable to do much. What I was able to do was reflect on the aging business, senior centers and the staff, as well as the phenomenal and essential role it means to our communities and older adults.

The aging business you know is booming and we need more staff and capital resources to support this growth. If I were to say, "what is the #1 most important stand as aging professionals of 2024", it is advocacy and education. People need to know what is happening as we age. We are not just fun and games but partners with the complete aging process.

We need to do a better job of standing on the rooftops and shouting to all the world what we are doing for our parents, grandparents and family members. We have awesome staff and I love our organization because of your dedication and commitment.

Let's overbook this year's 2024 NCAOA Conference that is taking place March 13-14 in New Bern.

Let's have a great time sharing and caring for one another.

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

Rich

Rich Zeck

Submitted by Rich Zeck, Chair, Q, 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 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:

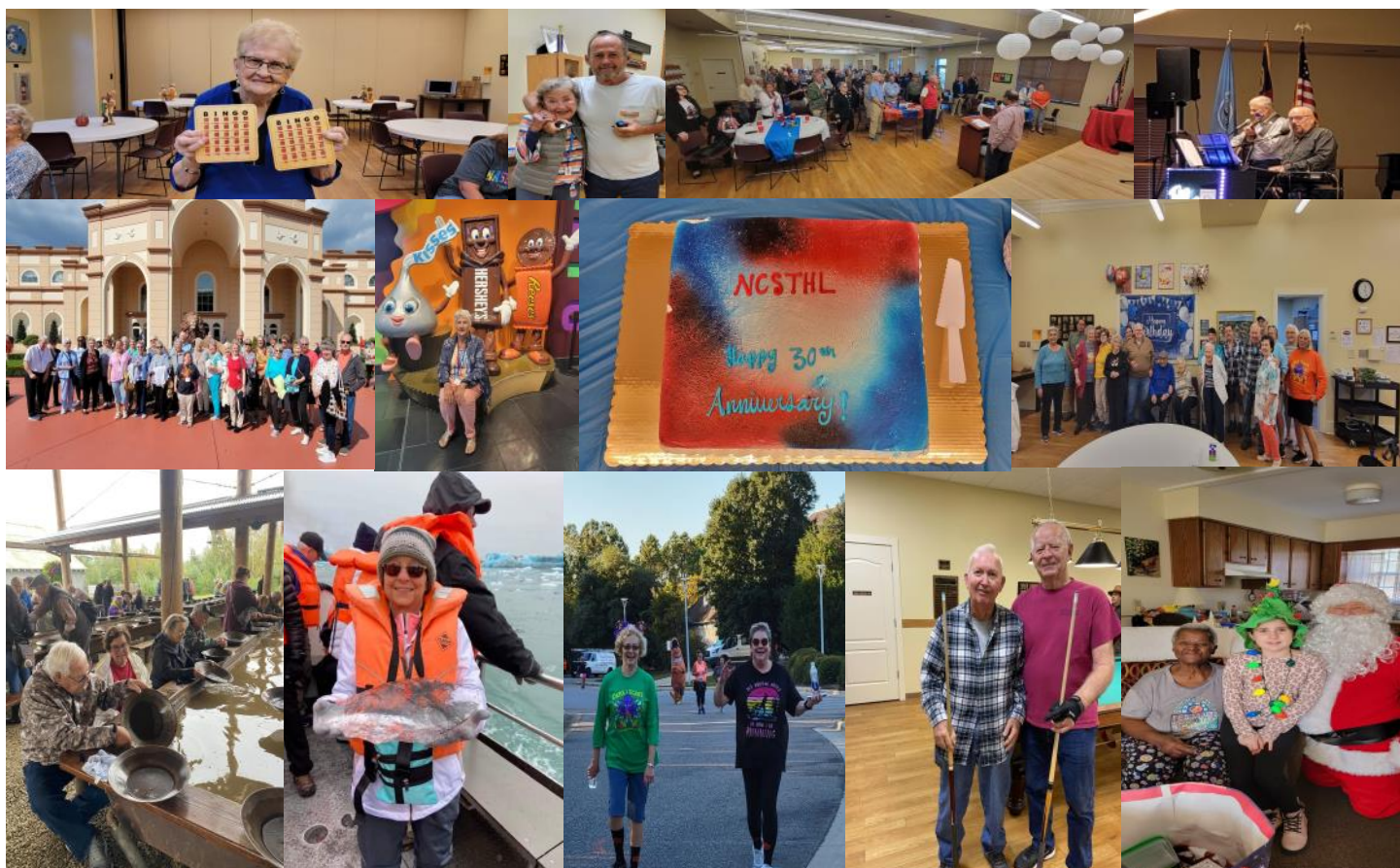
- 1-take a picture of something happening in your center at that very moment, even if working remotely, totally acceptable;
- 2-write a caption in (preferably) 20 words or less to describe what the picture reflects;
- 3- include your name, status with NCSCA, if any, region, and name of the center;
- 4-submit the picture and information to katherine.irby@darenc.gov

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



September Morn, October Road, November Blue and A Long December



The Virginia S. Tillett Center (VTCC) was bursting with activity in the Fall into Winter 2023. The Travelers explored Alaska, Pennsylvania, Iceland, Savannah and New York City in 3 months, while the rest of the community played lots of bingo, enjoyed a visit from our Senior Tar Heel Legislature representatives, were entertained by live music and bopped to the classics, finished a 5K, played pool, celebrated the “Over 90 Club” members, honored our service men and women for Veterans Day and spoiled our seniors for the “12 Days of Christmas” annual gifting days.

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

Giant Teddy Bears and Toys for All of the Girls and Boys



The Greene County Senior Center filled a box for our local Toys for Tots Campaign. Tracey Harris brought these 2 huge Teddy Bears!

North Carolina Senior Center Alliance



The Giving, Crafting and Decorating Season



Make, Take and Give: Over 25 seniors got together to make tie blankets for a local adult daycare. We made 37 blankets to cover all of the participants at the adult daycare. The seniors also got to make one for themselves to take home as a reward for their hard work and for giving back to our community.

Ornament Pop-up: Drop in ornament making event to decorate our lobby's Christmas tree. The seniors loved getting to make the tree their own and put their handmade ornaments on the tree for everyone to see.

Painting class: At a November painting class, participants painted a truck with a plaid background. They learned so much from the instructor and all walked away with their own art piece.

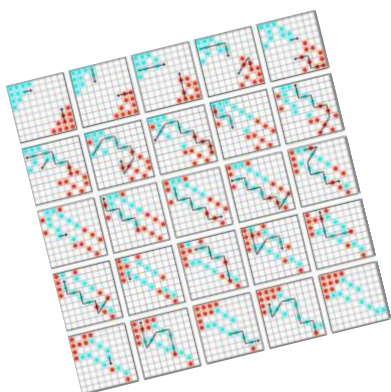
Submitted By: Anna Claire Kelly, G, Website Administrator, Davidson County Senior Services, Lexington

I've Got Friends in... Small Spaces

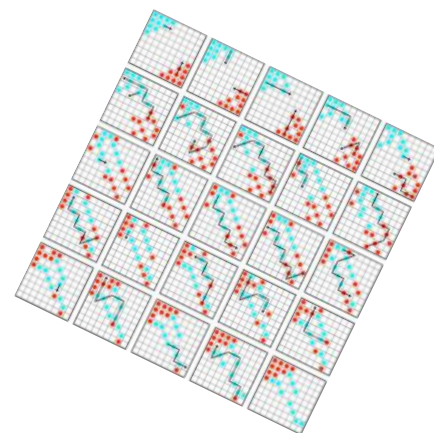


Wednesday afternoons at the Satie and J.E. Broyhill Caldwell Senior Center. Making the best of small spaces by combining woodcarving, cribbage, and pottery.

North Carolina Senior Center Alliance



Your Move



Two Neighbors Network fellas, one in his 70's and the other in his 90's, play a round of Chinese Checkers in the Game Room.

Submitted by: Rik Covalinski, E, Neighbors Network



Want to toot your horn?? Send your Center information to katherine.irby@darenc.gov **before April 26, 2024 at 5 P.M.** in order to be included in the Spring 2024 edition. Late submissions will not be accepted.

North Carolina Senior Center Alliance



JOYFUL CHEER & SPIRIT



Miss Elizabeth Daniels is always a highlight at Leon Mann Center with her "Spirit Singers". They bring a lot of joy at the holidays!



Director, Miss Kisha, leads a multigenerational activity with the White Oak Elementary 2nd grade classes brought holiday cheer to participants.



Participants enjoyed a wonderful holiday trip to Myrtle Beach, SC filled with fun holiday shopping, shows and delightful cuisine.



Submitted by: Cindy Blizzard Fields, P, Carteret Aging Services, Leon Mann, Jr. Enrichment Center

ACTING OUT IN PERQUIMANS COUNTY



The Perquimans County Center for Active Living enjoyed a “tea” and were treated with member presented skits for great entertainment.

North Carolina Senior Center Alliance



Hap~hap~happiest
Crowd in NC!



Siler City Center for Active Living had an Ugly Christmas Sweater Contest & Party in December. There may have been some festive ugly sweaters, but there were definitely beautiful smiles and lots of joy!

Submitted by: Kathryn Walters, J, Siler City Center for Active Living

North Carolina Senior Center Alliance



New Hanover Holidays



Fall is the perfect time to visit the New Hanover County Arboretum.

The day trip for seniors had a guided tour from a master gardener and all enjoyed a wonderful afternoon.



Everyone enjoyed high spirits and high kicks at the recent SRC Holiday Lunch and Performance! The SRC High Steppers Tap Group performed to "Winter Wonderland" which was choreographed by Tina Leak.



Don't let your tinsel get in a tangle!
During the holiday season make it a priority to create and laugh with your friends at your local senior center.



Submitted by: Megan Lanier, O, New Hanover Senior Resources Center

North Carolina Senior Center Alliance



The Patrick Senior Center in Kings Mountain held their annual Christmas party which was attended by over 200 area seniors. The center also distributed 100 bags of food and other supplies to participants in need.

Submitted by: Tabitha Thomas, C, H. Lawrence Patrick Senior Center

North Carolina Senior Center Alliance



Chowan Senior Center does in-house pedicures on the second Tuesday each month! Yes, please!

Submitted by: Sandra Taylor, R, Chowan County Senior Center

North Carolina Senior Center Alliance



The Walk Live class each Monday morning.

Instructor, Jennifer Bower, teaches a Leslie Sansone's 30-minute Walk Live session. Participants get their heart rate up in a safe, fun way and cool down toward the end of class to slow down the heart rate safely.

Walnut Cove Senior Center is recognizing this as a fast growing activity for people 55 and older.

Walk. Live.

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

North Carolina Senior Center Alliance



The sun doesn't ALWAYS shine at the Graham County Senior Center, but when it rains...there's bead art!

Submitted by: Keisha Greene, A, Graham County Senior Center

North Carolina Senior Center Alliance



Soap & Cookies



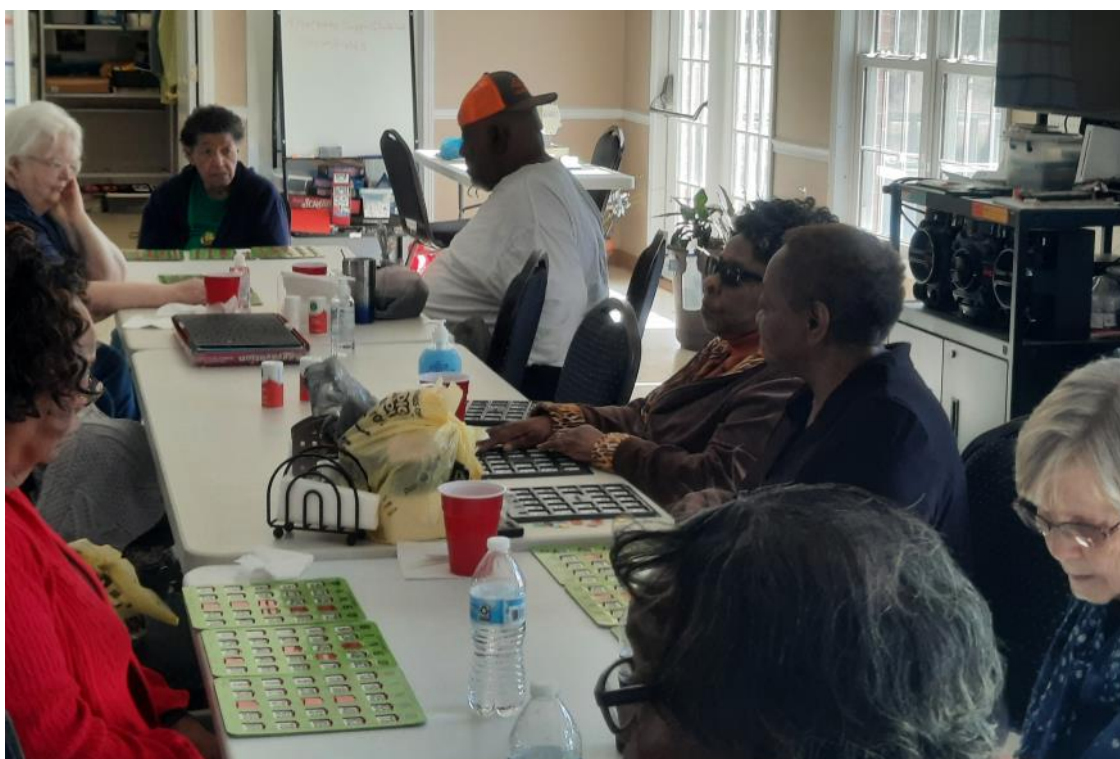
A few Davidson County ladies made homemade soap bars at the Senior Center in Lexington.

Pictured left to right:
Melinda Hartley,
Rebecca Moser, Ann
Michael and Linda
Engstrom .

“Tasted it in a Book” (book club) had a special treat for our December meeting! Usually they get a treat from the book, but this time we decorated ugly Christmas sweater cookies to go with our book *Sugar Cookie Murder* by Joanne Fluke.



North Carolina Senior Center Alliance



Visually impaired participants sure do enjoy playing bingo with braille bingo cards.

Submitted By: Judy Tyndall, N, Ellerbe Senior Center

North Carolina Senior Center Alliance



serendipitous

SISC Serendipity

South Iredell's talented performance group Serendipity spreading joy with music and skits!
They perform monthly at local Nursing and Rehabilitation facilities.



SISC Stretch and Balance

South Iredell Senior Center using stability balls and exercise bands to increase flexibility and improve balance in one of our newest exercise classes Stretch and Balance!



Submitted By: Jennifer Barraclough, F, Advocacy, Iredell Council on Aging

North Carolina Senior Center Alliance



Cute wooden spoon snowman project for a “frosty” morning!

Submitted By: Jennifer Barraclough, F, Advocacy, Iredell Council on Aging

North Carolina Senior Center Alliance



It's SO exciting
in Iredell



Chair
volleyball with
local
elementary
school
Children!



Halloween
Social!



Good
Samaritans
Sewing Club!



Biltmore
&
Dollywood!



Turkey Hunt!



Bingo!



Snowball
Fight!



Ugly Christmas
Sweaters & Beauty
Queens!

Submitted By: Jennifer Barraclough, F, Advocacy, Iredell Council on Aging

North Carolina Senior Center Alliance



McDowell County Senior Center

"12 Days of Christmas"



Submitted by: Weyland Prebor, C, Special Projects, McDowell Senior Center

more

news

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North Carolina Senior Center Alliance



ACL UPDATES



ACL ANNOUNCEMENT

Vaccination Resources

Vaccinations help prevent the spread of COVID-19 and reduce the severity of illness for those who get sick from the virus.

Staying up-to-date on vaccinations is the most important thing we all can do to protect ourselves from serious illness due to COVID-19. It's particularly crucial for older adults and people with disabilities.

Everyone six months and older should get an updated 2023-24 COVID-19 vaccine. Some groups may need additional doses to stay up to date. Check out the [CDC's COVID-19 vaccine recommendations](#) to see how many doses you need.

NEED HELP GETTING VACCINATED?

Trained staff are standing by 9 a.m. to 8 p.m. ET to help you find vaccine locations, make appointments, and connect to local services and supports.

For people with disabilities

The [Disability Information and Assistance Line \(DIAL\)](#) can be reached by calling, texting, or video phoning 888-677-1199 or by emailing DIAL@usaginganddisability.org any time. Connect directly to an agent in [American Sign Language](#).

For older adults

Visit the [Eldercare Locator](#) to chat or browse resources, or call 800-677-1116.

Just need to find a COVID-19 vaccine location in the U.S?

Visit [Vaccines.gov](https://www.vaccines.gov)

- Text your ZIP code to 438829 or Call 1-800-232-0233 for help in English, Spanish, and many other languages

Need help affording a COVID-19 vaccine? [CDC's Bridge Program for Accessing Updated COVID-19 Vaccines at No Cost](#) may be able to help.

[CDC Guidance for people who are immunocompromised](#)—People with moderately to severely compromised immune systems are especially vulnerable to COVID-19 and may not build the same level of immunity from the vaccines as people who are not immunocompromised. Therefore, [CDC vaccine recommendations for people who are immunocompromised](#) may include one or more additional doses compared to the recommendations for people who are not immunocompromised.

The facts about COVID-19 vaccinations:

CDC Resources

[5 Things You Should Know About COVID-19 Vaccines](#)

[Frequently Asked Questions About COVID-19 Vaccination](#)

[Benefits of Vaccination](#)

[Myths and Facts](#)



Ann Johnson Institute
for Senior Center Management
Fall 2023 Graduates:

Katherine Irby
Veronica Lett-McGee
Vickie Blevins
Gwendolyn Collins





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



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NCAOA
NORTH CAROLINA
ASSOCIATION ON AGING

Save the Date

North Carolina State Aging Conference

MARCH 13-14, 2024
RIVERFRONT CONVENTION CENTER
NEW BERN, NC

*MORE DETAILS
COMING SOON.*

North Carolina Senior Center Alliance



Congratulations!

The North Carolina Senior Center Alliance is proud to announce the Rufty-Holmes Senior Center is the winner of the eighth annual Ann Johnson Senior Center Award for Excellence in the Field of Aging for 2024!

The award was presented in November 2023 on behalf of the North Carolina Senior Center Alliance by Weyland Prebor, Special Projects Subcommittee Lead for the NCSCA to Executive Director Nan Buehrer. In attendance for the award presentation included Rufty-Holmes Senior Center staff and members serving on the center's Board of Directors.



Pictured left to right: Staff members Randy Crowell, Ron Church, Hannah Medlin, NCSCA representative Weyland Prebor, Nan Buehrer-Executive Director holding award, Angela Hendrix, Judi Burchard, and Callie Smith.

Chair of the North Carolina Senior Center Alliance, Rich Zeck, was ecstatic for this year's winner. "Rufty-Holmes Senior Center mirrored the spirit of highest excellence and was the North Carolina Senior Center Alliance's (NCSCA) choice for the 8th annual award." And added; "This wonderful senior center best exemplifies what it means to make a positive impact on older adults in their community. Their innovative programming, dedicated staff and commitment to our most treasured NC residents is inspiring and encourages other senior centers to step up their game. Senior Centers are the places where adults can find comfort, peace, and fellowship with others." Nan Buehrer received the award just in time for her retirement as Executive Director of the Rufty-Holmes Senior Center in December 2023.

The Rufty-Holmes Senior Center offers programs and services to engage in creating healthy mind, body, and community connections. Their center offers vibrant, action-packed options including a local fitness center, tasty dining sites, fun activities and travel, support groups and a place to make friends. Outreach services include Family Caregiver Support, Transportation, Medicare Insurance Counseling, Tax Assistance and so much more.

In 2023, Rufty-Holmes Senior Center also received their fifth national Senior Center accreditation from the National Council on Aging and is a NC Senior Center of Excellence.

Congratulations to the Rufty-Holmes Senior Center from the North Carolina Senior Center Alliance and the Special Projects Committee!

Submitted by: Weyland Prebor, C, Special Projects, McDowell Senior Center

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



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



June 2023

Rich Zeck, Chair (Q) <i>Training/Mentoring Subcommittee Lead</i> Pitt County Council on Aging 4551 County Home Rd Greenville, NC 27858 252-752-1717 rzeck@pittcoa.org Term Expires: January 1, 2025	OPEN, Vice Chair (L) <i>Membership/Communication Subcommittee Lead</i> Term expires: May 1, 2025	Christy Southall, Treasurer (K) <i>Special Projects Subcommittee</i> South Granville Senior Center PO Box 766 Creedmoor, NC 27522 919.528-0848 christy.southall@granvillecounty.org Term expires: January 1, 2025
Betsy Griffin, Secretary (P) <i>Lenior County Council on Aging</i> 112 E. Blount Street Kinston, NC 28501 252.527.1545 director@leniorccoa.org Term Expires January 1, 2024	Anna Claire Kelly (G) Website Administrator Davidson County Senior Services 555-B West Center St. Ext. Lexington, NC 27295 336.242.2946 Term expires: January 1, 2025	Kim Crawford (A) <i>Advocacy Subcommittee Co-Lead</i> Macon County Senior Services 108 Wayah Street Franklin, NC 28735 828-349-2058 ext..2727 kcrawford@maconnc.org Term expires: January 1, 2025
Katherine "Kat" Irby, (R) <i>Marketing Subcommittee Newsletter</i> Dare County Senior Center 950 Marshall C. Collins Drive Manteo, NC 27954 252-475-9273 katherine.irby@darenc.gov Term Expires: May 1, 2025	Amber Smith (O) <i>Advocacy Subcommittee</i> New Hanover Co. Senior Resource Center 2222 South College Rd. Wilmington, NC 28403 910.798.6401 asmith@nhcgv.com Term Expires: January 1, 2025	Roxanne Powell (E) <i>Mentoring/Training Subcommittee</i> Burke County Senior Services 501 North Green St Morganton, NC 28655 828.430.4147 roxanne.powell@burkenc.org Term Expires: January 1, 2025
Weyland Prebor (C) <i>Special Projects Subcommittee Lead</i> McDowell Senior Center 100 Spaulding Road Marion, NC 28752 828.659.0823 wprebor@mcdowellseniorcenter.org Term Expires: January 1, 2024	Sarah Locklear (N) Hamlet Senior Center 102 Veterans Drive Hamlet, NC 28345 910.582.7985 slocklear@hamletnc.us Term Expires: March 2024	Thomas Goble (L) <i>Marketing Subcommittee Lead</i> Jo Story Senior Center City of Roanoke Rapids Parks & Rec 701 Jackson Street Roanoke Rapids, NC 27870 252.533.2849 tgoble@roanokerapidsnc.com Term Expires January 1, 2024

North Carolina Senior Center Alliance



Marie Faircloth (M) Advocacy Subcommittee 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, 2025	Torrey Blackmar, (J) Special Projects Subcommittee Garner Senior Center 205 East Garner Road Garner, NC 27529 919-661-6893 tblackmar@garnernc.gov Term expires: May 1, 2023	(B) Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve
Jennifer Barraclough, (F) Advocacy Subcommittee Iredell Council on Aging 344 East Front Street Statesville, NC 28677 704-873-5171 jbarraclough@iredellcoa.org Term Expires: July 1, 2024	Cyndi Shimer, (Q) Member at Large Advocacy Subcommittee Co-Lead Pitt County Council on Aging 4551 County Home Rd Greenville, NC 27858 252-752-1717 x205 cshimer@pittcoa.com Term Expires: March 2024	Member at Large Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve
Maynell Harper, (K) Member at Large Advocacy Subcommittee Person County Senior Center 87 Semora Road Roxboro, NC 27573 336-599-7484 maynell.harper@personseniors.org Term expires: May 1, 2025	Sandy Pace, (R) Member at Large Virginia S. Tillett Community Center PO Box 1000 Manteo, NC 27954 252-475-5625 sandyf@darenc.gov Term expires: January 1, 2025	Member at Large Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve
NCDAAS Representative Leslee Breen (Ex-Officio) N.C. Division of Aging and Adult Services MSC 2101 Raleigh, NC 27699 919.855.3414 Leslee.breen@dhhs.nc.gov	NCDAAS Representative Selena Royal (Ex-Officio) N.C. Division of Aging and Adult Services MSC 2101 Raleigh, NC 27699 919.855.3423 selena.royal@dhhs.nc.gov	Janice Tyler, NCAOA Chair (J) (Ex-Officio) Orange County Department on Aging 2551 Homestead Road Chapel Hill, NC 27516 919.245.4255 jtyler@orangecountync.gov

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



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 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 **April 26, 2024 at 5 p.m.** in order to be included in the Spring 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 though 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

For more information on the NCSCA visit:
www.ncscalliance.org or email: ncscalliance@gmail.com or
you may contact
NCSCA Chair, Rich Zeck, by calling 252-752-1717
or via email at www.rzeck@pittcoa.org

NCSCA NEWSLETTER

Editor: Katherine Irby, R, Marketing, Virginia S. Tillett Center
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Contributing Author: Rik Covalinski, E, Neighbors Network
Contributing Author: Cindy Blizzard Fields, P, Carteret Aging Services
Contributing Author: Beverly Gregory, R, Perquimans County Center for Active Living
Contributing Author: Kathryn Walters, J, Siler City Center for Active Living
Contributing Author: Megan Lanier, O, New Hanover Senior Resources Center
Contributing Author: Tabitha Thomas, C, H. Lawrence Patrick Senior Center
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