

NCSCA News Spring 2024

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Spring 2023

Greetings NCSCA members,
 This has been a busy spring. Hopefully I saw or spoke to you at the NCAOA conference in New Bern or at the AJI training in Raleigh. It has been a long time since I have seen so many new faces and excitement for the aging community.

There is a lot to be excited about. Many senior/wellness/aging centers (or whatever you call your agency) are growing and expanding and they should be. The baby boomer generation is upon us, and boy are they coming. Like for an oncoming storm, we should have been preparing for this day. Most did, and they are reaping the benefits. Attendance, programs, and services are up everywhere. More and more older adults are looking to get connected and we are the connectors.

Now is the time to DREAM BIGGER and DO BIGGER. You are not alone. You are surrounded by others who have knowledge, experience, wisdom and can offer you support and so much more. That sounds good, but how do you get connected? If you are not, get on the list serv, get on it! It is a great way to put your questions, comments or concerns out to the team and watch the responses come back. Contact either Selena or Rebecca and they will get you on the list.

Get involved with the NCSCA. Not sure how? Call or email me or take a look at the roster and contact one of the other members. We are all busy and understaffed and that should give you even more reason to get connected to others. As I said at the AJI conference, "Together we are bolder, braver, stronger."

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

Rich

Rich Zeck



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



VTCC Springing into 2024



The Virginia S. Tillett Center (VTCC) bounced into 2024 with ease! The Travelers explored on an Eastern Caribbean Cruise and London.

Meanwhile at the center there was a sock hop, days of bingo, visitors from our community, exercise with ComMotion, March for Meals, Scam Prevention Sessions, Easter Egg Hunt, Autism Awareness Walk, birthday celebrations, basket weaving, Nacho Average Volunteer Celebration, Derby Hats and Dance Day!

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

North Carolina Senior Center Alliance



“Luck is believing you’re lucky.”

—Tennessee Williams



Participants focusing on their cards, waiting hopefully for their numbers to be called!

Participants Dot Swart and Donita Davis were signing people up for Senior Games during Bingo.



Multi-tasking at Lincoln County Senior Services

Lincoln County Senior Services: RX Drops & Farmer's Markets



March 19, 2024 Lincoln County Senior Services in Partnership with Safe Kids Lincoln County and Lincoln County Parks and Rec hosted a Medicine Drop Off event. Participants were encouraged to drop off any used, old or expired medications for safe disposal by the Lincoln County Sheriff's Office. We collected almost 20 pounds of over the counter and prescription medications!

Participant, Harper Girvin speaking with a Lincoln County Deputy who was watching over the turned in medications.



April 2nd was opening day for the Lincoln County Farmers Market. We had a table set up to welcome shoppers and inform them of all the great activities we have at our Center!

More than BBQ in Lexington

Easter Crafts: Lexington participants enjoyed making a few various Easter Crafts. They made stained glass photos, decoupage bunnies and a topiary bowl!



Walking Trail: Lexington Senior Center has a new paved trail and participants are loving walking on it! Especially under the beautiful trees!

Floral Arranging: Participants at the Lexington Senior Center got to create their own bouquets and learned the tips and tricks of how to best arrange them!



North Carolina Senior Center Alliance



Bravo!



Submitted by: Jennifer Barraclough, F, Iredell Council on Aging



Want to toot your horn?? Send your Center information to katherine.irby@darenc.gov **before August 23, 2024 at 5 P.M.** in order to be included in the Summer 2024 edition. Late submissions will not be accepted.

more

news

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ACL ANNOUNCEMENT

DISABILITY CARD FOR EMERGENCIES

I HAVE A DISABILITY

**MY DISABILITY MAY MAKE IT DIFFICULT
FOR ME TO COMMUNICATE WITH YOU.**

My name is:

What you need to know about my disability:

When helping me, please DO:

When helping me, please DO NOT:

I use the following assistive devices:

Important information about my devices:

Emergency contacts for me:

Learn more: acl.gov/programs/emergency-preparedness



PLEASE COPY AND PRINT OR FOLLOW THE LINK TO FIND THE ORIGINAL CARD.

North Carolina Senior Center Alliance



North Carolina Senior Consumer Fraud Taskforce *Summer Scam Jam*



Join us the week of June 15th (SPECIFIC DATE) for a 30-minute virtual program “Operation Stop Senior Scams” to help protect you from fraud and scams that target older North Carolinians.

June 15th is *World Elder Abuse Awareness Day* and North Carolina fraud fighters want to help protect you from fraud and scams that cost older adults millions each year. You’ll learn about today’s top scams, how to report suspicious activity and where to find help.

Join us for “Operation Stop Senior Scams” with local fraud fighters at this senior center (TIME, ADDRESS) or watch the North Carolina “Summer Scam Jam” on **YouTube** after June 15 at: [@AARPNorthCarolina1](#)

This program is being brought to you by this senior center, the NC Association on Aging (NCAOA) and the North Carolina Senior Consumer Fraud Taskforce (NC Department of Justice, NC Secretary of State, NC Seniors Health Insurance Information Program, NC Department of Insurance, NC Better Business Bureau, AARP and others).



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 Association on Aging

BEST OF THE BEST

2024 EXCELLENCE IN THE
FIELD OF AGING STAR AWARDS

WINNERS

SHINING STAR

JENNIFER LANIER-COWARD

ASSOCIATE DIRECTOR
PITT CO. COMMUNITY SCHOOLS AND RECREATION

This award honors an employee for the quality of direct service they provide to older adults in their community.

GUIDING STAR

ALISSA ANDREWSBROWN

HUMAN SERVICES COORDINATOR III
CRAVEN CO. DSS

This award honors a supervisor or manager for quality supervisory skills in managing programs and staff that benefit older adults. It recognizes their ability to supervise and motivate staff as they provide quality work in their community.

RISING STAR

ANNA CLAIRE KELLY

SENIOR ACTIVITIES COORDINATOR
DAVIDSON COUNTY SENIOR SERVICES

This award honors a rising star employee with three or fewer years of work experience in the aging network. This award recognizes their ability to take on leadership roles and an interest in their organization's future and the aging field.

ROCKSTAR

TWILLA CHAVIS ALLEN

AGING PRO. ADMINISTRATOR/AAA DIRECTOR
LUMBER RIVER COUNCIL OF GOVERNMENTS
AREA AGENCY ON AGING

This award honors a Chief Executive or administrative Officer for the quality of leadership and organizational management they provide to their organization and to the aging network. Candidates must have had a significant year as a Chief Executive or Administrative Officer with their organization.

REACHING FOR THE STARS AWARD

LEON MANN, JR. ENRICHMENT CENTER, MOREHEAD CITY, "GENERAL STORE"

The Innovative Program award honors an agency or organization that has an innovative and creative program that is working to enrich the lives of older adults. We are looking for programs that are creative but effective.

DISTINGUISHED SERVICE AWARD

ALAN WINSTEAD

LONGTIME NCAOA BOARD MEMBER AND
TREASURER

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



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

North Carolina Senior Center Alliance



<p>Sheila Armwood, (M) Advocacy Subcommittee Sampson County Dept. of Aging 405 County Complex Rd Bldg. B, Ste. 104 Clinton, NC 28328 910-529-3931 sarmwood@sampsonnc.com Term Expires: January 1, 2025</p>	<p>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, 2025</p>	<p>Shana Kriewall, (B) Harvest House 205 Kenilworth Road Asheville, NC 28803 828-350-2051 skriewall@ashevillenc.gov Term expires: January 1, 2026</p>
<p>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</p>	<p>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 ext. 205 cshimer@pittcoa.com Term Expires: March 2025</p>	<p>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</p>
<p>NCAAS 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</p>	<p>NCAAS 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</p>	<p>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</p>
<p>Member at Large Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve.</p>	<p>Member at Large Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve.</p>	



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 **August 23, 2024** at 5 p.m. in order to be included in the Summer 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

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