

NCSCA News Winter 2025

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Greetings NCSCA members,

I sincerely hope that your holiday season was a time of renewal, time spent with family and friends and a time of peace. Looking ahead, we have much to do this year, maybe more than usual advocating and fighting for our seniors.

For the most part most of us are procrastinators, putting off what we can do today for tomorrow and for some tomorrow never comes. I never understood why we wait until January 1st to make changes when we can do it today. With so much on the horizon now is a great time to prioritize what we need to focus on and let go of the clutter.

This year I am going to do something different and choose a word or two and focus on them every day. This year my words are **INTENTIONAL** and **CONSISTENT**. We all have good intentions but are we intentional?

Intentional is certainly an action word and choice. I have struggled with it in the past. I intend to exercise more, eat better, be kinder, yada, yada, yada. I find every excuse to justify why my intentions never become intentional.

This year I made myself a promise to be intentional when I think of something to do and then be consistent about doing it so I can create new habits.

I have a post-it note at home on my mirror to see every day, in my car, and on my monitor at work.

Start the new year off small and maybe pick a word or two to be your mantra for the year ahead. Is it breathe, peace, calm, pause. What are your words?

Have a great day!

Rich



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>



Something New!

The NCSCA Idea Corner

In addition to the 5-minute Challenge the NCSCA Marketing committee has come up with a few new ways to share great ideas!

Please share. To have a post featured on the NCSCA Facebook Page (send to: anna.kelly@davidsoncountync.gov) and/or make a submission to the NCSCA Newsletter (send to: katherine.irby@darenc.gov). For the newsletter, please include simple instructions of how to execute the program/ideas and please include a photo if you can.

Please follow the follow simple rules for Facebook submission.

Types of Content to Post:

Educational Content

- Articles, tips, and resources about best practices in senior center management.
- Aging trends and strategies for improving senior programs.
- Training opportunities and webinar announcements.

Spotlights and Features

- Highlighting individual senior centers in North Carolina.
- Sharing success stories about programs benefiting older adults.
- Recognizing outstanding staff, volunteers, or initiatives.

Event Announcements

- Promoting NCSCA-hosted events, training sessions, and conferences.
- Sharing state and national events relevant to senior center professionals.

Advocacy and Policy Updates

- Informing followers about policies or legislation affecting senior centers.
- Sharing advocacy opportunities and encouraging engagement.

Engagement Posts

- Creating polls, Q&A posts, or discussion starters.
- Asking followers for input on programming needs or professional development topics.

Celebrations and Observances

- Recognizing milestones like National Senior Center Month.
- Celebrating holidays, anniversaries, or notable achievements.

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Resources and Tools

Sharing downloadable toolkits, guides, and funding opportunities.

Posting updates about partnerships and available grants.

Page Posting Rules:

Content Guidelines:

Posts must align with the mission and goals of NCSCA.

Avoid political or religious content unless directly related to policies affecting senior centers.

All content must be factual, professional, and relevant to senior center professionals or older adults.

Engagement Rules:

Encourage constructive and respectful discussions.

Monitor comments for inappropriate language, hate speech, or spam.

Remove comments or posts that violate these guidelines.

Image Use Policy:

Only post images with proper permissions or that are royalty-free.

Obtain written consent before posting identifiable photos of individuals.

Use captions to provide context for all images.

External Links:

Share only reputable sources (e.g., government websites, professional organizations).

Verify all links for accuracy and relevance before posting.

Thank you all for your input and your willingness to share ideas and great programming from across the state! It is a wonderful thing to learn from each other during our journey.

~Anna Claire, Kelly , Rik Covalinski, Katherine Irby, NCSCA Marketing Committee, January 2025



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.

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Fall & Winter Wonderland!

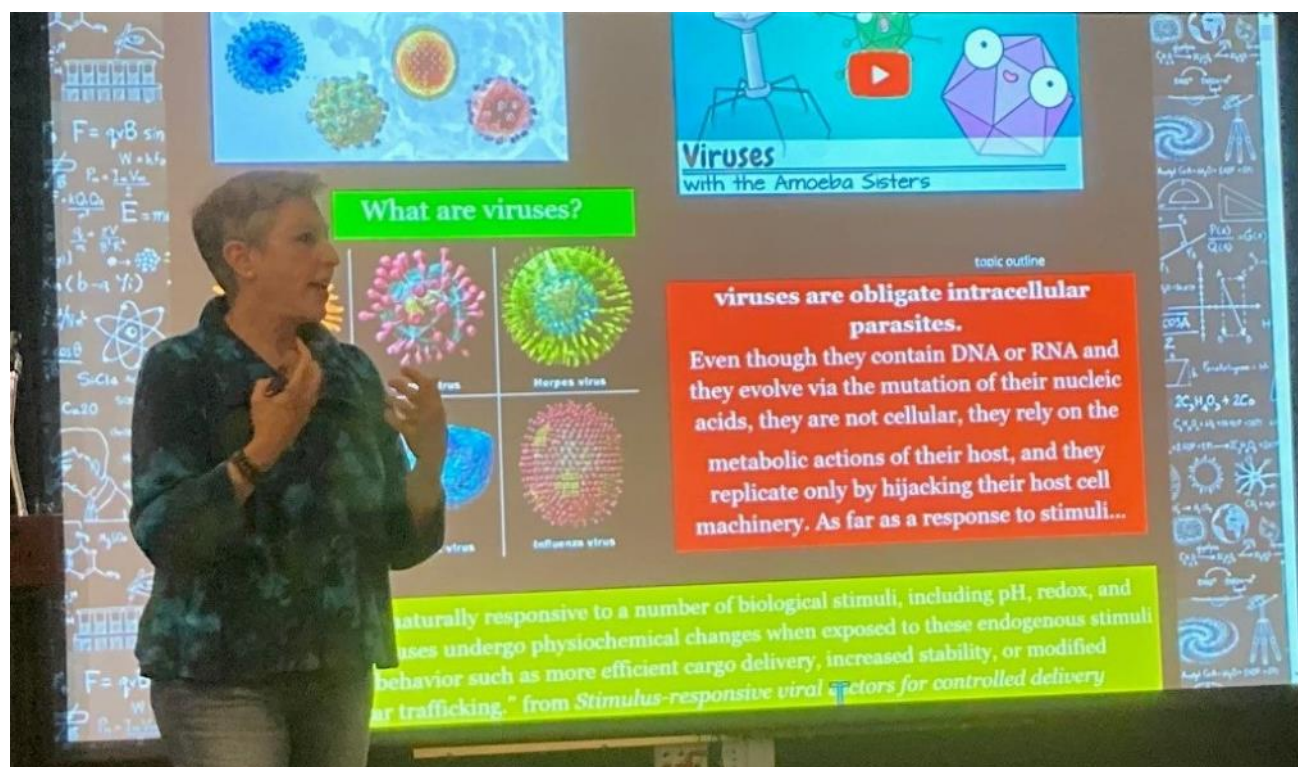


The Virginia S. Tillett Center (VTCC) was full steam ahead, as usual, during late fall of 2024 into the new year. Assisting with relief for our neighbors in Western North Carolina most affected by Hurricane Helene, the VTCC team stepped right in, helping to fill tractor trailers with supplies (3 in 3 days). VTCC's Annual 5K was the largest it has ever been in its 8th year—is was a blast and a boost for Dare County. Lunch and Learns, exercise classes, basket weaving and resin classes were all the rage. Beautiful partnerships with the Teacup Quilters and Master Gardeners resulted in miles of smiles for our home-bound clients who were showered with gifts such as handmade placemats and beautiful flower arrangements each week, in addition to lovely centerpieces for our drivers. The VTCC reached its 15th birthday. Our Veterans and Seniors took center stage during the holidays—and every day! The Travelers explored Pigeon Forge, Charleston, Edenton, and New York City. Toys were distributed in Whoville for the community children.

As we bid farewell to 2024 and shed the past; the same enthusiasm is clear as we are off and running in 2025! Happy New Year!

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

In Sickness and In Health



Science Café kicked off at the Seymour Center in Chapel Hill, NC with a discussion of viruses and vaccines. We're excited to offer this new science literacy program for older adults in Orange County!

Mystery, Murder and... a Circus????

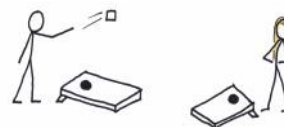


Davidson County Senior Center in Thomasville hosted a Murder Mystery at the Circus Party. Events included hotdogs, hamburgers, popcorn, cotton candy, puff peanuts, suspicion, and many laughs.

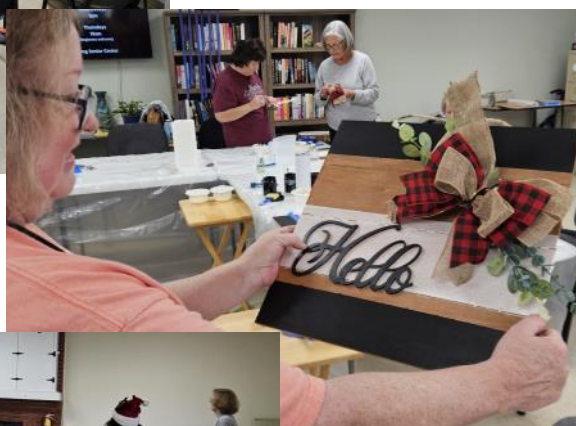
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The 3 C's



Hello



Cornhole, Crafting, and Cardio Drumming demo
at King Senior Center!

Submitted by: Paul Hall, G, King Center



Want to toot your horn?? Send your Center information to katherine.irby@darenc.gov **before April 25, 2025 at 5 P.M.** in order to be included in the Spring 2025 edition. Late submissions will not be accepted.

HERTFORD HOLIDAY SPIRIT ABOUNDS



Santa came to the Office of Aging to check his Naughty and Nice list; Christmas Shopping at the Norfolk Outlet Mall followed by a trip through the Botanical gardens to see the light display; and 'tis better to give than to receive. The HCOA Sewing Class presented the ECU Roanoke Chowan Hospital Cancer Center with hand sewn Christmas bags filled with comforting personal items.

A Gifted Community



Our participants enjoyed many festive art classes this holiday season including creating these beautiful sea glass trees. Seas and Greetings from all of us!

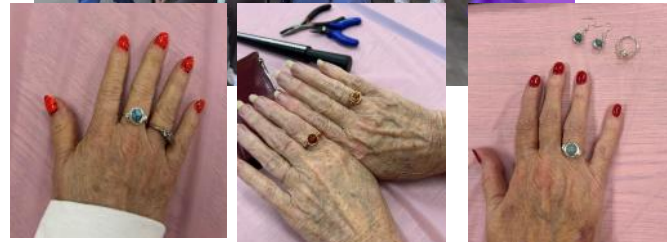
One of our wonderful AmeriCorps Seniors volunteer groups hosted a craft bazaar where all items were made by our Gifted Retired Active Dedicated Seniors (GRADS) members and the proceeds will benefit their community initiatives.

With the help of our amazing Wilmington community and other partners, our staff and volunteers, we were able to fill over 700 gift bags for our home-delivered meal clients, brightening their holiday season and letting them know they are cherished by our community.

North Carolina Senior Center Alliance



Davidson County Senior Services partners with a local nonprofit art guild to host many of their art classes, including Watercolor Painting and a Wire Wrapped Jewelry Class held this fall. Members of the guild share their artistic talents in painting, sewing, woodwork, beading and much more.



The Lexington Senior Center hosted our first “trick or treat” event in October. Staff decorated office and activity room doors and senior participants went door-to-door for candy and treats. We also held a costume contest with the grand prize going to Cindy-Lou-Who and the Grinch.



Submitted by: Anna Claire Kelly, G, Website Administrator, Davison County Senior Services

North Carolina Senior Center Alliance



Davidson County Senior Services
In our wreath making class, participants got to decide which kind of wreath they wanted to create, rag wreath or burlap wreath. Then once they decided on the base, they could customize it using flowers, greenery and ribbon!



Davidson County's partnership with Senior Planet has proven to be a huge success for program participants. Smartphone Photography is just one of the many classes we have been able to offer. Seniors rave that the curriculum is so easy to understand and find the classes to be very helpful in their journey to keep up with the latest trends in technology.



Davidson County offered "12 Days of Christmas Spirit" this year, an opportunity for seniors to give back to their community. Projects included a campaign to collect toiletry bags for our local homeless shelter, thank you cards for Meals on Wheels drivers, pet blankets for our animal shelter, appreciation bags for law enforcement officers and more.



Submitted by: Anna Claire Kelly, G, Website Administrator, Davison County Senior Services

more
news
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North Carolina Senior Center Alliance



Publications Ready for Download

Five Myths About Aging

Myth 1 The older you get, the less sleep you need.
We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.

Myth 2 Depression is normal in older adults.
Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.

Myth 3 Older adults can't learn new things.
Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.

Myth 4 Memory problems always mean Alzheimer's disease.
Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.

Myth 5 Older adults do not need to exercise.
Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.

Visit www.nia.nih.gov/health/10-myths-about-aging for more information about aging and older adults.

Reducing Your Risk of Dementia

Healthy Lifestyle Choices That May Help Lower Your Risk of Dementia

Age-Related Forgetfulness or Signs of Dementia?

Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

Age-related forgetfulness	Signs of dementia
<ul style="list-style-type: none"> Making a bad decision once in a while Missing a monthly payment Forgetting which day it is and remembering later Sometimes forgetting which word to use Losing things from time to time 	<ul style="list-style-type: none"> Making poor judgments and decisions a lot of the time Problems taking care of monthly bills Losing track of the date or time of year Trouble having a conversation Misplacing things often and being unable to find them

Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at www.nia.nih.gov/memory-and-aging.



High Blood Pressure and Older Adults

Blood pressure is the force of blood pushing against the walls of arteries as the heart pumps blood. As we age, arteries get stiffer, causing blood pressure to go up. High blood pressure is common in older adults.

How High Blood Pressure Affects the Body
Untreated high blood pressure can increase your risk of serious health problems, including cardiovascular disease (such as heart disease and stroke), vascular dementia, eye problems, and kidney disease.

High Blood Pressure Symptoms
High blood pressure often doesn't cause symptoms that you can see or feel. However, some older adults may experience shortness of breath during light physical activity, lightheadedness upon standing too fast, and falls.

Blood Pressure Readings
In a blood pressure reading, the top number is called systolic blood pressure, and the bottom number is called diastolic blood pressure. Blood pressure readings are classified based on those two numbers:

Low blood pressure or hypotension	Normal blood pressure	Elevated blood pressure	High blood pressure or hypertension
<90 systolic	<120 systolic	120-129 systolic	≥130 systolic
<60 diastolic	<80 diastolic	<80 diastolic	≥80 diastolic

<https://order.nia.nih.gov/>



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



NORTH CAROLINA ASSOCIATION ON AGING

2025

**NORTH CAROLINA
STATE AGING
CONFERENCE**

FEBRUARY 25-26

THE CAROLINA INN, CHAPEL HILL

Save the Date

North Carolina Senior Center Alliance



2025 NCAOA Excellence in the Field of Aging Awards

The North Carolina Association on Aging is pleased to announce that it is now accepting nominations for five Excellence in the Field of Aging Awards. These awards will be presented at ***the NCAOA Awards Luncheon on Wednesday, February 26 from 11:15 am to 1:45 pm at The Carolina Inn, Chapel Hill***

1. **Shining Star Award**

This award honors an **employee** for the quality of direct service they provide to older adults in their community. Candidates must be front line service delivery workers.

2. **Guiding Star Award**

This 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.

3. **Rising Star**

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 the future of their organization and the field of aging.

4. **Rock Star Award**

This 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 have 5 plus years of work experience) as a Chief Executive or Administrative Officer with their organization.

5. **Reaching for the Stars – Innovative Program Award**

This 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 in enhancing the lives of older adults.

North Carolina Senior Center Alliance



2025 NCAOA Excellence in the Field of Aging Awards

Who is eligible?

Eligible recipients of the awards are staff members of organizations or individuals holding current membership in NCAOA.

How are winners selected?

The NCAOA Chairperson appoints a three-person impartial review panel made up of NCAOA members within the aging network. Anyone nominated for an award will not be appointed to the review panel. The panel will make recommendations for award recipients to the NCAOA Board of Directors for final action. Winners will be announced on Wednesday, February 26 at the Luncheon Awards as part of the 2025 NCAOA State Aging Conference.

How are nominations made?

Any individual member or agency **member** may submit nominations. Nomination forms are included and may be duplicated as needed. **NCAOA will accept nominations through Friday, January 31, 2025. Completed forms may be emailed to: kstrong@cabarrusmow.org**

North Carolina Senior Center Alliance



ACL UPDATES



HHS Releases AI Strategic Plan

The U.S. Department of Health and Human Services (HHS) has unveiled its Artificial Intelligence (AI) Strategic Plan, which provides a framework and roadmap to ensure the responsible use of AI to improve people's lives. HHS's overarching objective is to set in motion a coordinated public-private approach to improving the quality, safety, efficiency, accessibility, equitability, and outcomes in health and human services through the innovative, safe, and responsible use of AI.

ACL looks forward to collaboration across sectors to advance the use of AI to empower older adults and people with disabilities and the individuals and organizations that serve them.

See HHS's announcement of the plan below.

Strategic Plan Provides a Roadmap for AI in Health Care, Human Services, and Public Health

HHS has released its Artificial Intelligence (AI) Strategic Plan, setting a vision for how AI can revolutionize health care, human services, and public health. This comprehensive roadmap outlines the department's commitment to trustworthy, ethical, and equitable AI use.

Key highlights include:

- ◆ Catalyzing health AI innovation and adoption to unlock new ways to improve people's lives
- ◆ Promoting trustworthy AI development and ethical and responsible use to avoid potential harm
- ◆ Democratizing AI technologies and resources to promote access
- ◆ Cultivating AI-empowered workforces and organization cultures to effectively and safely use AI

2025-2026

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



An updated version of the NC Senior Center Directory will be available in a few weeks and will be linked for your use on the NCSCA webpage. Thank you!

North Carolina Senior Center Alliance



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



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	Jennifer Barraclough, Vice Chair (F) Advocacy Subcommittee Lead Iredell Council on Aging 344 East Front Street Statesville, NC 28677 704-873-5171 jbarraclough@iredellcoa.org Term Expires: July 1, 2024	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
Betsy Griffin, Secretary (P) Membership/Communication Subcommittee Lenoir County Council on Aging 112 E. Blount Street Kinston, NC 28501 252-527-1545 director@leniorccoa.org Term Expires January 1, 2024	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@dauidsoncountync.gov Term expires: January 1, 2025	Kim Crawford (A) Advocacy Subcommittee 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) 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	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	Roxanne Powell (E) Training/Mentoring Subcommittee 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) Special Projects Subcommittee Lead McDowell Senior Center 100 Spaulding Road Marion, NC 28752 828-659-0823 wprebor@mcowellseniorcenter.org Term Expires: January 1, 2025	Amanda Kempen (N) Marketing Subcommittee Hamlet Senior Center 102 Veterans Drive Hamlet, NC 28345 910-582-7985 akempen@hamletnc.us Term Expires: March 2025	Thomas Little (L) Marketing Subcommittee Jo Story Senior Center City of Roanoke Parks & Rec 701 Jackson Roanoke, NC 28660 252-537-7070 tgoble@roanokepark.com Term Expires: January 1, 2024

North Carolina Senior Center Alliance



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	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	Shana Kriewall, (B) Special Project Subcommittee Harvest House 205 Kenilworth Road Asheville, NC 28803 828-350-2051 skriewall@ashevillenc.gov Term expires: January 1, 2026
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	Cyndi Shimer (Q) Member at Large Advocacy Subcommittee Pitt County Council on Aging 4551 County Home Rd Greenville, NC 27858 252-752-1717 ext. 205 cshimer@pittcoa.com Term Expires: March 2025	Sandy Pace (R) Member at Large Retired Director 105 Fannin Mill Rd. Manteo, NC 27954 252-489-5720 sandys5625@gmail.com Term expires: January 1, 2025
NCDAAS Representative Leslee Breen (Ex-Officio) N.C. Division of Aging MSC 2101 Raleigh, NC 27699 919-855-3414 Leslee.breen@dhhs.nc.gov	NCDAAS Representative Selena Royal (Ex-Officio) N.C. Division of Aging 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
Kisha Williams (P) Member at Large Special Projects Subcommittee Carteret County Aging Services Leon Mann Jr. Enrichment Center 3820 Galantis Drive Morehead City, NC 28557 252-247-2626 Lakisha.Williams@carteretcountync.gov	Rik Covalinski (E) Member at Large Marketing Subcommittee Executive Director Neighbors Network 502 Thornburg Dr. NE Conover, NC 28613 828-464-1111 rik@neighborsnetwork.org	



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 25, 2025 at 5 p.m.** in order to be included in the Spring 2025 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

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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