

NCSCA News Winter 2020

INSIDE:

Submitted by Billie Lister, D, Vice-Chair Lois E. Harrill Senior Center & Sandy Pace, R, Chair, Dare County Senior Center

What is NCSCA	1-3	The North Carolina Association on Aging (NCAOA) serves to represent agencies and other professionals in the field of aging who provide home & community based services, and advocate for quality programs which enable older adults and their families to live as independently as possible.
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2020 NCAOA Conference & AJI Information	6	The North Carolina Senior Center Alliance (NCSCA) is a program section of the NCAOA. The goal of the NCSCA is 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; Provide for additional staff training and development; NCSCA member benefits include; Receiving a quarterly newsletter; Advocacy training; SCOPE assistance; Fundraising ideas and assistance; Media Marketing Kits; Regular meetings with NC Division of Aging & Adult Services staff; and YouTube training videos.
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If you are not a member of the Alliance or the NCAOA, please think about joining today.

More membership information can be found on page 2-3 of the newsletter.

North Carolina Senior Center Alliance



It is time again to join the North Carolina Senior Center Alliance and/or the North Carolina Association on Aging. What is membership all about? Here are the words straight from the websites:

NCSCA= The North Carolina Senior Center Alliance (NCSCA) is a program section of the North Carolina Association on Aging. The goal of the NCSCA is 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
- Provide for staff training and development



NCSCA recognizes the need for a network of support for professionals in the aging field as they work together to grow their programs and services within their communities.

Member Benefits:

The Alliance offers members a quarterly newsletter packed full of information, ideas, and happenings with senior centers around the state.

Information

- Legislative Alerts
- Advocacy Training
- Group Activities with Other Members

Advocacy

- Press Release Training and Templates
- Marketing Media Kits
- E-Postcards
- Sample Radio PSA

North Carolina Senior Center Alliance



Marketing

- ♦ Regular Meeting with NCDAAS staff
 - YouTube Training Videos
 - Mentoring with Seasoned Sr. Center Professionals
 - SCOPE Assistance

Mentoring and Training

Members can hear from others how they have generated revenue for their centers through creative fundraising. Learn what to do and what not to do when it comes to raising money.

Fundraising Ideas and Assistance

Members are offered an opportunity to become the recipient of the annual Ann B. Johnson Award for a Distinguished Senior Center.

JOIN TODAY!!!!!!

This link will be good throughout the month of January 2020. The link simplifies the registration and payment process an a few easy clicks!

The Alliance membership fee is only \$20.00 but is free if you are a member of the NCAOA. Simply fill out membership registration through this link:

[http://events.constantcontact.com/register/event?
llr=edr899bab&oeidk=a07egjaogkpf6044d46](http://events.constantcontact.com/register/event?llr=edr899bab&oeidk=a07egjaogkpf6044d46)

Be a part of this wonderful organization and see the exciting things that happen when professionals collaborate!

North Carolina Senior Center Alliance



The voice in your head says, “Jump!”

“Go ahead and jump!”

“Just do it already, JUMP!”

Many times in life opportunities cross our path but before we know it, the time has slipped away, the opening is closed, a tempting offer becomes out of reach or the potential “self-upgrade” has quietly passed us by...

Why didn't you JUMP? Was your decision based on fear? Are you bound forever stagnant by your own self-doubt? Did you run out of time overthinking the decision? Even not making a decision is still making a decision, so I'm told.

Are you a jumper? Do you always take the 'safer' route? Think about jumping off a diving board into a pool. When you get ready to jump are you nervous? Do you fear the cold water, touching the bottom of the pool, slipping and hitting the board on the way down, or maybe just looking ridiculous on the way in or coming back up for air in an embarrassing water gurgling choking fit? The scenario sounds like a self-talk scene from a comedy and might seem funny, but the same self-doubt and fear of the unknown often happens when we are given opportunities. Some of us never even make it to the diving board, we are watching from the comfort of our deck chair near the shallow end of the pool through the safety of our sun glasses.

So maybe you're not scared so much about the jump, but more about the fall. . .

Whether you call it jumping or taking a leap of faith, there are no guarantees of the outcome. The fall is the landing from the jump or leap. The fall might be a wonderful experience that makes you a better version of yourself or that leads you to greatness as you hit the mark perfectly. Or it might not be graceful at all. There might be bumps and deep valleys and brick walls that you must overcome during the landing. Even if you are perfectly on target for the landing mark the fall can be scary while the change is taking place. *Remember that falling from the jump doesn't = failure.*

North Carolina Senior Center Alliance



Fear is normal.

Humans are not plants and don't require physical roots to grow. Quite the opposite. Even though keeping our feet on familiar ground helps us feel stable and secure, it's in our nature to move, explore and evolve. It's ok to be afraid but consider how overcoming your fear can help you break out of your own self-made limitations.

Baby steps are still steps.

Every step you make is forward progress, even if it doesn't feel like it at the time. The fact that you are even considering a jump, learning more about the opportunity, getting all the facts to make an informed and educated decision is a step. Opening your mind to the possibility of change, no matter how small, after talking yourself out of it time and time again is a step!

Be inspired to aspire.

All your predecessors jumped off the diving board, your peers are starting to line up for a jump, so you should jump too, right? If you have no desire to jump, then don't. Everyone has a different outlook on life, different goals and ideas of what equals success and that's ok. Possibly, what seems to be the most perfect opportunity has knocked on your door just a bit too early. Don't rush your decision but do be proactive in your considerations. Do your own due diligence, but don't miss the call when it's the right time to jump.

What do you want? Take a mental inventory, write a pros and cons list, journal, meditate, pray, whatever helps you get your thoughts straight. If the opportunity you have today isn't right for you now, don't just dismiss it. Avoid the mistake of ignoring the spark of interest in change, the desire to jump. Reassess your needs, the end goal of making your jump. Make a plan and take action so that the next time an opportunity, big or small, crosses your path you'll know if it's time to jump!

Submitted by: Selena Royal, Senior Center Program Specialist, NCDAAS

Until you see fear as an opportunity
for growth, you won't grow beyond
your current self.

Robert Tew

North Carolina Senior Center Alliance



Please plan to attend the North Carolina Association on Aging (NCAOA) State Aging Conference March 5-6, 2020 at the Hotel Ballast in Wilmington, N.C.

This conference is for aging service providers, students and seniors. Registration and conference details will be available soon.



The Spring 2020 session of the Ann Johnson Institute for Senior Center Management information will be announced soon. Please keep an eye on your inbox for registration details.

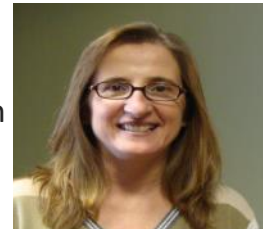
If your senior center has a great, innovative program and/or service being offered that you would like to share with the other senior centers across the state, please reach out to any of the committee members listed at the end of the newsletter or send your program and/or service description(s) to: katherine.irby@darenc.com by March 31, 2020 in order to be included in the Spring 2020 NCSCA newsletter.

North Carolina Senior Center Alliance



LEADER'S LETTER

Wow! I can hardly believe it is the end of 2019 and the beginning of 2020. It has been a fantastic year. I want to encourage each of you to take a moment to look back at all you achieved, how many individual lives you touched and helped. We can get lost in what we did not accomplish and forget about all of the things, big and small we did accomplish. Remember that you matter to the people you serve and the people you work with. Don't get stuck on what you didn't get finished. Focus on the New Year and how you can continue to do the amazing work you do.



Sandy Pace, Chair
Dare County (R)

This past year the Alliance has been hard at work and I am proud of the many accomplishments and achievements;

- Addition of several new members
- Participating and supporting the Leadership Symposium
- Participating and supporting the NCAOA conference
- Distributing the newsletter again
- Participation in AJI in the fall
- Distributing several SCOPE kits
- Awarding the 3rd Annual Ann Johnson Senior Center of the Year Award and had an increase in applicants
- Creating Advocacy events
- Mentoring our colleagues

In the New Year the Alliance hopes to update and print a new brochure, add training tutorials to the online library, continue to create advocacy events, grow our membership base, continue to support the North Carolina Association on Aging (NCAOA) conference, support and collaborate with North Carolina Division of Aging and Adult Services (NCDAAS) on the Leadership Symposium, continue to recognize superior senior center efforts with the Ann Johnson Senior Center of the Year Award, and mentor and assist senior center professionals across the state.

The Alliance is still seeking representation for Regions N and B and a member at large position. Please consider serving. Not only does it look good on SCOPE but it helps you stay connected, assist your colleagues and receive help from other senior center professionals.

I want to thank the Alliance committee for all of their dedication, commitment and hard work in 2019. I look forward to working with all of you in 2020. I know you will continue to be a source of encouragement, support and information to all of our colleagues and senior centers across North Carolina.

Happy New Year!!

Sandy

North Carolina Senior Center Alliance



NEWS FROM AROUND THE STATE

Dare County Senior Center (DCC) hosted Col. Gail Halvorsen, also known as, “The Candy Bomber” again this year. It was another interesting, entertaining and historic evening with the icon (and the Berlin Airlift Historical Foundation Crew) who have been dropping candy for boys and girls around the globe for over 80 years. This could be the Colonel’s last public appearance on the Outer Banks but the *Spirit of Freedom* and the Berlin Airlift Historical Foundation Crew will continue to come!



North Carolina Senior Center Alliance



MACON COUNTY SENIOR SERVICES:

85 GOODY BAGS WERE DISTRIBUTED TO HOME DELIVERED MEAL RECIPIENTS. THE ITEMS WERE DONATED BY STAFF AND PARTICIPANTS OF SENIOR SERVICES AS WELL AS STAFF MEMBERS FROM THE DEPARTMENT OF SOCIAL SERVICES. ADULT DAY PROGRAM PARTICIPANTS AND STAFF PACKED THE BAGS!

IN ADDITION, THE MACON COUNTY SENIOR SERVICES ADULT DAY PARTICIPANTS ENJOYED THEIR CHRISTMAS PARTY!

SUBMITTED BY: JENNIFER HOLLIFIELD (A),
MACON COUNTY SENIOR SERVICES



North Carolina Senior Center Alliance



Ruffy-Holmes Senior Center is having great success with the **Outdoor Adventure Hiking** group. They hike within 1-2 hours of the center once a month. The group is growing and the hikes can be anywhere from 1-5 miles, and often up and down hills/small mountains!

Submitted by: Nan Buehrer (F), Advocacy, Ruffy-Holmes Senior Center

HAPPY BIRTHDAY 90+es!!!

Crawford Senior Center in Macon County hosted a party to recognize all those who have participated in any activity at the center in 2019 who were 90 years old or older. There were 37 participants 90 years old or older! The oldest was 102! This included classes such as Tai Chi and Yoga, as well as craft classes. We mailed formal invitations to each one inviting them to a morning of being recognized for their longevity. Punch and cookies were enjoyed by all and they each given a small gift. Of the 11 participants recognized; half were WWII veterans!

Submitted by: Kim Crawford (A), Macon County Senior Services



North Carolina Senior Center Alliance



Christmas events at the Davidson County Senior Centers were a hit! A Pen Pal Christmas Party was held for 2nd and 3rd grade students who write to their senior pen pal starting in September. They get to meet them for the first time at Christmas! What a gift! The program continues through the end of each school year.

Also, featured is the Annual Christmas Party. As you can see, the participants had a blast playing reindeer games!!

The team that built the biggest set of balloon antlers won...obviously, there was no clear winner--so, they all received a prize!

Submitted by: Christie Smith (G), Davidson County Senior Center



North Carolina Senior Center Alliance



Rufty-Holmes Senior Center is partnering with several other non-profit agencies to host a new event. See the Save the Date ad below. The goal is to begin attracting more Baby Boomer Women with an event that answers what is going on in their lives right now.. Try and get over to Salisbury to attend this great event!

Submitted by: Nan Buehrer, (F), Advocacy, Rufty-Holmes Senior Center

SAVE THE DATE

Women Empowering Women

Day of Learning for Friends, Sisters, Moms, Daughters — Ages 50 +

Saturday, March 28 10 am - 2 pm

Rufty-Holmes Senior Center

1120 S. MLK Jr. Ave., Salisbury, NC

Learn & Engage with Speakers & in Workshops

Dealing with Life beyond 50

Health Below Your Belt

Frank discussions on how to manage our lifestyles as our womanly bodies change . . .

Financial Literacy

Money: Having enough, managing it, how to get more

Good Grief

Coping with "normal" losses of downsizing, retiring, loss of health, and the loss of partners and friends

Feeling Safe in a Scary World

Tips and practice to put you in control of your safety

And Much More!!

Registration Opens Feb. 3rd. Watch for details!

Vendor Booths — Salad Bar Lunch — Demos



HOSTS:

Rufty-Holmes Senior Center — Trinity Oaks — Trellis Supportive Care



Want to toot your horn?? Send your Center information to katherine.irby@darenc.com **before March 31, 2020 at 5 PM** in order to be included in the Spring 2020 edition. Late submissions will not be accepted.

North Carolina Senior Center Alliance



The census counts every generation.

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year.

That includes money for things like:

First responders	Medicare Part B
Supportive Housing for the Elderly Program	Libraries and community centers
Supplemental Nutrition Assistance Program (SNAP)	
Senior Community Service Employment Program	

Responding is easy.

Beginning mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

Responding is safe.

Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

For more information, visit: **2020CENSUS.GOV**

North Carolina Senior Center Alliance



Everyone has a story!

The NCSCA newsletter and the Special Projects Committee would like you to share some of the life histories of the wonderful persons that attend your centers and sites. We want to highlight some of these individuals in each of our upcoming newsletters. Many times, we only learn the history of the people around us when we read their obituary in the local paper. Collecting life stories while an individual is still living helps people to better understand their friends and family and capture's history from a personal and unique perspective.

In 2011, our former McDowell County Manager Chuck Abernathy was discussing with his sons Alex and Andrew about the passing of an important figure in our community and how it was unfortunate that the person has not been interviewed before his death and that important details of his life and experiences were now lost. Alex and Andrew Abernathy along with the help of the McDowell Senior Center and McDowell TV established the McDowell Legacy Project to collect the histories of citizens in McDowell County. The project sought to capture the life stories of county citizens on film and these videos can be seen on the McDowell County Government- North Carolina YouTube channel. These on-going filmed conversations have helped to create a living history of the county and of the world.



Julian Austin, local civic leader, while serving in World War II was on-board the USS Chatelain, the ship that helped capture the German submarine U-505 in 1944.

Annie Lee Epley, former county commissioner, one of the first women in an executive banking position in Western North Carolina in the 1940s.



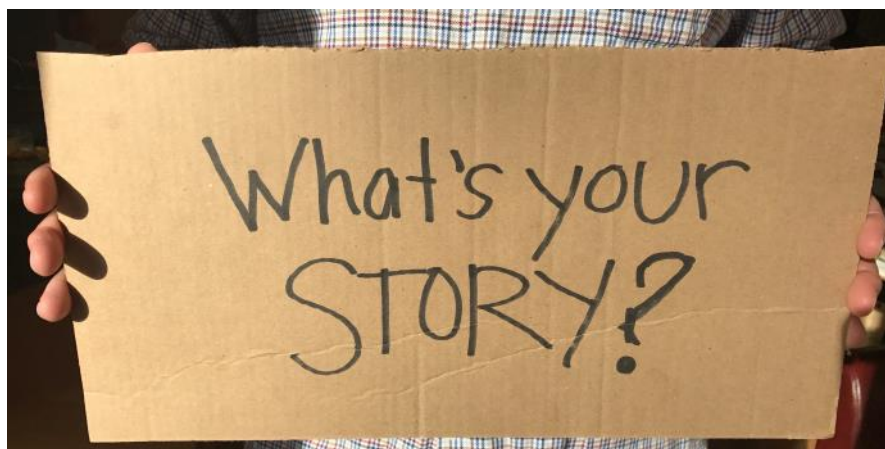
North Carolina Senior Center Alliance



Billy Martin, Marion City Council Member and serves on the McDowell Senior Center Advisory Committee, discussed desegregation in the local schools and his personal experiences. These are just three of the wonderful individuals that have helped our community understand more about its history and of the world that they have experienced.

We would like you to help us to understand more about the people that are part of your centers. Our goal is to include a couple of these stories in each of the NCSCA newsletters. Your story for the newsletter needs to be 500 words or less and it would be a great addition, but not required, to submit a photo or two of the person(s) you are interviewing. You can also use your article as part of your newsletter or a project board at your center. You may also want to have a class at your center or site about how a person can write their own life histories. If you enjoy collecting stories and your center is a Senior Center of Excellence, then you may want to include this project under Questions 38-Special Projects on the Extra Mile Section of the SCOPE tool. Please send your stories and pictures for the NCSCA newsletter to Weyland Prebor at wprebor@mcdowellseniorcenter.org. If you would like advice on conducting an interview or possible questions to ask, you can also email or call Weyland at 828-659-0823 for more information.

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



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>Sandy Pace, Chair (R)</p> <p>Dare County Senior Center PO Box 1000 Manteo, NC 27954 252.475.5625</p> <p>sandyf@darenc.com</p> <p>Term Expires: January 1, 2021</p>	<p>Billie Lister, Vice Chair (D) <i>Membership/Communication Subcommittee Lead</i></p> <p>Lois E. Harrill Senior Center, Watauga 132 Poplar Grove Connector, Suite A Boone, NC 828.265.8090</p> <p>Billie.Lister@watgov.org</p> <p>Term Expires: January 1, 2021</p>	<p>Christy Southall, Treasurer (K) <i>Special Projects Subcommittee</i></p> <p>Franklinton Senior Center 602 East Mason St. Franklinton, NC 27525 919.494.5611</p> <p>csouthall@franklintoncountync.us</p> <p>Term Expires: January 1, 2021</p>
<p>Betsy Griffin, Secretary (P)</p> <p>Lenior County Council on Aging 112 E. Blount Street Kinston, NC 28501 252.527.1545</p> <p>director@leniorcco.org</p> <p>Term Expires: January 1, 2022</p>	<p>Thessia Everhart-Roberts (G) <i>Website Administrator</i></p> <p>Davidson County Senior Services 555-B West Center St. Ext. Lexington, NC 27295 336.242.2946</p> <p>Thessia.everhart@davidsoncounty.gov</p> <p>Term Expires: January 1, 2021</p>	<p>Kim Crawford (A)</p> <p>Macon County Senior Services 108 Wayah Street Franklin, NC 28735 828-349-2058 ext..2727</p> <p>kcrawford@maconnc.org</p> <p>Term Expires: January 1, 2021</p>
<p>Rich Zeck (Q) <i>Training/Mentoring Subcommittee Lead</i></p> <p>Pitt County Council on Aging 4551 County Home Road Greenville, NC 27858 252-752-1717</p> <p>rzeck@pittcoa.org</p> <p>Term Expires: January 1, 2021</p>	<p>Amber Smith (O) <i>Advocacy Subcommittee</i></p> <p>New Hanover County Senior Resource Center 2222 South College Rd. Wilmington, NC 28403 910.798.6401</p> <p>asmith@nhcgov.com</p> <p>Term Expires: January 1, 2021</p>	<p>Roxanne Powell (E) <i>Mentoring/Training Subcommittee</i></p> <p>Burke County Senior Services 501 North Green St Morganton, NC 28655 828.430.4147</p> <p>roxanne.powell@burkenc.org</p> <p>Term Expires: January 1, 2021</p>

North Carolina Senior Center Alliance



Weyland Prebor (C) <i>Special Projects Subcommittee</i> McDowell Senior Center 100 Spaulding Road Marion, NC 28752 828.659.0823 Wprebor@mcdowellseniorcenter.org Term Expires: January 1, 2022	(N) PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!	Thomas Goble (L) <i>Marketing Subcommittee Lead</i> Jo Story Senior Center City of Roanoke Rapids Parks & Recreation 701 Jackson Street Roanoke Rapids, NC 27870 252.533.2849 tgoble@roanokerapidsnc.com Term Expires: January 1, 2020
Marie Faircloth (M) <i>Advocacy Subcommittee</i> 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, 2021	Nancy Hulbert (J) <i>Special Projects Subcommittee</i> Garner Senior Center 205 East Garner Road Garner, NC 27529 919-661-6893 nhulbert@garnernc.gov Term Expires: May 1, 2021	(B) PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!
Nan Buehrer (F) <i>Advocacy Subcommittee</i> Rufty-Holmes Senior Center 1120 S. MLK, Jr. Avenue Salisbury, NC 28144-5692 704-216-7715 director@ruftyholmes.org Term Expires: January 1, 2021	Ginger Sims, Member at Large (P) <i>Advocacy Subcommittee</i> Havelock Senior Center 130 Trader Avenue Havelock, NC 28532 252-444-6445 gsims@havelocknc.com Term Expires: January 2021	Katherine Irby, Member at Large (R) <i>Marketing Sub-Committee, Newsletter Lead</i> Dare County Senior Center PO BOX 1000 Manteo, NC 27954 (252)475-9273 katherine.irby@darenc.com Term Expires: May 1, 2021
Step Volunteer	Right To	Up! Help.

North Carolina Senior Center Alliance



Maynell Harper, Member at Large (K) Advocacy Committee Person County Senior Center 87 Semora Road Roxboro, NC 27573 366-599-7484 maynell.harper@personseniors.org Term Expires: May 1, 2021	Member at Large PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!	Morgan Doughtie, Member at Large (L) Special Projects Subcommittee Nash County Senior Center 103 N Alston Street Nashville, NC 27856 252-462-2730 morgan.doughtie@nashcountync.gov Term Expires: May 1, 2021	
NCDAAAS Representative Leslee Breen (Ex-Officio) N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3414 Leslee.breen@dhhs.nc.gov	NCDAAAS Representative Rebecca Freeman (Ex-Officio) N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3421 Rebecca.freeman@dhhs.nc.gov	Janice Tyler (J), NCAOA Board Member (Ex-Officio) Orange County Department on Aging 2551 Homestead Road Chapel Hill, NC 27516 919.245.4255 Jtyler@orangecountync.gov	NCDAAAS Representative Selena Royal (Ex-Officio) N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3414 selena.royal@dhhs.nc.gov

If you are interested in becoming a Committee Member or assisting on a sub-committee please send an email or give a Committee Member a call TODAY!!

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.com Microsoft Word is the preferred platform, please do not use PDF. Please DO include photographs (.gif or .jpeg) when possible--everyone loves pictures!

The next deadline is **MARCH 31, 2020 at 5 p.m.** in order to be included in the Spring 2020 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!

North Carolina Senior Center Alliance



Like the NC Senior Center
Alliance Facebook page



Check out our website
www.ncscalliance.com

For more information on the NCSCA visit www.ncaoa.org
or contact NCSCA Chair, Sandy Pace, at 252-475-5625
or sandyf@darenc.com

NCSCA NEWSLETTER

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