



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026

LEADER'S LETTER

NCSCA Members,

Can you believe fall is here? It feels like summer just started, and somehow we are already talking about cooler temperatures, changing leaves, pumpkin everything, and all the fun that comes with a new season!

There is something special about fall. It feels like a fresh start—a chance to get out, try something new, reconnect with friends, and enjoy the little things that make life fun. I think that same feeling is something we see in the older adults we serve every day.

Getting older doesn't mean slowing down or sitting on the sidelines. It means having opportunities to explore new interests, make friends, learn, create, laugh, and enjoy life. That is what makes senior centers so special. Whether it's a craft class, fitness program, day trip, special event, or simply sitting around a table talking with friends, we create opportunities for people to live life—not just fill their calendars.

As we head into a new season, I hope we continue to think outside the box, try new things, and create meaningful experiences for the older adults in our communities. And let's remember to have some fun ourselves along the way!

I am so thankful to be part of the North Carolina Senior Center Alliance and to work alongside so many passionate people who care deeply about older adults. Together, we are making senior centers across our state places where people feel welcome, connected, and excited to be involved.

Here's to a new season filled with fresh ideas, new friendships, lots of laughter, and plenty of reasons to celebrate every season of life!

-Anna Claire



*Submitted by: Anna Claire Kelly, G, Chair/Website Administrator,
Davidson County Senior Services*

INSIDE:

Leader's Letter	1
Join Us	2
Idea Corner	3-4
5-Minute Challenge	5-23
Other News	24-35
NC Senior Center Directory	36
NCSCA Committee	37-38
Newsletter information	39
MSC: Worth a Look	40





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!

We need to band 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](https://app.joinit.com/o/north-carolina-association-on-aging)

NCAOA:

[HTTPS://WWW.NCAOAGING.ORG/](https://www.ncaoaging.org/)

NCSCA:

[HTTPS://NCSCALLIANCE.ORG/ABOUT](https://ncscalliance.org/about)



North Carolina Senior Center Alliance

NCSCA IDEA CORNER

The NCSCA Marketing committee has come up with a few 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.



North Carolina Senior Center Alliance

NCSCA IDEA CORNER CONTINUED

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.



North Carolina Senior Center Alliance

NCSCA 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

Summer Sets and Fall Begins



The Tillett Center had a great summer! As the Center was rebranding and collaborating behind the scenes, participant's "dog days" were filled with day trips, lunch & learns, arts & crafts, exercise classes, ice cream socials, community service projects, and most importantly, fellowship! We LOVE summer time!!

Next up--the 10th Annual Dare to Scare 5K--come join us! Boo!

North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026

Welcome Everyone, Welcome!



grand
opening



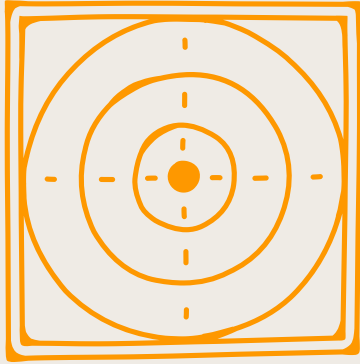
It was a long 8 months of renovations and 6 months of relocation to a local church, but it was worth the wait! The grand re-opening of the Siler City Center for Active Living was held on Tuesday, June 23, 2026! The celebration began with a ribbon-cutting ceremony, followed by an open house. The new space offers:

- A new welcome center which will serve as the main entrance and reception area, is added under the portico at the front of the center. This enclosed, sunny climate-controlled area serves to change the flow of traffic in the center and provides a direct path to the Holly Brooks Room.
- An additional room for programs, groups and presentations, adding substantial class space.
 - A new, modern office suite for center staff.
 - New flooring throughout the building, including a specialized floor for the Multipurpose Holly Brooks Room. The floor can be customized for a variety of center functions in a minimal amount of time, to include fitness classes, pickleball, social gatherings and special events.
- A new waiting area and center information hub, located outside the craft room.



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026



CROKINOLE.



A new game is taking over at Person County Senior Center - Crokinole!! (Pronounced KROH-kuh-nohl).

What is that you ask? Well, it's the classic Canadian wooden disc-flicking board game.

2 to 4 players take turns flicking wooden discs ("biscuits") across a round wooden board from the outer quadrants, trying to land them in the high-scoring center hole (20 points) or knock the opponent's pieces off.



GAME ON!





North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026



Thrive After Five



Who says the fun has to stop at 5:00?

Thrive (formerly Caldwell Senior Center) stayed open late for an evening of music, dancing, games, food, and plenty of fun! From the dance floor to everything happening around the room, there was no shortage of laughter and connection.

The pictures probably tell the story best—this is what reimagining aging looks like!



Submitted by: April Austin, E, Thrive: Age Reimagined (Formerly Caldwell Senior Center)



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026



TERRIFIC IN TYRRELL



What's
cookin'?



Summer fun doesn't stop indoors when you are at Tyrrell County Senior Adult Activity Center!

Great food, friendly competition, lots of laughter, and wonderful fellowship make our activities unforgettable!

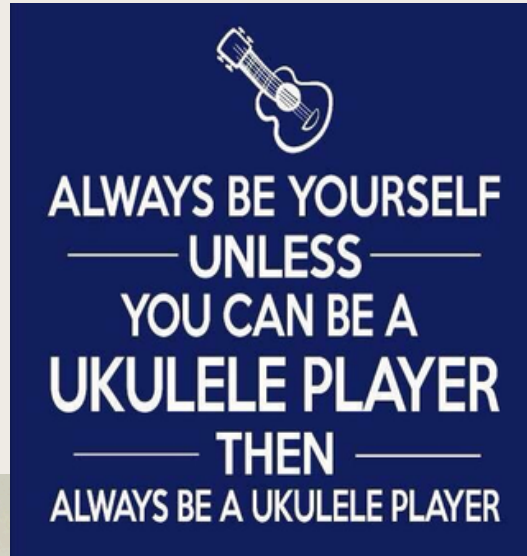
Who can say no to an indoor Summer cookout?!

Submitted by: Shenita Jones, R, Tyrrell County Senior Adult Activity Center



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026



The Shepherd's Center of Kernersville's Ukulele Troupe formed about 2 years ago. They turned beginner lessons into community performances, proving it's never too late to learn.

Submitted by: Debbie Williams, G, The Shepherd's Center of Kernersville



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026

Another Gorgeous Haywood Day En Plein Air Painting



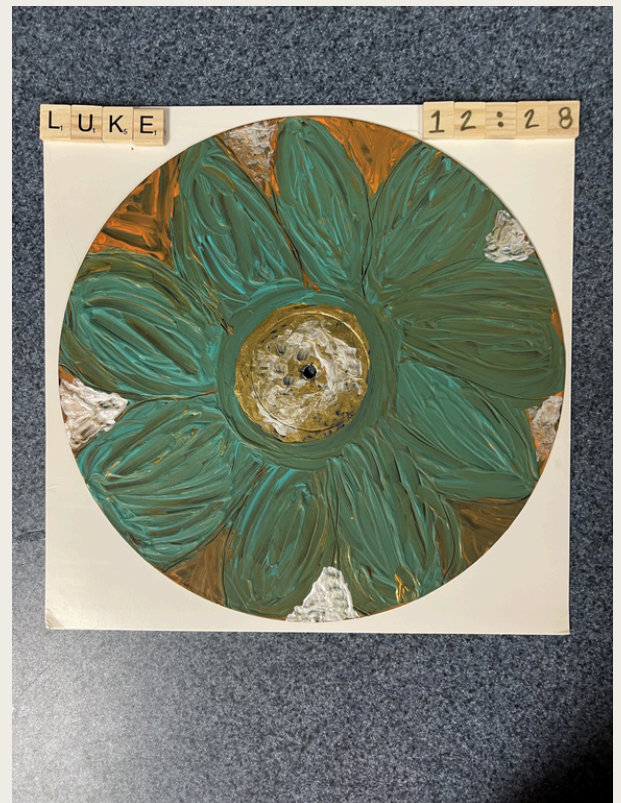
*Haywood County Seniors
recently enjoyed a
wonderful art exploration
day at Water Rock Knob.*

Submitted by: Carol Swallow, A, Haywood County Senior Resource Center



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026



*Great memories made during the annual
Adult Summer Camp at Brown & Douglas Recreation Center.
This year's theme for the week:
Make It, Take It.*

Submitted by: Serena Mumford, G, Brown & Douglas Active Adult Center



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026

Hertford for the WIN!



POOL NOODLE GAME: GAME TIME AT THE MURFREESBORO NUTRITION SITE! THINK FOOSBALL, BUT WITH POOL NOODLES, A BALL, AND WALKERS AS GOALS. THERE WAS PLENTY OF LAUGHTER, A LITTLE FRIENDLY COMPETITION, AND A WHOLE LOT OF FUN!

ROOT BEER FLOATS: WITH A LITTLE BIT OF NOSTALGIA, OUR SENIORS “FLOATED” INTO NATIONAL SENIOR CENTER MONTH WITH A SWEET SUMMERTIME FAVORITE—OLD-FASHIONED ROOT BEER FLOATS!

GERI FIT: STRONG, ACTIVE AND MOVING! OUR SENIORS ARE BUILDING STRENGTH AND FLEXIBILITY IN GERIFIT CLASS, WITH CHAIR EXERCISES AND TENSION BANDS.
EVERY MOVEMENT COUNTS!



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026

Fun, Food, and Fans!



New Hanover celebrated America's 250th Birthday with a Stars, Stripes, and Seniors special event at our Castle Hayne Satellite Nutrition Site! The event included local older adult related vendors, food, and festive fun.



This summer New Hanover worked hard to join the NC Senior Farmers' Market Nutrition Program that helps eligible lower-income older adults access healthy, locally grown foods while supporting North Carolina farmers. We gave out over 80 vouchers representing more than \$400 worth of fresh produce to our older adults.



New Hanover Senior Resource Center folks are big fans of our wonderful RSVP volunteers who help get free fans to older adults in our community to help beat the summer heat.

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



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026



Never Forget



Rufty-Holmes Senior Center hosted a meaningful program memorializing 9/11, honoring those lost and ensuring we never forget that tragic day.

Submitted by: Bonnie Jones, F, Rufty-Holmes Senior Center



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026



Macon Some Moves!



Macon County DRUMFIT has exploded!
 This is an high energy exercise class with music. It can
 be done seated or standing. Everyone just loves it.
 The smiles on their face say it all.
 Maybe this class would be a good fit at your center.

Submitted by: Kim Crawford, Advocacy, A, Crawford Senior Center



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026



Walking the Lake



Every Wednesday morning from 9-10 Haywood seniors meet to walk at Lake Junaluska.

People can walk as far as they'd like with the goal of going around the lake. These 2 made it around the lake!

Submitted by: Carol Swallow, A, Haywood County Senior Resource Center



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026



Zeck Meets Buckee



*A Pitt County trip to wild and wooly West Virginia
always opens a window to meet new friends!*

Submitted by: Rich Zeck, Mentoring/Training, Q, Pitt County Council on Aging

NCSCA NEWS SUMMER/FALL 2026



DISH GARDENS



Davidson participants got creative and brought a little bit of nature indoors during the Dish Garden Class!

Everyone had fun designing their own unique dish gardens and learning how to care for their new plants.

Submitted by: Anna Claire Kelly, G, Chair/Website Administrator, Davidson County Senior Services



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026



TAI CHI



DAVIDSON RECENTLY STARTED STAYING OPEN FOR EXTENDED HOURS (5-7:30 P.M.) ON TUESDAYS AND THURSDAYS; HOLDING A TAI CHI CLASS ON THOSE DAYS, AND IT IS WELL ATTENDED!

Submitted by: Anna Claire Kelly, G, Chair/Website Administrator, Davidson County Senior Services



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026



LET'S MAKE A DEAL



DAVIDSON SENIORS HAD A NIGHT FULL OF LAUGHS, SURPRISES, AND A LITTLE FRIENDLY COMPETITION AT OUR LET'S MAKE A DEAL GAME SHOW!

AFTER ENJOYING A DELICIOUS DINNER, PARTICIPANTS GOT TO PLAY OUR VERY OWN VERSION OF THE CLASSIC GAME SHOW—COMPLETE WITH MYSTERY PRIZES, BIG DECISIONS, AND OUR OWN HILARIOUS ZONKS!

FROM TEMPTING DEALS TO UNEXPECTED SURPRISES, IT WAS A NIGHT EVERYONE WON'T SOON FORGET!

Submitted by: Anna Claire Kelly, G, Chair/Website Administrator, Davidson County Senior Services



North Carolina Senior Center Alliance

NCSCA NEWS SUMMER/FALL 2026

PERSONALIZED WOODEN TRAYS



DAVIDSON PARTICIPANTS HAD A GREAT TIME GETTING CREATIVE DURING OUR PERSONALIZED WOODEN TRAY CLASS!

WE USED STENCILS MADE WITH A CRICUT AND THEN PARTICIPANTS PAINTED OVER THEM. ONCE THE PAINT DRIED, THE TRAYS WERE STAINED AND WE ADDED HANDLES.

Submitted by: Anna Claire Kelly, G, Chair/Website Administrator, Davidson County Senior Services



North Carolina Senior Center Alliance

NCSCA IN OTHER NEWS





North Carolina Senior Center Alliance

LEADERSHIP SYMPOSIUM

The 2026 NC Senior Center Leadership Symposium was super success!

Day one started off with an optional group lunch outing at the Barcelona Burger. The food was great and the group size was 25 strong. With the theme – Leading Like Superheroes – the Power Behind the Cape, the first afternoon allowed for some fun superhero style. Some attendees adorned full superhero costumes, while others wore custom t-shirts that coordinated with their choice of superhero nametag! The icebreaker involved everyone speaking one on one with each other sharing their superhero name and the meaning behind it. Our door prize volunteer for the two days took her role to heart and surprised us by morphing into Door Prize Deb. We appreciate all the enthusiastic effort, and the fun and laughter she brought! The agenda for the afternoon of day one included an amazing opening presenter, thoughts on advocacy from the NC Senior Tarheel Legislative Speaker, and the Chair of the NC Senior Center Alliance wrapped up the afternoon with wise words on leadership at the senior center level and a recap of alliance updates.

Day two brought thoughts on the importance of continued education and professional development for all staff levels. An interactive activity called the Productive Leadership Feedback involved the entire group and was a hit. One of the strong topics of the day focused on AI, its powerful influence, and how it can positively work for, but also negatively affect older adults and senior centers alike. Other agenda topics covered marketing, how strategic thinking leads to strategic planning and an update from the Division of Aging Director. The Strum Troopers, a group of older adults that have learned to play ukuleles at a local senior center, were joined by a few other musical instruments and offered a welcome lighthearted musical entertainment session just after lunch.

This was the third leadership symposium since the pandemic caused several years of cancelations. There were 47 participants in attendance. We are thankful for all the presenters and volunteers that helped make the symposium a super success and we look forward to seeing you all in 2027!

North Carolina Senior Center Alliance

LEADERSHIP SYMPOSIUM

ANN JOHNSON INSTITUTE GRADUATES HAVE THE DISTINCT HONOR OF ATTENDING THE ANNUAL NC LEADERSHIP SYMPOSIUM. THIS YEAR, GRADUATES GATHERED AT THE HISTORIC BROOKSTOWN INN IN WINSTON-SALEM TO ENJOY LEARNING, SHARING, AND NETWORKING.... AND, OF COURSE, BEING SUPERHEROES!





North Carolina Senior Center Alliance

NC SENIOR CENTER LISTSERV

THE DIVISION OF AGING HAS IMPLEMENTED A NEW SENIOR CENTER LISTSERV THAT BEGAN ON SEPTEMBER 1, 2026. YOU SHOULD NO LONGER SEND OR RECEIVE MESSAGES THROUGH SRCENDIR@LISTSERV.UNC.EDU

AGAIN, ON SEPTEMBER 1, 2026, THE OLD SENIOR CENTER LISTSERV (VIA UNC) WAS DISCONTINUED, AND WE ARE NOW USING THE NEW MAILMAN VERSION. IF YOU HAVE STAFF OR COLLEAGUES THAT MISSED THE EMAIL ANNOUNCEMENTS AND LINKS TO JOIN, PLEASE HAVE THEM EMAIL A REQUEST TO SELENA ROYAL AT SELENA.ROYAL@DHHS.NC.GOV

THE NEW SENIOR CENTER LISTSERV EMAIL ADDRESS IS NCSENIORCENTERS@ML.NC.GOV

THANK YOU FOR YOUR PATIENCE AND COOPERATION DURING THIS TRANSITION.





North Carolina Senior Center Alliance

DIVISION OF AGING: FUNDED PARTNER SHAREPOINT

The North Carolina Division of Aging is excited to announce the upcoming launch of our brand-new Division of Aging Funded Partners SharePoint site, designed specifically for you!

This new platform is a momentous step forward in how we collaborate and share information with our valued partners. The Division of Aging Funded Partners SharePoint site will eventually replace the current “Funded Partner Resources” section of the NCDHHS website.

The SharePoint site will be your dedicated resource to access the essential documents and tools needed to support our shared success.





North Carolina Senior Center Alliance

NC PILLARS OF EXCELLENCE

NC PILLARS OF EXCELLENCE (NC P.O.E) SENIOR CENTER CERTIFICATION PROGRAM

The Division of Aging is excited to share that a new certification program will be launched under the name Pillars of Excellence (NC P.O.E.). This is a model that highlights quality standards, leadership, innovation, and measurable community impact.

Centers will demonstrate their unique strengths in five foundational areas or “pillars” of excellence: Engagement, Impact, Quality, Adaptability and Sustainability demonstrating their engagement in a process of continuous quality improvement. There are six sections. Each section contains a purpose statement, applicable questions, instructions for response, and scoring rubric.

The NC P.O.E. program will improve upon the SCOPE model by:

- Shifting from a retrospective 5-year review period to a forward looking 3-year cycle
- Introducing scoring rubrics to promote transparency and reduce subjectivity
- Emphasizing engagement in an ongoing, continual improvement process in all aspects of senior center operations, services, and programming.

We have begun piloting the program in four senior centers across the state. More information will be shared as the evaluation and development processes continue and a detailed formal announcement about the new program and transition will be shared once all the details have been finalized.

Meanwhile, as we transition to the new certification process, senior centers should continue to operate as usual under the SCOPE model, including completing required activities and maintaining documentation, as many of the SCOPE requirements, programming, and operational practices will carry over into NC P.O.E. and support your center’s certified status.

Submitted by: Leslee Breen and Selena Royal, NCDA Representatives



North Carolina Senior Center Alliance

NORTH CAROLINA ASSOCIATION ON AGING



Join Us. Stay Connected. Make an Impact.

NCAOA's strength comes from its members. Share this newsletter with colleagues and become an active part of North Carolina's aging network.

Unified Voice	Timely Information	Professional Growth

Join or Renew Today!
www.ncaoa.org



North Carolina Senior Center Alliance

ADVOCACY

Dear Senior Center Professionals and Aging Network Partners,

The North Carolina Senior Center Alliance (NCSCA) Advocacy Committee is excited to share an easy opportunity to strengthen advocacy for older adults—and one you can share directly with the older adults you serve!

The National Council on Aging (NCOA) has created an Age-Positive Advocacy Toolkit with practical, ready-to-use resources including newsletter content, social media graphics, talking points, and messaging on issues that matter to older adults.

NCOA is also hosting a free webinar on October 7 at 2:00 p.m. ET to walk through the toolkit and share practical ways to engage communities and elevate aging issues.

We encourage senior center staff, directors, aging professionals, volunteers, advisory groups, and older adult participants themselves to take advantage of this opportunity.

One of the best things we can do as senior center professionals is help older adults understand that their voices matter. Advocacy can be positive, respectful, and empowering. This is a great opportunity to help participants learn how to speak up about the issues that affect them, share their experiences, communicate with decision-makers, and become advocates for themselves and their communities.

How can senior centers use this?

- Participate in the webinar as staff professional development.
- Invite older adults from your center to participate with you.
- Share the toolkit in newsletters and on social media.
- Use the talking points to start an advocacy discussion or program at your center.
- Help participants learn how to tell their stories and communicate effectively about issues affecting older adults.

NCOA Age-Positive Advocacy Toolkit:

[Access the Toolkit & Learn More](#)

Webinar: October 7 | 2:00 p.m. ET [Sign Up Here](#)

Please consider sharing this opportunity with your staff, participants, volunteers, board or advisory members, and community partners.

The more we help older adults understand how to advocate positively and effectively for themselves, the stronger their voices — and our aging network — become.

Thank you for continuing to advocate for older adults across North Carolina!

Jennifer Barraclough

NCSCA Advocacy Committee, Chair

North Carolina Senior Center Alliance, Vice Chair



North Carolina Senior Center Alliance

ADVOCACY II

Dear Senior Center Professionals and Aging Network Partners,

The North Carolina Senior Center Alliance (NCSCA) Advocacy Committee wants to share another two quick and easy opportunities to advocate for older adults and the programs and services that support them.

We know senior center professionals are busy, and advocacy can sometimes feel like one more thing on an already full plate. These two opportunities make it easy to act in just a few minutes. We also encourage you to share them with your staff, board members, senior center participants, volunteers, community partners, and others who care about older adults.

National Council on Aging (NCOA) — Tell the House Why the Older Americans Act Matters

Tell the House Why the Older Americans Act Matters

The National Council on Aging has made it easy to contact members of the U.S. House of Representatives and advocate for the Older Americans Act.

The Older Americans Act supports many of the services that older adults in our communities depend on, including senior centers, nutrition programs, transportation, caregiver support, health and wellness programs, and other community-based aging services.

NCOA's advocacy tool allows you to quickly send a message to Congress about why continued support for the Older Americans Act matters.

Meals on Wheels America — Advocacy Action Center

<https://www.mealsonwheelsamerica.org/advocate-for-seniors/>

Meals on Wheels America also provides an easy way to advocate for federal support for Older Americans Act nutrition programs and other priorities affecting older adults.

Their advocacy page includes opportunities to contact Congress, along with additional advocacy tools and resources you can share with others in your community.

Advocacy does not have to be complicated or time-consuming.

Sometimes making a difference starts with taking just a few minutes to send an email, make a phone call, or encourage someone else to speak up.

We hope you will take a few minutes to explore both opportunities, act if you choose, and share these resources throughout your senior center and community networks.

By helping older adults, families, volunteers, and community partners understand the issues affecting aging services and providing them with easy ways to make their voices heard, we can strengthen awareness of the programs and services that help older adults remain healthy, independent, engaged, and connected.

Thank you for all you do each day to serve and support older adults across North Carolina!

Warmly,

Jennifer Barraclough

North Carolina Senior Center Alliance Advocacy Committee



North Carolina Senior Center Alliance

ACL NEWS DESK



Administration on Aging

Advancing the independence and well-being of older Americans

www.acl.gov

As a unit of the Administration for Community Living, AoA provides expertise on program development, advocacy, and initiatives for older Americans and their caregivers and families. Working with regional offices, local agencies, grantees, and community providers, AoA directs programs authorized by the Older Americans Act (OAA) and other legislation that supports older adults. AoA is led by the Assistant Secretary for Aging and the Deputy Assistant Secretary for Aging.

National Aging Services Network

The OAA established a national network of federal, state, and local agencies to provide services that maximize the independence and well-being of older adults in their homes and communities. Known as the Aging Services Network, this group supports individuals age 60 and older across the U.S. Network agencies focus on older adults in greatest need of supports, including people with low incomes, those in rural areas, and members of minority groups. Headed by AoA, the Network includes State Units on Aging, Area Agencies on Aging, and Tribal organizations supported by tens of thousands of community service providers and volunteers.

State Units on Aging (SUAs)
SUAs are responsible for developing and administering multi-year state plans that advocate for and aid older residents, their families, and, in many

states, adults with physical disabilities. The 56 SUAs are in each of the 50 states, the District of Columbia, Guam, Puerto Rico, American Samoa, the Northern Mariana Islands, and the Virgin Islands.

Area Agencies on Aging (AAAs)
AAAs are public and private nonprofit agencies that address the needs of older adults at the regional and local levels. AAAs coordinate and offer services that help older adults to choose services and living arrangements that suit their unique needs and preferences. There are currently more than 600 AAAs.

Tribal Organizations
Organizations of federally recognized Tribes focus on planning and delivering supportive services, caregiver support services, and nutrition services to American Indian, Alaskan Native, and Native Hawaiian elders.

ABOUT THE OAA

In 1965, Congress passed the OAA in response to a lack of community social services for older citizens. It established state grants for community planning and social services, research and development, and personnel training in the field of aging. The law also established AoA as the federal hub for matters concerning older adults.

Today, the OAA is a vehicle for the organization and delivery of a wide range of supportive services to older adults as well as their families and caregivers. Reauthorized in 2016, the OAA funds:

- Social, nutrition, health promotion, and disease prevention programs;
- Community service employment;
- Caregiver support programs;
- Training, research, and demonstration activities; and
- Activities that advance rights of vulnerable older adults.

Last Updated: July 2018





ACL is an operating division of the
U.S. Department of Health and Human Services.





North Carolina Senior Center Alliance

ACL NEWS DESK

ADMINISTRATION ON AGING (AoA)

AoA Offices



Office of Supportive and Caregiver Services: Works with the Aging Services Network to implement and enhance programs of home and community-based services, information and assistance, senior centers and caregiver support services at the state and community levels. This includes providing technical assistance to the

Network on the implementation of formula and discretionary grant programs, transportation and housing programs, and guiding the agency in dementia-specific programs and policy development.



Office of Nutrition and Health Promotion Programs: Manages programs that prevent or delay the onset of disease and promote improved health outcomes for older adults, including evidence-based chronic disease self-management education and falls prevention interventions, congregate and home delivered meals, oral health, and

behavioral health. This work is accomplished by administering discretionary and formula grants, and through the provision of technical assistance to Aging Network partners on program implementation and sustainability via business acumen concepts and practices.



Office of Long-Term Care Ombudsman Programs: Manages the implementation of states' OAA-funded Long-Term Care Ombudsman programs, which serve as advocates for residents in long-term care facilities. Advocates for federal policies that protect and benefit the health, safety, welfare, and rights of residents in

long-term care facilities.



Office of Elder Justice and Adult Protective Services: Directs the operation and assessment of OAA and Elder Justice Act programs on elder abuse prevention and intervention, including adult protective services; legal assistance services; economic security for older adults. Administers the implementation of comprehensive Adult

Protective Services systems to provide coordinated responses to abuse, neglect, and exploitation of older adults and adults with disabilities.



Office for American Indian, Alaskan Native, and Native Hawaiian Programs: Federally recognized tribes focus on planning and delivering supportive services, caregiver support services, and nutrition services to American Indian, Alaskan Native, and Native Hawaiian elders.



The Eldercare Locator is AoA's free public service that connects older adults, families, and caregivers with aging information and local resources. The website offers fact sheets and outreach materials as well as a database of community resources that can be searched by topic or location. Information specialists are available by phone, online chat, and email. Hours of operation are Monday through Friday, 9 a.m. to 8 p.m. ET.

www.eldercare.gov
800-677-1116 (toll-free)



Each May, AoA leads our nation's celebration of Older Americans Month. Proclaimed by every President since John F. Kennedy, the observance is a time to recognize the contributions of older Americans and an opportunity to highlight important aging issues and trends. AoA maintains the Older Americans Month website and creates all materials found at oam.acl.gov.

Administration for Community Living

330 C Street SW, Washington, DC 20201 | (202) 401-4634 | aclinfo@acl.hhs.gov

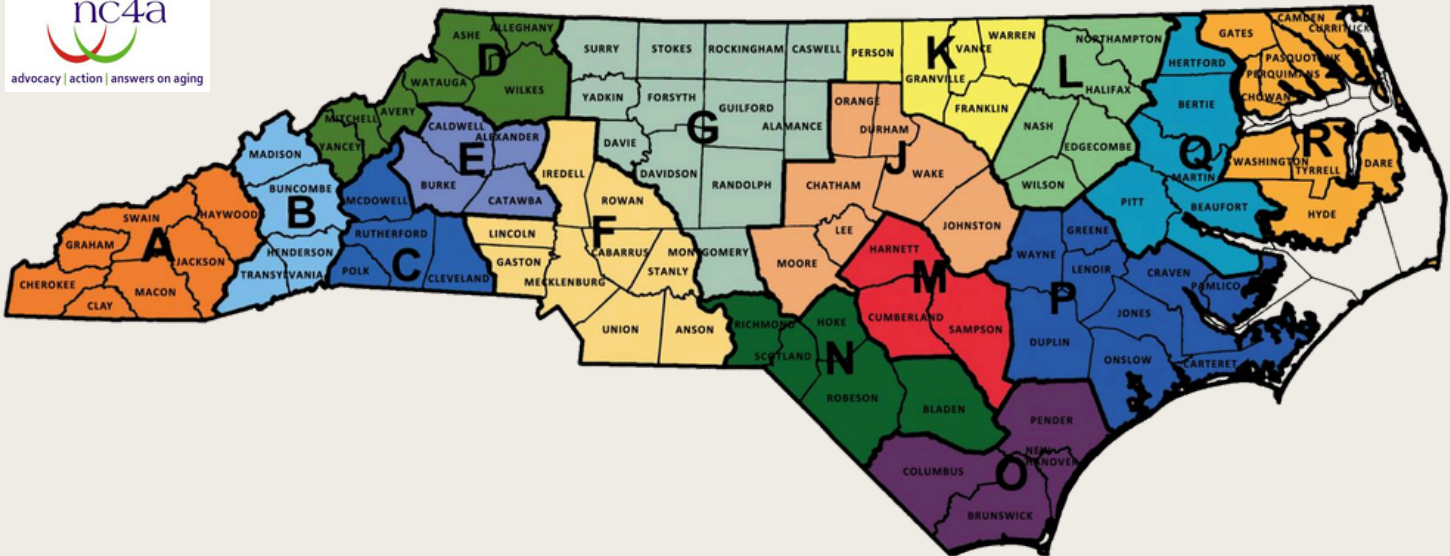


North Carolina Senior Center Alliance

NORTH CAROLINA SENIOR CENTER REGIONAL MAP



North Carolina Area Agencies on Aging



Region A – Southwestern Commission
Sarajane Melton, Area Agency on Aging Administrator
828-586-1962 x220, sarajane@regiona.org

Region B – Land of Sky Regional Council
LeeAnne Tucker, Area Agency on Aging Director
828-251-7436, leeanne@landofsky.org

Region C – Foothills Regional Commission
Laura Lynch, Area Agency on Aging Director
828-351-2336, llynch@regionc.org

Region D – High Country Council of Governments
Zack Green, Area Agency on Aging Director
828-265-5434 x122, zgreen@hccog.org

Region E – Western Piedmont Council of Governments
Tina Miller, Area Agency on Aging Director
828-485-4212, tina.miller@wpcog.org

Region F – Centralina Regional Council
Linda Miller, Aging Program Director
704-348-2712, lmiller@centralina.org

Region G – Piedmont Triad Regional Council
Adrienne Calhoun, Area Agency on Aging Director
336-904-0300, acalhoun@ptrc.org

Region J – Central Pines Regional Council
Jenisha Henneghan, Area Agency on Aging Director
919-558-2708, jhenneghan@jcog.org

Region K – Kerr-Tar Regional Council of Governments
Nancy Francis, Area Agency on Aging Director
252-436-2040 x2047, nfrancis@kerrtarco.org

Region L – Upper Coastal Plains Council of Governments
Mary Marlin, Area Agency on Aging Program Director
252-234-5956, mmalin@uccpcog.org

Region M – Mid-Carolina Regional Council
Tracy Honeycutt, Area Agency on Aging Director
910-323-4191 x27, thoneycutt@mccog.org

Region N – Lumber River Council of Governments
Twilla Allen, Aging Program Administrator
910-775-9781, tca@lrco.org

Region O – Cape Fear Council of Governments
Holly Pilson, Area Agency on Aging Director
910-274-0339, hpilson@capefearcog.org

Region P – Eastern Carolina Council of Governments
Heather O'Connor, Area Agency on Aging Director
252-638-3185 x3012, hoconnor@eccog.org

Region Q – Mid-East Commission
Annette Eubanks, Area Agency on Aging Director
252-974-1835, aeubanks@mid-eastcom.org

Region R – Albemarle Commission
Laura Alvarico, Area Agency on Aging Director
252-426-5753, lalvarico@accog.org



North Carolina Senior Center Alliance

2024-2025

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](https://www.ncscalliance.org/about)

You may download the document to your computer or print, as you wish.

If you see inconsistencies, please report them to

leslee.breen@dhhs.nc.gov



North Carolina Senior Center Alliance

2026-27 NCSCA COMMITTEE

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



Anna Claire Kelly (G) Chair <i>Marketing Subcommittee Lead</i> Davidson County Senior Services 555-B West Center Street Ext. Lexington, NC 27295 336-242-2949 anna.kelly@davidsoncountync.gov Term Expires: January 2028	Jennifer Barraclough (F) Vice Chair <i>Advocacy Subcommittee Lead</i> Iredell Council on Aging 344 East Front Street Statesville, NC 28677 704-873-5171 jbarracough@iredellcoa.org Term Expires: January 2028	Christy Southall (K) Treasurer <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 2028	Betsy Griffin (P) Secretary <i>Membership/Nominations Subcommittee</i> Lenoir County Council on Aging 112 E. Blount Street Kinston, NC 28501 252-527-1545 director@leniorcco.org Term Expires: January 2028
Kim Crawford (A) <i>Advocacy Subcommittee</i> Macon County Senior Services 108 Wayah Street Franklin, NC 28735 828-349-2058 ext. 2727 kcrawford@maconnc.org Term Expires: January 2026	Open Spot (B) Contact Anna Claire Kelly if interested.	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 2026	Open Spot (D) Contact Anna Claire Kelly if interested.
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 2026	Torrey Blackmar (J) <i>Special Projects Subcommittee</i> Garner Senior Center 205 East Garner Road Garner, NC 27529 919-661-6893 tblackmar@garnernc.gov Term Expires: May 2026	Ashley Winstead (L) Recreation and Senior Services Department 103 N. Alston Street Nashville, NC 27856 252-459-1365 ashley.winstead@nashcountync.gov Term Expires: September 2027	Open Spot (M) Contact Anna Claire Kelly if interested.
Amanda Kempen (N) <i>Marketing Subcommittee</i> Hamlet Senior Center 102 Veterans Drive Hamlet, NC 28345 910-582-7985 akempen@hamletnc.us Term Expires: March 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@nhcgov.com Term Expires: January 2026	Rich Zeck (Q) <i>Mentoring/Training Subcommittee Lead</i> Pitt County Council on Aging 4551 County Home Rd Greenville, NC 27858 252-752-1717 rzeck@pittcoa.com Term Expires: January 2026	Katherine "Kat" Irby (R) <i>Marketing Subcommittee (Newsletter)</i> Virginia S. Tillett Community Center 950 Marshall C. Collins Drive Manteo, NC 27954 252-475-9273 katherine.irby@darenc.gov Term Expires: May 2026



North Carolina Senior Center Alliance

2026-27 NCSCA COMMITTEE

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.

Maynell Harper (K) Member at Large <i>Advocacy Subcommittee</i> Person County Senior Center 87 Semora Road Roxboro, NC 27573 336-599-7484 maynell.harper@personseniors.org	Cyndi Shimer (Q) Member at Large <i>Advocacy Subcommittee</i> Pitt County Council on Aging 4551 County Home Rd Greenville, NC 27858 252-752-1717 ext. 205 cshimer@pittcoa.com	Sandy Pace (R) NCAOA Chair (Ex-Officio) Retired Director 105 Fannin Mill Rd. Manteo, NC 27954 252-489-5720 sandys5625@gmail.com	Janice Tyler (J) Member at Large Orange County Department on Aging 2551 Homestead Road Chapel Hill, NC 27516 919-245-4255 jtyler@orangecountync.gov
NCDAAAS Representative Leslee Breen (Ex-Officio) N.C. Division of Aging MSC 2101 Raleigh, NC 27699 919-855-3414 leslee.breen@dhhs.nc.gov	NCDAAAS Representative Selena Royal (Ex-Officio) N.C. Division of Aging MSC 2101 Raleigh, NC 27699 919-855-3423 selena.royal@dhhs.nc.gov	Rik Covalinski (E) Member at Large <i>Marketing Subcommittee</i> 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 for text, please do not use PDF. Please DO include photographs (.gif .jpeg or .png) when possible--everyone loves pictures!

The next deadline is **December 11, 2026 at 5 p.m.** in order to be included in the Winter 2027 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.NCSALLIANCE.ORG
OR EMAIL:

NCSCALLIANCE@GMAIL.COM OR YOU
MAY CONTACT

NCSCA CHAIR, ANNA CLAIRE KELLY, BY
CALLING 252-752-1717 OR VIA EMAIL:
ANNA.KELLY@DAVIDSONCOUNTYNC.GOV

NCSCA NEWSLETTER

Editor & Contributing Author: Katherine Irby, R, Marketing, Virginia S. Tillett Center

Chairperson & Contributing Author: Anna Claire Kelly, G, Website Administrator, Davidson County Senior Services

Contributing Author: Rik Covalinski, E, Marketing, Neighbors Network

Contributing Author: Kathryn Walters, J, Siler City Center for Active Living

Contributing Author: Maynell Harper, Advocacy, K, Person County Senior Center

Contributing Author: April Austin, E, Thrive: Age Reimagined (Formerly Caldwell Senior Center)

Contributing Author: Shenita Jones, R, Tyrrell County Senior Adult Activity Center

Contributing Author: Debbie Williams, G, The Shepherd's Center of Kernersville

Contributing Author: Carol Swallow, A, Haywood County Senior Resource Center

Contributing Author: Serena Mumford, G, Brown & Douglas Active Adult Center

Contributing Author: Diedra Evans, Q, Hertford County Office on Aging

Contributing Author: Megan Lanier, O, New Hanover Senior Resource Center

Contributing Author: Bonnie Jones, F, Rufty-Holmes Senior Center

Contributing Author: Kim Crawford, Advocacy, A, Crawford Senior Center

Contributing Author: Jennifer Barraclough, Advocacy, F, Iredell Council on Aging

Contributing Author: Rich Zeck, Q, Mentoring/Training, Pitt County Council on Aging

Contributing Author: Leslee Breen, NCDA Representative

Contributing Author: Selena Royal, NCDA Representative

Website: www.ncoa.org

Website: acl.gov

Website: myseniorcenter.com

My Senior Center State of the Network 2026: Worth a Look

40

THE STATE OF THE NETWORK IS GROWING

YOU AIN'T SEEN NOTHING YET

Senior Centers have never simply been places to grow older. They are places to stay connected, useful, healthy, curious and engaged.

The question isn't simply what it costs to invest in a Senior Center.

It's what becomes possible when we do.

WANT MORE?

Subscribe to our monthly Fun Facts newsletter by emailing info@myseniorcenter.com with the subject: 'Subscribe to Fun Facts newsletter.'

