

NCSCA News Summer 2020

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Hello,

It is hard to believe that it is already July. So far 2020 has been quite the challenge for those of us in the older adult world. As I look at social media pages, read emails and newsletters from senior centers across the state I am so proud of what each of you are doing to keep your older adults engaged, healthy, and active. I am sure none of us ever imagined the challenges we would face this year as we provide services to our older adults. You are all doing a fantastic job.

I would like to thank everyone that took the time to help advocate for the Rural Operating Assistance Program, (ROAP) transportation funds to stay in the NC budget. ROAP funds provide transportation for the elderly and disabled to get them to dialysis, senior center programs, employment, medical appointments and more. Because of your advocacy efforts the NC Legislature will continue to fund this very important service for our older adults and persons with disabilities. Job well done!!

The Alliance still needs representation from Regions N & B. If you are in these regions and would like to serve please contact me or any committee member.

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. It is a great opportunity to network, share and learn from each other.

I am so proud to be a part of this organization and have learned so much from all of you. Thank you again for all you do. You are all amazing.

Have a safe and happy summer.

Sandy



Submitted by Sandy Pace, R, Chair, Dare County Senior Center

If you leave home, know your Ws!



North Carolina Senior Center Alliance



NCAOA/NCSCA Membership Renewal

If you are not currently a member or have not renewed your membership, I would like to ask you to do so and 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.

Please use the link <https://ncaoa.us/> to begin your membership or renewal process.



As a core mission, the 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.

As always, thank you so much for your commitment to the Older Adults of North Carolina. If you have questions about the status of your membership, please contact Juan Jefferson, NCAOA Board Member at 252-430-0257 or via email at Juan.Jefferson@vance@nc.gov

Thank you and Stay Safe!!

Submitted by: Juan Jefferson, NCAOA Board Member

North Carolina Senior Center Alliance



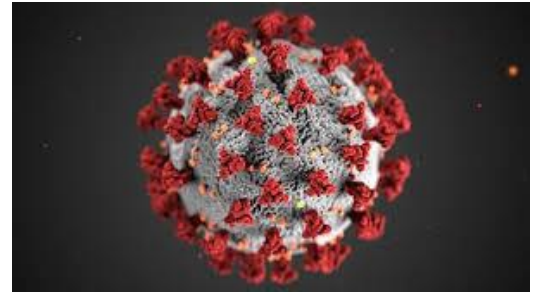
Covid-19 Latest Updates

CDC will provide updated information as it becomes available, in addition to updated guidance.

CDC continues to respond to the global outbreak of COVID-19 and preparing for the potential of community spread and resurgence in the United States.

Visit:

<https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/index.html>



Information gathered from: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html> on 6/11/2020.

North Carolina is still in Phase 2 of re-opening. This means that you are “safer at home”. This is not being enforced by law enforcement officers, which is allowing for people to hit the road. This is not recommended.

Recommendations for all North Carolina residents is to keep abreast of your home county requirements, mandates and/or restrictions. Be diligent and pay attention to daily news releases.

Before you travel, know the status of where you are going! It would be sad to travel from home to (for example) Myrtle Beach only to learn that you must quarantine for 14 days upon your return home.

Or if you are traveling from North Carolina to New York, New Jersey or Connecticut you must quarantine for 14-days upon arrival. Know before you go.

Practice the 3 W's: Wear a mask; Wash your hands and Wait 6 feet apart!

We will get passed this pandemic if everyone does their part to keep our communities safer and makes a real effort to stop COVID-19 spread.



WHAT TO LOOK FOR: IS YOUR LOVED ONE A VICTIM OF ELDER FRAUD?

**Suddenly befriending
a stranger and
spending substantial
amounts of time with
this new "friend"**

**Noticeable decrease
in contact with family
members or friends**

**Creation of new bank
accounts or opening
new credit cards**

**Excessive increase in
charges for
caregiving costs**

**Regularly being
asked for money by
a friend or caregiver**

**Frequently spending
money on items that
are not needed or
seem out of
character for the
senior to purchase**



Attorney General

Josh Stein

North Carolina Senior Center Alliance



As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults are at greater risk for serious illness from COVID-19, they may target older populations.

There is currently no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no “cure.” However, scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered.

It’s also important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

Contact your own doctor if you are experiencing potential symptoms of COVID-19.

Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.

Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, or treatments.

Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren’t received.

Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.

Contact your local SMP for help. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations. To locate your local Senior Medicare Patrol, call 1-877-808-2468 or visit www.smpresource.org.



The most up to date information regarding COVID-19 or any other Medicare related scam inquiries can be found at:

<https://www.smpresource.org/Content/Medicare-Fraud/Fraud-Schemes/COVID-19-Fraud.aspx>



Important 2020 Census Information



Households now have until
October 31, 2020 to
self-respond to the census.

Everyone living in North Carolina
should fill out the short survey!

Is the response rate low where you live? Help improve it!
Take the survey now and then share and tag your friends
and neighbors and
challenge them to do the same!

Visit: my2020census.gov or
call 1-844-330-2020.

- The 2020 Census questionnaire will take about 10 minutes to complete.
- It's safe, secure, and confidential. Your information and privacy are protected.
- Your response helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services.
- Results from the 2020 Census will be used to determine the number of seats each state has in Congress and your political representation at all levels of government.



NEWS FROM AROUND THE STATE

How well do you know your county?!

Davidson County Senior Center continues to offer virtual programming including a weekly “Where in the World, errr, Davidson County is Kelly” contest. We email a picture of our activities coordinator (Kelly) standing in front of a county landmark, place, etc. asking participants to guess her location.

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



Our Seniors are Supreme!!!



At the onset of the shutdown, the Dare County Center hopped right on the social media train to attempt to keep our participants engaged from home. We have held daily fitness classes as well as weekly craft and group fitness opportunities via Facebook Live. One of the group fitness, “Fun Fitness Friday’s”, projects in June was a tribute to Diana Ross and The Supremes sending the message to our folks, that there “ain’t no mountain high enough to keep us from getting to you!”

We also cheered up our drive-thru meal recipients by staying in character until all of the meals were served!

Submitted by: Katherine Irby (R), Leisure Activity Coordinator, Dare County Center

North Carolina Senior Center Alliance



OLDER AMERICANS MONTH---MAY 2020

We emailed the attached to our distribution list earlier this month in honor of OAM.

Submitted By: Christie Smith, Senior Center Manager, Davidson County

Every May, our nation observes **Older Americans Month**. We take time to celebrate you and the contributions you made to your community. We commend you for your time, talents, sacrifices and the difference you continue to make to strengthen our world.



During our 2020 celebration of Older Americans Month, we may not be able to be with you, but please know **Davidson County is better today because of you.**

We encourage you to **Make Your Mark** this year by sharing your story with others. Stories build community and connect us even though we can't be physically together. Share your story of a childhood memory, a special trip or even the day you learned you were going to be a grandparent. We'll be waiting for your email, letter or even a call.

The staff at Senior Services love and miss you. Happy Older Americans Month!



Mail:
555-B West Center St. Ext.
Lexington, NC 27295
Phone:
(336) 242-2290
Email:
seniorservices@davidsoncountync.gov

North Carolina Senior Center Alliance



Elder Abuse Awareness Month 2020

Mother's Day - Father's Day--Every Year

World Elder Abuse Awareness Day

June 15th--Every Year

For Elder Abuse Awareness Month, Davidson County asked staff, community partners and older adults to change their font color to purple and add the tag below.

Submitted by: Christie Smith, Davidson County Senior Center



Dare County Center in partnership with Albemarle Commission Area Agency on Aging and others across Region R made a video to help raise awareness and to mark World Elder Abuse Awareness Day. The video can be found at:

<https://www.youtube.com/watch?v=Ubl-3cjJeL8&fbclid=IwAR2PlKgqsj3nN8l9ynUE5ruvjYzW3BnM1Cj9QsYp5ST5JxuhwqUGjZzy8xg>

Submitted by: Katherine Irby, R, Dare County Center

"WE'RE NOT GONNA TAKE IT ANYMORE"

STOP ELDER ABUSE.





Macon a Difference!

On June 15, 2020 the Macon County Senior Center staff and Advisory Committee walked around their building to raise awareness for elder abuse.

Due to COVID-19 restrictions, others were not allowed to join the Annual Elder Abuse Awareness Walk. In years past, the Macon County Senior Tar Heel Representative, Mrs. Dorothy Crawford joined in for each walk.

Well, novel coronavirus did not stop this gal! She still took a stand to advocate for something she feels Strongly about.

On June 15, 2020 Dorothy put on her Elders Matter t-shirt and walked around her lawn. She had her son take her photo and send it to the senior center. She wanted all to know that Elders do Matter and she would walk for this very important issue.

Dorothy has a saying that she repeats often, “you have got to keep on, keeping on.” Dorothy Crawford at age 102 has shown that she will make her mark and keep on advocating for those that need a voice.

Bravo, Dorothy Crawford!!

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



Want to toot your horn?? Send your Center information to katherine.irby@darenc.com **before September 25, 2020 at 5 PM** in order to be included in the Fall 2020 edition. Late submissions will not be accepted.

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

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

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, 2021
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, Co-Lead</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, Co-Lead</i> Havelock Senior Center 130 Trader Avenue Havelock, NC 28532 252-444-6445 gsims@havelocknc.com Term Expires: January 1, 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



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

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 **September 25, 2020 at 5 p.m.** in order to be included in the Fall 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



Census Information: 2020census.gov

Coronavirus Information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
www.ncdhhs.gov

Coronavirus Scams and Fraud Information: www.smpresource.org

Medicare Patrol: <https://www.smpresource.org/Content/Medicare-Fraud/Fraud-Schemes/COVID-19-Fraud.aspx>

Like the NC Senior Center Alliance Facebook page



Check out our website
www.ncscalliance.com

For more information on the NCSCA visit:

www.ncalliance.com or email: ncscalliance@gmail.com

or you may contact

NCSCA Chair, Sandy Pace, by calling 252-475-5625

or via email at sandyf@darenc.com

NCSCA NEWSLETTER

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