

NCSCA News Summer 2023

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LEADER'S LETTER

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Greetings NCSCA members,

What did you think of the NCAOA conference? It sure was good to be back face to face as a group. What struck me the most was how quickly people reconnected and for those who never met, connected. Conferences are always great. The presentations, vendors, networking, the learning opportunities, etc. But, I might argue the most important part is the camaraderie and fellowship with one another.

I love what Sandy Pace said in our last issue, "Because, at the end of the day, that is what it is all about and why we do what we do, our older adults are worth it and deserve our best." Perfect words and exactly how I feel. Sometimes we focus on what I do, or what you do and not and what WE do. This membership, collectively, does an incredible job and you know it and I want to continue to

What's ahead for us? Lots! As the Baby Boomer generation begins to flood our centers, we will be busy. This is where we can help one

another prepare and enhance our programs with relevant activities and programs for this changing demographic of older adults. Sometimes it is awkward asking for help or maybe you got it all together and run perfect programs, either way this awesome membership can help one another navigate the years ahead.

In the meantime, look for the dates and times of our upcoming zoom meetings where we can share what's happening as well as some new ideas of how we can all better connect. At the end of the day, as servant leaders, what we do is all for our older adults.

Thank you for all you do for "our" older adults across North Carolina.

Have a great day!

Regards,

Rich



North Carolina Senior Center Alliance



NCAOA/NCSCA Membership Renewal

Become a contributing member of one of the state's leading professional associations in the aging field. Your NCAOA membership benefits will easily surpass the cost of annual dues, and include:

- **Advocacy** - The NCAOA employs a Lobbyist that works daily to promote legislative priorities such as increased HCCBG and other funding sources for Senior Centers. More often than not, lobbyists are the difference in revenue streams coming to the aging field or being routed elsewhere.
- **Training** - The NCAOA offers Aging Boot Camps and an Annual Conference featuring leading professionals in the aging field. You receive an instant discount with your active membership.
- **Partnerships** - Your NCAOA membership comes with a complimentary membership to the North Carolina Senior Center Alliance.
- **Award Opportunities** - Member only opportunities to receive one of the NCAOA Excellence in the Field of Aging Awards.
- **Marketing and Communication** - Our members receive electronic updates and newsletters with urgent advocacy and legislative updates and more.



If you have questions about whether your membership is due in August or January- please use the email below to receive confirmation for when you should renew. If you not yet a member of the North Carolina Association on Aging or the North Carolina Senior Center Alliance- this is a wonderful time to begin! I can't think of a time when we have needed to ban together and pool resources, ideas, and information more than we need to do so now! Being of a member of these groups gives you access to many free resources and networking opportunities. In addition, there are leadership opportunities (which you know helps you in SCOPE), and even grant or award opportunities. For more information about the benefits of membership- check out the websites listed below; and to register or renew please use the link below:

Registration/Renewal:

<https://app.joinit.com/o/north-carolina-association-on-aging>

NCAOA:

<https://ncaoa.us/>

NCSCA:

<https://ncscalliance.com/about>



NEWS FROM AROUND THE STATE

“5 Minute Challenge”

Each newsletter cycle, a prompt will be sent to you via email requesting that you complete the following 4 steps:

- 1-take a picture of something happening in your center at that very moment, even if working remotely, totally acceptable;
- 2-write a caption in (preferably) 20 words or less to describe what the picture reflects;
- 3- include your name, status with NCSCA, if any, region, and name of the center;
- 4-submit the picture and information to katherine.irby@darenc.gov

It is a very simple way to share and highlight your hard work while giving fresh ideas to our fellow senior center folks!! Or share pictures from over the season.

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Spring is for Rejuvenation



The Virginia S. Tillett Center (VTCC) has been buzzing like the bees! VTCC Travelers went to Texas and are heading to Greece, Alaska, Pennsylvania, Iceland, Savannah and New York City for 2023; The Caregiver's Day Out program is doing great things; the inter-generational programming is always so much fun, and of course, we are so fond of our local commissioners who always support March for Meals. We are all looking forward to the VTCC Annual Volunteer Celebration, VTCC Health Fair, Annual VTCC ALS Awareness Walk; and the Mother's/Father's Day Breakfast.
Happy Summering!!!

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

Superstar!



Huge shout out to Davidson County Senior Games Coordinator Brooke Adams and SilverArts Coordinator Anna Claire Kelly, for all their energetic efforts to grow the Games for 2023. They have worked tirelessly to promote Senior Games for months registering 187 people total, 93 of those for SilverArts. Congratulations to these Senior Games superstars!!

North Carolina Senior Center Alliance



SpringFest 2023 at the Pitt County Council on Aging brought in lots of community members and gave us the opportunity to share who we are and what we do, all while they had the option to shop with over 70 vendors!

What a great day!

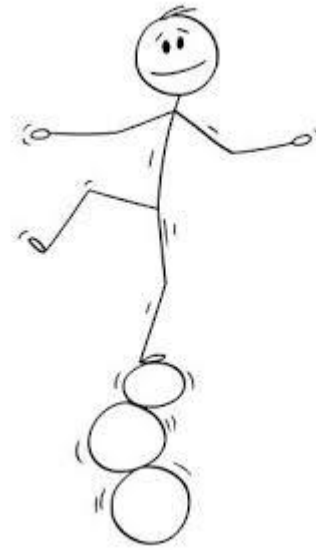
Submitted By: Cyndi Shimer, Q, Advocacy, Pitt County Council on Aging

North Carolina Senior Center Alliance



Submitted By: Cyndi Shimer, Q, Advocacy, Pitt County Council on Aging

North Carolina Senior Center Alliance



Certified Instructor Jane Denny is leading participants in a Strong and Balanced class at Neighbors Network in Conover.

Submitted by: Rik Covalinski, E, Neighbors Network



Want to toot your horn?? Send your Center information to katherine.irby@darenc.gov **before September 8, 2023 at 5 P.M.** in order to be included in the Fall 2023 edition. Late submissions will not be accepted.

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Rhonda Roederer from Heritage with Heart is speaking with a group at Neighbors Network in Conover on *Leaving a Family Legacy*.

Submitted by: Rik Covalinski, E, Neighbors Network

North Carolina Senior Center Alliance



**YOU ARE THE
WORLD TO US!**



The Crawford Senior Center in Macon County showed volunteers that “They Mean the World to Us” by serving appetizers from around the world and providing entertainment by Danny Antoine’s Karate Academy, in addition, Macon County commissioners and county manager recognized the volunteers for their many hours of service.

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

Senior Fest



Hertford County Seniors enjoying
SeniorFest at Chowan University!

North Carolina Senior Center Alliance



Lucky



**Hertford County LOVES their volunteers
and St. Patrick's Day!!**

Submitted by: Diedra Evans, R, Hertford County Office of Aging

North Carolina Senior Center Alliance



LIVE MUSIC LUNCH SERIES



Lunch and Live Music. It's always a toe-tapping, good time when the Golden Harmoners perform at the Hertford County Office of Aging!

Submitted by: Diedra Evans, R, Hertford County Office of Aging

North Carolina Senior Center Alliance



The Hertford County Office of Aging hosted an amazing celebration for the 30th Anniversary of the NC Senior Tar Heel Legislature at Roanoke-Chowan Community College.

The weather was perfect!

Many thanks to the panelists from NCSTHL, Hertford County Commissioners, Mid-East Comm., Hertford Co. DSS, NC SHIIP, local leadership, exhibitors, vendors, volunteers and Representative Bill Ward.

Nearly 200 participants were present to celebrate!

Submitted by: Diedra Evans, R, Hertford County Office of Aging

Celebrating Great People and Mother Earth



Hertford County Volunteer
Appreciation Luncheon -
Little could be
accomplished without
these special folks.

For Earth Day 2023 Hertford
County planted a raised garden of
tomatoes, squash and cucumbers for
summer harvest.



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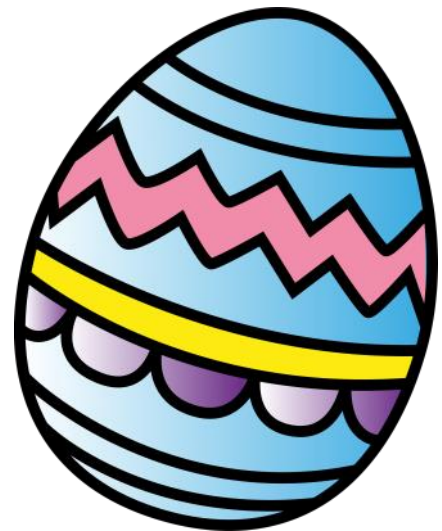
The Brunswick County Senior Games Opening Ceremony was held in April
These participants and staff won medals in Corn Hole and Basketball.

Pictured from left - right Vikki Hine, Catherine Miller, Cathy White, and
front - Yoshi Killgore

CONGRATULATIONS!!

Submitted By: Jillian Hardin, O, Coastal Carolina Active Living, Shallotte Center

North Carolina Senior Center Alliance



Seniors are seriously searching as they enjoy an Egg Hunt at the Greene County Senior Center.

Submitted By: Sharon Harrison, P, Greene County Senior Center

North Carolina Senior Center Alliance



Line Dancing!



**Alexander Senior Center Line Dancers
dance to their favorite music while laughing
and having a great time!**

Submitted By: Kristy Hunt, E, Alexander Senior Center

North Carolina Senior Center Alliance



The pool at the Rufty-Holmes Senior Center is small, but mighty...and is packed on mornings that feature Aqua Zumba! What fun!

North Carolina Senior Center Alliance



Most seniors love Bingo!

Each Monday, the Yadkin County seniors play Quarter Bingo. The game is a quarter a card and a quarter a game and fifty cents for coverall.

It's great to see more people are returning since the end of the pandemic.

Of course, Bingo is still the most popular activity!

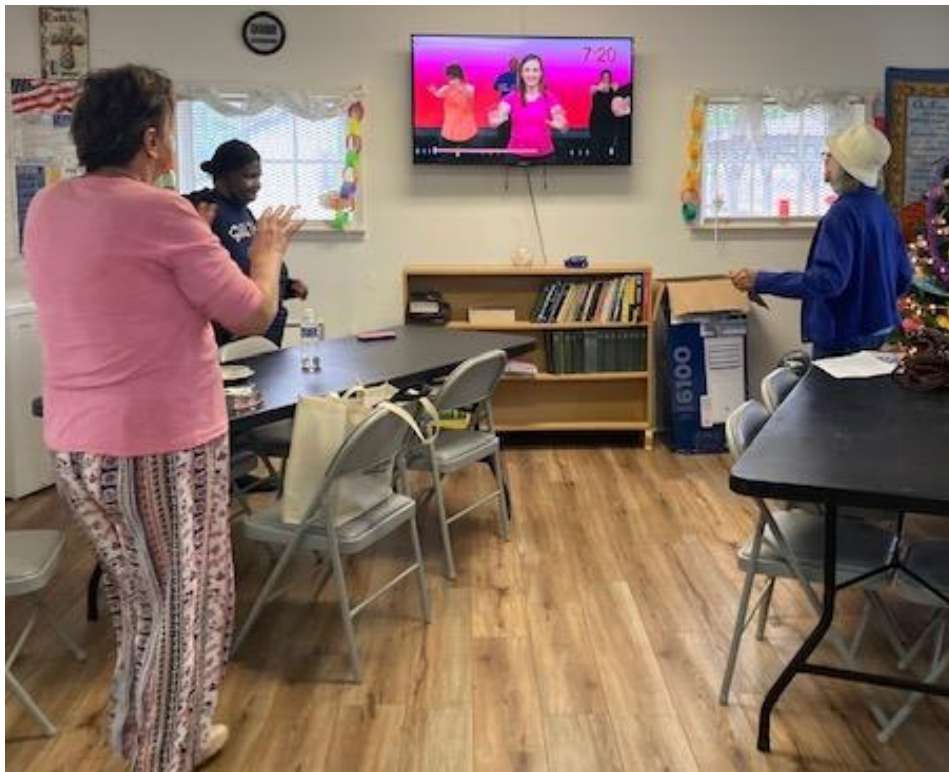
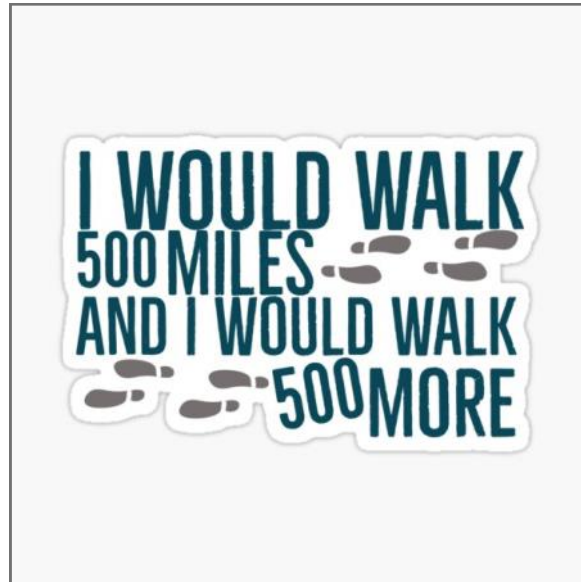
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Even while renovations are being performed in the background, the seniors don't stop their game play at the Troy/Montgomery Senior Center!



North Carolina Senior Center Alliance



Sampson County seniors walking-a-mile with the encouragement from a (YouTube) video at the Garland Senior Center.

Submitted By: Sheila Armwood, M, Garland Senior Center

North Carolina Senior Center Alliance



SCAM AWARENESS



Forsyth County Assistant District Attorney, Jessica Spencer and Officer Veryl Costner of the Winston-Salem Police Department gave a presentation on scams that target older adults at Brown & Douglas Active Adult Center in Winston-Salem.

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

North Carolina Senior Center Alliance



**Chatham
County's**

**GOT
T★LENT**



The Western Chatham Senior Center in Siler City held its Silver Arts Performances Show in April.
Chatham County has talent for sure!

Submitted By: Kathryn Walters, J, Western Chatham Senior Center

North Carolina Senior Center Alliance



The Lee County Senior Services drama club, “The EC Players” entertained center volunteers for the annual Volunteer Appreciation Dinner.

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VOLUNTEER APPRECIATION!



Craven County Senior Services annual
Volunteer Appreciation Luncheon celebrating the center's
wonderful volunteers!
THANK YOU!

North Carolina Senior Center Alliance



The Golden Zumba class at the Walnut Cove Senior Center is an small and intimate class, which the participants really enjoy! Every week balance and movement skills are reviewed and put into practice while wearing coin skirts.

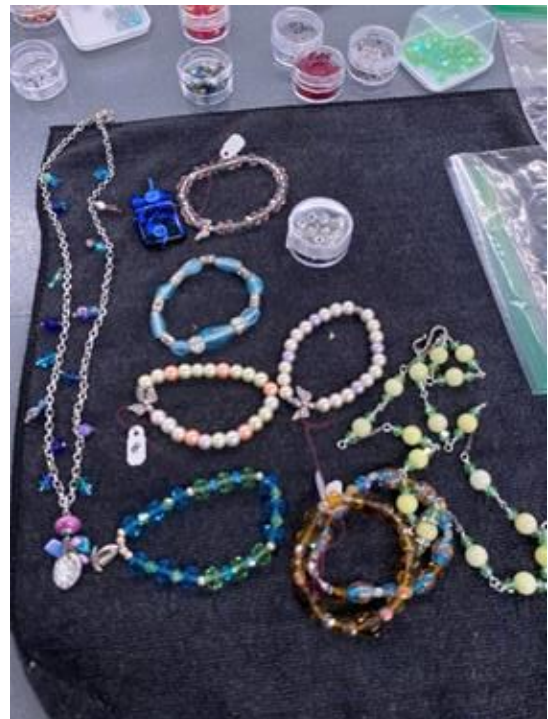
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Lincoln's Beading and Painting Classes are on **FIRE!**



Participants Sherry Heavner, Clara Cook, Shelia Taylor and Bobbie Morris all worked on making these beautiful bracelets.



“Painting with Kelly” class. Lincoln seniors were able to paint their own butterflies! This class was the first class and had a great turn out.

It was so popular, painting classes will be offered every month!



Submitted By: Kathryn Saine, F, Lincoln County Senior Services

Smiles for Miles



12 happy seniors + 1 happy Director =
lots of smiles!

more
news
...

North Carolina Senior Center Alliance



 ACL UPDATES



ACL ANNOUNCEMENT

ACL Announces New Funding to Improve Support for Family Caregivers

Grants will support implementation of the 2022 National Strategy to Support Family Caregivers.

ACL is excited to announce [\\$20 million in new funding](#) for our first major initiative in support of the [2022 National Strategy to Support Family Caregivers](#). ACL will award five cooperative agreements for projects to foster advancements in two programs authorized by the Older Americans Act — the [National Family Caregiver Support Program](#) and the [Native American Caregiver Support program](#).

Each project will receive up to \$1.1 million annually for four years to develop, test, and disseminate new approaches to supporting family caregivers. Using the [caregiver strategy](#) as a roadmap, and with technical assistance from ACL, each project will focus on one of the five priority areas of the strategy:

1. Improved awareness of and outreach to family caregivers.
2. Inclusion of family caregivers in the care team.
3. Services and supports for family caregivers.
4. Financial and employment protections.
5. Data, research, and best practices.

This initiative creates an unprecedented opportunity for the aging and disability networks to build new partnerships with organizations in other fields that can help drive innovation in these areas. A wide range of public and private organizations are eligible and encouraged to apply, so please share this announcement broadly.

Awardees will be expected to collaborate with ACL on all activities and to align their work with the strategy and its companion document, [First Principles: Cross-Cutting Considerations for Family Caregiver Support](#).

The initiative is in keeping with President Biden's [Executive Order on Increasing Access to High-Quality Care and Supporting Caregivers](#), signed April 18. This executive order directs federal agencies to take more than 50 actions making affordable, quality childcare more available to working families; expanding access to home and community-based services; growing and strengthening the direct care workforce; supporting family caregivers; and more — giving us a unique opportunity to transform our long-term care systems and mitigate the challenges that family caregivers face.

Complete details and application instructions are [posted on Grants.gov](#). Applications are due Monday, June 26, 2023.

Ann Johnson Institute for Senior Center Management



The Ann Johnson Institute for Senior Center Management, *Module 2 – The Art of Supervision and Developing Resources* was held in Blowing Rock, NC from March 28th – 30th.

There were 76 participants and 8 graduates.

March 2023 AJI Graduates

Tammy Aldridge	Director, Rutherford County Senior Center
Kristin Alexander	Senior Nutrition Director, W.A.G.E.S.
Alvonia Baldwin	Executive Director of Operations, Home Instead of Chapel Hill
Kayla Bordeaux	Coordinator, Whiteville Senior Center
Kim Crawford	Senior Center Coordinator, Crawford Senior Center
Donna Murphrey	Center Coordinator, Topsail Senior Center
Sandra Sawyers	Johnson Manager, Yadkin Valley Senior Center
Lisa Smart	Quality Assurance Assistant, Onslow County Senior Services

*Fun Fact: these graduates began their AJI journey in the Fall of 2017. . . There were 20 first-timers that module and these 8 stuck it out and completed all 6 modules. Several of them no longer work in their perspective senior centers and have moved into related senior service roles, but wanted to complete the Ann Johnson Institute and graduate with their certificate in Senior Center Management.

1 hurricane and 2.5 years of the COVID-pandemic later – they did it!

Join me in congratulating all the March 2023 AJI graduates!

More information coming soon.....!

Module 3 – Senior Center Operations and Financing is still in the planning phase.

Once the contract is finalized, a save the date announcement will be shared on the senior center listserv.



[illegible]

Submitted by: Sandy Pace, R, Virginia S. Tillett Center



Expectations When Using the NC Senior Center Alliance Facebook Page

Social media is a great way to learn different ways to promote your center, as well as innovative new programs that you can try. We love hearing your tips, success stories, and creative ideas, and encourage you to share these on our NCSCA Facebook (*NC Senior Center Alliance*) page!

Examples of these may be an article in newspaper/publication highlighting a creative program, an announcement of event from which centers across the state can access and benefit, or tips on how your center overcame a challenge that other centers may struggle with.

To make sure these posts are highlighted and our mission is fulfilled, we ask that you please limit posts that pertain solely to your own senior center (such as exercise videos, announcements for local events, etc.) or other information that does not directly benefit senior centers (such as memes, quotes, etc.)

Thank you for helping us ensure we remain an excellent resource for marketing and communication within this strong network of senior centers in our state!



North Carolina Senior Center Alliance



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



February 2023

Rich Zeck, Chair (Q) <i>Training/Mentoring Subcommittee Lead</i> Pitt County Council on Aging 4551 County Home Rd Greenville, NC 27858 252-752-1717 rzeck@pittcoa.org Term Expires: January 1, 2025	Morgan Doughtie, Vice Chair (L) <i>Membership/Communication Subcommittee Lead</i> Nash County Senior Center 103 N Alston Street Nashville, NC 27856 252-462-2730 morgan.doughtie@nashcountync.gov Term expires: May 1, 2025	Christy Southall, Treasurer (K) <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 1, 2025
Betsy Griffin, Secretary (P) Lenior County Council on Aging 112 E. Blount Street Kinston, NC 28501 252.527.1545 director@leniorcco.org Term Expires January 1, 2024	Anna Claire Kelly (G) Website Administrator Davidson County Senior Services 555-B West Center St. Ext. Lexington, NC 27295 336.242.2946 Term expires: January 1, 2025	Kim Crawford (A) <i>Advocacy Subcommittee Co-Lead</i> Macon County Senior Services 108 Wayah Street Franklin, NC 28735 828-349-2058 ext..2727 kcrawford@maconnc.org Term expires: January 1, 2025
Katherine "Kat" Irby, (R) <i>Marketing Subcommittee</i> Newsletter Virginia S. Tillett Community Center 950 Marshall C. Collins Drive Manteo, NC 27954 252-475-9273 katherine.irby@darenc.gov Term Expires: May 1, 2025	Amber Smith (O) <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 1, 2025	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 1, 2025

North Carolina Senior Center Alliance



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 1, 2024	Sarah Locklear (N) Hamlet Senior Center 102 Veterans Drive Hamlet, NC 28345 910.582.7985 slocklear@hamletnc.us Term Expires: March 2024	Thomas Goble (L) <i>Marketing Subcommittee Lead</i> Jo Story Senior Center City of Roanoke Rapids Parks & Rec 701 Jackson Street Roanoke Rapids, NC 27870 252.533.2849 tgoble@roanokerapidsnc.com Term Expires January 1, 2024
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, 2025	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, 2023	(B) Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve
Jennifer Barraclough, (F) <i>Advocacy Subcommittee</i> South Iredell Senior Center 202 North Church Street Mooresville, NC 28115 704-662-3337 jbarraclough@iredellcoa.org Term Expires: July 1, 2024	Cyndi Shimer, (Q) Member at Large <i>Advocacy Subcommittee Co-Lead</i> Pitt County Council on Aging 4551 County Home Rd Greenville, NC 27858 2525.752.1717 x205 cshimer@pittcoa.com Term Expires: March 2024	Member at Large Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve
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 Term expires: May 1, 2025	Sandy Pace, (R) Member at Large Virginia S. Tillett Community Center PO Box 1000 Manteo, NC 27954 252.475.5625 sandyf@darenc.gov Term expires: January 1, 2025	Member at Large Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve
NCDAAS Representative Leslee Breen (Ex-Officio) N.C. Division of Aging and Adult Services MSC 2101 Raleigh, NC 27699 919.855.3414 Leslee.breen@dhhs.nc.gov	NCDAAS Representative Selena Royal (Ex-Officio) N.C. Division of Aging and Adult Services MSC 2101 Raleigh, NC 27699 919.855.3423 selena.royal@dhhs.nc.gov	Janice Tyler, NCAOA Chair (J) (Ex-Officio) Orange County Department on Aging 2551 Homestead Road Chapel Hill, NC 27516 919.245.4255 Jtyler@orangecountync.gov

North Carolina Senior Center Alliance



EDITOR'S NOTE: North Carolina Senior Center news matters to us. NCSCA newsletters will be sent to the email address that we have on file.

Please submit your news article or other content you would like to share to: Katherine Irby via katherine.irby@darenc.gov Microsoft Word is the preferred platform, please do not use PDF. Please DO include photographs (.gif or .jpeg) when possible--everyone loves pictures!

The next deadline is **September 8, 2023 at 5 p.m.** in order to be included in the Fall 2023 Edition. Late submissions will not be accepted.

When lacking content supplied by our members; we will utilize outside sources to ensure that we continue to build and grow healthy seniors together while nurturing our own NCSCA network though idea sharing, personal and professional updates and any other pertinent news! Thank you!

Like the NC Senior Center Alliance Facebook page



Check out our website:
www.ncscalliance.com

For more information on the NCSCA visit:
www.ncalliance.com or email: ncscalliance@gmail.com or
you may contact
NCSCA Chair, Rich Zeck, by calling 252-752-1717
or via email at www.rzeck@pittcoa.org

NCSCA NEWSLETTER

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