

NCSCA News Fall 2016

Senior Center Alliance to Present at National Conference

Thessia Everhart-Roberts, North Carolina Senior Center Alliance Chair and Calvin Vaughn, Executive Director at Roy B. Culler Senior Center will be representing the Alliance at the NISC National Senior Center Conference in Philadelphia, PA, in September.

They will be presenting a workshop titled, **"Bring New Life to Your State Senior Center Alliance"** as a national senior center training opportunity.

Together they will review the history of our state Alliance as well as the revival and enhancement of the organization to what it is today. Roberts and Vaughn hope "attendees will be encouraged and inspired by the passion and commitment of a solid team."

Thank you Thessia and Calvin for representing NCSCA



THIS PLACE MATTERS. Photo: Laura's Core and Yoga class at the Northern Wake Senior Center.

And the Award Goes To...

Ann Johnson was a pioneer in the field of aging and built a solid foundation for North Carolina senior centers.

What better way to honor a senior center for making a positive impact on older adults than to award them with an honor that bestows the name of a distinguished leader such as Ms. Johnson. The **Ann Johnson Senior Center of the Year Award** is presented annually to honor a senior center that has made significant contributions to the field of aging.

The NCSCA is proud to present, in 2016, the first annual Ann Johnson Senior Center of the Year Award to Northern Wake Senior Center.

Northern Wake Senior Center wanted to be an advocate; an educated and centralized resource providing a "voice and vision" for older adults in the Wake Forest community. They developed SING (Senior Information Networking Group) to accomplish this task, and as a result they are in the process of making Wake Forest a "dementia friendly community", completing training for 15 businesses in the area with the assistance of Orange County. They are also providing a Dementia Education Awareness Series to the community in partnership with the Town of Wake Forest. The next Dementia Business and Agencies training is scheduled in partnership with "Dementia Friendly America" from Minnesota.

Northern Wake Senior Center has experienced a 21% increase in member growth in the 2015-2016 fiscal year.

Certification = New Logo

Centers of Excellence and Centers of Merit: Don't forget to include the new logo on your promotional materials. A special thanks to the DHHS **Office of Communications** graphic arts section for their assistance in the design. Congratulations to all senior centers who can proudly display a logo!





Photo: John Duz's acrylic painting class. The center has over 115 active volunteers and is the second largest site in Wake County to provide tax aid services through AARP.



Through a partnership with **Wake Tech Community College**, **Northern Wake** is able to offer beginner and advanced levels of computer classes as well as Spanish and art classes. They have expanded their evidence-based programs to include Tai-Chi for Arthritis for Fall Prevention and recently participated in a year-long Westat Research study for Fit and Strong.

Northern Wake also offers Kibbles for a Cause, an ongoing project that provides free dog and cat food to MOW clients and other seniors in need.

Northern Wake has been a **Center of Excellence** since 2000. Advisory Board Chairperson Jerry Glenn says, "We are very proud of our seniors, volunteers and community partners that have helped our center accomplish many of our goals. We are truly thankful for all of their support."

Judges for the first annual **Ann Johnson Senior Center of the Year Award** include DAAS representatives Steve Freedman, Kathryn Lanier and Leigh Hayden.

Congratulations to **Northern Wake Senior Center** for receiving this distinguished honor!

The Importance of being *'present'*

Symposiums, seminars, additional college credit course work. It's a no brainer that attending these types of event is important. Important for personal growth, professional development, field networking, staying educated on the latest and greatest of practice and procedures. But how many times do we attend these work-shops or classes with a mundane attitude and distracting table mates? The idea that you are here, but your mind and intention are elsewhere in not proficient use of anyone's time.

Ultimately, it is important for you as an attendee to be *'present'*, not just present. Being present, on time, in a seat, in the room of the right building can sometimes be difficult in itself! But once you've made it there, signed in and found a seat, staying attentive and engaged is important, but not always that easy.

So, I offer a few tips on how to be as *'present'* as possible at your next professional development gathering.

In almost any field of work now a days you find the need for some form of continued education.

Plan in advance. The majority of the time you know the date of your event well in advance. Adjust your schedule or the center's schedule for the week. Cancel, reschedule or delegate as necessary to make sure the things you are in charge of, leading or teaching are covered. Co-workers, staff and volunteers can usually handle your absence better with some prior planning. Communicate clearly with whomever you leave in charge of your duties what can wait until your return or what needs to be handled on your breaks and afterhours. This way you aren't spending your entire break putting out fires and speed texting during the presentations.

Be prepared. Pack your satchel or work bag with intention. Get your favorite pen, highlighter, pencil and post-it tabs in a place you can easily access. This may mean cleaning out your normal work bag or grabbing a different one from the closet so that your necessary supplies aren't floating at the bottom of your everyday work bag with promotional magnets,

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Town-and-Gown Partnership Addresses Global Concern

Recently, the **Rocky Mount Senior Center** partnered with a local college's (**NC Wesleyan**) office of student activities and civic engagement to host a meal packaging event through an organization called **Stop Hunger Now**.

This marked the third year the senior center partnered with the college on such an event. Partnering with the college included providing some small financial assistance for the program and volunteers to assist on the day of the meal packaging event.

The partnership (financial and volunteers) provided the necessary supplies to prepare over 10,000 pre-packaged meals that were then sent to those in need around the world as determined by **Stop Hunger Now** - they notify you where they are eventually sent.

More specific information regarding the **Stop Hunger Now**

organization and it's meal packaging events can be found at <http://www.stophungernow.org/host-meal-packaging-event/>.

This wonderful event provided opportunities to educate our participants on world hunger issues, allowed our participants to engage and participate alongside college-age students towards a common interest, and it gave our participants the chance to do a civic engagement project that was extremely fun!. This event, along with the **Annual MLK Day of Service** (annually in January), are two events we are proud to work with the college on each year.

We are open to working with other senior centers in our area for this event or something similar. Questions can be sent to Alex Langley, Senior Center Manager for City of Rocky Mount Parks & Recreation Department. alex.langley@rockymountnc.gov.

The Importance of being 'present'

an extra pair of socks, a couple dozen paperclips and 3 tubes of chapstick, among other things. As a tablemate, there is nothing more distracting than someone digging to depths of the earth in their purse or overloaded bag for that perfect pen. If I'm distracted watching them, then I know the purse digger isn't getting anything beneficial from the speaker.

No electronics on the table. What? You can't be serious? This is what you might be thinking right now. Yes. Seriously, leave the laptop in your bag. Put your smart phone away. Leave your ipad/tablet in your room. Now, I know we are all busy. Family, children, volunteerism, pets, senior centers, our plates are full. If you have prepared, adjusted your schedule, delegated staff, communicated to family and care givers of your children, then you should be able to go for an hour or two without having to return a text or browse Facebook. Use the breaks to 'put out the fires' at work and text back friends and family. Your texters and callers will only take the seminar or class as seriously as you do.

**Do yourself a favor.
Don't just be a
seat filler.**

Plan to participate.

Participate. This among all the others is the most important and the most doable. If there is a group discussion, listen, ask questions, and give input. Learn, share, inquire. That is what the continuing education planners are hoping we do. The only bad question is the one you didn't ask. More than likely you are not the only one needing clarification or additional information on the concept. Oh! And do the silly activity on the stretch break! Laugh at yourself or your tablemates. Cheer on your 'team'. Volunteer to be a helper, even if you don't know what you'll be asked to do.

A CEU seminar is not the time to hide at the back table and give yourself a mini manicure or beat your high score on the latest game app. Make the best of your day out of the office your opportunity to grow and learn something new. So, grab your favorite pen, put on your invisible super power cape and roll up those sleeves. Be 'present' and get ready to do some professional development learning! (Selena Royal)

Many Faces of My Senior Center: An Advocacy Event



In August,
the NCSCA Advocacy Committee
in partnership with
Piedmont Triad Regional Council,
hosted an advocacy training
webinar to senior centers
across North Carolina.

Calvin and his team received great feedback as a result of this training including, "Thanks for doing the webinar – it helped someone from one of our assisted living places with her need for training.

And someone from our senior advisory committee said she was having trouble with mold in their building and she was going to use some of the information she received to advocate for better housing conditions for the seniors in her complex.

We also had 4 people from DSS attend and each person thanked me for inviting them to the webinar. As I told them, when you advocate for seniors you are advocating for everyone, because you are either a senior now or you will be one day. Thanks again."

Judy Whitfield, Kernodle Senior Center

Don't forget about Part 2 of this advocacy event happening during Senior Center Month. Alliance members have full access to the toolkit and non-members can purchase the materials for \$10.

Non-members should send their check or money order to:
Sandy Scarboro, Dare County Senior Center, PO Box 1000,
Manteo, NC 27954

Visit <http://ncaoa.org/Membership.html> for more information on how to join or contact North Carolina Alliance Membership Chair, **Brittany Williams** at brittany.williams@townofblackmountain.org



The follow up for
September advocacy
Many Faces of My Senior Center
packet is being sent FREE to all
NC Senior Center Alliance
members.

If you are a member, and have not received your packet by the end of this week, contact Brittany.

Any non-members can obtain the September Advocacy packet for \$10 or join the NC Senior Center Alliance and get the packet as a member benefit. Contact Brittany Williams brittany.williams@townofblackmountain.org with membership questions.

If members need assistance with the September Advocacy packet in regard to inserting your own pics to be sent to your legislator contact Jennifer.Teague@watgov.org

Attached is the cover page which show the flyer/mailling image that we will be sending to our legislators during National Senior Center Month. Each senior center will insert their own pictures to send to their legislator.

Please participate, even if you are not a member, let our legislators hear **ONE VOICE** from senior centers.

Non-members can develop their own flyer/mailling to send. If you participated in the Valentine Advocacy, Webinar and join the Sept. event, these are your minimum of 3 SCOPE advocacy events for the year (if you met all requirements).

Happy Advocacy,
From your NC Senior Center Alliance
Advocacy Committee

North Carolina SeniorCenter Alliance



Your North Carolina Senior Center Alliance Steering Committee:

Region B	Brittany Williams, Town of Black Mountain
Region C	Weyland Prebor, McDowell Senior Center
Region D	Jennifer Teague, L.E. Harrill Senior Center
Region F	Teresa Kiser, Active Living and Parks Department
Region G	Thessia Everhart-Roberts, Davidson County Senior Services
	Ruth Mitchel, Aging, Disability & Transit Services of Rockingham County
	Kim Shuskey, Davie County Senior Services
	Calvin Vaughn, City of High Point Parks & Recreation Department
	Christie Smith, Davidson County Senior Services
Region J	Torrey Blackmar, Garner Parks, Recreation & Cultural Resources
	Miranda Strider Allen, Resources for Seniors, Inc.
	Janice Tyler, Orange County Department on Aging (ex-officio)
Region L	Alex Langley, Rocky Mount Parks & Recreation Department
Region M	Mary Galyean, Fayetteville-Cumberland Parks & Recreation
Region N	Nikki Sewell, Hamlet Senior Center
Region P	Betsy Griffin, Lenoir County Council on Aging
Region Q	Charmaine Hardison, Martin County Senior Center
Region R	Sandy Scarborough, Dare County Senior Center
NCAAS Representatives (ex-officio):	Leslee Breen & Rebecca Freeman

FYI Bed Bugs in Community Aging Programs

Bed bugs have become a common problem across the country with infestations showing up in residences, hotels, college campuses and other places like our adult care centers, congregate nutrition program sites and senior centers. In response, the NC Division of Aging and Adult Services, DAAS, in collaboration with NC State University developed a "Response to Bed Bugs in Community Aging Programs" handout. DAAS will post the guidance on the DAAS website soon. More information: Audrey Edmisten, RD, LDN, MPH <http://www.ces.ncsu.edu/depts/ent/notes/Urban/pdf/bedbugs-infested%20items.pdf>



September is National Senior Center Month.

Like the **NC Senior Center Alliance** Facebook page



Please send pictures of your senior center including events and activities to Alex Barker, alex.barker@darenc.com

Check out our new website
www.ncscalliance.com

Yey! The new NCSC Alliance website is operational. As your center submits a new or renewal application, you will receive a password for the **Members Only** section by email. This section contains helpful tools for marketing and training. For more information on the NCSCA visit www.ncaoa.org or contact NCSCA Chair, Thessia Everhart-Roberts at 336.242.2290 or Thessia.Everhart@DavidsonCountyNC.Gov

NCSCA NEWSLETTER

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Town-and-Gown Partnership Addresses Global Concern

Contributing Author: Selena Royal
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Senior Center Alliance Chairman: Thessia Everhart-Roberts
Davidson County Senior Services

Two Great Organizations for Aging Professionals

Join both...Join one...Join Today!

Membership Application

NCAOA represents a diverse membership of agencies and professionals in the field of aging and provides members with opportunities to influence policy in government and academic settings. Known across North Carolina as an association with an emphasis on service provision at the local level. NCAOA members serve on regional and statewide committees that help shape the future of services for North Carolina's older population. For more information on NCAOA please see our website at www.ncaoa.org.

NCSCA - A section of the North Carolina Association on Aging (NCAOA), the North Carolina Senior Center Alliance exists 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, and provide for additional staff training and development. For more information on NCSCA please see our webpage at www.ncaoa.org/alliance.org

Name _____ Title _____

Agency: _____ County: _____

Address: _____ City/State/Zip: _____

Work Phone: _____ Fax: _____ Main E-mail _____

*List additional email addresses on back of form (up to 25 per agency or organization)

Agency website _____ Is Your Agency ___Public ___Not-for-Profit ___For-Profit

NCAOA Membership categories (please check only one):

_____ **Agency/Organization/Individual Member, \$120 per year**

For agencies, organizations, or individuals that are involved in providing services or administration in the field of aging or closely allied field. Membership includes all employees of an agency or organization. Only one mailing address will be used, but organizations may have up to twenty-five email addresses included for the receipt of newsletters and bulletins. Voting privileges are limited to one designated employee. Any one employee of said agency or organization may hold office.

_____ **Friends of NCAOA, \$75 per year**

For individuals who are not directly involved, but interested in aging and the mission of NCAOA, **who are not part of an agency organization that qualifies above.** Friends are not eligible to vote or hold office.

_____ **Student/Senior Member, \$35 per year**

For individuals currently enrolled in a Degree Program, or a senior age 60+, who are not part of an agency or organization that qualifies above. Students/Senior Members are not eligible to vote or hold office.

NCSCA Membership categories (please check only one):

_____ **\$10 per year** - For Agency/Organization/Individual Members of the NCAOA _____ **\$30 per year** - For Agency/Organization/Individual Non NCAOA Members

Name of Senior Center(s) _____

Name and email of agency/organization members joining/renewing membership: _____

*List additional names and email addresses on back of form (up to 25 per agency organization)

Enclosed is my check or money order for membership with the North Carolina Association on Aging and/or North Carolina Senior Center Alliance. Membership is renewable July 1 of each year.

Signature _____ Date: _____

Make check payable to: NCAOA and mail to: NCAOA • PO Box 10341 • Raleigh, NC 27605-0341

To complete the registration form and pay online go to www.ncaoa.org and click the online membership form

For more information or if you have questions, please contact us at ncaoaconferencecord@gmail.com