

NCSCA News Fall 2024

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LEADER'S LETTER

Fall 2024

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Greetings NCSCA members,

People who know me know that very rarely am I at a loss for words. In fact, some may say I talk too much. I write this newsletter with a heavy heart for our dear friends and colleagues in Western North Carolina and beyond impacted by Helene.

Words alone seem so empty compared to the pain and suffering all have endured throughout this tragedy and will suffer for weeks and months. Seeing the devastation on TV is nothing compared to seeing it firsthand or having family or friends affected. The stories are heartbreaking and touch the very core of all of us who call North Carolina home.

As you can imagine the damage impacted everyone. No group was spared the pain and misery, but particularly hard hit have been our seniors. The homes and lives obliterated in the blink of an eye. So many people feel helpless and just want to help but do not know what to do. What can we do? Our organizations NCAOA, NCCOA, and n4a are partnering for a fundraiser for older adults in Western NC. You can donate to the seniors in that area. Here is the link: <https://www.ncaoaging.org/general-6>

Whatever you believe in as a religion or faith, it does not matter, but what you can do is simply pray. It is not hard and does not require anything fancy or complicated. If you pray from your heart to lift up these people, it will provide a peace and comfort that they desperately need, your mighty prayer will be heard.

Thank you for what you have done, are doing and will do for our brothers and sisters in Western North Carolina.

Have a great day.

Rich

Rich Zeck



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! 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://www.ncaoaging.org/>

NCSCA:

<https://ncscalliance.org/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.

Fall has Fallen!



The Virginia S. Tillett Center (VTCC) is rolling into Fall with a push from a summer breeze: a quick trip to New Hampshire in September brought the fall feels, as we look forward to going to Pigeon Forge, Charleston and New York! The fabulous Master Gardeners from NC Cooperative Extension supplied flowers for our home delivered clients all summer. Caregivers Day Out enjoyed a visit from the ice cream truck! A day trip to the Raleigh Farmer's market to use the coveted produce coupons was a favorite of our participants! Spirit Fridays has been a hit—it's a forever thing at the VTCC now! Sandy Pace retired as the VTCC Director—we wish her the best! Our community pulled together to lend aid to Western NC by sending 2 tractor trailers full of supplies to help our friends in the first few days following Hurricane Helene and continue to send support to the mountains.

We are looking forward to the 8th Annual VTCC Dare to Scare 5K, upcoming Lunch & Learns, annual Veterans Celebration, Operation Green Light (a show of support to our veterans), many creative arts classes, Bingo, day trips and surviving the Medicare Open Enrollment Period!

It's fall y'all!

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

North Carolina Senior Center Alliance



Rufty-Holmes Senior Center collecting disaster relief items for Western North Carolina. Loving the generosity, kindness, and humanitarianism.



Balancing Wake



“Balance and Beyond” with Marlene at
Northern Wake Senior Center

CELEBRATE!



The Bertie County Senior Center Senior Expo/Senior Center Month Celebration on Friday, September 28, 2024.

North Carolina Senior Center Alliance



Participants at Garland Senior Center making care packages for the victims in the mountains.

Submitted by: Shelia Armwood, Advocacy, M, Garland Senior Center, Sampson County



Want to toot your horn?? Send your Center information to katherine.irby@darenc.gov **before January 10, 2025 at 5 P.M.** in order to be included in the Winter 2025 edition. Late submissions will not be accepted.

North Carolina Senior Center Alliance



Good Times In Hertford



Tie Dye Day: The fashion lineup from Tie Dye Day during Spirit Week!

Falls Prevention Bingo: Proof that learning can be fun!

Basket Weaving Class is keeping this traditional art alive through teaching others.

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

North Carolina Senior Center Alliance



Boot Scootin' Boogie and more western line dances with Instructor Evelyn Bradley to celebrate Senior Center Month. Fun, fun!

Field trip to the New Hanover County Landfill. The highlight was going to the top of an old pile that is the highest point in New Hanover County at 160 feet above sea level! Wow!

Celebrating the Timeless Joy of Puzzles! Puzzles are more than just a pastime; they are a wonderful way to keep our minds sharp, our spirits high, and our hearts connected. Whether it's a complex jigsaw puzzle, a challenging crossword, or a tricky Sudoku, these dedicated SRC participants show us that age is no barrier to enjoying life's little challenges.

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

North Carolina Senior Center Alliance



Participants at the Lexington Senior Center made homemade pizzas! All of the toppings were provided and portioned out so everyone could create their own!



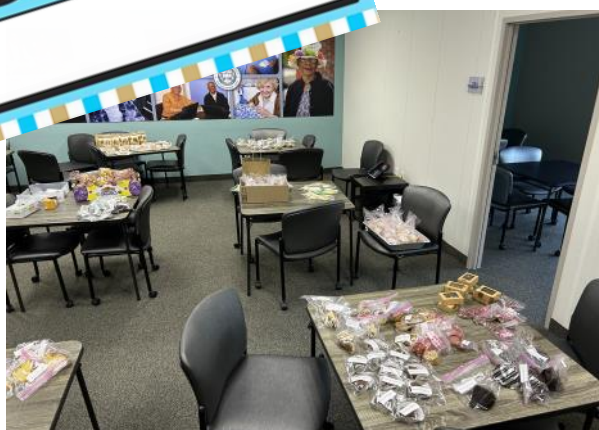
The Davidson County community came together and collected tons of pet supplies! All were donated to the local animal alliance for pets in need!

Zentangle has been a hit at the Lexington Senior Center.

There was a Zentangle 2 class offered for participants who had taken the first class! Look at their beautiful creations!



North Carolina Senior Center Alliance



Davidson County Senior Services had our annual yard sale!

This year we also hosted a coffee truck and had a bake sale! Totaling over \$600 for the yard sale spots and baked goods.

Over 300 baked goods were donated by staff and seniors!



The Lexington Senior Center hosted a watercolor painting class!

Participants enjoyed painting a pumpkin scene.





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!



2023-2024

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>

You may download the document to your computer or print, as you wish. If you see an inconsistencies, please report them to Leslee.breen@dhhs.nc.gov



North Carolina Senior Center Alliance



North Carolina Senior Center Alliance Committee

Membership Roster



Rich Zeck, Chair (Q) Training/Mentoring Subcommittee Lead Pitt County Council on Aging 4551 County Home Rd Greenville, NC 27858 252-752-1717 rzeck@pittcoa.com Term Expires: January 1, 2025	Jennifer Barraclough, Vice Chair (F) Advocacy Subcommittee Iredell Council on Aging 344 East Front Street Statesville, NC 28677 704-873-5171 jbarracough@iredellcoa.org Term Expires: July 1, 2024	Christy Southall, Treasurer (K) Special Projects Subcommittee 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) Lenoir 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 Marketing Subcommittee Lead Davidson County Senior Services 555-B West Center St. Ext. Lexington, NC 27295 336-242-2949 anna.kelly@davidsoncountync.gov Term expires: January 1, 2025	Kim Crawford (A) Advocacy Subcommittee Co-Lead 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) Newsletter Marketing Subcommittee 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) Advocacy Subcommittee 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) 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, 2025
Weyland Prebor (C) Special Projects Subcommittee Lead McDowell Senior Center 100 Spaulding Road Marion, NC 28752 828-659-0823 wprebor@mcdowellseniorcenter.org Term Expires: January 1, 2025	Amanda Kempen (N) Hamlet Senior Center 102 Veterans Drive Hamlet, NC 28345 910-582-7985 akempen@hamletnc.us Term Expires: March 2025	Thomas Goble (L) Marketing Subcommittee 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

North Carolina Senior Center Alliance



Sheila Armwood, (M) Advocacy Subcommittee Sampson County Dept. of Aging 405 County Complex Rd Bldg. B, Ste. 104 Clinton, NC 28328 910-529-3931 sarmwood@sampsonnc.com Term Expires: January 1, 2025	Torrey Blackmar, (J) Special Projects Subcommittee Garner Senior Center 205 East Garner Road Garner, NC 27529 919-661-6893 tblackmar@garnernc.gov Term expires: May 1, 2025	Shana Kriewall, (B) Harvest House 205 Kenilworth Road Asheville, NC 28803 828-350-2051 skriewall@ashevillenc.gov Term expires: January 1, 2026
Maynell Harper, (K) Member at Large Advocacy Subcommittee Person County Senior Center 87 Semora Road Roxboro, NC 27573 336-599-7484 maynell.harper@personseniors.org Term expires: May 1, 2025	Cyndi Shimer, (Q) Member at Large Advocacy Subcommittee Co-Lead Pitt County Council on Aging 4551 County Home Rd Greenville, NC 27858 252-752-1717 ext. 205 cshimer@pittcoa.com Term Expires: March 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
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Member at Large Please Contact Rich Zeck at 252-752-1717 or another committee member if you would like to serve.	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
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North Carolina Senior Center Alliance



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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 .jpeg or .png) when possible--everyone loves pictures!

The next deadline is **January 10, 2025 at 5 p.m.** in order to be included in the Winter 2025 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.ncsalliance.org

For more information on the NCSCA visit:
www.ncsalliance.org or email: ncsalliance@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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