

## NCSCA News Fall 2019

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

The North Carolina Association on Aging (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.

The North Carolina Senior Center Alliance (NCSCA) is a program section of the NCAOA. The goal of the NCSCA is 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
- Provide for additional staff training and development

NCSCA member benefits include;

- Receiving a quarterly newsletter
- Advocacy training
- SCOPE assistance
- Fundraising ideas and assistance
- Media Marketing Kits
- Regular meetings with NC Division of Aging & Adult Services staff
- YouTube training videos

The Alliance is continually seeking opportunities to help the professional growth of members serving seniors.

If you are not a member of the Alliance or the NCAOA, please think about joining today.

Membership information can be found on page 24 of the newsletter.



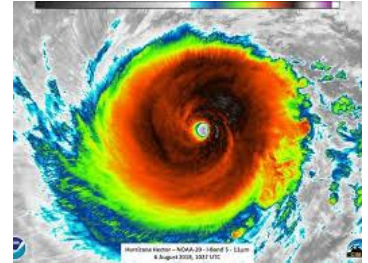
**Please mark your calendar and plan to attend the North Carolina Association on Aging (NCAOA) State Aging Conference March 5-6, 2020 at the Hotel Ballantyne in Wilmington, N.C. This conference is for aging service providers, students and seniors. Registration and conference details will be available soon and will be advertised in the winter Alliance newsletter.**

# North Carolina Senior Center Alliance



*With Dorian fresh on our minds and a few swirls in the Atlantic means the hurricane season in full swing and winter weather just ahead, now is the time to make sure you are prepared for a natural disaster or simply being without electricity for a few days due to downed lines. Whether a tropical storm or an ice storm....it's never too late to **get** ready so you can **be** ready!*

## DISASTER PREPAREDNESS



### The Importance of a Personal Support Network

The American Red Cross recommends that senior citizens create a personal support network made up of several individuals who will check in on you in an emergency, to ensure your wellness and to give assistance, if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors.

Ideally, a minimum of three people can be identified at each location where you regularly spend time, for example at work, home, school or volunteer site.

There are seven important items to discuss and implement with a personal support network:

- 1.) Make arrangements, prior to an emergency, for your support network to immediately check on you after a disaster and, if needed, offer assistance.
- 2.) Exchange important keys.
- 3.) Show them where you keep emergency supplies.
- 4.) Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
- 5.) Agree on and practice methods for contacting each other in an emergency. Do not count on the telephones working.
- 6.) You and your personal support network should always notify each other when you are going out of town and when you will return.
- 7.) The relationship should be mutual. You have a lot to contribute! Learn about each other's needs and how to help each other in an emergency.



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## What Do You Need In A Survival Kit?

At a minimum, you should have the basic supplies listed below:

- ☐ Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- ☐ Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home).
- ☐ Flashlight
- ☐ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ☐ Extra batteries (Similar item available in the Red Cross Store)
- ☐ Deluxe family first aid kit
- ☐ Medications (7-day supply) and medical items
- ☐ Multi-purpose tool
- ☐ Sanitation and personal hygiene items
- ☐ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- ☐ Cell phone with chargers
- ☐ Family and emergency contact information
- ☐ Extra cash
- ☐ Emergency blanket
- ☐ Map(s) of the area
- ☐ Consider the needs of all family members and add supplies to your kit:
- ☐ Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.)
- ☐ Baby supplies (bottles, formula, baby food, diapers)
- ☐ Games and activities for children
- ☐ Pet supplies (collar, leash, ID, food, carrier, bowl)
- ☐ Two-way radios
- ☐ Extra set of car keys and house keys
- ☐ Manual can opener



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Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area:

- ⇒ Whistle
- ⇒ N95 or surgical masks
- ⇒ Matches
- ⇒ Rain gear
- ⇒ Towels
- ⇒ Work gloves
- ⇒ Tools/supplies for securing your home
- ⇒ Extra clothing, hat and sturdy shoes
- ⇒ Plastic sheeting
- ⇒ Duct tape
- ⇒ Scissors
- ⇒ Household liquid bleach
- ⇒ Entertainment items
- ⇒ Blankets or sleeping bags



- Make an Emergency Plan
  - Mark off your check list.
- With your family or household members, discuss how to prepare and respond to the types of emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and how you will work together as a team.
  - Practice as many elements of your plan as possible.

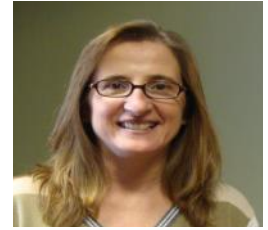
For a disaster plan template, first aid kit check list and more, please visit: [www.redcross.org](http://www.redcross.org)

# North Carolina Senior Center Alliance



## LEADER'S LETTER

I hope everyone had a great summer and is ready for the fall weather. I look forward to seeing what everyone is doing and how you are celebrating Senior Center Month. I want you all to know how important each of you is to the field of aging. What we do is important and commendable. You cannot put a price on it. You help make the lives of the people you serve better. You give them purpose and meaning, you help them be healthier, more active, independent people. You help them achieve their goals and live the life they want to live. I know this is not an easy task with budget, staff and time constraints but you seem to get it done. You are amazing. I applaud all of you for what you do. You matter, you make a difference.



Sandy Pace, Chair  
Dare County (R)

The Alliance is at work for you and is here to help you. The Advocacy subcommittee has recently sent out its second advocacy event for this calendar year. I hope you are taking advantage of this great opportunity to have your seniors advocate for increased General Purpose funding and thanking our elected officials for their continued support of the Older Americans Act. I would personally like to thank the Advocacy subcommittee for all of their hard work and effort.

The Special Projects committee has been working collaboratively with their judge's panel that evaluated and scored the Annual Ann Johnson award applications. The winner is announced on pages 13-16 of this newsletter. The winner receives \$300 and a plaque to hang in their center. Thank you so much Special Projects committee and judges. Congratulations to the 2019 winner.

The Marketing subcommittee is working on updating the Alliance brochure and the newsletter looks great. We all do amazing things so please consider sending something to the editor for the next edition. I want to thank the newsletter editor, individuals and agencies that contributed something to be in this edition.

The Mentoring and Training subcommittee is working on new training opportunities that will be available soon. I know we are all looking forward to that.

Please mark your calendar and plan to attend the North Carolina Association on Aging (NCOA) State Aging Conference March 5-6, 2020 at the Hotel Ballantyne in Wilmington, N.C. This conference is for aging service providers, students and seniors. Registration and conference details will be available soon and advertised in the winter Alliance newsletter.

The Alliance is still in need of representation from Regions N and B. If you are in one of these regions, please consider serving and being a part of a wonderful group of individuals working together to accomplish incredible things for our older adults across the state. We need your area represented.

The Alliance is here for you. If you need anything please feel free to contact any of the members listed on pages 21-23.

Enjoy the cool, crisp days, pumpkin flavored everything, crunch of fallen leaves under your feet, and the most colorful season of the year. Happy Fall Y'all. ~Sandy



# North Carolina Senior Center Alliance



Fall is a beautiful time of year. After all, what's not to like? The weather cools down, Halloween begins approaching and people start baking pumpkin-flavored treats. The following fun fall activities for seniors offer some great ways for you to spend time together with your loved one this autumn.

## Enjoy the Crisp Air with Walks

Fall is the perfect time to take regular walks. Depending on the area, seniors should be able to see plenty of fall colors in the trees and bushes along walking paths. Not only are fall walks full of beautiful scenery as the leaves change colors, but they're also good for the body.

Of course, you should pay attention to safety during any active fun fall activities for seniors like this. Make sure everyone is dressed properly for the weather, and consider any physical limitations before deciding how far to walk. For seniors who can't walk more than a few steps at a time, a visit to a park or a stroll in a wheelchair will still allow them to see the changing colors and enjoy the crisp fall air.

## Watch a Movie

With Halloween approaching, fall is a great time to get into scary movies. Try to stick to the classics that most seniors will fondly remember having watched in high school or college. You can't go wrong with those movies, such as *The Curse of Frankenstein*, *Creature from the Black Lagoon*, *Invasion of the Body Snatchers*, or *Dracula*.

Once you decide on the movie, get together some snacks your loved one will enjoy. Fall-themed food, such as Halloween candy or anything with pumpkin in it, would be perfect. But don't forget to grab some popcorn and your loved one's favorite drinks before the movie starts.

## Make Fall Crafts

Some fun fall activities for seniors involve a little creativity, so if your elderly relative is somewhat artistic, go ahead and plan a few fall crafts to do together. A popular craft for the fall is an autumn wreath that features everything from fall leaves and tiny pumpkins to pine cones and small ears of corn.

Granted, not everyone is crafty or wants to get super creative. But it's still possible to be artistic for matter your skill level. You can simply print out fall-themed coloring pages, since adult coloring is known for being relaxing for people of any age.



# North Carolina Senior Center Alliance



## Bake Some Sweet Fall Treats

One of the sweetest fun fall activities for seniors involves baking. Fall is the perfect time to break out some canned pumpkin, pie crusts and plenty of cinnamon. But you don't just have to stick to the typical pumpkin pie or apple pie.

Try making some tasty fall-inspired breakfast options, such as pumpkin pancakes, pumpkin bread, or cinnamon rolls. Your fall baking recipes are basically endless, allowing you both a chance to get together and celebrate this season in the yummiest way.

## Visit a Local Pumpkin Patch

Visiting a local pumpkin patch is a great day trip. Most cities have a few to choose from, making it easy for you and your loved ones to get together to pick a few pumpkins straight from the patch—rather than just buying them from the store.

Most pumpkin patches even have other activities, such as petting zoos, pumpkin decorating stations, and hayrides. They also sometimes feature onsite bakeries that use fresh pumpkins, apples and other locally grown produce in all their recipes.

## Get Ready for Halloween

Halloween may only last for a day, but the preparation leading up to it means there are plenty of opportunities for fun fall activities. Start by taking a trip to the store to get candy for trick or treaters. You can then make a fun activity by putting a few pieces of candy in several Halloween-themed treat bags to give out.

And if you brought home a few pumpkins from the pumpkin patch, now is the time to start carving and decorating them before Halloween arrives.

These fun fall activities for seniors should offer you a chance to spend some great quality time with your loved one!

Aurum, 2019, [www.theseniorcarenetwork.org](http://www.theseniorcarenetwork.org)



# North Carolina Senior Center Alliance



*Winter weather is approaching quickly. You may want to recommend this list to your seniors to make sure it's ready for colder temperatures. Some of these activities can be strenuous and others could require the use of a ladder. Assistance is recommended.*

## IT IS TIME TO WINTERIZE

### 1. TEST THE HEATING SYSTEM.

This may seem rudimentary, but many people don't discover a problem until they switch the heat on for the first time. Waiting to find this problem can lead to a crisis. To avoid this situation, make sure you take a look at the condition of the heating filters and turn on the heating system to see if it is blowing warm air. Cleaning the furnace can also prevent accidental fires and it can lower energy costs. Check to see heating vents are closed in rooms that aren't used to maximize the heat in areas of a home your loved one spends more time in.

### 2. CHECK HEATING DUCTS.

After making sure the heating system works, it's a good idea to make sure the heating ducts do not have any damage, rust, and are not out of alignment. This will ensure that heat flows to where it's intended.

### 3. CHECK ALL CARBON MONOXIDE AND SMOKE DETECTORS.

It's a smart move to check these batteries during your winterizing steps. When the heat kicks on, a carbon monoxide detector will detect any previously unknown leak and if candles or a stove top left on starts an accidental fire, the smoke detector can be an essential way to keep your loved one safe.

### 4. CHECK FIRE EXTINGUISHERS.

Make sure your loved one has a working fire extinguisher in the home. Check to see if it's full and talk to them about how to use it. If they are unable to use it, discuss an alternative plan in case of an emergency. Check with your local fire department to find out if they have a program to assist you.





# North Carolina Senior Center Alliance



## 5. INSTALL A PROGRAMMABLE THERMOSTAT.

These devices do not cost much at the hardware store and can save a bundle in heating costs. Furthermore, automating the heat helps those living with dementia or Alzheimer's disease. Since many automatic thermostats come with a lock feature, it can keep a person from fiddling with the temperature, including turning the heat way down which could put your loved one's health at risk.

## 6. PLAN AHEAD FOR DE-ICING AND SNOW REMOVAL.

An icy sidewalk or driveway can pose a major fall risk to your loved one. If you create a plan in advance of cold and snowy weather, it can limit these risks. This could be buying melting salt ahead of time, contacting snow removal specialists so they can come help when needed, and includes buying shoes with non-slip soles for your loved one to use when they need to walk outside and could encounter ice.

## 7. CHECK OUTDOOR FAUCETS.

By making sure these faucets are off, it prevents the formation of any icy surfaces due to a leak. These icy patches can increase the risk for a dangerous fall. This is also a chance to make sure the gutters are cleaned out and remove any clogs.

## 8. CHECK INSULATION.

By putting enough insulation in the attic or crawl space, it can prevent hot air from escaping the home. Furthermore, make sure any exposed pipes have insulation around them to keep them from freezing. It is also a good idea to install weather strips around doors and windows and close up any holes or cracks with caulk. You may also want to install storm windows or put weather-proofing around the windows.

## 9. REPLACE SUMMER CURTAINS WITH HEAVIER WINTER VERSIONS.

This helps keep a home insulated, keeping heat from escaping through the windows.



# North Carolina Senior Center Alliance



## 10. CHECK THE FIREPLACE AND ANY CEILING FANS.

For the fireplace, make sure there is not any buildup in a chimney flue, and remove any ashes and other debris which can cause a fire hazard or flare-ups. Also, ask whether an elderly loved one is safely capable of managing a fire. If not, you may want to block it off for the winter. For ceiling fans, reverse the direction of the blades so the ceiling fan pushes the warm air down.

## 11. HAVE OTHER OPTIONS TO STAY WARM.

This includes placing blankets around the house and helping your loved one get their winter clothing out of storage. It's also helpful to place outdoor gear near the door – this way your loved one can see it before heading out and may be more likely to put it on. If you feel it is safe for your loved one, you can also make sure they have portable heaters in rooms where they spend more of their time. However, be aware that being careless around one of these heaters can cause burns or start a fire.

Homewatch CareGivers® 2019



# North Carolina Senior Center Alliance



## The Senior Tar Heel Legislature (STHL) met June 26-27, 2019 in Raleigh.

Members of the STHL continue to advocate for the STHL's top five priorities including:

- Increase funding for North Carolina Home and Community Care Block Grant.
- Maintain and Increase funding for Senior Centers.
- Increase funding for Project CARE (Caregiver Alternatives to Running on Empty).
- Strengthen and fund North Carolina's Adult Protective Program (APS).
- Improve Staff-to-Patient Ratios in Nursing Homes.



## Summertime and the advocacy...

### Dare County Center, Manteo--

- ◇ PAPER PLATE CAMPAIGN;
- ◇ TO SUPPORT THE OAA: AARP's "STOP GREED" CUT DRUG PRICES PETITION;
- ◇ MOVEMENT TO INSTALL A CROSS WALK IN A HIGH TRAFFIC AREA NEXT TO THE CENTER;
- ◇ CREATING A NEW PROGRAM TO HELP TAMP DOWN SOCIAL ISOLATION

DURING THE WEEKEND IS CURRENTLY IN THE WORKS.



### Why Advocate?

"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not."  
- Dr. Seuss, The Lorax



# North Carolina Senior Center Alliance



Contributed by Nan Buehrer (D), Advocacy, Ruffy-Holmes Senior Center

## **Harness the Power of Stories for Advocacy**

Abbreviated from “10 Tips to Harness the Power of Stories” on NCOA’s website

<https://www.ncoa.org/public-policy-action/advocacy-toolkit/>

Does your organization have a great story to tell? Putting a face on your work helps people connect with your organization and quickly grasp the impact you have. Stories are a powerful way to gain attention of potential participants, funders, legislators, and partners. Here are some tips to get started:

### **1. Decide what you want to accomplish.**

What is your goal? Who is your audience? Answering these questions will help shape the stories you need.

### **2. Develop a set of questions to gather stories**

Let those you interview, read them in advance, so they are prepared. Questions might include:

Where did you first hear about (Name of Organization)?

Why and how often do you attend (Name of Organization)?

What are your favorite activities?

If funding for (Name of Organization) went away, what would you do?

What would you tell a friend who is considering joining (Name of Organization)?

### **3. Ask a diverse set of people.**

Old, young, male, female, black, white, Asian, Hispanic. Show the breadth of people you serve.

### **4. Take photos.**

Photos bring stories alive. The media loves using photos. Make sure the photo is print/web quality—300 dpi or better and have a signed photo release. NCOA has a [sample photo release form](#) you can edit and use.

### **6. Keep your stories short and to the point.**

Answer the main questions: who, what, when, where, and why—then edit a lot! A short story gets read.

### **7. Be transparent.**

Tell readers the older adult attends your organization and you asked for their story. This adds credence and authenticity to your story.

### **8. Plan how to use the stories.**

Sometimes it’s great to use the whole story at once or tell half the story and leave people hungry for the rest in the next issue.

### **9. Capture video of your interviewee.**

Let older adults tell their story in their own voice if possible! See stories from [NCOA’s One Away campaign](#) for good examples of video stories.

### **10. Make the pitch.**

Send your story and photo to your local newspapers, online news sites, city officials, and the local offices of your state and federal legislators. A well-packaged story that hits on a hot topic is likely to get noticed. Don’t be shy! The work you do in the community is incredibly valuable. Telling your story shows why.



# North Carolina Senior Center Alliance



*Contributed by Nan Buehrer (F), Advocacy, Rufty-Holmes Senior Center*

**Thanks to the many Senior Centers that encouraged postcard & letter writing to reauthorize the Older Americans Act.**



**Wayne County Services on Aging sent 57 postcards, Watauga County Seniors sent 30 and Rufty-Holmes Senior Center (Rowan County) sent 80.**

**Greene County Senior Center and Chowan Senior Center have their advocacy events coming up.**

**There is still time; pick a day and ask those coming thru your doors to take a minute and share why their Senior Center is vital to them.**

**Advocacy is a year-round need. We all get requests to speak or respond to newspaper reporters.**

**The printed article “Tips to Harness the Power of Stories” (page 11) will help you to always be prepared to respond!**

**A great story told by our seniors is a vital advocacy tool to keep handy!**

## ~ The Advocacy Subcommittee of NCSCA

*Contributed by Paula J. Edwards, Wayne County Services on Aging, Peggy M. Seegars Senior Center*



In Wayne County, an annual Breakfast with the Director is conducted. This opens an opportunity to receive input from the seniors. This year Wayne County Services on Aging included the Advocacy Event for the Older Americans Act (OAA) Reauthorization.

After an explanation about the OAA and why it is so important to Senior Centers, in particular, Wayne County seniors quickly realized the need to participate in the postcard campaign. The postcards were handed out and the seniors did a great job of becoming advocates for themselves and for senior centers across the state by completing 57 postcards that were sent to the Raleigh!





# North Carolina Senior Center Alliance



## Special Projects Committee Announcement

Submitted by: Miranda Strider Allen (J), Special Projects Subcommittee Lead

# Congratulations to the 2019 Ann Johnson Senior Center Award winner, Davie County Senior Services!

*The NCSCA is proud to present, The 4<sup>th</sup> ANNUAL ANN JOHNSON SENIOR CENTER OF THE YEAR AWARD 2019 Excellence in the Field of Aging to ...DAVIE COUNTY SENIOR SERVICES located in Mocksville, NC.*

The Senior Center was nominated by Suzanne Wright, Davie County Health & Human Services Director:

*Davie County Senior Services has an extensive and varied calendar that is sure to appeal to almost every older adult. Most of their programs are offered at no charge to the participant. Senior Services does an outstanding job with fundraising and seeking alternative funding sources so that they do not have waiting lists for their services.*

*Davie County Senior Services has been certified as a NC Senior Center of Excellence since 2006, and are currently working toward national accreditation. Senior Services is one of the most reputable and beloved departments and service provider in Davie County.*

*The number of activities that Davie County Senior Services offers far exceeds the requirements for a Center of Excellence. Davie County Senior Services has significant participation from younger seniors, serves seniors from all economic backgrounds, has strong participation from racially diverse community members, and provides many intergenerational programs. This variety of participants is a testament to the ability of Senior Services to meet the needs of their community.*

*In 2018 Davie County consolidated the Health and Human Services departments into one department. While this is becoming somewhat common among Social Services and Health Departments, Davie County made the decision to include other departments in the consolidation, including Senior Services. The Senior Services Director has been an integral part of the building of the consolidated department from the beginning of the process.*

*Over the past year, Davie County Senior Services has embraced and embodied the intent of the consolidated effort. The division has taken on several new services, including two In Home Aide programs (one formerly managed by the Health Department and one formerly managed by Social Services), as well as the Special Assistance In Home program formerly managed by Social Services. This breaks down barriers for the older adults in our county because now all aging programs, with the exception only of transportation, are managed from one central agency.*

# North Carolina Senior Center Alliance



*4th Annual Ann Johnson Award Winner con't.*

*Senior Services staff members have shown their dedication by adapting processes and thinking more globally to create seamless services to the client. By having all services under one division, staff can truly assess the needs of their clients and place them in the most appropriate service or services, rather than acting in silos. Because of consolidation, more internal and external referrals are being made and staff in all divisions has a better understanding of what resources are available and cross-functionally assist in getting the best service for clients.*

*Consolidation led to an alignment of services that make sense for this community, and allow service delivery to continue beyond the boundaries of services requested. The Department of Senior Services became the Division of Aging and Adult Services, under the new consolidated Health and Human Services structure. In February of 2019, the Director of Senior Services (Aging and Adult Services) also began oversight of the Veterans Service Office and Davie Center for Violence Prevention. This has allowed the agency to explore some very innovative partnerships and comprehensive wrap-around services to the aging population. Senior Services has offered strong Veterans programs for many years. Their Veteran's Appreciation Events are the most attended special event they have. Now with the common leadership, service is being looked at in new ways in order to more fully meet the needs of the veterans in our community.*

*While Senior Services has offered various elder abuse seminars in the past, now with the common leadership of Senior Services and the Center for Violence Prevention, there has been even more emphasis placed on elder abuse awareness and prevention. In June of 2019, Senior Services organized a team and transported them to the regional Elder Abuse Awareness Walk. In addition, they promoted an outreach campaign for Elder Abuse Awareness Day by creating press releases and social media posts and partnering with two towns in the county to promote awareness of the day. The topic of elder abuse, fraud and neglect was part of Senior Services' performance measures for 2018/2019, and therefore was prominent in the program planning with 5 different seminars being offered.*

*This past year Senior Services partnered with the Davie County Sheriff's Office for the meals on wheels program. Their officers now deliver meals every Friday to various routes. Senior Services also began a special route for meals on wheels delivered only by county employees. By having law enforcement and employees such as DSS workers and domestic violence advocates deliver meals, this helps to strengthen trust and relationships between some of the frailest and most vulnerable older adults, and those in a position to be of assistance to them. These relationships should help the older adult know where to turn in case of fraud or abuse, or other issues that might impact their well-being. The trust built will hopefully encourage more reporting of situations that can negatively affect them as well.*

*Over the past year Senior Services led the effort in creating a Master Aging Plan for Davie County. During this nine month process, they brought together people, agencies, and businesses, many of whom had never sat around the table together, and created a framework for aging for the next five years. After gathering input from various stakeholders, older adults and the general community, the group developed 12 goals and 98 specific strategies that will make an impact on aging in Davie County. This is the most comprehensive aging plan that has ever been developed in our county. It was formally adopted by the Davie County*

# North Carolina Senior Center Alliance



*Commissioners in May of 2019. Since then, Senior Services has been participating in speaking engagements around the county to bring the Aging Plan to the attention of various community groups and committees in order to foster awareness and engagement. The partnerships created by this process has opened doors for Senior Services to be able to offer even more programs, services, screenings, etc. to their participants. It has also brought more awareness about the various programs and services offered by Senior Services.*

*In addition to the other positive impacts of consolidation noted, Davie County Senior Services was able to increase staffing to accommodate newly acquired programs and responsibilities. An Assistant Director was hired to support the efforts of Aging and Adult Services, and a Social Worker, formerly with the Department of Social Services, is now housed in Senior Services to carry out Special Assistance In Home and In Home Aide programming, but to also address the needs of aging adults that frequent the Senior Center. As a result of consolidation, the Division of Aging and Adult Services added a total of six staff members to the Director's workforce.*

*From July 1, 2018 – June 30, 2019 Davie County Senior Services served more than 2800 unduplicated people through programs, activities and services. This means that more than 1 out of every 4 Davie County citizens 60 and older was served in some way. Senior Services also increased the number of volunteers by 26% from the previous year. 530 volunteers gave of their time and talents to help the older adults of Davie County.*

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Judges for the 4<sup>th</sup> Annual Ann Johnson Senior Center of the Year Award include DAAS Senior Center Development and Transportation Specialist - Leslee Breen, MA; UNC Clinical Associate Professor, School of Social Work - Mary Anne Salmon, Ph.D; Sandy Pace – Director of Dare County Center and Chairperson of NC Senior Center Alliance; and Representing the NC Senior Center Alliance Special Projects Committee - Weyland Prebor, Director of McDowell Senior Center and Morgan Doughtie, Senior Center Supervisor Nash County Senior Center.

Thank you Judges and to the other members of our Special Projects Committee Christy Southall and Nancy Hulbert for all of your time and efforts in serving the NC Senior Center Alliance.

On behalf of the Special Projects Committee Members "Congratulations to Davie County Senior Services" for receiving this distinguished honor!



Miranda Strider

*Congratulations!*

# North Carolina Senior Center Alliance



Contributed by Dan Swan, Iredell Senior Center/Iredell Council on Aging

## IREDELL COUNTY

Vickie Blevins from Catawba County Council on Aging offered a presentation on their pen pal program earlier this year and Iredell County was listening. After sharing ideas and getting a bit of assistance, Iredell County Senior Center/Iredell Council on Aging was on their way to making new friends from not so far away places.

The seniors stepped up to plate and started a pen pal program with a local school (American Renaissance Charter School). As of September 2019, there are 63 fourth grade students and 44 seniors participating in this great experience some seniors have 2 or 3 students to write!

The seniors turn in their letters by the middle of the month and the students will have their letters by the end of the month to the seniors.

A party is being planned for May so the seniors and students will meet each other! There may be an attempt to have a get together in the middle of the school year, as well.

A fantastic multi-generational program happening in Statesville, NC right now!

Goodness.



**If your senior center has a great, innovative program and/or service that is offered—of any kind, that you would like to share with the other senior centers across the state, please reach out to any of the committee members listed at the end of the newsletter (pages 18-20) or send your program and/or service description(s) to:**

**[katherine.irby@darenc.com](mailto:katherine.irby@darenc.com) by December 31, 2019  
to be included in the Winter 2020 NCSCA newsletter.**

**Sharing means caring!**



# North Carolina Senior Center Alliance



*Submitted by Kim Lamon-Loperfido, Orange County Department on Aging*

**Oct. 16, 2019**  
**12 pm - 3 pm**  
**Seymour Center**  
**2551 Homestead Rd**  
**Chapel Hill, NC**



## *NC Memory Cafe Network* **Networking Meeting**

Statewide Meeting of Past, Current and Future Memory Cafe Facilitators.  
 Program to include networking, goal setting and best practices.

RSVP: Kim Lamon-Loperfido at [KLooperfido@orangecountync.gov](mailto:KLooperfido@orangecountync.gov) or 919-245-4253.



### **1st NC Memory Cafe Network**

Statewide Meeting of Past, Current and Future Memory Cafe Facilitators.

Program to include networking, goal setting and best practices.

RSVP: Kim Lamon-Loperfido at [KLooperfido@orangecountync.gov](mailto:KLooperfido@orangecountync.gov) or 919-245-4253



# North Carolina Senior Center Alliance



## COMING THIS FALL...

**What:** The Ann Johnson Institute for Senior Center Management—  
Module 6: Dynamic Communications, Publicity, and Marketing  
(AJI Module 6: Dynamic Communications, Publicity and Marketing is the sixth in a series of six training modules in the Ann Johnson Institute for Senior Center Management. You may begin with any module and take them in any order. Those completing all six modules will receive a Certificate of Senior Center Management. To be eligible for a certificate or CEUs, you must attend all sessions in each module.

**When:** October 22-24, 2019

**Where:** The Hawthorne Inn, Winston-Salem

**Guest Room Rates:** \$94/night plus applicable taxes.

**Reservations:** Call (336)777-3000 and provide the code: "AJI6"

**Hotel Reservation Deadline: EXTENDED through Friday, October 4, 2019**  
(After the cut-off date, reservations cannot be guaranteed at the special group rate.)

**Cost:** Registration Fee: \$95.00; Purchasing CEU's +\$6.00

**Payment Deadline: Friday, September 27, 2019** Payment or proof of payment (copy of purchase order/pending check) must arrive by this date.

**Make checks payable to:** DAAS

**Mail to:** DAAS

2101 Mail Service Center  
Raleigh, NC 27603-2101  
c/o Sharon Daniels - AJI



Submitted by: Selena Royal  
Senior Center Program Specialist  
Division of Aging and Adult Services  
NC DHHS

# North Carolina Senior Center Alliance



## NEWS FROM AROUND THE STATE



- ♦ John Robert Kernodle Senior Activities Center is keeping things popping in Burlington! They offer trips, various activities, health based initiatives, wellness programs, outdoor recreation, cognitive/intellectual classes, insurance information and much, much more! To see everything going on in September and October 2019 you can view their newsletter by visiting their website at: [www.burlingtonnc.gov/seniors](http://www.burlingtonnc.gov/seniors)
- ♦ Benson Center for Active aging got their indoor Craft & Yard sale...sold! Great job on gathering and selling such an eclectic treasure trove!
- ♦ Elizabeth City/Pasquotank County Senior Center is making friends!! The good kind! You know the ones that have loads of fresh produce AND participate in the Seniors Farmers Market Nutrition Program...that's right, "Painted Turtle", the vendor that stands out above the rest!
- ♦ Hyde County has heart...proven by the *Letters of Encouragement* program started by simply caring. Letters or greeting cards are sent to a suggested list of recipients randomly throughout the year. The writs full of inspiration, motivation and love are composed by seniors to the socially isolated residents of the vast County of Hyde, Adults and children, alike are surprises and filled with warmth when they find one of these nuggets in their mailbox. Hyde County is "humaning" quite well!
- ♦ Good things are simmering in Iredell County! Kudos to the South Iredell Senior Center for offering a wealth of opportunities for their seniors to voice their opinions and concerns regarding the future of the Center and the new War Memorial/Liberty Park project. It is always important to be all inclusive as well as open minded when discussing one's opinions. South Iredell has welcomed the Mayor in each month to speak to the seniors and also encouraged seniors to attend the bi-monthly Town Board of Commissioners meetings to gather all of the information they can to form educated input and formulate a plan. Way to go South Iredell!!
- ♦ Dare County Senior Center (DCC) will be hosting a 10th Anniversary Celebration on Tuesday, October 3, 2019 starting at 4 p.m. If you find yourself in Manteo, be sure to stop by the DCC for a party!

Want to toot your horn?? Send your Center information to [katherine.irby@darenc.com](mailto:katherine.irby@darenc.com) **before December 31, 2019 at 5 PM** in order to be included in the Winter 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

<p><b>Sandy Pace, Chair (R)</b></p> <p>Dare County Senior Center PO Box 1000 Manteo, NC 27954 252.475.5625</p> <p><a href="mailto:sandyf@darenc.com">sandyf@darenc.com</a></p> <p>Term Expires: January 1, 2021</p>	<p><b>Billie Lister, Vice Chair (D)</b> <i>Membership/Communication Subcommittee Lead</i></p> <p>Lois E. Harrill Senior Center, Watauga 132 Poplar Grove Connector, Suite A Boone, NC 828.265.8090</p> <p><a href="mailto:Billie.Lister@watgov.org">Billie.Lister@watgov.org</a></p> <p>Term Expires: January 1, 2021</p>	<p><b>Christy Southall, Treasurer (K)</b> <i>Special Projects Subcommittee</i></p> <p>Franklinton Senior Center 602 East Mason St. Franklinton, NC 27525 919.494.5611</p> <p><a href="mailto:csouthall@franklintoncountync.us">csouthall@franklintoncountync.us</a></p> <p>Term Expires: January 1, 2021</p>
<p><b>Betsy Griffin, Secretary (P)</b></p> <p>Lenior County Council on Aging 112 E. Blount Street Kinston, NC 28501 252.527.1545</p> <p><a href="mailto:director@leniorcco.org">director@leniorcco.org</a></p> <p>Term Expires: January 1, 2020</p>	<p><b>Thessia Everhart-Roberts (G)</b> <i>Website Administrator</i></p> <p>Davidson County Senior Services 555-B West Center St. Ext. Lexington, NC 27295 336.242.2946</p> <p><a href="mailto:Thessia.everhart@davidsoncounty.gov">Thessia.everhart@davidsoncounty.gov</a></p> <p>Term Expires: January 1, 2021</p>	<p><b>Kim Crawford (A)</b></p> <p>Macon County Senior Services 108 Wayah Street Franklin, NC 28735 828-349-2058 ext..2727</p> <p><a href="mailto:kcrawford@maconnc.org">kcrawford@maconnc.org</a></p> <p>Term Expires: January 1, 2021</p>
<p><b>Rich Zeck (Q)</b> <i>Training/Mentoring Subcommittee Lead</i></p> <p>Pitt County Council on Aging 4551 County Home Road Greenville, NC 27858 252-752-1717</p> <p><a href="mailto:rzeck@pittcoa.org">rzeck@pittcoa.org</a></p> <p>Term Expires: January 1, 2021</p>	<p><b>Amber Smith (O)</b> <i>Advocacy Subcommittee</i></p> <p>New Hanover County Senior Resource Center 2222 South College Rd. Wilmington, NC 28403 910.798.6401</p> <p><a href="mailto:asmith@nhcgov.com">asmith@nhcgov.com</a></p> <p>Term Expires: January 1, 2021</p>	<p><b>Roxanne Powell (E)</b> <i>Mentoring/Training Subcommittee</i></p> <p>Burke County Senior Services 501 North Green St Morganton, NC 28655 828.430.4147</p> <p><a href="mailto:roxanne.powell@burkenc.org">roxanne.powell@burkenc.org</a></p> <p>Term Expires: January 1, 2021</p>

# North Carolina Senior Center Alliance



<p><b>Weyland Prebor (C)</b> <i>Special Projects Subcommittee</i></p> <p>McDowell Senior Center 100 Spaulding Road Marion, NC 28752 828.659.0823</p> <p><a href="mailto:Wprebor@mcdowellseniorcenter.org">Wprebor@mcdowellseniorcenter.org</a></p> <p>Term Expires: January 1, 2020</p>	<p><b>(N)</b></p> <p><b>PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!</b></p>	<p><b>Thomas Goble (L)</b> <i>Marketing Subcommittee Co-Lead</i></p> <p>Jo Story Senior Center City of Roanoke Rapids Parks &amp; Recreation 701 Jackson Street Roanoke Rapids, NC 27870 252.533.2849</p> <p><a href="mailto:tgoble@roanokerapidsnc.com">tgoble@roanokerapidsnc.com</a></p> <p>Term Expires: January 1, 2020</p>
<p><b>Marie Faircloth (M)</b> <i>Advocacy Subcommittee</i></p> <p>Sampson County Dept. of Aging 405 County Complex Rd Bldg. B, Ste. 104 Clinton, NC 28328 910-592-4653</p> <p><a href="mailto:mfaircloth@sampsonnc.com">mfaircloth@sampsonnc.com</a></p> <p>Term Expires: January 1, 2021</p>	<p><b>Miranda Strider Allen (J)</b> <i>Special Projects Subcommittee Lead</i></p> <p>Resources for Seniors, Inc. 1110 Navaho Dr. 4th Floor Raleigh, NC 27609 919.713.1535 / 919.630.9153</p> <p><a href="mailto:Mirandas@rfsnc.org">Mirandas@rfsnc.org</a></p> <p>Term Expires: January 1, 2021</p>	<p><b>(B)</b></p> <p><b>PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!</b></p>
<p><b>Nan Buehrer (F)</b> <i>Advocacy Subcommittee</i></p> <p>Rufty-Holmes Senior Center 1120 S. MLK, Jr. Avenue Salisbury, NC 28144-5692 704-216-7715</p> <p><a href="mailto:director@ruftyholmes.org">director@ruftyholmes.org</a></p> <p>Term Expires: January 1, 2021</p>	<p><b>Ginger Sims, Member at Large (P)</b> <i>Advocacy Subcommittee</i></p> <p>Havelock Senior Center 130 Trader Avenue Havelock, NC 28532 252-444-6445</p> <p><a href="mailto:gsims@havelocknc.com">gsims@havelocknc.com</a></p> <p>Term Expires: January 2021</p>	<p><b>Katherine Irby, Member at Large (R)</b> <i>Marketing Sub-Committee, Newsletter Lead</i></p> <p>Dare County Senior Center PO BOX 1000 Manteo, NC 27954 (252)475-9273</p> <p><a href="mailto:katherine.irby@darenc.com">katherine.irby@darenc.com</a></p> <p>Term Expires: May 1, 2021</p>
<p><b>Step Volunteer</b></p>	<p><b>Right To</b></p>	<p><b>Up! Help.</b></p>

# North Carolina Senior Center Alliance



<b>Maynell Harper, Member at Large (K)</b> <i>Advocacy Committee</i>  Person County Senior Center 87 Semora Road Roxboro, NC 27573 366-599-7484  <a href="mailto:maynell.harper@personseniors.org">maynell.harper@personseniors.org</a>  Term Expires: May 1, 2021	<b>Nancy Hulbert, Member at Large (J)</b> <i>Special Projects Subcommittee</i>  Garner Senior Center 205 East Garner Road Garner, NC 27529 919-661-6893  <a href="mailto:nhulbert@garnernc.gov">nhulbert@garnernc.gov</a>  Term Expires: May 1, 2021	<b>Morgan Doughtie, Member at Large (L)</b> <i>Special Projects Subcommittee</i>  Nash County Senior Center 103 N Alston Street Nashville, NC 27856 252-462-2730  <a href="mailto:morgan.doughtie@nashcountync.gov">morgan.doughtie@nashcountync.gov</a>  Term Expires: May 1, 2021	
<b>NCDAAS Representative Leslee Breen (Ex-Officio)</b>  N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3414  <a href="mailto:Leslee.breen@dhhs.nc.gov">Leslee.breen@dhhs.nc.gov</a>	<b>NCDAAS Representative Rebecca Freeman (Ex-Officio)</b>  N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3421  <a href="mailto:Rebecca.freeman@dhhs.nc.gov">Rebecca.freeman@dhhs.nc.gov</a>	<b>Janice Tyler (J), NCAOA Board Member (Ex-Officio)</b>  Orange County Department on Aging 2551 Homestead Road Chapel Hill, NC 27516 919.245.4255  <a href="mailto:Jtyler@orangecountync.gov">Jtyler@orangecountync.gov</a>	<b>NCDAAS Representative Selena Royal (Ex-Officio)</b>  N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3414  <a href="mailto:selena.royal@dhhs.nc.gov">selena.royal@dhhs.nc.gov</a>

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](mailto: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 **December 31, 2019 at 5 p.m.** in order to be included in the Winter 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 through idea sharing, personal and professional updates and any other pertinent news! Future newsletters will be paired down to accommodate the quarterly publishing schedule. Thank you!



# North Carolina Senior Center Alliance



*A message from the NCSCA Vice-Chair & Membership Committee Leader, Billie Lister*

## **An Invitation from the Membership Committee**

The North Carolina Senior Center Alliance (NCSCA) is a great resource for senior centers across the state. Senior centers can join the NCSCA for a small fee and receive so many wonderful benefits.



NCSCA helps meet SCOPE advocacy requirements by sending out complete advocacy packets that help you provide advocacy opportunities throughout the year.

NCSCA provides an opportunity for networking and collaboration among professionals, information sharing, and document sharing. Their member access library gives you many resources to help you run a successful organization.

In addition, the NCSCA provides opportunities for staff training and professional development through conferences and leadership symposiums.

If you haven't joined the NCSCA- you can join each January and July! The membership fee is only \$20.00 and is free if you are a member of the NCAOA. Simply fill out membership registration through this link:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07efirlwj6a4f745de&oseq=&c=&ch=>

Be a part of this wonderful organization and see the exciting things that happen when professionals collaborate!

Like the NC Senior Center Alliance Facebook page



Check out our website  
[www.ncscalliance.com](http://www.ncscalliance.com)

For more information on the NCSCA visit [www.ncaoa.org](http://www.ncaoa.org) or contact NCSCA Chair, Sandy Pace, at 252-475-5625 or [sandyf@darenc.com](mailto:sandyf@darenc.com)

## **NCSCA NEWSLETTER**

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**Contributing Content:** Aurum, [www.seniorcarenetwork.org](http://www.seniorcarenetwork.org)

**Contributing Content:** American Red Cross, [redcross.com](http://redcross.com)

**Contributing Content:** Homewatch Caregivers

**Alliance Chairperson:** Sandy Pace (R), Chair, *Dare County Senior Center*