

## NCSCA News Fall 2023

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Greetings NCSCA members,

Busy jump off to the fall with National Senior Center Month and Fall Prevention Day (every day is a Falls Prevention Day!). It is also the time when the pace picks up a bit around senior centers with returning vacationers and cool temperatures.

I would like to encourage each and every person involved with a senior center or agency, whatever role you play, to take time to reflect on the impact you are making. With a country that is aging at rates never seen before, the role we play in connecting seniors with the community is more important than ever. Senior centers are vital to the health and wellbeing of older adults. The mental, emotional, spiritual, and physical difference we can make is what can help our community's seniors to stay healthy and independent. You are doing incredible work and it is ok to toot your horns.

Associations like ours are so important for like-minded people to get together and share our frustrations and dreams of how to improve the quality of life for our older adults. Can you imagine what life would be like if there were no place for seniors to go and fellowship or hang out?

There is already a crisis of loneliness and isolation. We can be a part of the solution to breaking a vicious cycle.

Are there seniors in your community who need to come to your center but are not? I will bet there are many. Let's make this the season of kicking those doors wide open and giving them a reason to come and connect. Not sure how to do that? Get connected with your fellow members and see what they are doing.

Have a great day and thank you for being such wonderful stewards for our greatest resource- our seniors!

*Rich*

**Rich Zeck**

*Submitted by Rich Zeck, Chair, Q, Pitt County Council on Aging*



## 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://ncaoa.us/>

### **NCSCA:**

<https://ncscalliance.org/about>

Many thanks to Anna Claire Kelly for revamping the entire website.  
If you see any missing samples or other information, please forward the documents to Anna Claire at:  
[Anna.Kelly@DavidsonCountyNC.gov](mailto:Anna.Kelly@DavidsonCountyNC.gov)  
BRAVO!



# 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](mailto: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.

# Summertime and the VTCC is bus-y!



The Virginia S. Tillett Center (VTCC) has had a great summer!

LOTS of bingo! Caregiver's Day Out had the ice cream truck drop by—yum! Inter-generational cookie making! Mahjong for the ages! Twice per week oil painting classes!

International travel! Baseball games! CPR/AED classes each month! Dancing the heat away!

Fellowship! Elder Abuse Awareness Walk! SO much more...there's not enough room!

Whew,—summer days, drifting away!

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

# Pickin' and-ah Grinnin'



McDowell County Senior Center has wonderful and talented seniors performing during the monthly Variety Show. Their beautiful music fills the Senior Center and is a delight for all!

# North Carolina Senior Center Alliance



"Go out on a limb -- that's where the fruit is."



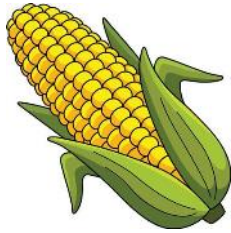
“Bob Ross” stopped by the  
Lexington Senior Center to teach  
a paint along class!

*Submitted By: Anna Claire Kelly, G, Website Administrator, Davidson County Senior Services, Lexington*

# North Carolina Senior Center Alliance



Greene County knows what summer smells like!!  
Watermelon eating contest on the grounds!



# KING CORN! ( & VEG)



King Senior Center Age & Bake Class learned different ways to grill and cook corn on the cob.  
Produce samples were produced by The Greenery, a fully accessible community garden

Submitted by: Paula Hall, G, King Senior Center



Want to toot your horn?? Send your Center information to [katherine.irby@darenc.gov](mailto:katherine.irby@darenc.gov) **before January 12, 2024 at 5 P.M.** in order to be included in the Winter 2024 edition. Late submissions will not be accepted.





# MINDFUL MEETING



## **Cofield Radiant Senior Club Meeting at the Hertford County Office of Aging.**

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

# CRUISE ON OVER



Hertford County Office on Aging hosted a themed Father's Day Celebration!

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

*Quilting is a scrap of happiness.*



**Hertford County's Mrs. Connie Dunn displays a beautiful quilt that she completed.**

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

# North Carolina Senior Center Alliance



Hertford County Senior Center is back on its feet and welcoming everyone in after being vandalized. Re-opening = Happy Hearts

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


 TRIFECTA


Hertford County Seniors went cruisin' on Spirit Cruises, Silver Edition out of Norfolk, VA which included the trifecta:  
buffet lunch, dancing, and BINGO!!  
Woooo-hoooo!

# North Carolina Senior Center Alliance



Music Therapy Students from ECU came out and did a Drum Circle for our Pitt County community seniors!

What a great time-everyone is looking forward to the next jam session!!

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

# North Carolina Senior Center Alliance



As a fairly new and small center it is exciting to see the fitness room **filled!**  
What a joy to see the participants using the resources  
provided by Southern Nash Senior Center!

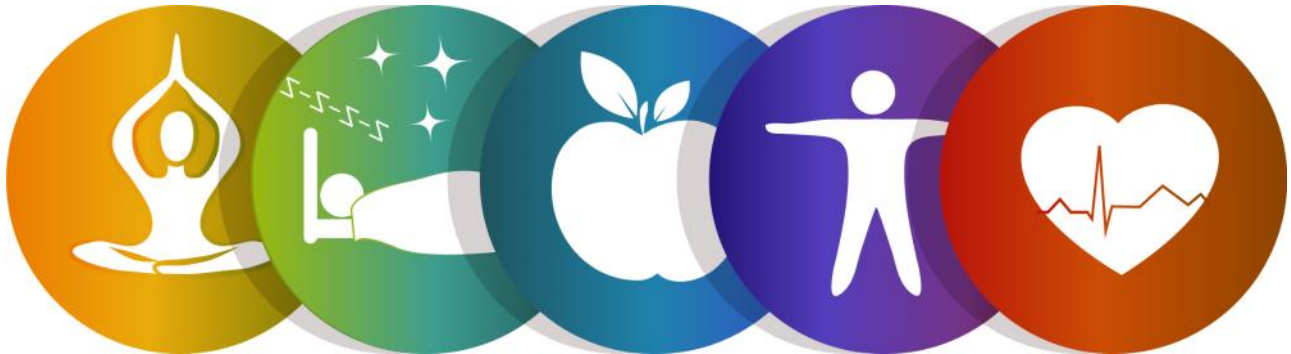
*Submitted By: Kelee Harding L, Southern Nash Senior Center*

# BINGO!



Graham County Senior Center,  
making participants happy one Bingo win at a time!





Something Big Is Happening in Wilson County:  
The New Wellness Pavilion is taking shape!



Perquiman's doesn't have traditional  
line-dancing class!  
Instead, it's Step and Slide with Shirley and Mamie!



The Pilates Program at the  
Topsail Senior  
Center in Hampstead,  
is strong to the core!

# North Carolina Senior Center Alliance



## PASSPORT TO ADVENTURE



The Davidson County Senior Centers took their participants around the world in August during Multicultural Mondays. Program participants got their “passport” stamped weekly as they explored various cultures through art, food, music and lifestyle.

# North Carolina Senior Center Alliance



Pears were donated to Pitt County's West Greenville Senior Wellness Center.

They decided to turn them into pear preserves!

# North Carolina Senior Center Alliance



The Crawford Senior Center hosted their first Senior Resource Fair.

Organizations that serve Macon County older adults were asked to staff a table and to provide information on their services.

We had over 20 organizations represented and approximately 95 participants attend. Many who came through the fair had not visited our center before. The feedback we received was “the Fair was full of information.”

Success.



more

news

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# North Carolina Senior Center Alliance



ACL UPDATES



## Consumer Financial Protection Bureau Guides on Housing & Home Equity

As the Baby Boomer generation ages, the average age of homeowners trends older as well. Unlike the generation before them, many baby boomers are retiring with greater amounts of debt, without pensions, and without sufficient savings. For many older adults, their home is their largest source of wealth. They may need to tap into that source of wealth to pay for their living expenses in retirement and ultimately, their long-term care. So how can older adults utilize their home equity to cover expenses and protect this source of wealth as they age?

The Consumer Financial Protection Bureau (CFPB) developed the following four “just in time” guides to assist older adults in navigating this question.

- **Loss of a spouse/partner:** Losing a spouse or partner can affect every aspect of a person’s life, including housing. This guide helps homeowners consider their options and determine whether staying in their current home makes the most sense.
- **How to navigate a change in health:** Whether a homeowner is currently going through a medical crisis or facing one, it is important for them to consider housing options that provide care and support. This guide helps homeowners assess their needs, navigate available housing options, and gives them the confidence to make the right decision for their situation.
- **How to leave home to children/heirs:** Many homeowners want to hand down their home to their children or other heirs when they die. Planning ahead can simplify the process, lessen costs, and potentially decrease family conflicts. This guide helps homeowners evaluate the different ways to pass down their home and discusses benefits and risks.
- **Using home equity to meet financial needs:** Owning a home is most people’s greatest asset and can be a resource for greater financial security. This guide describes the benefits and risks associated with financial products that the homeowner may use to meet retirement shortfalls, pay for long-term supports and services, and age in place.

The guides are available to download in English and will soon be available in eight other languages.

<https://acl.gov/news-and-events/announcements/consumer-financial-protection-bureau-guides-housing-home-equity>



North Carolina Senior Center Alliance

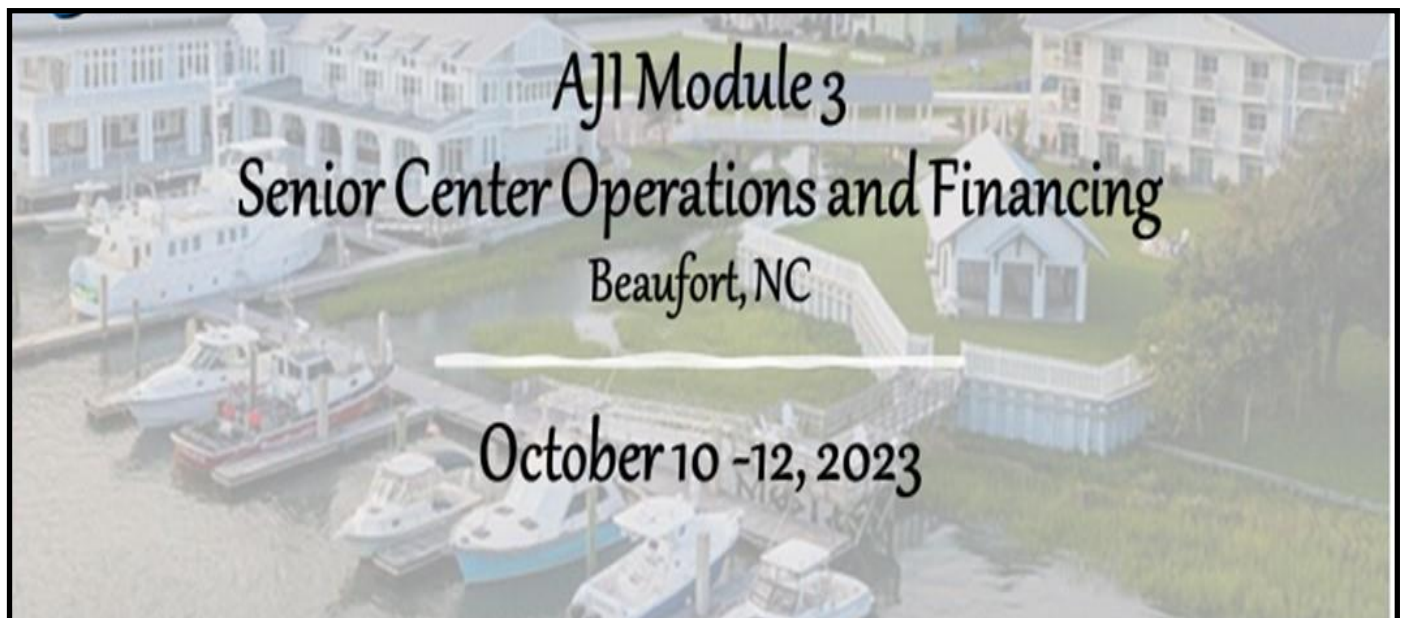


# Ann Johnson Institute for Senior Center Management

*Module 3 – Senior Center Operations and Financing*

2023 Fall Ann Johnson Institute  
Will be held October 10-12 in Beaufort, NC

Everyone who is planning to participate should have gotten the notice below.  
All registration and other detailed information has been sent out.  
Anyone planning to attend should be registered at this time.  
See you in Beaufort!





## 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



## ADVOCACY EVENT

Please feel free to use this advocacy opportunity.

### 1. Flyer

#### Paper Plate Campaign

**Wednesday, December 21, 2023**

**12:00 p.m.—1:00 p.m.**

Please join us as we write our legislators to let them know how much the nutrition program at VTCC means to all of us.

We will be drawing attention to our words by using paper plates for stationery!

The activity should be finished by the time lunch is served or you may participate after you have eaten. Or return it with your driver this week.



# North Carolina Senior Center Alliance



## 2. Instructions

### PAPER PLATE CAMPAIGN

Please take a paper plate and write a short statement about what the congregate/home delivery meals mean to you.

We will be sending these plates to our local and state representatives thanking them for the funding for our nutrition program.

Thank you for your participation in this event.

Sample statements:

1. Thank you for funding our meals.
2. I enjoy coming to see my friends and getting a hot meal.
3. This meal is my main meal for the day.
4. Thank you for funding the nutrition program. It really means a lot to me.
5. These meals help me be able to stay in my home.
6. We need food. We cannot do without it. Thank you
7. Thanks for keeping my plate full
8. My plate is full and I get to see my friends. Thank you
9. I am unable to cook for myself anymore and am grateful for the lunch.
10. The meals are a blessing. Some would not have food without them. Thank you.
11. Please continue to fund the Older Americans Act so we can have this great program.

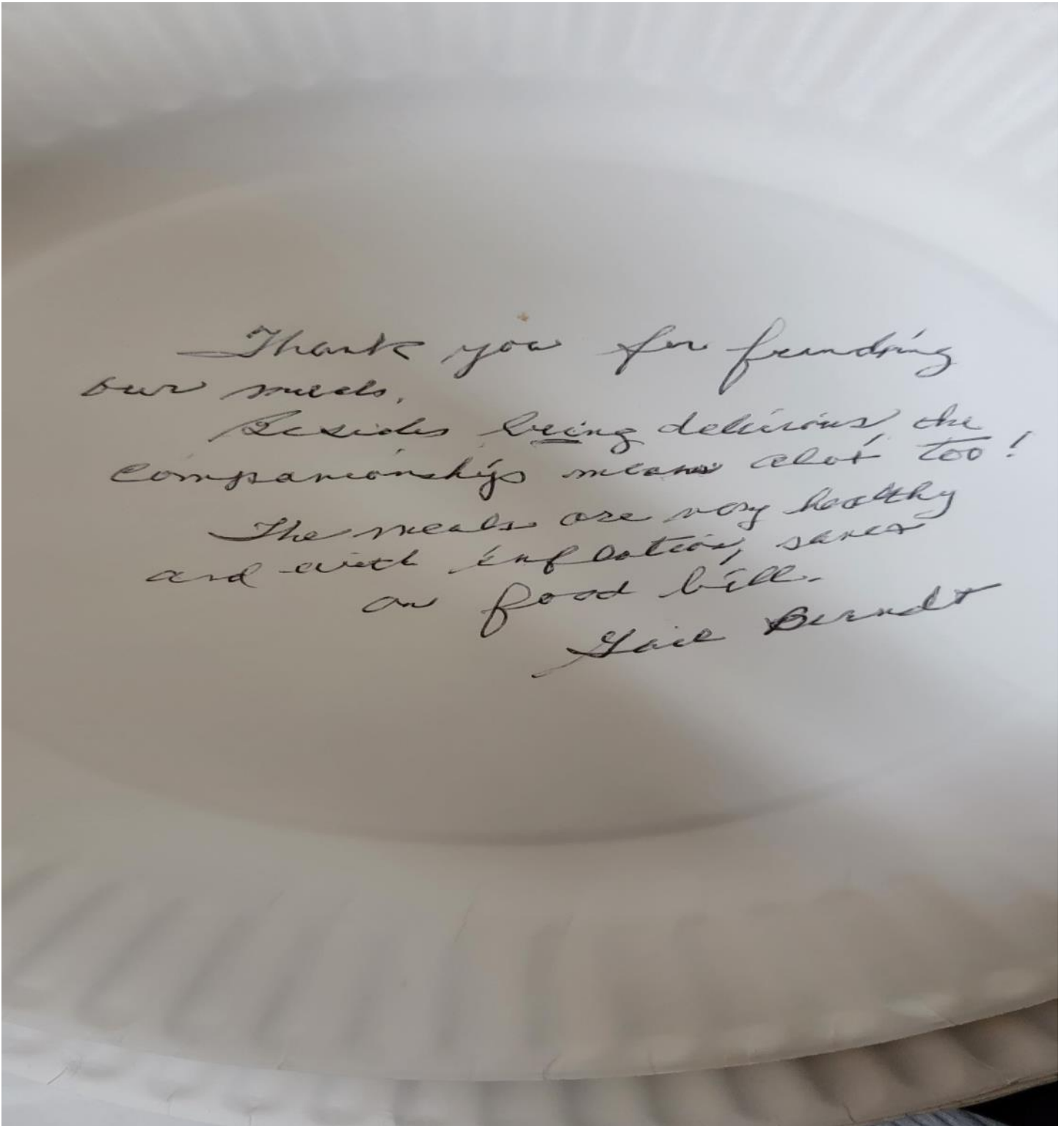
Please feel free to write what comes from your heart.

Thank you!

# North Carolina Senior Center Alliance



## 3. Completed Project



Submitted by: Katherine Irby & Sandy Pace, R, Marketing & Member, Virginia S. Tillett Community Center

# 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](mailto:Leslee.breen@dhhs.nc.gov)





## Statewide Idea Sharing



In an effort to assist the caregivers in our community the Virginia S. Tillett Community Center (VTCC) recently polled the Caregivers Day Out participants who congregate once a week; most of whom are suffering with some level of dementia and unable to live unassisted. They were asked:

What do YOU want to do each day?

What are things that YOU are NOT doing, but would like to?

What things would make each day better for YOU?

Name 2 things that your caregiver(s) can do to help YOU?

What do YOU want to go see?

Do YOU like to go to the store (grocery, CVS, etc.)?

Do YOU like to go to the park?

Do YOU like to go sit by the water?

Do you like to help in the kitchen?

From these questions we were looking for information to share at the Caregiver's Support Group that is held the last Thursday of each month, which we will begin offering virtually in October as to better accommodate their hectic schedules.

The knowledge gained was insightful, however, not surprising.

The participants indicated they would like to exercise more; go for rides in the car more; enjoy doing word searches and puzzles and really enjoy the pet therapy they get from the family animals.

They would like to go listen to music at a concert venue or local high school.

They would like to go to church—in person.

If their caregiver cannot take them to church; they would like the caregiver to ask someone else to take them, if possible.

(We are located on the Outer Banks). They would like to go sit by the water, go to the pier, or to the beach to experience the sand and waves. Or any body of water --we also have the sound that is much like a lake.

The participants enjoy going to the stores for shopping, but do not normally go. They would like to go.

They would like to go to the park...to people watch! 😊

And lastly, they would love to help in the kitchen, even if is just mixing ingredients in a bowl.

All of us in the aging field realize the importance of independence for our participants. It is true across the board, that whether individuals are able to live on their own or not; they still have a real need to feel needed and purposeful. Even the small things can make a huge difference in how their daily lives are impacted.

### What's your idea?

# 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



June 2023

<p><b>Rich Zeck, Chair (Q)</b>  <i>Training/Mentoring Subcommittee Lead</i>            Pitt County Council on Aging            4551 County Home Rd Greenville, NC 27858            252-752-1717  <a href="mailto:rzeck@pittcoa.org">rzeck@pittcoa.org</a>            Term Expires: January 1, 2025</p>	<p><b>OPEN, Vice Chair (L)</b>  <i>Membership/Communication Subcommittee Lead</i>            Term expires: May 1, 2025</p>	<p><b>Christy Southall, Treasurer (K)</b>  <i>Special Projects Subcommittee</i>            South Granville Senior Center            PO Box 766            Creedmoor, NC 27522            919.528-0848  <a href="mailto:christy.southall@granvillecounty.org">christy.southall@granvillecounty.org</a>            Term expires: January 1, 2025</p>
<p><b>Betsy Griffin, Secretary (P)</b>  <i>Lenior County Council on Aging</i>            112 E. Blount Street            Kinston, NC 28501            252.527.1545  <a href="mailto:director@leniorcco.org">director@leniorcco.org</a>            Term Expires January 1, 2024</p>	<p><b>Anna Claire Kelly (G)</b>  <b>Website Administrator</b>            Davidson County Senior Services            555-B West Center St. Ext.            Lexington, NC 27295            336.242.2946            Term expires: January 1, 2025</p>	<p><b>Kim Crawford (A)</b>  <i>Advocacy Subcommittee Co-Lead</i>            Macon County Senior Services            108 Wayah Street            Franklin, NC 28735            828-349-2058 ext..2727  <a href="mailto:kcrawford@maconnc.org">kcrawford@maconnc.org</a>            Term expires: January 1, 2025</p>
<p><b>Katherine "Kat" Irby, (R)</b>  <i>Marketing Subcommittee Newsletter</i>            Dare County Senior Center            950 Marshall C. Collins Drive            Manteo, NC 27954            252-475-9273  <a href="mailto:katherine.irby@darenc.gov">katherine.irby@darenc.gov</a>            Term Expires: May 1, 2025</p>	<p><b>Amber Smith (O)</b>  <i>Advocacy Subcommittee</i>            New Hanover Co. Senior Resource Center            2222 South College Rd.            Wilmington, NC 28403            910.798.6401  <a href="mailto:asmith@nhcgov.com">asmith@nhcgov.com</a>            Term Expires: January 1, 2025</p>	<p><b>Roxanne Powell (E)</b>  <i>Mentoring/Training Subcommittee</i>            Burke County Senior Services            501 North Green St            Morganton, NC 28655            828.430.4147  <a href="mailto:roxanne.powell@burkenc.org">roxanne.powell@burkenc.org</a>            Term Expires: January 1, 2025</p>
<p><b>Weyland Prebor (C)</b>  <i>Special Projects Subcommittee Lead</i>            McDowell Senior Center            100 Spaulding Road            Marion, NC 28752            828.659.0823  <a href="mailto:Wprebor@mcdowellseniorcenter.org">Wprebor@mcdowellseniorcenter.org</a>            Term Expires: January 1, 2024</p>	<p><b>Sarah Locklear (N)</b>            Hamlet Senior Center            102 Veterans Drive            Hamlet, NC 28345            910.582.7985  <a href="mailto:slocklear@hamletnc.us">slocklear@hamletnc.us</a>            Term Expires: March 2024</p>	<p><b>Thomas Goble (L)</b>  <i>Marketing Subcommittee Lead</i>            Jo Story Senior Center            City of Roanoke Rapids Parks &amp; Rec            701 Jackson Street            Roanoke Rapids, NC 27870            252.533.2849  <a href="mailto:tgoble@roanokerapidsnc.com">tgoble@roanokerapidsnc.com</a>            Term Expires January 1, 2024</p>



# North Carolina Senior Center Alliance



<p><b>Marie Faircloth (M)</b>  <i>Advocacy Subcommittee</i>          Sampson County Dept. of Aging          405 County Complex Rd          Bldg. B, Ste. 104          Clinton, NC 28328          910-592-4653  <a href="mailto:mfaircloth@sampsonnc.com">mfaircloth@sampsonnc.com</a>          Term Expires: January 1, 2025</p>	<p><b>Torrey Blackmar, (J)</b>  <i>Special Projects Subcommittee</i>          Garner Senior Center          205 East Garner Road          Garner, NC 27529          919-661-6893  <a href="mailto:tblackmar@garnernc.gov">tblackmar@garnernc.gov</a>          Term expires: May 1, 2023</p>	<p><b>(B)</b>           Please Contact Rich Zeck at          252-752-1717 or another          committee member if you          would like to serve</p>
<p><b>Jennifer Barraclough, (F)</b>  <i>Advocacy Subcommittee</i>          Iredell Council on Aging          344 East Front Street          Statesville, NC 28677          704-873-5171  <a href="mailto:jbarraclough@iredellcoa.org">jbarraclough@iredellcoa.org</a>          Term Expires: July 1, 2024</p>	<p><b>Cyndi Shimer, (Q)</b>  <b>Member at Large</b>  <i>Advocacy Subcommittee Co-Lead</i>          Pitt County Council on Aging          4551 County Home Rd Greenville, NC          27858          2525-752-1717 x205  <a href="mailto:cshimer@pittcoa.com">cshimer@pittcoa.com</a>           Term Expires: March 2024</p>	<p><b>Member at Large</b>           Please Contact Rich Zeck at          252-752-1717 or another          committee member if you          would like to serve</p>
<p><b>Maynell Harper, (K)</b>  <b>Member at Large</b>  <i>Advocacy Subcommittee</i>          Person County Senior Center          87 Semora Road          Roxboro, NC 27573          336-599-7484  <a href="mailto:maynell.harper@personseniors.org">maynell.harper@personseniors.org</a>          Term expires: May 1, 2025</p>	<p><b>Sandy Pace, (R)</b>  <b>Member at Large</b>          Virginia S. Tillett Community Center          PO Box 1000          Manteo, NC 27954          252-475-5625  <a href="mailto:sandyf@darenc.gov">sandyf@darenc.gov</a>          Term expires: January 1, 2025</p>	<p><b>Member at Large</b>           Please Contact Rich Zeck at          252-752-1717 or another          committee member if you          would like to serve</p>
<p><b>NCDAAS Representative</b>  <b>Leslee Breen (Ex-Officio)</b>          N.C. Division of Aging and Adult          Services          MSC 2101          Raleigh, NC 27699          919.855.3414  <a href="mailto:Leslee.breen@dhhs.nc.gov">Leslee.breen@dhhs.nc.gov</a></p>	<p><b>NCDAAS Representative</b>  <b>Selena Royal (Ex-Officio)</b>          N.C. Division of Aging and Adult          Services          MSC 2101          Raleigh, NC 27699          919.855.3423  <a href="mailto:selena.royal@dhhs.nc.gov">selena.royal@dhhs.nc.gov</a></p>	<p><b>Janice Tyler, NCAOA Chair (J)</b>  <b>(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></p>

<p><b>NCDAAS Representative</b>  <b>Leslee Breen (Ex-Officio)</b>          N.C. Division of Aging and Adult Services          MSC 2101          Raleigh, NC 27699          919.855.3414  <a href="mailto:Leslee.breen@dhhs.nc.gov">Leslee.breen@dhhs.nc.gov</a></p>	<p><b>NCDAAS Representative</b>  <b>Selena Royal (Ex-Officio)</b>          N.C. Division of Aging and Adult Services          MSC 2101          Raleigh, NC 27699          919.855.3423  <a href="mailto:selena.royal@dhhs.nc.gov">selena.royal@dhhs.nc.gov</a></p>	<p><b>Janice Tyler, NCAOA Chair (J)</b>  <b>(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></p>
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# North Carolina Senior Center Alliance



The North Carolina Association on Aging (NCAOA) will be hosting the always anticipated “Aging Bootcamp” in November 2023! Please be on the lookout for details!

**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](mailto: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 12, 2024 at 5 p.m.** in order to be included in the Winter 2024 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](http://www.ncscalliance.com)

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

## NCSCA NEWSLETTER

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