

## NCSCA News Spring 2018

### 17 Inches

Well, it's that time of year. Finally, Spring and warmer weather seem to be within our reach. This time of year also brings us American's favorite past time – Baseball season! Now, some of you may not be baseball or even sports fans but please keep reading. Almost everyday someone is sharing inspirational articles, joyful memes or 'good news' short stories on our social media pages and inboxes. Like many of you I tend to skip over them and move on quickly, but one such story recently grabbed my attention. The title of the link was "17 INCHES!" And I thought, what an odd number. I can't think of anything that is 17 inches.... Haha! What in the world could this be about? Intrigued, I clicked the link and it opened an article with a short story.



#### Chris Sperry's story:

While attending a large baseball convention in 1996, I had a special experience. As I waited in line to register with the hotel and convention staff, I overheard veteran coaches rumbly on about who the lineup of speakers was for the weekend. Most seemed very excited that a man named John Scolinos was listed. Who the heck is John Scolinos? I thought to myself. As the weekend progressed the buzzing of this man's name was bringing on anticipation and excitement not only with me but the entire group. At 1:00pm finally John Scolinos, a 78-year-old man, shuffled to the stage as the group gave him an impressive standing ovation as a welcome. Then he turned to speak to the audience and we noticed a full size, stark white Home plate hung with a string around his neck. Seriously? I thought to myself. He went on to speak about regular baseball and coaching topics for about 25 mins, then when we all thought his comments were done, he said "You're probably all wondering why I'm wearing home plate around my neck. Or maybe you think I escaped from Camarillo State Hospital," he said, his voice growing irascible. I laughed along with the others, acknowledging the possibility. "No," he continued, "I may be old, but I'm not crazy. The reason I stand before you today is to share with you baseball people what I've learned in my life, what I've learned about home plate in my 78 years." He continued with one specific question. "Do you know how wide home plate is in Little League?" After a short pause someone called out 17 inches more in the form of a question than an answer. John said yes and then asked what about High School division? How wide is home plate? Again, some from the crowd called out 17 inches. He continued on through each age group and division until he arrived at the Major Leagues. And asked again how wide is home plate for the Majors? The crowd exclaimed loudly 17 inches. John yelled out, "17 Inches!" and then continued with another question, "What do they do when a Big-League pitcher can't throw the ball over the 17 inches? Do they say, it's ok, we will make it a little wider just for you? Do they say, well little Johnny is struggling, let's let him use the 20-inch home plate today? No!" After the chuckling from the crowd stopped, they all went quiet. He went on to say, "This is the problem in our homes today. With our marriages, with the way we parent our kids. With our discipline. We don't teach accountability to our kids, and there is no consequence for failing to meet standards. We widen the plate!"

His message was clear: "Coaches, keep your players — no matter how good they are — your own children, and most of all, keep yourself at seventeen inches."

(Continued on page 5)

## GROWTH AND PROGRESS

*A message from the NCSCA Chair*

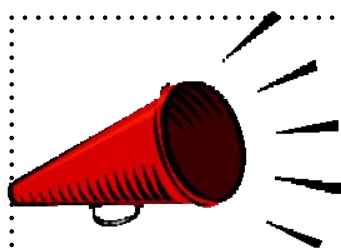


Spring is the time of growth and life! The NC Senior Center Alliance is working to bring opportunities of growth to senior center professionals across the state. In March, we held our annual Leadership Symposium where 72 AJI graduates came together at the Great Wolf Lodge for a day of learning and re-energizing! Nicole Miller with Vibrant Coaching, was the guest speaker and she did a fantastic job of energizing, impacting, and influencing attendees on how to lead a more “Vibrant” life through engaging with what is possible and making it probable!

Another area of growth that the Senior Center Alliance is working on is a Regional Meeting Model where your regional NCSCA Representative and AAA will work together to host meetings for senior center professionals. It could be monthly, quarterly, annually, or whatever works for your region. It will be a time for senior center professionals to network, share problems and successes, and work toward building stronger relationships across the state. NCSCA Steering Committee representatives will then report to the entire Steering Committee about the meetings. This will help the steering committee with training and mentoring, advocacy, special projects, and more! It's our mission to serve you as professionals and we hope this will be a great way to ensure that we are meeting our mission!

We hope that your spring brings you lots of opportunities for growth and success!

All the Best,  
Brittany



### **NC Aging Plan 2019-2023 Be Engaged, Be Heard, and Be Informed**

The NC Division of Aging and Adult Services (DAAS) is holding listening sessions that will help identify the needs of North Carolina's older citizens, disabled adults and their caregivers. The information gathered will inform North Carolina's 2019-2023 Aging Services Plan. There are 3 listening sessions planned for the state: May 8, 2018, The Folk-Art Center in Asheville, NC; May 22, 2018, Piedmont Triad Regional Council; May 30, 2018, New Hanover Senior Resource Center, Wilmington, NC. Citizens, agencies, and organizations may register to speak upon arrival at the meetings or in advance by completing the on-line Listening Session Sign-Up Form. The scheduled meeting locations are accessible to people with disabilities. Please call or email us for more information.

Comments may also be e-mailed to [agingplan@dhhs.nc.gov](mailto:agingplan@dhhs.nc.gov) or faxed to Aging Plan at (919)733-0443.

The current Aging Services Plan is available at <http://www.ncdhhs.gov/aging/plan.htm>.

## Older Americans Month 2018:

### Engage at Every Age



ENGAGE AT EVERY AGE: MAY 2018

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to make enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. Senior centers across North Carolina will use OAM 2018 to focus on how older adults in their areas are engaging with friends and family, and through various community activities. Throughout the month, senior centers will conduct activities and share information designed to highlight local programs, resources, stories, etc. We encourage you to get involved.

Contact your Area Agency on Aging: Visit <http://www.eldercare.gov/> or call 1-800- 677-1116



The NCSCA will be selling SCOPE Kits to help make organizing your SCOPE documentation easier. Each kit will be organized by each section, question, documentation need for each question, and year if necessary. We know that organizing your SCOPE can be tedious and stressful but the NCSCA is here to help you! These kits will be available at the Ann Johnson Institute and SCOPE trainings. Kits must be pre-ordered so they can be available for pickup at the various upcoming trainings.

The kits will cost \$50 for members of the NCSCA and \$60 for non-members. If you are interested in purchasing one of these kits, please visit the website, [www.ncscalliance.com](http://www.ncscalliance.com) to order and pay online. If you need an additional payment option or have any questions, please contact Lindsi Cauley at [lindsicauley@jacksonnc.org](mailto:lindsicauley@jacksonnc.org) or (828) 631-8032.

# North Carolina Senior Center Alliance



## STEERING COMMITTEE MEMBERSHIP ROSTER 2018

|  |  |   |
|--|--|---|
| <p><b>Brittany Williams, Chair (B)</b><br/>                 Lakeview Center for Active Aging<br/>                 Black Mountain Recreation &amp; Parks<br/>                 828.669.8610<br/>                 Brittany.williams@townofblackmountain.org</p> | <p><b>Lindsy Cauley, Vice Chair (A)</b><br/> <i>Membership Subcommittee Lead</i><br/>                 Jackson County Dept. on Aging<br/>                 828.631.8032<br/>                 lindsicauley@jacksonnc.org</p>                                  | <p><b>Sandy Scarborough, Treasure (R)</b><br/> <i>Advocacy Subcommittee</i><br/>                 Dare County Senior Center<br/>                 252.475.5625<br/>                 Sandyf@darenc.com</p>           |
| <p><b>Betsy Griffin, Secretary (P)</b><br/>                 Lenior County Council on Aging<br/>                 25w.527.1545<br/>                 director@leniorcco.org</p>   | <p><b>Thessia Everhart-Roberts (G)</b><br/> <i>Website Administrator</i><br/>                 Davidson County Senior Services<br/>                 336.242.2946<br/>                 Thessia.everhart@davidsoncounty.org</p>                               | <p><b>Miranda Strider Allen (J)</b><br/> <i>Special Projects Subcommittee Lead</i><br/>                 Resources for Seniors, Inc.<br/>                 919.713.1535<br/>                 Mirandas@rfsnc.org</p> |
| <p><b>Christy Southall (K)</b><br/> <i>Special Projects Subcommittee</i><br/>                 Franklinton Senior Center<br/>                 919.494.5611<br/>                 csouthall@franklincountync.us</p>   | <p><b>Rich Zeck (Q)</b><br/>                 Pitt County Council on Aging<br/>                 252.752.1717<br/>                 rzeck@pittcoa.org</p>   | <p><b>Amber Smith (O)</b><br/> <i>Advocacy Subcommittee</i><br/>                 New Hanover Co. Senior Resource Cntr.<br/>                 910.798.6401<br/>                 asmith@nhc.gov.com</p>              |
| <p><b>Roxanne Powell (E)</b><br/> <i>Mentoring/Training Subcommittee</i><br/>                 Burke County Senior Services<br/>                 828.430.4147<br/>                 Roxanne.powell@burkenc.org</p>   | <p><b>Calvin Vaughn (G)</b><br/> <i>Advocacy Subcommittee Lead</i><br/>                 City of High Point Parks &amp;<br/>                 Recreation Department<br/>                 336.883.3584<br/>                 Calvin.Vaughn@highpointnc.gov</p> | <p><b>(D)</b></p>   |
| <p><b>Marie Faircloth (M)</b><br/> <i>Advocacy Subcommittee</i><br/>                 Sampson County Dept. of Aging<br/>                 910.592.4653<br/>                 mfaircloth@sampsonnc.com</p>   | <p><b>Weyland Prebor (C)</b><br/> <i>Special Projects Subcommittee</i><br/>                 McDowell Senior Center<br/>                 828.659.0823<br/>                 Wprebor@mcdowellseniorcenter.org</p>   | <p><b>Nikki Sewell (N)</b><br/> <i>Marketing Subcommittee</i><br/>                 Hamlet Senior Center<br/>                 910.582.7985<br/>                 director@hamletseniorcenter.com</p>                |
| <p><b>Thomas Goble (L)</b><br/>                 Jo Story Senior Centr<br/>                 City of Roanoke Rapids Parks &amp; Rec<br/>                 tgoble@roanokerapidsnc.com</p>  | <p><b>(F)</b></p>  |   |
| <p><b>NCDAAS Representative</b><br/> <b>Recebba Freeman (Ex-Officio)</b><br/>                 N.C. Division of Aging and Adult<br/>                 Services<br/>                 919.855.3421<br/>                 Rebecca.Freeman@dhhs.nc.gov</p>          | <p><b>NCDAAS Representative</b><br/> <b>Leslee Breen (Ex-Officio)</b><br/>                 N.C. Division of Aging and Adult<br/>                 Services<br/>                 919.855.3414<br/>                 Leslee.Breen@dhhs.nc.gov</p>              | <p><b>Janice Tyler, NCAOA</b><br/> <b>Representative (Ex-Officio)</b><br/>                 Orange County Department on Aging<br/>                 919.245.4255<br/>                 Jtyler@orangecountync.gov</p> |



### SUBCOMMITTEES—WE NEED YOU!!

The Alliance has several subcommittees that could use additional members to help get all the work done! If you're interested in helping, please contact any of the subcommittee leads, the chair, or vice chair.

**Subcommittees:** 1) Marketing; 2) Advocacy, 3) Membership, 4) Special Projects, 5) training and mentoring

(continued from page 1)

I liked this article because it was a good reminder to do a quick self-evaluation. Are you constantly widening the plate for yourself, your children, your spouse, or your employees? Is widening the plate helping achieve your goals as a parent, as a boss, or is it hindering them in the long run ...?

The story's overall message is about Accountability. Knowing how to work, live, play, or lead within your boundaries, rules, policies, or morals. He is talking about upholding promises, following through with obligations, setting standards for yourself, your family, and your work environment. In baseball, no matter the age, division or skill level home plate remains the same.

What are your 17 inches?

Selena Royal

(original article can be found at <http://www.sperrybaseballlife.com/stay-at-17-inches/> )

+++++



**SCOPE TRAINING REGISTRATION NOW OPEN!**

**May 9/10 in Raleigh, NC**

Deadline to receive payment is April 25.

**To register please contact Rebecca Freeman, MPH**

Senior Center Program Specialist

Division of Aging and Adult Services, Service Operations

North Carolina Department of Health and Human Services

919 855 3421 office

[rebecca.freeman@dhhs.nc.gov](mailto:rebecca.freeman@dhhs.nc.gov)

**ORDER YOUR SCOPE KIT!!!**

(SEE PG. 3)

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, Brittany Williams at 828-669-8610 or [Brittany.williams@townofblackmountain.org](mailto:Brittany.williams@townofblackmountain.org)

**NCSCA NEWSLETTER**

*All the news that fits, we print.*

**Editor:** Cyndy Kirkland

*Lakeview Center for Active Aging*

**Contributing Author:** Selena Royal

*Clayton Center for Active Aging*

**Contributing Author:** Lindsy Cauley

*Jackson County Department on Aging*

**Contributing Author:** Rebecca Freeman

*NC Division of Aging & Adult Services*

**Alliance Chairperson:** Brittany Williams

*Lakeview Center for Active Aging*