

BE AN  
ADVOCATE



### North Carolina Senior Center Alliance (NCSCA):

#### What's It All About?

NCSCA exists to provide a statewide organization for senior center professionals to advocate for senior centers, network and collaborate on common issues, share information, co-market initiatives, and provide for additional staff training and development.

#### It's About You!

The Alliance was established to work in collaboration with senior center staff from the NC Division of Aging & Adult Services, the NCAOA and to promote awareness of the National Institute of Senior Centers. **In a nutshell... we're here to help you!**



Rosalie Tapper and Barbara Fisher of the **Oasis Senior Enrichment Program** in Charlotte recently participated in the statewide advocacy event sponsored by the NCSCA. Tapper and Fisher along with seniors across North Carolina mailed Valentine's messages to legislators asking for an increase in senior center funding.

*Photo provided by Jill Lipson, Director of Senior and Adult Services.*

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“I think every day is great day at The Enrichment Center.”

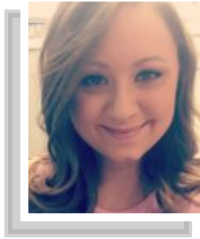
**The Enrichment Center of Lee County** recently shared some exciting news through the listserv: “The Enrichment Center opened in 1992. Recently we felt it was time for a fresh, updated logo - something with a tag line. One of our coworkers often says, “I think every day is great day at The Enrichment Center.” So there we had it!

We introduced our new logo along with other materials during Senior Center Month and freshened up our display board using ideas from the **NCSCA marketing tools**. Thank you to the **Senior Center Alliance** for keeping us in touch with current, relevant and easy-to-use tools for advocacy, marketing, mentoring/training and special projects. We used the post card sample picked up at the Senior Center Symposium and also developed a layout for a new floor and/or table top banner.”

Melanie Rodgers

The Enrichment Center of Lee County

## Happy spring from the North Carolina Senior Center Alliance!



2017 is starting out to be a wonderful year and I am thrilled to be the new Chair of the NCSCA Steering Committee. Thessia Everhart-Roberts has done a fantastic job over the past few years getting the Alliance back on track and setting a new foundation. I have some big shoes to fill but am excited for this new adventure!

The Alliance has been working hard to bring effective ideas and programs to our members. Advocacy has completed two of their three events for the year and will be launching the third effort in the coming months. Mentoring and Training has been adding to the resource library in the member area of the Alliance website.

Marketing has been creating and distributing the newsletters and they have plans for other great marketing tools to bring you this year. Memberships have steadily been climbing and we have 70 organizations that are members. Also, with four new members on our Steering Committee, we now have representation for each region in North Carolina!

There is still time to become a member of this wonderful Alliance! If you're already a member, we encourage you to think about joining a sub-committee to help us continue the work that we are doing across NC.

All My Best,  
Brittany Williams:  
Town of Black Mountain

## So today we had our very first chili cook-off.

**"While brainstorming ideas for our February calendar of events, I noticed that Thursday, February 23rd was National Chili Day. I thought it would be wonderful to have some friendly competition among our participants, but an even better idea came to mind. How awesome would it be to challenge our local servicemen (Police Department, Fire & Rescue Department) to a cook-off, thus Seniors vs. Servicemen Chili Showdown."**

We had 4 entries into the contest. Laila Kurtz (senior), Bonnie Leviner (senior) Lucy Muse (senior) and Randy Dover (Police Dept). There were a few others that signed up, but they weren't able to attend due to sickness.

Three trophies (1st, 2nd, & 3rd) were purchased from Jeff's Trophies in Rockingham. **1st place trophy** went to the **Hamlet Police Department** for chili submitted by Randy Dover. Police Chief Scott Waters and deputies Jacobs & S. Dover were present at the event.

Among the judges were City Manager Jonathan Blanton, Museum Manager & Downtown Coordinator Stephanie Thornsby, and Lumber River Council of Governments: Family Caregiver Resource Specialist Rochelle Hodgnett

25 senior citizens, 3 senior center staff members, our intern from RCC, and Title V participant, 3 judges, and 3 from the Police Department were in attendance for the event that started at 12 noon. Fun facts & upcoming announcements were read to participants as the judges sampled the chili. Great chili should look good, smell good and taste even better. Each cup of chili was judged on 5 criteria to arrive at one whole-number score or 1 to 10, with 10 being the highest. .



Photo from left to right: Officer Dover, representing the Hamlet Police Department, Bonnie Leviner (HSC Member), and Laila Kurtz (standing in for Lucy Muse).

The 5 criteria were Aroma, Texture, Color, Taste, Aftertaste/Bite. There was bean-less chili, chili that included beef, onions, green & red peppers, mushrooms, carrots, spicy & non-spicy.

The senior center director, Nikki Sewell, prepared a huge pot of chili for seniors to ensure there was enough for everyone to have a bowl or two. This pot wasn't part of the contest.

Judging took place in the seclusion of the senior center sun-room. Once the judges were finished, everyone was allowed to get in line and enjoy one or all of the chili along with a variety of toppings at our chili bar. These toppings included sour cream, cheese, green onions, cilantro, and crackers."

**I would like to make this a tradition with our servicemen. I plan to challenge them next year for a rematch".**

Nikki M. Sewell, Director Hamlet Senior Center

Like the NC Senior Center Alliance Facebook page



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

Yey! The NCSC Alliance website is operational. As your center submits a new or renewal application, you will receive a password for the **Members Only** section by email. This section contains helpful tools for marketing and training. For more information on the NCSCA visit [www.ncaoa.org](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:** Susan Meny  
Shepherd's Center of Greater Winston-Salem

**Contributing Author:** Alex Langley  
Rocky Mount Parks & Recreation Department

**Contributing Author:** Nikki Sewell  
Hamlet Senior Center

**Senior Center Alliance Chairperson:** Brittany Williams  
Town of Black Mountain

Please send pictures of your senior center including events and activities to Alex Barker, [alex.barker@darenc.com](mailto:alex.barker@darenc.com)



## *Love is in the Air*

February, is a month known for lovers and for loving connections, but Valentine's Day, can be a sad and lonely time for many who are not connected to their loved ones and are in fact lonely. Loneliness brings its own dangers. Studies have shown associations with higher blood pressure, with nursing home admissions, with risky health behaviors such as inactivity or smoking, and with dementia.

Researchers at the University of California, San Francisco, followed 1,600 participants whose average age was 71. They found that those who reported loneliness were more likely to develop difficulties with activities of daily living. Even when the study controlled for socioeconomic status and health, the **lonely had higher mortality**. Nearly 23 percent died within six years, compared with 14 percent of those who weren't lonely.

These statistics and similar research findings have driven the Shepherd's Center of Greater Winston-Salem's Vital Living Program for years, and this Valentine's Day was no exception.

### **After all, what may be lonelier than a Valentine's Day with no one to celebrate?**

We thought so, too, and generated a party for ears, eyes and taste buds. We called it "**Love is in the Air**," and we promised it to be a "fun" raiser as well as a fundraiser for Triad Harmony Express: The Men's Show Chorus of the Triad, its chapter quartets and the **newly formed, Shepherd's Center Singers**. Since we were combining efforts, we chose to add an opportunity to advocate for our senior centers as well!

The newly created **Shepherd's Center Singers** began just last November with Carmina Jenks directing. She "moonlights" as Music Director of Salem College's Community Music Program here in Winston. The Shepherd's Center Singers were formed for the pure fun of it. Yet, three months later, they suddenly found themselves performing for their first public appearance on Saturday, February 11<sup>th</sup>. They were great!



There were two shows: a matinee at 3:00pm and an evening option at 6:30pm. Between performances participants enjoyed delicious pairings of sumptuous chocolates and gourmet coffees donated by area coffee houses and local chocolatiers. Tickets went on sale for **\$15** each. With an attendance of 176, we collected over \$1500 which was split between the two choruses.

### **200 THANK YOU FOR FUNDING MY SENIOR CENTER post cards were delivered to the county commissioners' office for Valentine's Day.**

Most importantly, however, everyone enjoyed themselves because love was truly in the air!  
Susan Meny; Shepherd's Center of Greater Winston-Salem

## The North Carolina Senior Center Alliance (NCSCA) is launching a new Senior Center Resource Library.

As part of its effort to provide professional development, training, and various other valuable tools for senior center professionals throughout the state, the North Carolina Senior Center Alliance (NCSCA) is launching a new **Senior Center Resource Library**.

The goal of this site is to provide valuable resources and tools specifically for senior center professionals to gather information (from one central location) for both SCOPE Certification and NCOA/NISC Accreditation; as well as, many other areas.

The site is divided into 8 topic areas.

1. **Executive/Administration** - this includes examples of mission statements, goals & objectives, action plans, strategic plans, annual reports, etc
  2. **Marketing & Community Connections** - this includes examples of organization newsletters, marketing policies/plans, information referral services/I & A, cooperative agreements (MOU's), and various other marketing materials
  3. **Personnel & Human Resources** - this includes examples of organizational charts, volunteer handbooks, volunteer plans, staff handbooks, personnel policy
  4. **Program Planning** - this area includes examples of budget worksheets, program planning philosophy, trip policies, program reports, and various others
1. **Policy and Procedures (coming soon)** - this area will include miscellaneous policies and procedures such as computer lab, fitness center, incident report, budget procedures, emergency procedures, participation forms and other common ones needed at our senior centers and found in policy and procedure manuals
  2. **Evaluation (coming soon)** - this area will include examples of various evaluation tools including annual satisfaction, program satisfaction, outcome based, interest survey, and other areas for evaluation
  3. **Facility Operations (coming soon)** - this area will include evacuation routes, rental policies, housekeeping, preventative maintenance, safety procedures, and related material
  4. **Fundraising & Sponsorship (coming soon)** - this area will include examples of how various senior centers do this to include both programs, special events, packages, and policy



In addition to these key topic areas complete with specific examples from various senior centers in the state, the site will also include a collection of training and leadership videos at the users' disposal. New ones will be added to the site as we move forward.

The Senior Center Resource Library is a **tool available only to NCSCA members**. If you are already a member, simply click on the **"Members Portal"** button at the top of the NCSCA home page at <http://www.ncscalliance.com/> and enter the password you received upon registration. **Voila!**

The resource library can be accessed under the **Mentoring & Training** heading. If you or your agency is not a member, registration is easy. From the NCSCA home page, click on the **"Join"** button at top of page and follow the instructions once you are directed to the NCAOA page.

Individual registration is \$10 per year and agency registration is \$30 per year.

You do not have to be a NCAOA member to become a NCSCA member. Your registration can be paid online with PayPal or credit card.

The Senior Center Resource Library has plenty more to come in the future and is only a click away so I encourage all current members to check it out and for any non-members to highly consider joining NCSCA to gain access to this wonderful tool.

Sincerely,

Alex Langley, Rocky Mount Parks & Recreation Department  
NCSCA - Mentoring & Training Chair

## Current NC Senior Center Alliance Member List



ADTS Center for Active Retirement  
Alleghany County Council on Aging  
Ashe Services for the Aging, Inc.  
Bertie County Council on Aging Senior Center  
The Brunswick Center of Shallotte  
The Brunswick Center of Southport  
The Brunswick Center of Leland  
Burlington Recreation & Parks  
(Kernodle Senior Center)  
Caldwell Senior Center  
Carteret County Senior Services  
Caswell Senior Services  
Centralina Area Agency on Aging  
City of Rocky Mount (Rocky Mount Senior Center)  
Community and Senior Services  
Council on Aging of Cleveland County (Neal Senior Center)  
Craven County Senior Services  
Dare County Center  
Davidson County Senior Services (Lexington Senior Center)  
Davidson County Senior Services (Thomasville Senior Center)  
Davie County Senior Services  
Eastern Wake Senior Center  
Fayetteville/Cumberland Parks & Recreation  
Franklin County Department of Aging  
Garner Parks, Recreation & Cultural Resources  
(Garner Senior Center)  
Greene County Senior Center  
Greensboro Parks & Recreation (Smith Senior Center)  
H. Lawrence Patrick Senior Center  
Hertford County Office of Aging (Winton Senior Center)  
High Country Area Agency on Aging  
Iredell Council on Aging (Iredell Senior Center)  
Jackson County Senior Center  
Jo Story Senior Center  
King Senior Center  
Lakeview Center for Active Aging  
Lenior County Council on Aging

Levine JSS Oasis Senior Enrichment Program  
Levine Senior Center  
Lincoln County Senior Services  
Mabel D. Smith Senior Center  
Madison-Mayodan Senior Center  
Martin County Adult and Aging Services  
McDowell Senior Center  
Mid-East Commission  
Moore County Department of Aging  
New Hanover County Senior Resource Center  
Northern Wake Senior Center  
Onslow County Senior Services  
Orange County Department on Aging (Passmore Center)  
Pamlico Senior Services  
Person County Senior Center  
Pitt County Council on Aging (Greenville Senior Center)  
Project on Aging  
Randolph County Senior Adults Assoc., Inc.  
Resources for Seniors, Inc.  
Ruffy-Holmes Senior Center  
Scotland Neck Senior Center  
Senior Resources of Guilford (Greensboro Senior Center)  
Services for the Aged  
Seymour Center  
Shamrock Senior Center Mecklenburg County Park  
Shepherd's Center of Greater Winston-Salem  
Shepherd's Center of Kernersville  
(Kernersville Senior Enrichment Center)  
South Iredell Senior Center  
Spring Lake Senior Enrichment Center  
Thomasville Senior Center  
Town of Cary PRCR (Cary Senior Center)  
Tyrrell County Senior Adult Activity Center  
Walnut Cove Senior Center  
Warren County Senior Center  
Washington County Senior Center  
Yadkin Valley Economic Development District, Inc.

Two Great Organizations for Aging Professionals

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

**Membership Application**

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

NCSCA - A section of the North Carolina Association on Aging (NCAOA), the North Carolina Senior Center Alliance exists to provide a statewide organization for senior center professionals to advocate for senior centers, network and collaborate on common issues, share information, co-market initiatives, and provide for additional staff training and development. For more information on NCSCA please see our webpage at [www.ncaoa.org/alliance.org](http://www.ncaoa.org/alliance.org)

Name \_\_\_\_\_ Title \_\_\_\_\_

Agency: \_\_\_\_\_ County: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Main E-mail \_\_\_\_\_

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

Agency website \_\_\_\_\_ Is Your Agency \_\_\_Public \_\_\_Not-for-Profit \_\_\_For-Profit

**NCAOA Membership categories (please check only one):**

\_\_\_\_\_ **Agency/Organization/Individual Member, \$120 per year**  
For agencies, organizations, or individuals that are involved in providing services or administration in the field of aging or closely allied field. Membership includes all employees of an agency or organization. Only one mailing address will be used, but organizations may have up to twenty-five emails addresses included for the receipt of newsletters and bulletins. Voting privileges are limited to one designated employee. Any one employee of said agency or organization may hold office.

\_\_\_\_\_ **Friends of NCAOA, \$75 per year**  
For individuals who are not directly involved, but interested in aging and the mission of NCAOA, **who are not part of an agency organization that qualifies above.** Friends are not eligible to vote or hold office.

\_\_\_\_\_ **Student/Senior Member, \$35 per year**  
For individuals currently enrolled in a Degree Program, or a senior age 60+, who are not part of an agency or organization that qualifies above. Students/Senior Members are not eligible to vote or hold office.

**NCSCA Membership categories (please check only one):**

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

Name of Senior Center(s) \_\_\_\_\_

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

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

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

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Make check payable to: NCAOA and mail to: NCAOA • PO Box 10341 • Raleigh, NC 27605-0341  
To complete the registration form and pay online go to [www.ncaoa.org](http://www.ncaoa.org) and click the online membership form  
For more information or if you have questions, please contact us at [ncaoaconferencecord@gmail.com](mailto:ncaoaconferencecord@gmail.com)