

This issue is dedicated in memory of Ruth Mitchell, former senior center director in Rockingham County and region G representative to the NCSCA. Her years of dedication and service to the aging community will not be forgotten.

Tenacious Advocate

Ruth Mitchell started with Rockingham Community College (RCC) back in November of 1997 as a GED Instructor. One year later, she became the Director of the Center for Active Retirement with RCC. She served in that role for 15 years at the college, until the program was acquired by Aging, Disability and Transit Services in January of 2014. Prior to this role Ruth had already had a very productive career with DuPont in Virginia where she had worked for 32 years.

You have missed the chance to meet an amazing story teller if you never had a chance to meet Ruth. She could take the simplest, mundane activity and make it sound like they had the time of their lives! During her tenure with RCC the Center was awarded the Center of Merit designation twice, and in December of 2007 the Center was designated as a Center of Excellence, as it is now. Ruth was noted by her supervisors as being a team player; always advocating for her seniors. She was very dedicated to the seniors of Rockingham County specifically. Many felt very fortunate to have her creativity, enthusiasm, customer service and her flexibility on their team. They also note that she was ruthless in pursuing excellence. She was also a breath of fresh air and very committed to serve. Ruth took many classes at the Piedmont Triad Regional Council. It was there that she became a community leader for several evidence based programs such as Powerful Tools for Caregivers, A Matter of Balance, and the Living Healthy Series. She loved empowering individuals to self-manage their health conditions. She used herself as the example living with cancer for so many years. Ruth's final story was shared on video, and we are fortunate to have it to share. Her laughter lives on. She had this truly infectious laugh that can't be duplicated. It is that laugh that I truly miss today. I am honored to have taken over the role as Director here at the Center for Active Retirement. Ruth still visits us today at the Center, ringing the doorbell when she thinks it's time for a break. When I first started this freaked me out a little, but now I find more comfort hearing the bell ring. We stay connected with her family because they are now our family, and we know that is what Ruth would want us to do! She was an amazing lady, and I miss her so very much!



Cheryl Albrecht
Center for Active Retirement
Aging, Disability & Transit Services of Rockingham County

The Alliance Needs You in 2018

A message from the NCSCA Chair



With a new year upon us, we are looking forward to a wonderful new start with new programs and ways for you to be involved in the Alliance! Our annual Leadership Symposium will coincide with the NCAOA Aging Conference in March to give senior center professionals a chance to attend both. We will be kicking off our new mentoring program, and will have three new, SCOPE-approved, advocacy events for your center to participate in, plus the Ann Johnson Award and grant opportunity will happen again in late summer/early fall.

With all of the great things happening, **the Alliance needs your help**. Several sub-committees are in need of extra support. There are only two requirements to serve: you or your organization must be a current member of the Alliance, and you need to have a willingness to help. You do not have to be on the Steering Committee.

If you are interested in serving on one of the sub-committees listed below, please contact me, and we will get you started!

- ◇ Advocacy
- ◇ Marketing
- ◇ Training and Mentoring
- ◇ Special Projects

Thanks,
Brittany Williams, NCSCA Chair



We want to thank all the senior centers who participated in the statewide Thanksgiving Advocacy event. Let's continue to speak with **One Voice** on behalf of seniors in our centers.

*Calvin Vaughn and the NCSCA
Advocacy Committee*

★ Celebrating Excellence ★

NCSCA proudly recognizes colleagues who have been in the aging profession for 20+ years

Myra Austin (29+ years)

Orange County Department on Aging

Robin Bailin (20+ years)

Orange County Department on Aging

Sharon Berry (32 years)

Caldwell Senior Center

Torrey Blackmar (26 years)

Garner Senior Center

Leslee Breen (34 years)

NC Division of Aging

Nan Buehrer (20+ years)

Rufty Holmes Senior Center

Tami Carter (21 years)

Lee County Senior Services

Louise Caudill (32 years)

Ashe Services for Aging, Inc.

Terry Colville (20+ years)

Orange County Department on Aging

Christal Curran (20 years)

Pitt County Council on Aging

Tina Czarnecki (22 years)

South Iredell Senior Center

Debbie Davidson (31 years)

Lee County Senior Services

Margie Downing (22 years)

Chowan Senior Nutrition

Lisa Edmonds (23 years)

Martin County Adult & Aging Services

Paula Edwards (22 years)

Wayne County Services on Aging/Peggy M. Seegars Senior Center

Thessia Everhart-Roberts (25 years)

Davidson County Senior Services

Sheila Jenkins (30 years)

Macon County's John L and Dorothy R. Crawford Senior Center

Kathie Kearns (33+ years)

Orange County Department on Aging

Greg Kennedy (33 years)

Senior Resource Center—New Hanover County

Angela Kimsey (22 years)

Davidson County Senior Services

Teresia Ladd (22 years)

Council on Aging of Cleveland County

Delphine Madre (24 years)

Perquimans County Senior Center

Donna Norman (22 years)

Davidson County Senior Services

Connie Parker (26 years)

Chowan Senior Center

Amanda Parris (20 years)

Davidson County Senior Services

Kathy Porter (30+ years)

Orange County Department on Aging

Paulette Putnam (26 years)

Council on Aging of Cleveland County

Brandi Rheubottom (21 years)

Thomas A. Baum Senior Center

Anna Rice (40 years)

Iredell Council on Aging

Melanie Rodgers (24 years)

Lee County Senior Services

Sandy Scarborough (20 years)

Dare County Center

Fran Senters (20+ years)

Lincoln County Senior Center

Continued on next page

★ Celebrating Excellence *Continued* ★

Mary Shumate (27 years)

Blue Ridge Opportunity Commission, Inc.

Kim Shuskey (22 years)

Davie County Senior Services

Jane Smith (30+ years)

Burlington Parks and Recreation

Miranda Strider-Allen (35 years)

Resources for Seniors, Inc.

Kathy Tant (26 years)

Clay County Senior Center

Theresa Thomas (20 years)

Troy/Montgomery Senior Center

Mary Troutman (30 years)

Stanley County Senior Services Department

Janice Tyler (30+ years)

Orange County Department on Aging

Rebecca Weemhoff (28 years)

Stanley County Senior Services Department

Liz Wilder (22 years)

Davidson County Senior Services

Billie Williams (24 years)

Rufty Holmes Senior Center

Debbie Williams (20 years)

Lee County Senior Services



You Asked, We Listened

This year's Leadership Symposium is scheduled for **Tuesday, March 13th** at the Great Wolf Lodge in Concord. Don't miss this exciting opportunity to reconnect with your senior center colleagues and find new sources of inspiration. For the first time ever, the symposium will precede the annual NCAOA conference, where you will see an increased emphasis on topics relevant to senior centers. Our goal is to continue providing Ann Johnson Institute graduates with the best possible training experience! We hope you will take advantage of this coordinated effort.



AJI
Fall 2017





Senior Fitness Certification Training

Location: Piedmont Triad Regional Council

1398 Carrollton Crossing Drive, Kernersville, NC 27284

Date: January 9th, 2018

Time: 9:00am to 2:00pm

Cost: \$150 (Lunch and emailed textbook will be included in registration fee.)

To register or for more information, contact Laura Plunkett by email lplunkett@ptrc.org or phone (336) 904-0300.

****Register by December 22****



*In part, this training is being offered based on an email sent by Rebecca Freeman (NC DAAS) through the statewide senior center listserv that stated it is **strongly encouraged** for anyone leading an exercise class to have at least a **primary group fitness** certification.*

Like the NC Senior Center Alliance Facebook page



Check out our website
www.ncscalliance.com

For more information on the NCSCA visit www.ncaoa.org or contact NCSCA Chair, Brittany Williams at 828-669-8610 or Brittany.williams@townofblackmountain.org

NCSCA NEWSLETTER

All the news that fits, we print.

Editor: Christie Smith
Davidson County Senior Services
Contributing Author: Cheryl Albrecht
Center for Active Retirement
Contributing Author: Rebecca Freeman
NC Division of Aging & Adult Services
Contributing Author: Calvin Vaughn
Roy B. Culler, Jr. Senior Center
Contributing Author: Laura Bolton Plunkett
Piedmont Triad Regional Council
Alliance Chairperson: Brittany Williams
Town of Black Mountain