

NCSCA News Winter 2022

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LEADER'S LETTER

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Membership Information	3	I am sure you, like me, have thought by now we would have moved passed COVID-19. But, here we are, still dealing with increases in positive cases from a new variant, restrictions, cancellations and closings. Although it seems this may forever hinder what we do or want to do to meet he needs and to serve our seniors, I want to encourage you-WE GOT THIS!! We can get through this together.
State News Round Up	4-15	
In Other News	16-19	From what I see and hear you all are making things happen, serving your seniors in ways we never dreamed we would or imagined we were capable of. I am so proud of all of you and proud to be a part of this network of the best senior center professional in the country. I want to thank you for your resilience, dedication, innovation, persistence, and continued support of our seniors.
Spring Advocacy Event Information	20	
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Directory of Committee Members	22-24	The Alliance needs to fill three committee seats. I would love to have Region B and N represented but at this time we will take members from anywhere across the state to fill the At-Large vacancy, and the Region N and B vacancies. Contact me at 25-475-5 or via email at sandyf@darenc.com if you want to be a part of an amazing group of hardworking, selfless, dedicated individuals that want to see all senior center staff succeed.
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Check out the Alliance Facebook page for information about upcoming training opportunities, innovative programming ideas, advocacy events and ideas, conferences, and more. Please be mindful that the Alliance Facebook page is not for your center's specific use and should not be the place you post things that need to be on your center's page. However, we do want you to post some of the awesome, unique programs and services you are offering as this is a great place to share and learn from each other.

If you need SCOPE kits, please reach out to me or the special projects committee and We can email you the folder inserts but at this time since we are not meeting in person or attending conferences, you will have to set up your boxes and include your own files and file folders. There is no charge for the SCOPE folder inserts you will receive digitally.

Lastly, I would like to know what things you would like to see in future editions of the Alliance newsletter. You can submit them to me or to the newsletter lead, Katherine Irby at: katherine.irby@darenc.com

I hope you were able to enjoy the recent snow if you got some in your area. I don't know about you all but I hope that groundhog does not see his shadow.

Sincerely,
Sandy

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



North Carolina Senior Center Alliance



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 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://events.r2o.constantcontact.com/register/eventReg?oeidk=a07eh79hjf725dc5de6&oseq=&c=&ch=>

NCAOA:

<https://ncaoa.us/>

NCSCA:

<https://ncscalliance.com/about>

Submitted by: Billie Jo Lister, Vice-Chair, D, 828-265-8090 ext. 895 or email: billie.lister@watgov.org



NEWS FROM AROUND THE STATE

“5 Minute Challenge”

Each newsletter cycle, a prompt will be sent to you 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.com.

It is a very simple way to share and highlight your hard work while giving fresh ideas to our fellow senior center folks!!



Dare County Center resumed annual celebrations in late 2021.

Participants enjoyed being able to attend the Dare to Scare 5K, Veteran's Celebration, Annual Toy Drive and 12 Days of Christmas with Dare County Seniors.

Submitted by: Katherine Irby, R, Marketing, Dare County Center

Christmas Party at the New Hanover County Senior Resource Center



Celebrating the holidays at the Pitt Council on Aging and looking forward to 2022!



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Hertford County Office on Aging's Crochet Class worked all year to make hats and scarfs which served as Christmas gifts for the Ahoskie House residents and the Easter Seals gang.



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Seniors dressed to impress in all shades of white as they danced with Santa and watched an unbelievable African Dance group performance at our Snow Ball event. The evening was simply spectacular!



Walnut Cove Social Club



Those who participate in this gathering can be found having tons of fun! They talk about family: good, bad, and indifferent. They laugh with each other—it's like having a house full of kids! They work together on various projects and drink a lot coffee each week.

Anytime you are around Walnut Cove, come join in the fun.

You are guaranteed to be offered a hot cup of Joe upon arrival and leave with a smile on your face!

VOLUNTEERS = CHRISTMAS CHEER



A Rowan County volunteer picked up gifts to distribute for the Rufty-Holmes Senior Angel Tree.

Twenty-two older adults had an ornament on the tree with wish-list items.

An overwhelming 45 shoppers, filled with Christmas cheer stepped up and gave a total of 66 gifts!



Deborah Ballew, Kayla Noyes deliver Holiday goody bags to home delivered meal recipients in Highlands, NC. Items were donated by Macon County residents.

Eastern Wake Celebrates

What a wonderful Holiday Celebration we had at Eastern Wake Senior Center Saturday. We all enjoyed reuniting, socially distanced, of course, the company of long missed, long standing elder members of our center and community. We have all felt their absences deeply. Covid-19 reared its ugly head almost two years ago, and although it has put many in despair, the majority of our members have weathered the storm and came out singing! Our choir has been led by Roberta Hole, 94, for more than a decade. Together again, they all sang with glee for first time since Christmas of 2019.

The bitter sweet of endings and beginnings was the flavor of the day. Not only did Norma Farrell warmly provide the delicious mulled cider under the breezeway Saturday, but in September, she retired into a life of bliss with her husband of 40+ years. We also welcomed our new Coordinator Divya Venkataganesan, Master of Public Health degree candidate, WNC Falls Prevention Secretary, Interprofessional Education and Practice Distinguished Scholar, and sweet as N.C. honey, to our Senior Center family. Divya will be leading the way to fulfill Resources for Seniors' mission in our community. Together they greeted everyone, and presented each of our volunteers with an Eastern Wake Senior Center personalized, magnetic pin or an embroidered t-shirt.

Our fundraiser craft sale was a success by making \$315 in sales in two hours! Our ladies are the best at pumping out the best sellers! Thank you Martha Coley and Paula Reich, our prized crocheters and sales persons for the event.

We are looking forward to more togetherness to provide in-person exercise, crafting, and making beautiful music in the new year and above all... kicking COVID to the curb.



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No need to fret if you don't have an ugly sweater for the party – we'll fix that with a few decorations! The Davidson County Senior Center in Lexington held an Ugly Christmas Sweater Social and staff offered a few “fashionable accessories” to those participants in need of a quick fix.



Friends of the Northern Wake Senior Center... 1st Annual Jingle Bell Fun Run & Walk



An active crowd came out to participate in the 1st Annual Jingle Bell Fun Run/Walk on Saturday, December 11, 2021.

The Walk was hosted by the Friends of Northern Wake Senior Center, a non-profit organization that raises funds for the Senior Center. After a spirited holiday warm-up, the runners and walkers took off on the 2.2 mile course. The participants all wore jingle bells, which made a merry sound up and down Franklin Street!

Sponsors for the walk were SING (Senior Information Networking Group of Wake Forest) and Always Best Care Senior Services; we thank them for their support. We also had wonderful items to raffle off, thanks to generous donations from our own craft group at the Senior Center, Page 158 Books, and Angus Barn.

Many people told us they plan to come again next year!

More than \$700 was raised for the Northern Wake Senior. Special thanks to our sponsors and Northern Wake Quilters who provided time, and donations for our raffle prizes.

Additional thanks to Linda Thomas for leading the warmups and most importantly to each of you who participated. This was a great family, intergenerational community activity.



THE KNIGHTS OF COLUMBUS ARE
 GEARING UP TO SERVE LUNCH AT THE
 CRAVEN COUNTY SENIOR SERVICES
 CHRISTMAS PARTY.

MANY THANKS FOR THE MANY HANDS
 THAT CREATED MANY SMILES!



Submitted by: Alissa Andrewsbrown, P, Craven County Senior Services



Want to toot your horn?? Send your Center information to katherine.irby@darenc.com **before March 28, 2022 at 5 P.M.** in order to be included in the Spring 2022 edition. Late submissions will not be accepted.





ACL ANNOUNCEMENT



SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE

50th Anniversary: March 2022

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing.

This March, ACL will mark the 50th anniversary of the Senior Nutrition Program with activities, materials, and more – all centered on the theme, "Celebrate. Innovate. Educate." With this theme, we celebrate the many accomplishments of the national and local programs; we acknowledge innovative approaches used to support seniors; and we look at how education can help communities understand and use nutrition services.

We hope you will join us by promoting senior nutrition programs and this important milestone! Visit our anniversary webpage for the logo, a customizable flyer, social media images, and other artwork – with more to come! Don't forget to use the hashtag #SNP50 on social media.

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Davidson County Senior Center wins prestigious award

Davidson County Senior Services Lexington Senior Center is the winner of the sixth annual Ann Johnson Senior Center Award for excellence in the field of aging. The award was presented to Christie Smith and Nancy Earnhardt with Senior Services at the J. Smith Young, YMCA Events Center during a senior Christmas celebration Tuesday, December 7.

Senior Services Director, Thessia Everhart-Roberts received notification of the award in November by Weyland Prebor, Special Projects Lead with the North Carolina Senior Center Alliance (NCSCA). What would in any other year be a local presentation by an affiliate with the NCSCA, due to the pandemic and travel restrictions, the award, an acrylic representation of the state of North Carolina plaque, was shipped to Everhart-Roberts.

The Ann B. Johnson award is presented to one senior center annual that is making significant contributions that address and elevate issues important to the field of aging through advocacy or other methods that make a positive impact affecting older adults.

The award was named after Ann Johnson for her dedication, hard work, and vision that helped pave the way for seniors and those who work with older adults. Johnson was a dynamic force in the service for older adults for nearly half a century pioneering the development of senior centers and adult day care programs. She served on the Governor's Advisory Council on Aging under four governors and was chairman of the council from 1997 until near her death.

So why was Davidson County's Lexington Senior Center distinguished?

Serving more than 1,500 unduplicated clients this year through a variety of classes, events, and programs the Senior Center strives to empower, engage, and encourage the aging population. During the past year, the center has transitioned to a national wellness center model and is increasing its holistic approach to wellness-based classes and activities while continuing to provide ongoing events and educational opportunities.

Following the onslaught of the Coronavirus pandemic and the Shelter in Place Executive Orders, realizing high-risk individuals may be isolated in their homes without needed essentials, Senior Services, with the Senior Center taking the lead, developed a hotline to several additional services to provide assistance. The services titled, "Expanded Services" included meal boxes of frozen prepared meals and shelf-stable, grocery shopping and delivery, pharmacy pick-up and delivery, pet food, transportation and distribution of incontinence products and nutritional supplements. The program served persons that were not already clients of the department who receive Meals on Wheels, Transportation, In-Home Aide, and Senior Center services but those that had needs and were not receiving services. April 2020-June 2021, when the program ended, 286 seniors in the community had been provided 1,100 shelf-stable/frozen meals, 2,547 wellness phone calls, 205 grocery/pharmacy

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trips, 153 friendly visits, and 279 incontinence supplies, nutrition supplements, and household cleaning items.

Senior Center staff advocated the media, elected officials, and the community for needs involving high-risk older adults. The results were an outpouring of donated items of incontinence supplies, nutritional supplements like Ensure and Glucerna, cleaning supplies, and other miscellaneous items so much that the center had to dedicate a conference room as a stockpile.

While the center was closed due to the pandemic, staff became increasingly aware of people living alone, unable to leave home for periods of time experiencing isolation which led to depression and anxiety. Tackling this issue, efforts began to find creative ways to keep seniors engaged and to provide social interaction. Senior Center staff developed virtual programming through social media, email, and mailed packets. Education classes such as Indoor Plants 101, Living Healthy at Home, and cooking classes were held via video and conference calls, allowing seniors to interact with instructors and other seniors. Activity packets were distributed monthly that included brain games, jokes, and puzzles to enable seniors without internet access the ability to still participate and interact. Exercise classes such as Ahoy and Fit-Wise were broadcast live and prerecorded on social media. Educational videos were recorded and distributed on relevant topics such as stress and emergency management to help seniors feel empowered during this time.

Expanding on the concept of social interaction, the centers Resource and Benefits counselor coordinated and organized staff to make daily/weekly wellness calls which provided a listening ear and reassurance. Furthermore, senior center staff banded together and provided what was appropriately titled, "Bandwagon Tours." The tours, or friendly visits, were conducted in the driveway of seniors being visited and included staff with noisemakers, signs of encouragement, and small gifts. Visits provided a much-needed face-to-face, socially distanced interaction for the seniors like Lynn, who was self-isolating due to a relapse in breast cancer just weeks after the Stay-at-Home order was put into place. Lynn was brought to tears when staffed pulled up and later expressed her gratefulness in a thank you letter.

Davidson County's Lexington Senior Center is without a doubt top-tier when it comes to tireless efforts and dedication to helping seniors and a deserving contender for this prestigious award.

Congratulations!

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North Carolina Senior Center Alliance (The Alliance) Spring Advocacy 2022-HCCBG Funding

The NCSCA Advocacy subcommittee is pleased to present the 2022 Spring Advocacy Event. Use this packet to guide your senior center towards a successful advocacy event. The 2022 Spring Advocacy event is a perfect opportunity to enable older adults to advocate for themselves by sending a thank you card to their federal legislator(s) expressing how the extra Home and Community Care Block grant (HCCBG) funding during the COVID Pandemic has affected your senior center and / or you.

It is vital that federal lawmakers understand how impactful senior centers are in our communities and their significant contribution to the quality of life for older adults. That's why we need all of YOU to help express your gratitude to legislature.

This approved advocacy event will count towards SCOPE. However, it is imperative that you thoroughly read and follow all of the instructions outlined below.

Simply including the printed instructional packet and tools you have received from the Advocacy Subcommittee **WILL NOT COUNT TOWARDS YOUR SCOPE REQUIREMENT if you fail to provide documentation that your senior center actively participated.**

Timeline:

1. January 31, 2022- Request Your 2022 Spring Advocacy Packet (contact - sandyf@darenc.com to request)
2. February 1-25, 2022 - Begin advertising (Include selected date for writing the thank you cards (anytime in March or April – a day that works best for you or add it to a special spring event you already have planned).
3. April 22, 2022 - Mail thank you cards to representatives.
4. May 2, 2022- Document in SCOPE Self-Assessment Instrument.

Name: 2022 Spring Advocacy Event

What did the Senior Center Do? Secured the Alliance Advocacy Packet, set date, gathered thank you cards from seniors and mailed to our Federal Legislators. OR At our annual Spring banquet, we provided thank-you flyers, spoke to the group about the importance of advocacy and allowed time for them to complete thank you notes to federal legislators, then we mailed them.

Who was advocating? (X#) of seniors wrote thank-you cards to their Federal Legislators that our staff mailed.

Purpose: To give seniors a chance to thank their federal legislators for increasing funding the Home Community Care Block Grant.

What Group or Individual Benefited? The seniors in our area and across the state. Be sure to have documentation of the event such as pictures, copies of the thank you cards, advertisement or the event, etc.



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



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>Sandy Pace, Chair (R) Dare County Senior Center PO Box 1000 Manteo, NC 27954 252.475.5625 sandyf@darenc.com</p> <p>Term Expires: January 1, 2023</p>	<p>Billie Lister, Vice Chair (D) Membership/Communication Subcommittee Lead Lois E. Harrill Senior Center, Watauga 132 Poplar Grove Connector, Suite A Boone, NC 828.265.8090 Billie.Lister@watgov.org</p> <p>Term Expires: January 1, 2023</p>	<p>Christy Southall, Treasurer (K) Special Projects Subcommittee Franklinton Senior Center 602 East Mason St. Franklinton, NC 27525 919.494.5611 csouthall@franklincountync.us</p> <p>Term Expires: January 1, 2023</p>
<p>Betsy Griffin, Secretary (P) Lenoir County Council on Aging 112 E. Blount Street Kinston, NC 28501 252.527.1545 director@leniorcco.org</p> <p>Term Expires: January 1, 2024</p>	<p>Thessia Everhart-Roberts (G) Website Administrator Davidson County Senior Services 555-B West Center St. Ext. Lexington, NC 27295 336.242.2946 Thessia.everhart@davidsoncounty.gov</p> <p>Term Expires: January 1, 2023</p>	<p>Kim Crawford (A) Advocacy Subcommittee Macon County Senior Services 108 Wayah Street Franklin, NC 28735 828-349-2058 ext..2727 kcrawford@maconnc.org</p> <p>Term Expires: January 1, 2023</p>
<p>Rich Zeck (Q) Training/Mentoring Subcommittee Lead Pitt County Council on Aging 4551 County Home Road Greenville, NC 27858 252-752-1717 rzeck@pittcoa.org</p> <p>Term Expires: January 1, 2023</p>	<p>Amber Smith (O) Advocacy Subcommittee New Hanover County Senior Resource Center 2222 South College Rd. Wilmington, NC 28403 910.798.6401 asmith@nhcgov.com</p> <p>Term Expires: January 1, 2023</p>	<p>Roxanne Powell (E) Mentoring/Training Subcommittee Burke County Senior Services 501 North Green St Morganton, NC 28655 828.430.4147 roxanne.powell@burkenc.org</p> <p>Term Expires: January 1, 2023</p>

North Carolina Senior Center Alliance



<p>Weyland Prebor (C) <i>Special Projects Subcommittee</i></p> <p>McDowell Senior Center 100 Spaulding Road Marion, NC 28752 828.659.0823</p> <p>Wprebor@mcdowellseniorcenter.org</p> <p>Term Expires: January 1, 2022</p>	<p>(N)</p> <p>PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!</p>	<p>Thomas Goble (L) <i>Marketing Subcommittee Lead</i></p> <p>Jo Story Senior Center City of Roanoke Rapids Parks & Recreation 701 Jackson Street Roanoke Rapids, NC 27870 252.533.2849</p> <p>tgoble@roanokerapidsnc.com</p> <p>Term Expires: January 1, 2023</p>
<p>Marie Faircloth (M) <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>mfaircloth@sampsonnc.com</p> <p>Term Expires: January 1, 2023</p>	<p>Nancy Hulbert (J) <i>Special Projects Subcommittee</i></p> <p>Garner Senior Center 205 East Garner Road Garner, NC 27529 919-661-6893</p> <p>nhulbert@garnernc.gov</p> <p>Term Expires: May 1, 2023</p>	<p>(B)</p> <p>PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!</p>
<p>Nan Buehrer (F) <i>Advocacy Subcommittee, Co-Lead</i></p> <p>Rufty-Holmes Senior Center 1120 S. MLK, Jr. Avenue Salisbury, NC 28144-5692 704-216-7715</p> <p>director@ruftyholmes.org</p> <p>Term Expires: January 1, 2023</p>	<p>Jennifer Barraclough, Member at Large (F) <i>Advocacy Subcommittee</i></p> <p>South Iredell Senior Center 202 North Church Street Mooresville, NC 28115 704-662-3337</p> <p>jbarraclough@iredellcoa.org</p> <p>Term Expires: January 1, 2024</p>	<p>Katherine Irby, Member at Large (R) <i>Marketing Sub-Committee, Newsletter Lead</i></p> <p>Dare County Senior Center PO BOX 1000 Manteo, NC 27954 (252)475-9273</p> <p>katherine.irby@darenc.com</p> <p>Term Expires: May 1, 2023</p>
<p>Step Volunteer</p>	<p>Right To</p>	<p>Up! Help.</p>

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<p>Maynell Harper, Member at Large (K) Advocacy Committee</p> <p>Person County Senior Center 87 Semora Road Roxboro, NC 27573 366-599-7484</p> <p>maynell.harper@personseniors.org</p> <p>Term Expires: May 1, 2023</p>	<p>Member at Large</p> <p>PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!</p>	<p>Morgan Doughtie, Member at Large (L) Special Projects Subcommittee, Marketing Sub-Committee</p> <p>Nash County Senior Center 103 N Alston Street Nashville, NC 27856 252-462-2730</p> <p>morgan.doughtie@nashcountync.gov</p> <p>Term Expires: May 1, 2023</p>	
<p>EX-OFFICIO MEMBERS</p>	<p>NCAAS Representative Leslee Breen (Ex-Officio)</p> <p>N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3414</p> <p>Leslee.breen@dhhs.nc.gov</p>	<p>Janice Tyler (J), NCAOA Board Member (Ex-Officio)</p> <p>Orange County Department on Aging 2551 Homestead Road Chapel Hill, NC 27516 919.245.4255</p> <p>Jtyler@orangecountync.gov</p>	<p>NCAAS Representative Selena Royal (Ex-Officio)</p> <p>N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3414</p> <p>selena.royal@dhhs.nc.gov</p>

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 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 **March 28, 2022 at 5 p.m.** in order to be included in the Spring 2022 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!

**Kindness is the
language which the
deaf can hear and
the blind can see.**

— MARK TWAIN



Like the NC Senior Center
Alliance Facebook page



Check out our website
www.ncscalliance.com

For more information on the NCSCA visit:
www.ncalliance.com or email: ncscalliance@gmail.com
or you may contact
NCSCA Chair, Sandy Pace, by calling 252-475-5625
or via email at sandyf@darenc.com

NCSCA NEWSLETTER

Editor: Katherine Irby (R), Marketing, *Dare County Senior Center*
Contributing Author: Billie Jo Lister (D), Vice-Chair, *Lois E. Harrell Senior Center*
Contributing Author: Jennie Griggs (J), *Wake Senior Centers*
Contributing Author: Shantel Davis (O), *New Hanover County Senior Resource Center*
Contributing Author: Kim Crawford (A), Advocacy, *Crawford Senior Center*
Contributing Author: Weyland Prebor (C), Special Projects Subcommittee, *McDowell Senior Center*
Contributing Author: Rich Zeck (Q), Training/Mentoring Lead, *Pitt County Council on Aging*
Contributing Author: Christie Smith (G), *Davidson County Senior Services*
Contributing Author: Tyler Kent (F), *Ruffy-Holmes Senior Center*
Contributing Author: Alissa Andrews Brown (P), *Craven County Senior Services*
Contributing Author: Diedra Evans (Q), *Hertford County Office of Aging*
Contributing Author: Trina Williams (F), *Eastway Regional Recreation and Senior Center*
Contributing Author: Kim Crawford (A), *Crawford Senior Center*
Contributing Author: Reba Dodson (G), *Walnut Cove Senior Center*
Contributing Author: Thomas Goble (L), Marketing, *Jo Story Senior Center for Active Adults*
Alliance Chairperson: Sandy Pace (R), Chair, *Dare County Senior Center*
Website: acl.gov