



AUTUMN 2023

The Good Life

Promoting Independence for Seniors & Baby Boomers in Guilford County



Please consider making a secure online donation
www-senior-resources-guilford.org
 Leave a legacy:
 Please remember Senior Resources of Guilford
 in your will.
*Senior Resources of Guilford is a 2023-2024 Strategic Partner
 with United Way of Greater Greensboro and the United Way of
 Greater High Point*
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 Licensing Section at 888-830-1989. The license is not an
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 recognized as a 501(c)(3) organization accepting tax
 deductible charitable donations.
 Need to update your mailing address? Contact Tina
 Wilkins at 336-373-4816 ext 280 or send an email to
act-assst@senior-resources-guilford.org.



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Our Mission

The mission of Senior Resources of Guilford is to serve our diverse community of seniors and their families by advocating and providing supportive services that enhance the independence, health and quality of life for seniors.

Contact us:

Greensboro
1401 Benjamin Parkway
Greensboro NC 27408
Phone: (336) 373-4816
(336) 884-4816

High Point
Roy B. Culler Jr. Senior Center
921 Eastchester Drive, Suite 1230
High Point, NC 27262
Phone: (336) 883-3586

Senior Line Information
& Referral/Assistance
(336) 333-6981
(336) 884-6981

Contact us by email at:
info@senior-resources-guilford.org

Visit our website at:
www.senior-resources-guilford.org

Follow us on Facebook:
<https://www.facebook.com/SeniorResourcesofGuilford>

A Message from the CEO

Dear Friends,

Another season of thanksgiving is here, which brings another opportunity for Senior Resources of Guilford to say thank you to...

- More than 600 volunteers who deliver an average of 9,600 meals to homebound seniors each month;
- More than 200 attendees at our recent Community Health Fair who received valuable information, flu shots, bags filled with fresh produce and important health screenings;
- More than 40 volunteers who participate in the Foster Grandparents Program and help at-risk children improve their academic success;
- More than 40 volunteers who provide technological assistance and income tax preparation;
- Businesses who generously donated items, gift certificates and door prizes for our first Silent Auction, helping us raise more than \$1,900 for the Evergreens Lifestyle Center;
- United Way of Greater Greensboro and United Way of Greater High Point for their continued support;
- Each and every donor who has been so kind and generous to Senior Resources of Guilford throughout the year.

To all of you, we are thankful for *you*. We could not fulfill our mission of helping seniors in Guilford County who wish to stay independent without you.

Have a wonderful, safe and peaceful holiday season!

Gratefully,

Ellen D. Whitlock
Chief Executive Officer

director@senior-resources-guilford.org

Beating the Holiday Blues

The holiday season can be a time of joy, togetherness and connection. However, for seniors that are isolated from family and friends, these happy feelings can be replaced with anxiety or depression during the holidays and once the festivities end. Feeling blue during the holiday season is not uncommon for older adults – especially for those that are isolated from loved ones, people who have outlived their family members, those suffering from a physical illness or those with a less busy lifestyle. Taking a proactive approach to combatting sadness during and following the holidays is critical, as depression can have long-lasting negative health impacts, and the effect of social isolation is also significant with well-documented health consequences.



Here are some ways to beat the holiday blues:

Socialize: Resist the urge to stay home alone. The holidays offer many opportunities to go to events, such as concerts and plays, and these activities are a good way to lift your mood by keeping your mind on other things and by being around other people. Even calling or visiting a neighbor can be an uplifting activity. Senior Resources of Guilford offers a number of social opportunities during the holidays at our Evergreens Lifestyle Center, including parties, concerts, and many other activities, most of them free of charge.

Plan ahead: Prepare an agenda of activities for the holidays. If you're a caregiver, consult with family members on ways to get them involved. If you're a family member, plan something special and strive to include senior family members.

Learn something new: For some seniors, anxiety and depression can be worse when they are idle. Taking up a hobby or learning a new skill can provide a challenge that is enjoyable, and activity can combat negative thinking.

Relive the best moments and find new ways to make the holiday meaningful: Collecting photos and memories from past holiday seasons can bring back the joy felt while celebrating. Exploring new ways to make the holiday meaningful, such as volunteering to help others in need, can help make the season of giving brighter for everyone.



Celebrating 30 Years of AmeriCorps National Service



Three decades ago, more than 20,000 Americans raised their hands and pledged to get things done for America. These members helped more than 1,000 communities nationwide during their first year of service. Since then, more than 1.25 million Americans and hundreds of thousands more AmeriCorps Seniors volunteers have followed in their footsteps, providing billions of hours of service across the US.

Senior Resources of Guilford sponsors the Foster Grandparents Program, an AmeriCorps Senior volunteer program, where seniors 55 years or older volunteer a minimum of 20 and up to 40 hours per week in Guilford County Schools, Children and Families First of NC Head Start and Pre-K, Carl Chavis Head Start and privately owned Head Start and Pre-K programs in Guilford County. More than 50 seniors a year provide volunteer services locally to mentor youngsters in our educational system, paying forward their life experiences with future generations. We are grateful to all our Foster Grandparents who serve!

Santa for Seniors

Senior Resources of Guilford needs your help in providing a Christmas gift bag to senior participants of our programs! In 2022, we were able to deliver over 750 gift bags to Guilford County seniors. With your support, we hope to do the same this year!

Donations needed now through
December 1

Blankets ~ Flashlights with Batteries

Non-Perishable Foods (snacks,
granola bars, fruit cups, etc.)

Hand Soap & Dish Soap ~ Toiletries

Paper Products (toilet paper, tissues,
paper towels)

"Due to generous donations from last year, we have plenty of socks, hats, scarves and gloves! Please do not donate used items or handmade items for the health and safety of our participants."

Please drop off donations at Senior Resources of Guilford
1401 Benjamin Parkway, Greensboro or
921 Eastchester Drive, Suite 1230, High Point
Call 336-373-4816 for more information.

To make a financial donation, please mail a check to:

Senior Resources of Guilford
1401 Benjamin Parkway
Greensboro, NC 27408



View our Amazon Wish List

GIVING TUESDAY

November 23, 2023

Giving Tuesday is a global generosity movement that takes place annually on the first Tuesday following Thanksgiving in the US. It was created to counterbalance the consumerism of holiday spending by redirecting the focus to acts of kindness and charitable giving. This year, Giving Tuesday occurs on November 23. Giving Tuesday encourages people to give back to their communities by donating their time, money or voice.

The need is always great at Senior Resources of Guilford. An easy way to help our senior neighbors is by visiting our website, which can be found at www.senior-resources-guilford.org and choose the DONATE button, and consider choosing "Greatest Need" for #GivingTuesday2023!

amazon
wishlist



Doing your holiday shopping online this year? Consider donating to Senior Resources of Guilford using our Amazon Wish List! It's a great way to give items that we need for our seniors during this time of the year. It's easy to use! Just visit this link: <https://tinyurl.com/bdfa9kx2> or scan the QR Code.

Legacy Giving

Legacy or planned giving is an important way to help nonprofits like Senior Resources of Guilford continue our mission. There are a number of ways that you can leave a legacy gift:

- **Bequests:** A bequest is a gift made through your will or trust. You can make a bequest of cash, securities, real estate or other property.
- **Charitable Gift Annuities:** A charitable gift annuity is a contract between you and a charity. You transfer cash or property to the charity in exchange for its promise to pay you a fixed income for the rest of your life.
- **Charitable Remainder Trusts:** A charitable remainder trust is an irrevocable trust that provides you with income for life or a term of years. At the end of the trust term, the remaining assets are distributed to one or more charities.
- **Life Insurance Policies:** You can name a charity as the beneficiary of your life insurance policy.
- **Retirement Plans:** You can name a charity as the beneficiary of your retirement plan.

To learn more about legacy giving, contact Dallas Weaver at 336-373-4816, ext 259 or email development@senior-resources-guilford.org.



Family Caregiving Program

One of the biggest challenges facing older adults is “Who will take care of me as I age?” Most people initially turn to family members, which in turn, can become a challenge for them, especially if they work or have families of their own. Senior Resources of Guilford offers a robust Family Caregiving Program with resources for families in every step of their caregiving journey.

Who is eligible for services? Adult family members or other informal caregivers age 18 or older providing care to an individual 60 years of age or older, or providing care for an individual diagnosed with Alzheimer’s Disease or other related dementia. This includes adult children assisting a parent, a wife or husband caring for his or her spouse, a parent over age 60 caring for an adult child with special needs, a niece or nephew caring for an older aunt or uncle, or a friend who is assisting an elderly neighbor. Support groups and resources are also available for grandparents 55 and over who are raising grandchildren and meet at Senior Resources of Guilford, 1401 Benjamin Parkway every 4th Thursday of the month from 10:00 am until 12:00 pm.

What services are offered? Caregivers and their families can receive help in learning about and accessing resources for their particular situation. Resources such as support groups, and counseling referrals are available. Senior Resources of Guilford also offers case assistance and options counseling. A Memory Café is offered every third Thursday of the month, and provides a safe space for caregivers and their loved one to share socialization, entertainment, refreshments and valuable information. The Memory Café is held at Jamestown United Methodist Church, 403 East Main Street, Jamestown.

I need a break! Senior Resources of Guilford’s Respite Voucher Program allows family caregivers to take a much-needed break from caring for their loved one. Vouchers can be used at one of three approved in-home care agencies. For more information about any of our Family Caregiver programs, contact Brent Howerton, Family Caregiver Specialist at 336-373-4816 or email caregiver2@senior-resources-guilford.org.

Respite Voucher Recipient Profile David

David has been caring for his 97-year old mother for several years after she suffered a fall. During that time, David was also fighting cancer. He heard about Senior Resources of Guilford’s Family Caregiving program through another agency, and has been a part of it ever since.

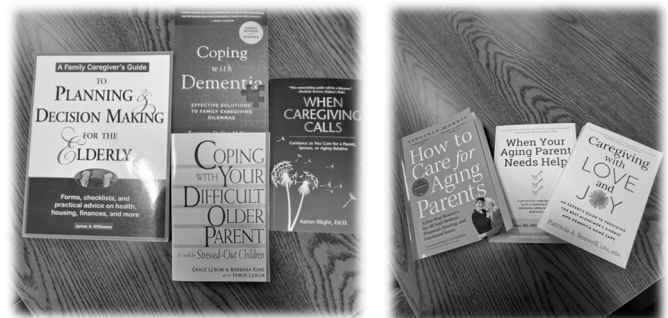
“You guys are amazing,” said David. He recently used a voucher for respite care for his mother. “It is a wonderful thing– it just goes from Senior Resources straight to the care agency, and I get two or three Saturdays to myself and not have to spend that money out of my pocket. If I want to go fishing or hiking or just go have lunch, just to get a break, I’m able to do that because of the respite voucher.”

David worked with special needs children at Gateway Education Center for about 10 years, which he credits for helping him to be a caregiver. “I’m just a guy who’s chosen to care for my mom,” he said. “But without a break from time to time, you can’t really be the best caregiver for your loved one.”

For more information about our Respite Voucher Program, contact Brent Howerton at 336-373-4816 or by email at caregiver2@senior-resources-guilford.org.

Did You Know...

Senior Resources of Guilford has an extensive Caregiver Library with materials focused specifically on caregiving. The library includes titles on caring for those with Alzheimer’s Disease, dementia, Parkinson’s Disease, cancer and other illnesses and conditions. The library also includes books on how to care for yourself as a caregiver. Materials are in English and Spanish. The library is open 8:30 am—5:00 pm. Other library locations with caregiver resource materials include Hemphill, Benjamin Parkway, McGirt-Horton, Glenwood, Jamestown, and Chavis Branch Libraries.



Deborah Tillman Love

Senior Director, Alumnae Relations,
Bennett College



Birthplace: Washington, DC
Current City: High Point, NC
Education: B.A. History Education and English, Bennett College 1979, Masters Certificate in Project Management, George Washington University 2009

Family: Children: Daughter-Courtney

Love Harper (Christopher) - Son – Christopher Love (Megan)

Career Highlights: I retired from the Internal Revenue Service in 2015 after 40 distinguished years of government service. I worked in various professional and senior leadership roles prior to retirement. I worked in the following areas: North Carolina, Ohio, Maryland and Washington D.C. In 2019, my alma mater, Bennett College, asked me to accept a temporary assignment as the Interim Director of Alumnae Relations. Well, six weeks has turned to four years and I now serve as the Senior Director of Alumnae Relations and Annual Giving in the Institutional Advancement Office. In this role, I am a major fundraiser cultivating donations from alumnae, community organizations, and businesses.

Please tell us about your volunteer and community service, and why this is important to you. I manage my spare time by volunteering at my church and in my community. These include: Superintendent, Oak Ridge First Baptist Church; Church School Trustee, Oak Ridge First Baptist Church; Member, Alpha Kappa Alpha Sorority Inc.; Member, Greensboro Sports Council (official volunteer and welcoming council for sporting events in the Triad); Member, Bennett College National Alumnae Association.

What is the best advice you've ever received, and why? I have received so much great advice in my life, but I try to live by the Golden Rule. "Do unto others as you would have them do unto you". I think this summarizes a lot because I want to be treated with fairness and kindness, and I try to do the same for others.

Tell us about an adult who was particularly influential in your childhood, adulthood or early career. It's hard to isolate just one because so many people have "poured" into my life. Other than my late mother, Rosa Sims Tillman, I would have to say Dr. Mary Ann Rogers Scarlette at Bennett College. I was her work study student for all four years at Bennett. She exemplified what we call "The Bennett Ideal". She is a woman of great integrity. So many words could describe her: true, loyal, loving, hardworking, motivating, kind, honest, and fair. As a student, I observed her character traits and actions, and have tried to model myself after her as a woman of great integrity, as a citizen, former wife, mother, and friend.

What has been the proudest moment of your life – so far? Seeing the results of parenting two smart, independent, kind, caring citizens who now are in the world to "serve". They both are graduates of North Carolina A & T State University and they both reside in Charlotte with their spouses, my "in loves". Courtney is a successful Human Resources professional for Lennar Homes, her husband Christopher is an entrepreneur. My son Christopher is a successful leader at Microsoft, and he and his wife Megan are youth ministers at Nikeo Church. I'm very excited that Christopher and Megan are making me a grandmother in December! I am also proud to continue to travel and my most recent trips were to France, Croatia, Egypt and England.

What do you feel are the greatest challenges facing older adults today? The senior population is growing rapidly, especially us baby boomers. Lack of sufficient gerontological health care, failure to stay physically active, failure to maintain a healthy diet, and loneliness plague this population, especially with the loss of spouses. In many cases, we need specialized care as our bodies change. Also, while many of us may have computer and internet skills, we must also be aware of scams and cybersecurity identity theft.

What life lessons do you feel are most important to teach children and young people? Take time to learn from older adults as we share our stories and information. Just because we don't have the same technological skills that they do, we possess "thinking power" because we did not rely on technology for knowledge. Also, what makes life meaningful is helping others.

What traits do you most admire in others? Integrity, kindness, empathy and caring about mankind.

What talent (that you don't already possess) would you most like to have? I wish I was gifted with musical talents to sing and play various instruments.

Please leave us with your favorite quote:

I truly believe the words of the late Congresswoman Shirley Chisolm, "Service is the rent you pay for room on this earth".

Senior Resources Helps Furry Friends, Too!



Every Wednesday, Senior Resources of Guilford provides pet food for Meals on Wheels recipients who have dogs or cats. For many people, animals are a part of their family, and especially for homebound seniors. Pets provide love, comfort, and companionship that a homebound person might otherwise not receive.

Senior Resources also has plans to provide veterinary care through a mobile pet care service for homebound seniors. The goal is to provide wellness care, vaccinations, and annual heartworm and flea and tick prevention. This, along with the Pets Eat Too program, helps our Meals on Wheels clients financially and nutritionally knowing their pet's bellies are full and getting health care that they need.

Our greatest need for this program is donated pet food. We will accept wet or dry food of any brand for a dog or a cat. We provide a certain amount of pet food depending on the amount and size of animals. The program also needs volunteers to deliver pet food on Wednesday afternoons or other flexible times depending upon availability. Pet food can currently be dropped off at Senior Resources of Guilford, 1401 Benjamin Parkway, Greensboro. Pets Eat Too is also working on having pet food drop off locations throughout Guilford County.



Brenda, a Meals on Wheels client, receives pet food for her beloved dog Teddy, who is 4 years old. "We are so often by ourselves that even Teddy enjoys seeing the volunteers come each and every day," says Brenda. "I am so grateful for the dog food because this is something that Teddy needs every day, and it allows me to be a special 'dog mama' and buy him treats from time to time."

Brenda says she is often in a considerable amount of physical pain, and Teddy seems to know her bad days. "He cuddles with me more during those times," she said. Brenda says Meals on Wheels gives her a reason to get up every day and start her day, despite her pain issues, and "it just helps to have someone smiling at my door every day. They don't come to your door and just drop off the meal. The volunteers talk to you and ask you how you are, and they truly care about what they are doing. It makes my day. They are my

little angels from above!"

Teddy is a special little dog, and those who come to see Brenda delight in his antics. Before going to bed every night, Brenda warms Teddy's pajamas up in the dryer and he wears them to bed. Teddy loves watching cartoons all day, and he is trained to kiss Brenda when she says, "Teddy, do you love Mama?" He can also bring specific toys on demand!

Brenda said, "Since I have been on Meals on Wheels, my life has improved a hundred fold and I think Teddy would agree about P.E.T. too!"

Want to get involved? Contact Courtney Lake, Nutrition Services Director at 336-373-4816 or send an email to nutritiondir@senior-resources-guilford.org.



Evergreens Lifestyle Center Receives Highest State Certification

The North Carolina Division of Aging and Adult Services, a division of the North Carolina Department of Health and Human Services, has recertified The Evergreens Lifestyle Center with its highest designation as a Senior Center of Excellence. According to the Division of Aging and Adult Services, “Centers of Excellence provide exemplary services and opportunities to their communities and serve as mentors and models to other centers.”

To be certified as a Center of Excellence, the center must demonstrate best practices in five major operational areas:

- Outreach and access to services
- Programs and activities
- Planning, evaluation, and input from older adults
- Staffing
- Operations

“We are extremely proud to have been recertified as a North Carolina Senior Center of Excellence! We are one of 84 senior centers in the state, out of 169 total, to meet the requirements. The certification shows the strength of our programs and activities in the Evergreens Lifestyle Center,” said Julie Silverman, MSW, Evergreens Lifestyle Center Director.



Welcome New Staff



Brent Howerton **Family Caregiver Specialist**

Brent has over 20 years of experience in the senior care field. He served on the board of the North Carolina Association of Long-Term Care Facilities for several years. Brent lives in Burlington with his wife and has 3 adult children, 3 bonus children as well as two

grandkids and 3 dogs! He enjoys attending and supporting live music events as often as possible.



Dallas Weaver **Director of Development**

Dallas Weaver has joined our team as the Director of Development. A native of Winston-Salem and a graduate of East Carolina University, Dallas brings with him over 10 years of nonprofit and fundraising experience. Most recently he served in leadership for a national faith-based organization, where he managed operations for southeast United States. Dallas enjoys playing golf and spending time with friends and family.

Rick Stitler **Comptroller**

Rick Stitler has joined our team as the Comptroller for Senior Resources of Guilford. He has an extensive background in the healthcare and media industries including the past 12 years at Envision Physician Services where he worked in an Accounting, Finance, and Operations capacity. Rick has recently moved to Greensboro, NC from Florida and spends his free time learning about the greater Greensboro community.



Kathy Winkler **Accounting Technician**

Kathy joins us as Accounting Technician. She graduated from Appalachian State University with a BS in accounting and has worked with numbers for over 30 years. She has many interest outside of work, especially horses, and even took English riding lessons. Kathy is the oldest of six, and she has two adult children.

