



FALL 2025

The Good Life

Promoting Independence for Seniors & Baby Boomers in Guilford County



Need to update your mailing address? Contact Tina Wilkins at 336-373-4816 ext. 280 or send an email to act-asst@senior-resources-guilford.org.

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Section at 888-830-1989. The license is not an endorsement by the State. Senior Resources of Guilford is recognized as a 501(c)(3) organization accepting tax deductible charitable donations.

Senior Resources of Guilford is a 2025-2026 Strategic Partner with United Way of Greater Greensboro and the United Way of Greater High Point.

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
PO Box 21993
Greensboro NC 27420

Non-Profit
US Postage
PAID
Permit #622
Greensboro NC



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,

As we close out another hot summer and head into the cooler temperatures and vibrant colors of fall, we reflect on how grateful we are for the support of our many donors and volunteers. Despite the challenges in the nonprofit world today, Senior Resources of Guilford is committed to supporting the independence and well-being of seniors in our community, and thanks to our community partners, donors, committed volunteers, and dedicated staff, we continue to do so every day. We know that the needs of older adults are always changing, and we're actively looking for innovative ways to expand our services and enhance the support we provide to our senior community in Guilford County. Our dedication to addressing these needs with compassion and care is stronger than ever as the needs of our senior neighbors continues to grow.

While the holidays may seem a long way away, they are just around the corner. Our Santa for Seniors program is now accepting donations at both our Greensboro and High Point locations. With the help of the community, we provide more than 900 gift bags to senior participants in our programs such as Meals on Wheels, Community Nutrition, Refugee Outreach, and the Family Caregiver program. In this edition of The Good Life, please read about the following activities:

The Evergreens Lifestyle Center held its 3rd Annual Silent Auction in September. On Page 3 you can see all the great local businesses who donated to support the programs of our Senior Center of Excellence. We thank each and every one of them for their generosity and help that made our auction a success!

Our Geriatric Adult Mental Health Specialty Team has been renamed to HEART—Health Education and Aging Resource Team. Read all about the program on Page 6 and how you can benefit from the trainings we offer.

Bob Gerken, Age-Friendly Coordinator, shares his insights on his participation in the Walk to the Store Event held by the High Point Food Alliance on Page 7, and we recognize our dedicated Greensboro and High Point volunteers on Page 8.

We're also pleased to announce that this summer, Senior Resources of Guilford gave away more than 250 fans to seniors who do not have access to air conditioning through our Heat Relief Program in conjunction with Duke Energy.

Thank you once again for your continued support and for being such an important part of our mission! Your generosity really makes a difference, and we're so grateful to have you with us as we work towards assisting our senior neighbors in maintaining their independence.

Until next time,

Ellen D. Whitlock
Chief Executive Officer
director@senior-resources-guilford.org

As we kick off our new 2025-2026 fiscal year, we want to take a moment to share our heartfelt thanks for the amazing support from our generous donors. Your contributions are absolutely vital to our mission and help us serve our senior neighbors in the best way possible. We are grateful to announce that we've received significant funding from these community partners who are committed to supporting community-based programs for our senior neighbors: **Lincoln Financial Foundation - \$23,000; United Way of Greater Greensboro - \$50,000; Bank of America - \$7,500; Guilford County Non-Profit Funding - \$25,000; and United Way of High Point - \$90,420.**

Evergreens Lifestyle Center 3rd Annual Silent Auction Fundraiser—THANK YOU!

We want to sincerely thank the many wonderful local businesses and individuals who donated to support the Evergreens Lifestyle Center's 3rd Annual Silent Auction! Their support helps us continue to provide more than 90 programs a month to adults 55 and over in a fun and welcoming environment!

1618 Midtown	Caribou Coffee	Gourmet Gift Baskets	Let's Roam	Pet Supplies Plus
1808 Craft & Vine	Carolina Theatre	Greenfields NY Deli	Longhorn Steakhouse	Phoenix Asian Cuisine
All Pets Considered	Chicken Salad Chick	Greensboro Grasshoppers	Lowes	Phyllis Bethea
Aqua Salon & Spa	Cozy Brew Café	Greensboro Symphony	Mad Splatter	Revive Nails & Spa
Art by TJM	Dear Dad's	Gretchen's Hallmark	Massage Envy	Rody's Tavern
Avanti Salon & Spa	East Coast Wings	Griswold Home Care	Melt Kitchen & Bar	SportClips
BarkBox	Essential Gifting	HealthTeam Advantage	My Friend Kate	Starbucks Highwoods
Bibi Nails	Fleet-Plummer	Home Depot	North Carolina Zoo	Tom & Holly Sentner
Blue Water Restaurants	Fresh Market	Jolo Winery	Nothing Bundt Cakes	Trader Joe's
Brixx Wood Fired Pizza	Gia Restaurant	Kaiser Glass Designs	Oriental Trading	Triad Funeral & Cremation
Brookdale Lawndale	Golden Wok	Kim Plum	Pastabilities	Vida Pour Tea

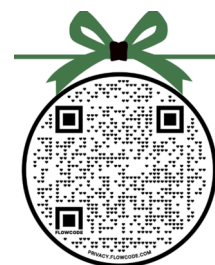
SANTA FOR SENIORS

Each holiday season, Senior Resources of Guilford accepts donations for our Santa for Seniors event, as we assemble and distribute over 900 gift bags to older adults in our programs, including Meals on Wheels, Refugee Outreach, Family Caregiver Program, and the Community Nutrition Program. You can help by dropping off new, unwrapped donations at either of our locations in Greensboro and High Point. For more information, call (336) 373-4816.

Items Needed: Blankets, hats, scarves, gloves, deodorant, hand & dish soap, lotion, body wash, shampoo, conditioner, canned foods, individually packed snacks (granola bars, chips, cookies, crackers, etc.)

Other Ways to Give: Scan the QR code to the right, or visit our Amazon Gift Registry at www.amazon.com/registries and search for Senior Resources of Guilford, type: gift list.

Make a Financial Donation: We accept cash or checks at our Greensboro location, 1401 Benjamin Parkway or via mail to PO Box 21993, Greensboro NC 27420. You can also give securely on the web at www.senior-resources-guilford.org. You may designate Santa for Seniors in the comments section.



Welcome Effie Varitimidis!



Senior Resources welcomes Effie Varitimidis as our new Director of Philanthropy. Effie will be focusing on our annual giving, major gifts, and events, and we are very excited to have her on board. She is the former Guilford County Clerk to the Board of Commissioners. She received the Order of the Long Leaf Pine; the most prestigious award presented by the Governor of NC. Effie worked for the Community Foundation of Greater Greensboro and was tasked with the two most transformative projects for Greensboro: LeBauer Park and the Steven Tanger Center for the Performing Arts. Effie also served as Director of Constituent Services for Congresswoman Kathy Manning. To contact Effie to see how you can help support our efforts, please call (336) 373-4816, extension 235 or send an email to giving@senior-resources-guilford.org.

"A Meal That Fed the Soul"

When Sandra first reached out to us, she was desperate. Over two months, she called, messaged, and emailed repeatedly—hoping to find the same support she'd received through Meals on Wheels in her previous county. She had recently moved to our area and was shocked to learn she'd be placed on a waitlist, just as her life had been turned upside down.

Evicted from her home and left with nothing, Sandra wasn't just advocating for herself—she was also caring for her older sister, Mary, who has mental and physical disabilities. With no transportation, limited kitchen access, and no stable food source, their situation was dire.



Though we had over 500 seniors already waiting for meals, our team recognized the urgency and worked to expedite their case. After nearly five months of waiting, they finally began receiving hot, nutritious meals. The impact was immediate. "Before Meals on Wheels, I pretty much only ate peanut butter and jelly," Mary said. "You get tired of that quick—and I lost more weight than I should have." Sandra added, "I don't even want to think about what we would've done if we had to wait over a year."

During an early visit, a staff member brought a few frozen meals to Sandra. She hadn't eaten a full meal in two days. Her relief was palpable. "Thank you" wasn't just a courtesy—it was a lifeline. We later found the sisters had donated a mini fridge, and the joy over being able to store milk and cereal was unforgettable.

Today, just two weeks after starting regular meal service, Sandra and Mary are transformed. They're laughing again, smiling more, and most importantly—not going hungry. "It's a great meal that feeds not just your stomach and your spirit," Mary said, "but your soul."

This is just one of many powerful stories that highlight the need in our community. While we feed over 600 Meals on Wheels clients daily, there are still far too many seniors waiting. ***Every name on our list is a person—someone's parent, sibling, friend—deserving of dignity, nourishment, and care.***

Together, with continued support, we can bring more stories like Sandra and Mary's from despair to hope.

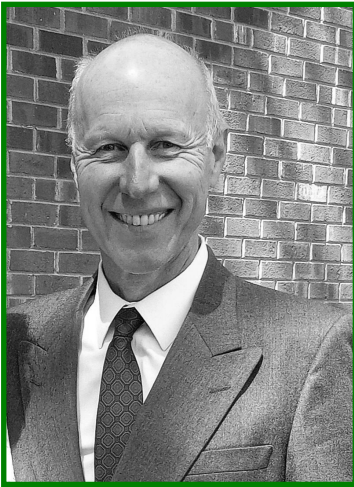
HOW YOU CAN MAKE A DIFFERENCE:

Volunteer! We are always in need of volunteers for Meals on Wheels, especially drivers! We rely on more than 70 volunteer drivers per day, and we are always in need of volunteers to assist with meal deliveries Monday through Friday. Routes can take 1-2 hours to deliver. You'll not only provide a hot meal but also a friendly face to homebound seniors. If you're interested in becoming a Meals on Wheels volunteer, contact Chandler Schmidt, Volunteer Coordinator, at (336) 373-4816, extension 284 or visit the Volunteer section of our website at <https://www.senior-resources-guilford.org/volunteer-senior-resources>.

Boomer Profile

The Good Life

Michael Kelly



Birthplace: Cornwall, NY
Current City: Oak Ridge, NC
Education: AAS in Agronomy (Cobleskill Agricultural and Technical College), BS in Agricultural Economics (Cornell University), MBA (Harvard University)

Family: My spouse Donna, two children, Justin and Grace and our first grandchild, Kymber along with my Father, sisters and many others.

Career Highlights:

After Cornell, I sold feed and animal health products for Continental Grain's Wayne Feed Division to Dairy Farmers in upstate NY. After Business School, I was hired by Ciba-Geigy to work in Switzerland in their world class Agricultural Division. Ciba-Geigy promoted me to a job in Greensboro which eventually led to becoming CFO/VP of the Novartis Animal Health Division serving pet owners and livestock farmers. I joined Piedmont Animal Health, a small local start-up, as their CFO and helped build one of the most prolific FDA product pipelines in the Industry.

Tell us about your volunteer and community service.

I grew up in a family that was involved in the community. My parents delivered Meals On Meals for years in NY State and their community service was an inspiration for me. As a result, I served as Committee Chair for the Oak Ridge Cub Scouts (Pack 130) and Boy Scouts (Troop 139). In addition, I served on the Winston-Salem NC Biotech Triad Advisory Committee and the Professionals in Transition Board for years. Over the past two years I have also joined the Senior Resources of Guilford Board as well as the Reading Connections Board, both of which are based in Greensboro.

What is the best advice you've ever received, and why?

When I was quite young and trying to convince my father to let me do something that my friends were doing he replied. "If your best friend jumped off the Hudson Bridge would you?" His query triggered me to be independent when it came to making choices, not only as a teenager but as an adult. As a note, the Hudson Bridge at Newburgh Beacon is about 140 feet above the river.

What traits do you most admire in others?

Honesty, hard work, creativity and the ability to solve problems.

Tell us about an adult who was particularly influential in your childhood, adulthood or early career.

My Mom and Dad have both had profound effects on me as parents have on all children. Wilbur Wright (co-inventor of the first plane that could fly) was once asked if he had any advice for young people in order to help them be productive in life. Wilbur's reply, "Pick good parents!" Of course we don't pick our parents but the answer was brilliant. God provided Orville and Wilbur with good parents and also blessed me with good parents. For example, when I struggled in Math, my Mom worked with me for months to improve my Math skills. In addition to a lot of valuable advice and support they also introduced me to all kinds of ways to build other competencies through 4-H and encouraged me to try anything of interest.

What has been the proudest moment of your life-- so far?

I am incredibly proud that Donna and I raised two children that are independent and we now have a grandchild.

What do you feel are the greatest challenges facing older adults today?

I see three issues that all seniors face beyond economic issues. The first is continuing to be relevant and having purpose in your life. (Volunteering is a great way to add purpose and relevance to one's life.) Although some in society might write seniors off, the reality is their skills and experience are of huge value to their families and communities. The second is continuing to learn new things and stay current. This might also mean making new friends. Finally, in order to continue to make the most of your senior years, you need to stay healthy which means exercising, stretching, and eating properly.

What life lessons do you feel are most important to teach children and young people?

Hard work is not only fulfilling and admirable, but it will allow you to achieve your dreams, both personally and professionally. In addition, two of the most important life decisions you make are who you marry and starting a family. Make sure you are ready for both events, which means you are in a position to support new family members, both financially and emotionally.

What talent (that you don't already possess) would you most like to have:

Would like to be a better mechanic.

Please leave us with your favorite quote:

A country with too little wheat has one problem. A country with too much wheat has many problems.

Senior Resources of Guilford is pleased to announce that our GAST (Geriatric/Adult Mental Health Specialty Team) program has been “rebooted” with a new name. The new program is now called HEART, which stands for North Carolina Health Education & Aging Resource Team. Julia Metcalf, a Board-Certified Psychiatric Mental Health Nurse, is the new program director for HEART.

What is HEART?

HEART provides free training, education, and consultation in Guilford County to a variety of agencies and organizations to address mental health issues related to older adults. Participants may receive 1.0 CE for every hour of training received upon request. The program began in 2003 as a result of the closing of geriatric units at state psychiatric hospitals. Many older adults with mental health issues are now living in the community in long-term care facilities and private homes. The HEART goal is to increase the community’s knowledge and understanding of the issues of mental health and substance abuse in older adults. HEART is funded by the North Carolina Department of Health and Human Services, Division of Mental Health, Developmental Disabilities, and Substance Abuse Services, and our Local Management Entity-Managed Care Organization (LME-MCO), Trillium Health Resources.



Who does HEART provide training for?

- Community agencies working with older adults
- Faith-based organizations
- Law enforcement and judicial system
- First responders
- Adult day programs
- Senior centers/programs
- Psychosocial rehabilitation centers
- Senior living locations and facilities
- Family care homes



MENTAL HEALTH ISSUES:

Ageism
Chronic Illnesses
Neuro-Cognitive Disorders
Crisis Prevention
Intellectual & Developmental Disabilities
Suicide and Older Adults
Mental Health 101

MENTAL ILLNESS:

Anxiety
Mood Disorders
Hoarding Disorder
Obsessive Compulsive Disorder
Schizophrenia
Substance Abuse Disorder

MENTAL WELLNESS:

Healthy Aging
Dealing with Stress
Caregiver Reactions

To schedule an educational presentation for your group, contact Julia Metcalf at (336) 373-4816, extension 258, or send an email to gast-rn@senior-resources-guilford.org. There is no cost for the presentation and trainings.

Age-Friendly Guilford Participates in the Annual Walk to the Store Event



Photo courtesy of Greater High Point Food Alliance

Robert Gerken, Guilford County's Age-Friendly Coordinator, shares some personal reflections from the Greater High Point Food Alliance's Walk to the Store Day event held on Friday, July 18, 2025.

"The purpose of this event was to raise awareness about the challenges faced by individuals living in food deserts—areas defined by the USDA as low-income communities where at least 33% of residents live more than a mile from a full-service grocery store. This walk offered community leaders a chance to experience firsthand the physical and logistical difficulties many of our neighbors face just to access healthy food.

We began our walk at West End Ministries on W. English Road and traveled 1.9 miles to the Food Lion at 2200 Westchester Drive in High Point. Each participant carried two bags of groceries. Each of my own bags included:

- Four 16-ounce cans
- One 24-ounce can
- Two 16-ounce bags of beans/rice
- One box of dried cereal

While the weight—about five pounds in each hand—seemed manageable at first, the 85-degree sunny morning made the walk more challenging than expected. It prompted important questions: How would someone carry additional groceries, perishables, paper goods, or bottled water? What if they had children with them or mobility issues? Sidewalks were also unavailable during portions of the walk."

Possible Community Solutions:

- Community Gardens Provides fresh, local food and empowers residents
- Mobile Markets Increases access in areas without stores
- Food Education and Cooking Classes Builds lifelong skills and healthier habits

Things to Reflect Upon:

- What food access challenges have you seen or experienced in your community?
- Which solution(s) from the list above, or your own, do you think could have the most impact?
- Who in your community could be a good partner in implementing these ideas?



Bob says, "This experience deepened my understanding of the daily struggles faced by many in our community and reinforced the importance of improving access to nutritious food for all. I look forward to continuing the conversation around food access and participating in future Walk to the Store events in Guilford County."

Age-Friendly Communities Are Livable for People of All Ages.

To learn more about Age-Friendly Guilford email Robert Gerken, Guilford County's Age Friendly Coordinator, at agefriendlyguilford@senior-resources-guilford.org or call (336) 373-4816, extension 252.

Volunteer Appreciation Luncheons



Senior Resources of Guilford was proud and honored to host our first annual High Point Volunteer Luncheon at St. Mary's Episcopal Church Community Life Center earlier this summer, a special event dedicated to recognizing and celebrating the incredible contributions of more than 125 devoted volunteers. Through our partnership with Mobile Meals of High Point, we have been able to serve close to 100 additional clients every day as we have added their clients to our cohort of recipients. Currently, we are serving 200 seniors in the Greater High Point area. This gathering was a heartfelt expression of our gratitude for the time, energy, and compassion our volunteers pour into serving the community as well as a time for us to reflect on the past year's partnership and recognize all of the hard work that the Mobile Meals of High Point leaders put in behind the scenes to help us ensure a successful transition in operations.

In addition to Meals on Wheels, we were thrilled to have outstanding representation from some of our cornerstone programs, including Senior Wheels Transportation and the Seniors' Health Insurance Information Program (SHIIP). These dedicated individuals play an essential role in helping us fulfill our mission of supporting the well-being and independence of older adults in the High Point area.

In August, SRG staff and board members took time at the Annual Greensboro Volunteer Appreciation Luncheon at Christ United Methodist Church to thank nearly 200 of volunteers who help us keep things running smoothly across several of our programs, including those mentioned above, as well as the Volunteer Income Tax Assistance program, Nutrition Department Clerical volunteers, and the Evergreens Lifestyle Center.

Each day, our volunteers provide vital assistance that improves the lives of seniors across our community. Whether they are delivering hot nutritious meals to homebound individuals, offering rides to critical medical appointments, or helping older adults navigate the complexities of Medicare, their impact is both meaningful and far-reaching.

Their selflessness, commitment, and spirit of service are the backbone of our programs and a testament to what can be achieved when a community comes together for a greater good. We are truly grateful for each and every volunteer who continues to make a difference in the lives of Guilford County's senior citizens.

