



WINTER 2026

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 or send an email to tina.wilkins@senior-resources-guilford.org.

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

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Please consider making a secure online donation: www-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.

A Message from the CEO

Dear Friends,

It's hard to believe another year has passed and we are into 2026. We have much to be grateful for due to the many supporters of our mission at Senior Resources of Guilford. Your desire to help our senior neighbors in need is truly touching.

Thanks to the incredible generosity of our caring community, Santa for Seniors 2025 was extremely successful. We distributed much-needed basic items such as blankets, socks, snacks, canned food, toiletries, and more to over 800 seniors in our programs.

Our next major event will be in March for the End the Wait drive. In conjunction with the efforts Meals on Wheels America, we will aim to increase service to the number of homebound seniors in Guilford County who need a hot meal delivered to them daily. Hunger and malnutrition are pressing problems across the country, and touches people of all ages. Older adults can have a much more difficult time when they face significant obstacles such as food access, mobility, and meal preparation. The meals delivered by Senior Resources volunteers are often the primary or even sole source of sustenance for these homebound seniors, and we have many more seniors on our inquiry list for Meals on Wheels. We are proud to be a 2026 Meals on Wheels America member partner. Read more about End the Wait and how you can get involved on Page 4.

We re inviting supporters to consider joining Senior Resources of Guilford's Emerald Society by making an unrestricted gift to our agency which will support all 17 programs that we offer. More information about the Emerald Society is on page 3.

Aging in place is an issue that older adults are facing more than ever in our country. Age Friendly Guilford offers guidance and tips for successfully aging in place on page 7. We invite you to join one of our task forces as we work to ensure Guilford County is a great place to age.

We want to thank all the supporters, volunteers, and staff of Senior Resources of Guilford for their tireless dedication to improving the lives of all of our senior neighbors in Guilford County. We are grateful to all for their spirit of giving back throughout the year. In a year defined by uncertainty, we are grateful to those who dug deep and demonstrated a resilience of hope and humanity for our seniors. Thanks for all your support in 2025, and here's to a healthy and prosperous 2026 for you and your loved ones.

Until next time,

Ellen D. Whitlock
Chief Executive Officer
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“It’s about advocacy, resources, and volunteerism--all three components designed to raise awareness, resources, and volunteer support to help end the wait for meals for as many seniors in our community as possible,” says Alison Little, Senior Resources of Guilford’s Director of Nutrition Services, when asked about Meals on Wheels of America’s “End the Wait” Initiative. For more than 20 years, the Meals on Wheels network has claimed the month of March as its time to join forces to strengthen the impact of its efforts in providing nutrition to homebound seniors. Formerly called “March for Meals,” the initiative is now called “End the Wait.” It’s more important than ever to celebrate the power and importance of Meals on Wheels amid historic inflation, a growing number of seniors in need of assistance, and other challenges.

According to recent data from the USDA and Feeding America, approximately 7 to 8 million American seniors aged 60 and older face food insecurity each year. Many of those seniors are homebound, and that’s where Meals on Wheels comes in, providing a hot meal and a friendly face. Meals on Wheels is more than a meal. It provides a connection to the community for seniors experiencing isolation and loneliness.

Some groups of seniors are at higher risk of hunger in the United States. These include:

Disability: Seniors with a disability are **twice as likely** to be food insecure compared to those without a disability.

Grandparents as Caregivers: Seniors living with grandchildren are **twice as likely** to face hunger, often because they prioritize the children’s nutritional needs over their own.

Race and ethnicity: Black and Latino seniors experience food insecurity at rates **2.7 times higher** than White seniors.

Living Alone: Approximately **11%** of seniors living alone struggle to afford enough food.

Another issue that affects senior food insecurity is the “**Philanthropic Gap.**” Sadly, only **1%** of all philanthropic giving in the U.S. currently goes toward senior-specific causes.

We know from our research that Senior Resources of Guilford’s Meals on Wheels program is effective. Our 2024-2025 Nutrition Impact Survey conducted with our Meals on Wheels participants revealed that 89% of recipients reported that they are less hungry throughout the day due to their participation in Meals on Wheels. 86% of clients indicated that their health and lifestyle has improved since receiving Meals on Wheels and 84% are able to live more independently while remaining in their own residence. Our overall goal is to ensure that the first time a senior asks for help is the last time they have to worry about where their next meal is coming from.

How You Can Help “End the Wait”

Be a “Community Champion” - We are looking for Community Champions to deliver with us all throughout the month of March. We would love to have civic and business groups participate and share their experience delivering Meals on Wheels with their circles. Alison Little and Chandler Schmidt, Volunteer Coordinator, are available to speak with groups about meal delivering opportunities.

Help bridge the “philanthropy gap” and consider making a donation to Senior Resources of Guilford. You can donate by mail, in person, or securely online at <https://www.senior-resources-guilford.org/donate>

Advocate in your community for the benefit of all our senior neighbors.

For more information on how you can get involved, contact Alison Little, Director of Nutrition Services, at (336) 373-4816, extension 243, or send an email to MOWCoord@senior-resources-guilford.org.

Together...we can End the Wait!



Fall Kickoff Event

The Board of Directors of Senior Resources of Guilford hosted its first annual Fall Kickoff Event on November 12 at the O'Henry Hotel. Guests enjoyed hors d'oeuvres and cocktails while learning about the 17 programs that Senior Resources of Guilford offers to older adults in our area.



Ann & Frank Johns



Haynes & Ginger Griffin



Jeff & Shelley Segal



Pam & David Sprinkle



Milton Kern, Patty Aiken, & Dawne Ilderton



Anna Dell & Dr. Walter Pharr



Erica Herman, Mebane Ham, & Katie Crow

Join the Emerald Society

We invite you to consider joining our Emerald Society by making a \$1,000 unrestricted gift to Senior Resources of Guilford's Annual Giving Campaign.

Your membership in the Emerald Society reflects your significant and ongoing support, and we look forward to honoring your contributions as part of this distinguished group. Your participation will ensure an invitation for you and a guest to our Annual Giving Campaign Event in the Fall and other dedicated events throughout the year, including our Annual Spring Luncheon. You will also receive recognition in our newsletter and on our website unless you choose to remain anonymous.

Membership in the Emerald Society not only recognizes your generosity but also empowers us to sustain important programs that enable seniors to remain active, independent, and connected, helping to reduce isolation as they age in place. We have seventeen vital programs benefiting seniors' independence throughout Guilford County. The sustainability and future of our programs depend on committed donors. For more information, contact Effie Varitimidis, Director of Philanthropy at Senior Resources of Guilford, (336) 373-4816, extension 235 or send an email to giving@senior-resources-guilford.org.

SENIOR RESOURCES OF GUILFORD



EMERALD SOCIETY

Boomer Profile

The Good Life

Mark Hensley



Employment: AARP NC, Triad Region, Associate State Director. Before joining the AARP team in 2018, he worked at the local, regional, and state levels in the field of aging across the state.

Birthplace: Marion, NC

Current City: Greensboro, NC

Education: Master of Arts degree from Appalachian State University and is a graduate of Class #28 with Leadership North Carolina.

Family: daughter, husband Paul.

Career Highlights:

Associate State Director for Community Outreach and Advocacy Triad Region with AARP North Carolina. Prior to joining the AARP team in 2018, Mark was the Dementia Services Coordinator for the NC Department of Health and Human Services, Division of Aging and Adult Service

Tell us about your volunteer and community service.

My volunteer work has centered on supporting nonprofit organizations whose missions align closely with my personal values and passions. One of the most meaningful experiences has been delivering meals to homebound older adults. This simple act of service is both grounding and eye-opening, offering a direct understanding of the challenges many seniors face every day. I also serve on several nonprofit boards, including the Crape Myrtle Festival, Adult Children of Aging Parents (ACAP), and the Triad Retirement Living Association (TRLA), among others. While living in Raleigh, I also served on the annual Gala fundraising committee for Meals on Wheels of Wake County.

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

Always dress the part! You only get one chance at a first impression. How you dress reflects you as a professional. I remember this advice every time I look in the mirror before heading out the door for my work day.

What trait do you most admire in others?

I most admire honesty, reliability, and compassion. These traits form the foundation of trust and meaningful relationships.

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

There are so many over the years. Probably the best was my accounting instructor when I attended McDowell Technical Community College. I was about to finish my 2-year degree in accounting around 1991. My instructor pulled me aside and encouraged me to transfer to Appalachian State University into a new program created for students with an Associates Degree to

transfer into a Bachelor's Degree program seamlessly. He went on to help me apply for the program and get the courage to leave my hometown. He truly changed my life with higher education. I came from a poor family who all worked in cotton mills. He saw something in me that I didn't see in myself. Several years ago, I heard his health was declining and I wrote him a thank you letter because he changed my life. After he passed away, his widow wrote me and thanked me for making him smile before he passed away.

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

One of the greatest sources of pride in my life is my daughter. Watching her grow into the remarkable woman she is today has been my most fulfilling accomplishment. She is dedicated, compassionate, and professionally successful—qualities that reflect her servant's heart. She has served as an elementary school teacher and now works as a curriculum coach. She is also a Principal Fellow and is pursuing her second master's degree as she works toward becoming a school principal. Her achievements and character continually inspire me.

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

Isolation is, in my view, the most significant challenge facing older adults. Too often they are overlooked, and many struggle to balance their desire for independence with the difficulty of asking for help. By the time they reach out, their needs are often urgent. This is why I support organizations such as Senior Resources of Guilford, Caregiver Connect, Inc., ACAP, and others. These organizations serve as critical safety nets for individuals who fall through the gaps of our deeply flawed system of support for older adults and their unpaid care partners.

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

Financial literacy—starting with something as basic as how to manage a checking account—is one of the most essential life skills we can teach young people. While academic subjects and extracurricular activities have tremendous value, every individual, regardless of their path in life, benefits from learning how to manage money responsibly. These practical skills form the foundation for long-term independence and stability.

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

I wish I possessed a stronger creative instinct. I work alongside incredibly talented individuals who elevate events and projects with their creativity, transforming good ideas into exceptional outcomes. While I consistently produce strong, effective events, those with a natural creative flair have a unique ability to take things to the next level. My spouse has this gift, and I deeply admire it. I often find myself wishing for more of that creative spark.

Please leave us with your favorite quote:

"The human contribution is the essential ingredient. It is only in the giving of oneself to others that we truly live." Dr. Ethel Percy Andrus, Founder, AARP

Is It a Cold, the Flu or COVID-19?

With the flu season in full swing, it's important to be aware of the differences between a cold, the flu, and COVID-19. Use this chart below to assess your symptoms and help determine which illness you have. Remember, symptoms can vary widely with each of these illnesses. Be sure to check with your health care professional as soon as you start to show symptoms. Here are some tips to avoid illness, and to avoid spreading illness if you are sick.

- Wash your hands frequently, especially after being out in public.
- Get vaccinated, especially if you are over 65 or have chronic illnesses such as diabetes or heart conditions.
- Cover coughs and sneezes. Use a tissue or your sleeve when you cough or sneeze to prevent the spread of germs.
- Clean and disinfect surfaces such as doorknobs and fixtures regularly.
- Boost your immune system with a healthy diet and regular exercise.
- Avoid close contact and crowded places, especially during flu season.
- If you're sick, stay home to avoid infecting others. You should only return after you have been fever-free for 24 hours without the use of fever-reducing medications.

SYMPTOMS	COLD	FLU	CORONAVIRUS (can range from mild to serious)
 Fever	Rare	High (100-102 F) Can last 3-4 days	Common
 Headache	Rare	Intense	Can be present
 General Aches & Pains	Slight	Usual, often severe	Can be present
 Fatigue, Weakness	Mild	Intense, can last up to 2-3 weeks	Can be present
 Extreme Exhaustion	Never	Usual (starts early)	Can be present
 Stuffy Nose	Common	Sometimes	Has been reported
 Sneezing	Usual	Sometimes	Has been reported
 Sore Throat	Common	Common	Has been reported
 Coughing	Mild to moderate	Common, can become severe	Common
 Shortness of Breath	Rare	Rare	In more serious infections



In Memory—Chris Mitchell McFayden

In December, 2025, Senior Resources of Guilford sadly lost our former Integrative Services Director, Chris Mitchell-McFayden, after a short illness. Chris left the agency in the early fall due to his declining health. Chris headed our SHIIP (State Health Insurance Assistance Program) and our Senior Line. In this role, he found deep fulfillment helping seniors navigate local resources, healthcare and Medicare benefits with empathy and dedication.

Chris was known for his quiet strength and wry sense of humor. He was also a great cook and often brought food for staff functions and participants at the Evergreens Lifestyle Center, where a celebration of life was held for him in January.

The Importance of Preparing for Aging-in-Place

What is Aging-in-Place?

Aging-in-Place (AIP) means remaining independent and comfortable in your home and community as you age. “Home” can be a residence you own, rent, or share with others. Like most older Americans, you may plan to live in your current home for as long as possible. This often feels like a natural choice—you’ve invested time and money in your living space and built countless memories there. Home connects us to loved ones and gives us a sense of belonging in our community.



However, as we age, our abilities and needs inevitably change. Too often, people face sudden, stressful decisions about where and how to live after an unexpected event. Taking time now to learn about your options and plan ahead can help you make better choices and maintain control later. A huge part of aging well, in a chosen community, is thoroughly considering some challenging questions beyond housing, for example: health and well-being, finances, transportation, and social relationships.

Most older Americans believe they will be able to manage changes that may occur in their health, well-being and finances. Approximately 70% will require help with their care at some point.

Why Plan Ahead?

Thinking about your current and future needs—and preparing for changes—can help you stay independent at home. This may include home modifications, budgeting for support services, and considering health and mobility needs.

Start with Reflection and Conversation.

Deciding where and how to age in place works best as part of a thoughtful process. Begin by asking yourself:

- Would you prefer to stay in your current home, move within your community, or relocate entirely?
- Does your budget align with your goals?

Once you have a clearer picture of your priorities and resources, you can create a plan around the critical elements of aging-in-place.

The Bottom Line

Planning ahead isn't just practical—it's empowering. By taking steps now, you can preserve independence, reduce stress, and ensure your home remains a safe, comfortable place for years to come.

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.



Staff News

The Good Life



Alison Little, Nutrition Services Director

Alison Little has been promoted to Nutrition Services Director. She has been with Senior Resources since 2024 when she started as our Volunteer Coordinator. Alison began her professional career as a social worker at The Evergreens Nursing Center after graduating from Appalachian State University. Most recently, Alison was the Education Coordinator for the Center for Visual Artists in downtown Greensboro. She was delighted to return to one of her first loves—working with the senior population—at Senior Resources of Guilford in May 2024. She and her husband are parents to 5 children ranging in age from 11 to 26 years old. Her background includes years volunteering with Scouting, working as an educator, and serving in various officer roles for the PTA. In her spare time, she enjoys reading and spending time playing board games with friends and family.



Ashley Therrell, Assistant Nutrition Services Director

Ashley Therrell has been promoted to Assistant Nutrition Services Director. Ashley has been with Senior Resources since 2023 when she started as Nutrition Services Specialist. She is a Guilford County native, and graduated from Lenoir-Rhyne University with a BS in Exercise Science and she obtained an MS in Sports Management from Western Carolina University. She has a very close-knit family and a fiancé who, along with her cats, are her favorite people to be around. In her spare time, Ashley loves taking walks and reading.



McKenzie Everhart, High Point Meals on Wheels Coordinator

McKenzie Everhart has joined us as our High Point Meals on Wheels Coordinator. She earned her Bachelors in Social Work from Winston-Salem State University. She was formerly a Child Protective Services Investigator with the Forsyth County Department of Social Services. Her passion for working with older adults was inspired by her aunt, who serves as Director of Senior Services in Lexington. A fun fact about McKenzie—she is a triplet! When she's not working, McKenzie loves pineapples, adores cats, and brings warmth, curiosity, and dedication into everything she does.



Keith Slade, Jr., Supportive Services Coordinator

Keith Slade, Jr., has joined us as our Supportive Services Coordinator, where he will oversee our Volunteer Income Tax Assistance (VITA) and Seniors Health Insurance Information Program (SHIIP). Keith is a graduate of UNC-Chapel Hill and earned a Bachelor of Business Administration and Paralegal Certificate. He is a Certified Master Life Coach and a Mental Health Paraprofessional. He has previous experience as an account manager for a fortune 500 company, Level II Supervisor for specialty teams, and a Director for a Mental Health Agency. Keith is the father of one son, and a caretaker for his 90-year old grandmother.



Emily Saine, Integrated Services Director

Emily Saine is Senior Resources of Guilford's new Integrated Services Director managing the SeniorLine. She formerly worked for Second Harvest Food Bank of Northwestern North Carolina, where she helped source millions of pounds of food across 18 counties in NC for food pantries. Emily graduated from UNCG with a degree in Sustainable Tourism and Hospitality and a Master's in Public Affairs and Nonprofit Management. Working in nonprofits for over a decade, she also helped to create the Spartan Open Pantry on UNCG's campus. In her spare time, she loves to do everything from crocheting, jewelry making, singing, gardening, to spending time with her husband Andrew and their Labradoodle and Bernedoodle Ruthie and Newton.



Allison Jehlicka, Activities Assistant

Allison Jehlicka has joined us as the Activities Assistant in the Evergreens Lifestyle Center. Allison has an Associates degree in photojournalism from Randolph Community College, and a Bachelor of Arts in Sociology from UNCG. She has worked as a professional photographer and in non-profits for most of her career, and she was a stay-at-home mom for the last 12 years. She and her husband have two children as well as a dog, Bagel, and three cats, Fluffy, Pidgeon, and Bear. In her spare time she loves to travel, especially to the North Carolina mountains, and she loves photographing flowers.