



SUMMER 2025

The Good Life

Promoting Independence for Seniors & Baby Boomers in Guilford County



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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.

Senior Resources of Guilford is a 2024-2025 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



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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
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A Message from the CEO

Dear Friends,

Summer is rapidly approaching here, and Senior Resources of Guilford has been very busy providing services to many of our senior neighbors and their families who call Guilford County home.

In this issue of The Good Life, we honor Phat Pham, who retired from Senior Resources of Guilford after 18 years of service. Phat was an integral part of building our Refugee Outreach Program and his service to Senior Resources is deeply appreciated. The agency recently honored his service and you can read more about his contributions on page 4.

Age-Friendly Guilford continues to be a focus of Senior Resources of Guilford along with other community organizations dedicated to improving the quality of life for our citizens. Guilford County has more than 94,000 people over the age of 65 currently, which is why it is so important to make our community more livable for all of our fellow residents.

In 2024, Meals on Wheels served more than 130,000 meals to homebound seniors across Guilford County as we grew our services into High Point with our partnership with Mobile Meals of High Point. See Page 6 for a complete recap of the Meals on Wheels impact for the past year, as well as our impact in several other programs of Senior Resources of Guilford, including Senior Line, Foster Grandparents, Senior Health Insurance Information Program (SHIIP), and the Evergreens Lifestyle Center.

Senior Resources of Guilford's volunteers and staff work hard to provide services to seniors in our area—seniors who are our friends, parents, grandparents, and neighbors. We hope you will continue with us on this journey to enhance independence and quality of life for older adults in Guilford County. Your gifts of time and talents are greatly appreciated and make a huge difference.

Gratefully,

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

We are thrilled to report that 2025 has begun exceptionally well for Senior Resources of Guilford, and we are continually inspired by the incredible support our community has shown through their generosity. It is with great excitement that we announce a significant commitment of \$90,000 over three years from The Earl & Kathryn Congdon Family Foundation. This funding will support our High Point Meals on Wheels program as we continue to serve our growing High Point cohort following our partnership with Mobile Meals of High Point.

Additionally, through a collaboration and support from The Cone Health Foundation, The Community Foundation of Greater Greensboro, The Foundation for a Healthy High Point, and The Greater High Point Food Alliance, we are thrilled to announce our new medically tailored meal project, which has allowed us to purchase a new vehicle set to arrive within the next 60 days. This initiative is particularly important as it will allow us to serve a new cohort of clients who require medically appropriate meals, ensuring that their specific dietary needs are met.

In addition to this wonderful news, we are delighted to share the success of our recent annual Spring Luncheon fundraiser, held on April 10th at the Greensboro Country Club. We welcomed 120 friends and supporters to this event, which resulted in nearly \$40,000 in donations and commitments. We extend our heartfelt gratitude to everyone who attended and contributed to the success of the luncheon, with special thanks to Griswold Home Care, who served as our Premier sponsor this year. Their support, along with that of our attendees, plays a crucial role in enabling us to continue our mission of serving seniors in our community.

As we look ahead to the summer months, we are actively exploring additional ways to expand our services and better support our senior neighbors in Guilford County. We recognize that the needs of our seniors are ever-growing, and we are committed to meeting those needs with compassion and dedication.

I encourage each of you to consider making a charitable donation to support our efforts. You can easily contribute through the online giving tab on our website or by mailing a check to PO Box 21993, Greensboro, NC 27420. Every contribution, no matter the size, makes a meaningful difference in the lives of the seniors we serve. Thank you for your continued support and for being a vital part of our mission! Together, we can ensure that our senior community receives the care and resources they deserve.



Dallas Weaver
Chief Operating Officer



Scan the QR Code to make a secure donation to
Senior Resources of Guilford



Honoring Phat Pham

Phat Pham, Senior Resources of Guilford's Vietnamese Refugee Coordinator recently retired from Senior Resources of Guilford after 18 years. Phat tirelessly shaped our Refugee Outreach program during his years at SRG. Phat is a refugee himself, and has for many years been a citizen of the United States. We estimated that more than 100 other aging refugees from Vietnam found welcoming and pioneering help from Phat Pham who lit the pathway to their citizenship.



Phat Pham
by Peter Lindsay
2024

Achieving citizenship is challenging for refugees for whom English is a foreign language, especially aging refugees. Phat emerged as the face of Senior Resources of Guilford, guiding innumerable others who followed his experience coming to the United States after the war.

Our Refugee Outreach program relied heavily on Phat Pham, and he and Peter Lindsay developed a vision for helping aging refugees to learn English and civics as they pursue citizenship. Phat and Peter have advocated for refugees and cooperatively cared for the welfare of so many late-in-life refugees who have resettled in Guilford County.

In tribute to Phat, Peter painted Phat's portrait which we framed and proudly display on the upper level of our administrative building. The painting is inscribed with words highlighting 18 years at SRG and the legacy that Phat Pham left not only here but as an officer in the Vietnamese Air Force who was deeply allied with American airmen during years of combat. The inscription also says that Phat is beloved. He is, and we appreciate his efforts as well as Peter's gift of Phat's portrait.

Larry Kirwan, Rural Outreach Coordinator...and Actor!

Senior Resources of Guilford's Rural Outreach Coordinator Larry Kirwan has been acting since he was 14 when he started in children's theatre. "About 2014 I started looking for professional acting work, and now I work pretty steadily, doing a few plays a year. Since 2014, he has acted in more than 30 theatre productions and Larry also won the Best Actor award in the Greensboro 48-Hour Film Project for 2020's film, "Reboot". His last production was in "Holmes & Watson: The Game's Afoot" at the Barn Dinner Theater. In that production, he played 3 different characters, including Watson, the villain Charles Milverton, and the comical Lord Saint Simon. He is going to appear next in the gospel musical comedy "Riverside Second Chance Choir" at the Barn Dinner Theatre. Larry is also currently involved with Carolina Shakespeare in the Classroom program. In that capacity, he will be working to bring excerpts from Shakespeare's plays to middle- to high-school students in the Triangle area. Larry's favorite roles include playing Uncle Fester in the Addams Family musical, and King Lear. He has also participated in film projects with the North Carolina School of the Arts. Larry says he is best at character acting, and he shared that rehearsals can take anywhere from 3 weeks to 3 months before the curtain goes up! Larry is also an accomplished hammered dulcimer player, having played since 1991. He has played 2 concerts for participants at the Evergreens Lifestyle Center, and played a concert before being hired at Senior Resources for the Rural Outreach luncheon. Larry plays hammered dulcimer every Sunday from 9am-10:30am at Tate Street Coffee House. In addition to Larry's creative endeavors, he is also a caregiver for his mother.



Boomer Profile

The Good Life

Gary Steeley



Birthplace: London, England

Current City: Greensboro, NC

Education: BA Purdue

University, JD Seattle

University, MPA UNCG

Family: Laura Chesak, wife

Career Highlights:

- 1987 – 1992: Officer in the US Army – served in Desert Storm with the 82nd Airborne Division

- 1994-2000: IT Director for the Piedmont Triad Regional Council

Please tell us about your volunteer and community service.

I volunteer with Meals on Wheels and serve as a SHIP Medicare counselor for Senior Resources of Guilford. I have always believed strongly in service to my country and community and that drove my career choices throughout my life. Volunteering with Senior Resources of Guilford is just a continuation of this belief.

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

"Do what you're afraid to do" I have learned over the years that you have to get out of your comfort zone if you want to develop, either personally or professionally. I wouldn't be where I am now if I hadn't asked Laura out on a date, or made the decision to go to Airborne school and jump out of airplanes, or go into the completely new (to me) field of computers and networking. Each step into the unknown gave me the courage to take further steps.

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

Matthew Dolge, Director of the Piedmont Triad Regional Council. He taught me that you can be a decisive leader without losing your compassion for others.

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

Standing in formation on Green Ramp at Fort Bragg after returning from Iraq in 1991. Going to war pushed us to the limit, and being able to meet the challenge was extremely satisfying, both personally and professionally.

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

Social isolation is a huge problem. Lack of mobility results in people stuck in their houses with little to no contact with human contact. Being able to afford health care is a huge problem for many older adults.

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

Kids need to learn that the world is very diverse and that differences are to be valued, not attacked. Being able to discern truth from disinformation is a vital skill in today's social media environment, and learning basic financial skills is a must.

What traits do you most admire in others?

Personal traits such as honesty, understanding, compassion, loyalty, and open mindedness are the traits I admire the most.

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

I have always wanted to be able to bake a great loaf of bread. I enjoy food and admire those who are good at preparing it.

Please leave us with your favorite quote:

"Opportunity is missed by most people because it is dressed in overalls and looks like work." —Thomas Edison

In 2024, Senior Resources of Guilford touched many lives providing our services across Guilford County. Here's a look at what some of our programs were able to do with your support!

Meals on Wheels



859
Clients



130,464
meals
delivered



10,995
routes
driven



45
pets served



2,500
pet meals
delivered



344
Thanksgiving
meals
delivered



851 Santa for
Seniors bags
gifted



324 Christmas
Day meals
delivered

SeniorLine



5,735 Callers Assisted
with Resources

Foster Grandparents



56 Foster Grandparents
301 Students Served
44,270 Volunteer Hours Served

Rural Outreach



209 Rural Clients
Served

Seniors Health Insurance Information Program (SHIIP)



222 Clients Served
\$25,488 saved for clients through
SHIIP counseling

Evergreens Lifestyle Center



417 Participants
Served



70 Unique Programs
Offered

We need you! If you would like to volunteer with Senior Resources of Guilford, contact Chandler Schmidt at (336) 373-4816, extension 243 or send an email to volcoord@senior-resources-guilford.org. You can also find our Volunteer Application online at www.senior-resources-guilford.org/volunteer-senior-resources.

In 10 years, older adults in North Carolina are going to outnumber the number of folks that are under the age of 18. That is already happening in many of our counties, particularly our rural counties. Over eighty North Carolina counties already have more people over the age of 60 than under the age of 18. Guilford County has approximately 110,000 residents under the age of 18 and approximately 94,000 over the age of 65.

The 80-plus population will continue to skyrocket in North Carolina. People in that age group are the ones that are going to need services and more support. Most of them are going to want to age in their homes. Hopefully, our communities will strive to have a good, continuous service of care so they can support people and their families by expanding the availability of support and services.



Guilford County has committed to become more age-friendly under the criteria established by AARP and has been accepted as a member of The AARP Network of Age-Friendly States and Communities. **Age-Friendly Guilford** is one of twenty-two counties and communities that have been designated as Age-Friendly in North Carolina. The State of North Carolina is also designated as an Age-Friendly State. There are over 900 Age-Friendly States and Communities across the United States.

Age-Friendly Guilford Leads Walk Audit in Southwest High Point

Age-Friendly Guilford, in partnership with Senior Resources of Guilford, recently led a successful Walk Audit in Southwest High Point. The audit focused on identifying pedestrian safety issues in a neighborhood where many residents lack access to a vehicle.

The initiative highlighted challenges such as uneven sidewalks and limited safe access to local parks. The aim is to spark improvements in walkability and community connectivity.



View of Crosswalk to Transit Stop



View of Bicentennial Greenway

Building on this momentum, discussions are currently underway to expand Walk Audits to other areas, including Jamestown and Greensboro, as part of a broader effort to enhance age-friendly infrastructure across 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.

Meals on Wheels “End The Wait” Initiative



The annual End the Wait (formerly March for Meals) celebration commemorates the historic day on March 22, 1972, when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This year, Meals on Wheels programs from across the country joined forces for the awareness campaign to garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come. This year, Senior Resources of Guilford was incredibly fortunate to have community champions like those from Lincoln Financial, pictured here, as well as the Greensboro Chief of Police, firefighters, elected officials, school board members and others volunteering for our End the Wait initiative. Each of these volunteers who delivered meals helped homebound older adults in Guilford County have a nutritious meal and the warmth of a friendly face.

Welcome New Employees



Denise Handon, VITA Coordinator

Denise Handon joins SRG as the Volunteer Income Tax Assistance (VITA) Coordinator. She recently relocated back to Greensboro from Atlanta. After 40 plus years in the banking industry she decided in 2024 to retire and shift careers. Denise has 2 children, and says both are her pride and joy. Also, she is a CODA (Child of Deaf Adults). Her first language is Sign Language. Both her parents and son are deaf. She grew up in a home of deaf advocates and has been involved in deaf advocacy her entire life. She loves to travel and not just visit but experience the culture of different countries.



Chandler Schmidt, Volunteer Coordinator

Chandler Schmidt joins SRG as the Volunteer Coordinator. She and her husband have two wonderful daughters and three energetic fur babies who keep them on their toes! Before joining SRG, Chandler worked at a paint-your-own-pottery studio in Maryland. After relocating to Greensboro, she had the opportunity to drive Meals on Wheels trucks in High Point, where she delivered between 50-60 meals daily. In her free time, Chandler loves getting lost in a good book, cross-stitching, and exploring anything that lets her express her creativity.