



WINTER 2022

The Good Life

Promoting Independence for Seniors & Baby Boomers in Guilford County



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 in your will.

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Welcome New Employees!

Tina Oliver Volunteer Coordinator

We welcome Tina Oliver as our new Volunteer Coordinator. Tina formerly worked as an activities director at an assisted living facility and as the Volunteer Coordinator for Triad Adult and Pediatric Medicine before leaving to manage a family business. Tina is active as a volunteer, devoting time to an animal rescue organization and to a local food pantry. She graduated from UNC-Greensboro with a BS in Community Health Education and is a Greensboro native. Tina enjoys running, yard projects, and watching documentaries with her husband.



Courtney Lake Nutrition Services Director

Courtney Lake joins us as our new Nutrition Services Director.

Courtney hails from south New Jersey, and came to this area to attend High Point University, where she earned a BA in exercise science. She also holds a masters in public health from Liberty University.

Courtney loves cooking, reading, and walking her two Red Tick Hound dogs. She also loves doing “DIY” projects around her home.



Naaliah Askia-Green Meals on Wheels Coordinator

Naaliah Askia-Green joins us as Meals on Wheels Coordinator. She earned a B.A. in Psychology with a minor in Global Studies from Bennett College. Naaliah is originally from Boston, but spent her youth in Rocky Mount, NC before coming to Greensboro. Naaliah is an only child, niece, and grandchild. She lives with her dog, Princess Star. She is a multifaceted artist and loves photography. Naaliah also has a quaint collection of ukuleles and vintage film cameras!



Evergreens Lifestyle Center Director Honored

The Triad Retirement Living Association recently honored Julie Silverman, MSW, Evergreens Lifestyle Center Director, with the Excellence in Caregiving Award in the Professional Division for her service to seniors at the Evergreens Lifestyle Center.

The Evergreens Lifestyle Center is recognized as a Senior Center of Excellence by the North Carolina Division of Aging and Adult Services.

Under Julie’s direction, Evergreens Lifestyle Center offers a myriad of programs for active seniors 55 and up, including:

- Exercise classes including Better Balance, Adding Health to Our Years, Chair Yoga, Tai Chi, Belly Dancing, Cardio Drumming, and Zumba
- Arts and crafts
- Technology classes and 1-on-1 technology sessions
- Movies
- Book Clubs
- Virtual Reality
- Bingo and Games
- Lending Library
- Special events and opportunities for socialization

The Evergreens Lifestyle Center is located on the lower level of Senior Resources of Guilford at 1401 Benjamin Parkway. We welcome you to drop by and have a tour. Visit Evergreens’ website at: www.senior-resources-guilford.org/evergreens-lifestyle-center

Congratulations, Julie!





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 festive holiday season is here, a season of joy, cheer, thanksgiving, and good will towards others.

2022 marks our 45th year of service to our Guilford County senior neighbors and their families. During that time, we have touched the lives of thousands of our seniors through the diverse programs we offer: Meals on Wheels, Community Nutrition, Rural Outreach, Refugee Outreach, Foster Grandparents, Grandparents Raising Grandchildren Support Group, SeniorLine, Senior Wheels, Family Caregiver Support Group, Senior Health Insurance Information Program, Evergreens Lifestyle Center, and GAST, which is highlighted in this newsletter. In addition we serve our refugee senior community and offer programs in the rural areas of our county.

This past year brought many challenges and opportunities as we continued to recover from the pandemic. Many of our neighbors and friends' lives have changed dramatically during the past two years. Loved ones have been lost. Economic disparity has grown, putting many seniors in a precarious position with fixed incomes and higher food and drug prices. Senior Resources has experienced a tremendous growth in the number of requests for assistance from seniors and their families.

As we reach the end of the year we are reminded of the importance of our mission. Whether it's a hot meal and a friendly face, an advocate for better health insurance, a resource for transportation, or an event where seniors can socialize, our amazing volunteers, dedicated staff and committed donors step up to the plate every day.

I am so proud of the 45 years Senior Resources of Guilford (formerly United Services for Older Adults) has served, supported, and enhanced the lives of thousands of seniors in Guilford County. Here's to 45 more! Wishing you and yours a very happy holiday season and a healthy, safe, and prosperous new year!

Gratefully,

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



Senior Resources of Guilford Celebrates 45 Years: A Look Back

USOA Provides Services for Seniors

In 1977 United Services for Older Adults (USOA), was formed to meet the needs of older adults in our community. In 2000 the agency's name was changed to Senior Resources of Guilford.



Meals on Wheels (formerly Mobile Meals) was first served on November 15, 1969 to twelve persons with six volunteers. 45 years later, we serve 600 people every weekday and have more than 70 volunteers who deliver Meals on Wheels on a daily basis. We even provide pet food to recipients who have furry friends!



Ellen Whitlock has been Chief Executive Officer since 1995.



Senior Resources of Guilford has helped more than 120 older refugees from the Vietnamese, Montagnard, and Congolese communities become citizens of the United States.



Senior Wheels started in 1998, providing much-needed transportation for seniors to doctor and medical appointments.

SeniorLine began in 1992 and has helped literally thousands of seniors and their families in Guilford County find resources, information, heat relief during the summer, and peace of mind.



She doesn't know a stranger.

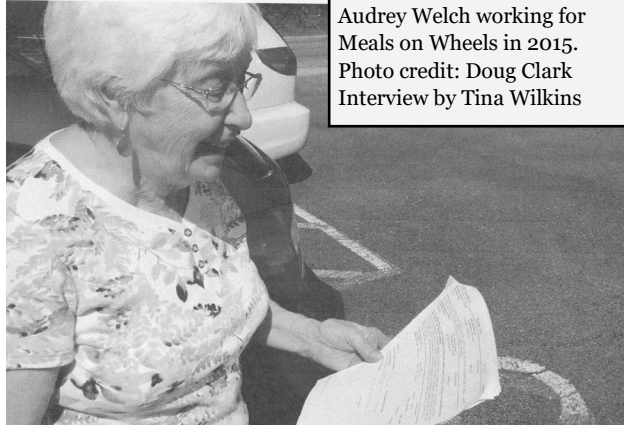
When it comes to volunteerism and helping others, Audrey and Bob Welch set the bar pretty high. For over 10 years, Audrey was a Meals on Wheels volunteer driver, delivering meals about 3 times a week to homebound elderly people in Guilford County. Doug Clark from the Greensboro News and Record interviewed Audrey in 2017, and asked Audrey who gets the most from the Meals on Wheels program, and she exclaimed, "Me!"

Audrey shared a memory of a recipient that, when she first started to deliver to her, would only open the door a crack.

Audrey would call her name and say, "Mrs. S., you have to open your door some because I can't turn your meal on its side or it will spill on the floor!" She would then grab the food and shut the door quickly. It wasn't too long before Mrs. S. would open the door a little more each time, and before long, Audrey would just come by, knock on the door and say, "Mrs. S., it's Audrey from Mobile Meals," to hear Mrs. S. say "Just come on in, honey!" Audrey shared when she learned of this client's passing not long ago, "a part of my heart went with her." Audrey would always try to make sure clients knew she cared. "I was brash, and they were going to know I was concerned about them," she said. Bob agreed, and said "She doesn't know a stranger."

Audrey even continued to deliver Meals on Wheels after being diagnosed with cancer, and Bob, her husband of 35 years, helped her. Often her routes would have as many as 27 deliveries. When Audrey needed a new car, Bob says she walked up and down the car lot, and said "not this car, not this car," because she was looking for a car that had a trunk to fit 2 coolers specifically for delivering meals. She had 3 or 4 regular Meals on Wheels routes with about 20 people per route – nearly 60 people per month were touched by Audrey and Bob delivering meals. Audrey would even take on additional routes when she was called. Add that up over 10 years, and it's a lot of people that they helped. Audrey has done much more volunteering besides Meals on Wheels. She has made backpacks for the homeless and folded baby clothes for Greensboro Pregnancy Care Center. Her daughter and husband have a ministry in Uganda and her daughter was quite distressed because the little girls in the villages where they worked were in rags or naked. "They were dirty, sick and had no clothes to wear," said Audrey. "Many of them had been

abused, too," She knew her daughter didn't have time, as a busy pastor's wife and missionary, to take on the duty of sewing dresses. Audrey sewed more than 250 dresses for children in Ugandan villages where her daughter and son-in-law worked and ministered.



Audrey Welch working for Meals on Wheels in 2015.
Photo credit: Doug Clark
Interview by Tina Wilkins

You didn't know my daddy

Audrey said her call to volunteer is "in the blood." "You didn't know my daddy," she said when asked about her strong dedication to volunteer work. Audrey said her father was a barber and knew everyone in Surry County and knew when anyone had any misfortune. "He would come home

and tell Mama and they would pack up a big grocery bag or two out of their freezer or pantry. Sunday he would get up and go to the hospital and shave the men. So it's kind of in the blood."

There are quite a few people who call Audrey and Bob "Granny" and "Grandpa" – they have helped raise children, people have come from other parts of the world through their church, and they and their families became friends and "family" with Audrey and Bob. One gentleman came over from Africa to get his Ph.D and his wife was 7 months pregnant. During the hours-long flight, she went into labor on the plane. It was a frightening situation, but Audrey and Bob helped to get her to the hospital. After the baby was born, Audrey asked the father, "What are you going to name the baby?" He replied that he didn't know because he wanted a boy. She said, "Why don't you name her Audrey?" and they decided to do just that. "Little" Audrey is now 21 years old, and came to visit Audrey and Bob last summer.

Full Circle

When Audrey felt she no longer was able to cook, she decided to apply for Meals on Wheels for herself. She was unsure if she would qualify, but then a referral came in for Bob and she said, "He doesn't need them, I need them!" They both began receiving Meals on Wheels. Audrey and Bob filled the need for more than a decade for Senior Resources of Guilford and Meals on Wheels, and we were honored to give back to them.

Postscript

Two weeks after this interview, Audrey passed away peacefully with Bob by her side. Our thoughts are with her family and friends.

The Geriatric Adult Mental Health Specialty Team (GAST)

The North Carolina Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services provides state funds to Senior Resources of Guilford through the Sandhills Center for our Geriatric Adult Mental Health Specialty Team to provide information, education, and training on mental health issues affecting senior citizens in Guilford County.

“Our goal is to increase knowledge of mental health concerns related to older adults so that care providers can deliver appropriate and compassionate care to these individuals,” says Wanda Moone, MSW, LCSW, GAST Team Director. Trainings are provided for independent living facilities, assisted living facilities, nursing homes, churches, and other agencies who work with the older adult population at no charge to the organization.

April Thompson, a Qualified Mental Health Professional, is also an important part of the GAST team. She has her Master’s degree in Human Services Counseling. April says, “I like when people we are working with have the “Aha!” moment, when they recognize behaviors in those they provide care for as well as behaviors within themselves.”

The GAST Team educates on a variety of mental health topics, and the team says that lately the most important and requested topics include how isolation affects mental health, and topics related to dementia. Another popular presentation topic is normal aging forgetfulness vs. dementia. Pain management and how it affects mental health and handling manipulative people are other frequently requested topics.

Major topics addressed by the GAST Team include:

- Anxiety and Depression
- Dementia
- Substance Abuse
- Hoarding
- Suicide Prevention
- Schizophrenia and Other Psychotic Disorders
- Post-Traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Mental Health Medications
- Effective Communication with Individuals with Mental Health Disorders

Contact Wanda Moone at Senior Resources of Guilford at (336) 373-4816 in Greensboro or (336) 884-4816 from High Point to discuss your organization’s needs or to schedule trainings. You can also contact GAST at gast-lcsw@senior-resources-guilford.org.



Wanda Moone, MSW, LCSW
GAST Team Director



April Thompson, QMHP



Boomer Profile

The Good Life

Iris Carter

Writer, Educator, Career Development Specialist, Podcast Host



Birthplace: Burlington, NC
Current City: Summerfield
Education: B.A. English, Guilford College, Masters in Education, Phoenix University
Family: Son, Daughter and Son-in-Law, 15-year-old granddaughter, 10-year-old grandson

Career Highlights: Iris began her career as a caseworker for the hearing impaired at Vocational Rehabilitation. She was a freelance Sign Language Interpreter and worked for Guilford County Schools and GTCC. Iris is a former newspaper writer and editor. She worked as a senior center director for 10 years, and currently is an Adjunct English instructor and Career Development Services Specialist, Rockingham Community College. For 12 years, Iris was the City Producer for the Greensboro 48 Hour Film Project, a tier of an international filmmaking competition. She has also written and published a book *The Care and Feeding of Ghosts and the Children Who See Them*.

Please tell us about your volunteer and community service, and why this is important to you.

My foray into the world of volunteering began in high school when I joined the Greensboro Youth Council which taught me a lot about organizing and producing events. I served on the board, led the Christmas Toys collection project, and was a district leader for my school. GYC has changed a lot since then, but the knowledge I gained still serves me now. I currently am the leader of the Triad Film Collaborative, which is dedicated to connecting filmmakers, creating films, and providing educational opportunities for its members which run the spectrum in expertise.

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

Forgive yourself. I am my own worst critic, and I have learned to let go of my regrets and resentments. Everyone does their best at any given time based on the circumstances and knowledge they have in the moment. Most recognize that in others, yet we bemoan our own fallibility. While I still must remind myself to ignore the critic in my head, doing so helps me to learn and move forward with greater determination and compassion.

Tell us about an adult who was particularly influential in your childhood, adulthood or early career. I honestly can't name one individual. I recognize so many people who have come into my life and taught me a

great deal about myself and encouraged me to recognize my own worth at different stages of my childhood, into my adulthood, and even to this day. Some were gentle guides while others presented adversity so that I could learn to be self-sufficient. The most endearing influences came from small acts of kindness regenerating my soul when it was needed most.

What has been the proudest moment of your life – so far? During the ceremony for the award-winning films, in my tenth year of producing the Greensboro 48 Hour Film Project, I was surprised with a gift and a framed certificate signed by many of the participants. Their recognition and appreciation were overwhelming. I felt proud to have nurtured an event that encouraged competitors to be mutually supportive, and the effort they made to come together with such a surprise was an epic demonstration of that fruition.

What do you feel are the greatest challenges facing older adults today? Older adults are not as revered and honored today as they were in the past. Self-reliance and survival are huge challenges as the body ages. While we may not be as physically able, we must recognize our own assets and advocate for ourselves. It's important that older adults remain active, continue to learn, and grow in order to assimilate and be as flexible as possible to remain viable and relevant to the community.

What life lessons do you feel are most important to teach children and young people? We are each individual and unique with special gifts to share. Recognize that quality in yourself and in others. No one *makes* us happy. We are responsible for our own happiness, our own reactions, and our own journey. Take care of yourself, let others take their own path. In the process, we have more harmony and peace in our lives.

What traits do you most admire in others? Compassion, understanding, intelligence without arrogance.

What talent (that you don't already possess) would you most like to have? I love music and took piano lessons for years. I'm out of practice, but I wish I could just sit and play at-will. Music moves my soul and I love the freedom of expression that comes with it. I never was good at improvisation and want that ability desperately.

Please leave us with your favorite quote:
"Can't never could."

"Don't take life too seriously. It's not like you're going to get out alive."

Giving

The Good Life



Senior Resources of Guilford relies on donations as well as funding from the United Way and grants to provide services at no charge to our senior neighbors in Guilford County, in addition to our governmental funding.

As the year ends, we hope you will consider supporting Senior Resources with a tax-deductible or in-kind gift. There are several ways you can support Senior Resources:

Online: www.senior-resources-guilford.org
By mail: PO Box 21993, Greensboro NC 27420
In person: 1401 Benjamin Parkway, Greensboro NC 27408

To make in-kind or legacy contributions, please contact Christy Collum at (336) 337-4816 or via email at ccollum@senior-resources-guilford.org.

We are so grateful for your support.



Did you know it takes more than 70 volunteers per day to deliver for Meals on Wheels in Guilford County? Senior Resources of Guilford is in **critical** need of drivers for the Meals on Wheels program so that we can continue to help more than 600 seniors receive adequate food when no other resource might be available. Meals on Wheels routes are available in Greensboro, Jamestown, and Pleasant Garden. You, your place of work, civic group, or church can deliver meals and be part of making seniors' lives a little easier when they can depend on the basic dignity of having a hot meal and a friendly smile a day. Even volunteering one day a month to deliver meals can make a **big** difference. Can **you** be a part of the solution? Contact Tina Oliver at (336) 373-4816 or at: volcoord@senior-resources-guilford.org for information on how you or your group can get involved. **We need you!!!**

Shopping online for the holidays? You can support Senior Resources of Guilford all year long when you shop at Amazon Smile and through iGive. The link to join iGive is:

<https://www.iGive.com/SRGuilford> where you can shop hundreds of your favorite stores and a portion of each purchase will be donated to Senior Resources. Your first purchase will give Senior Resources a bonus!

Amazon Smile also donates a portion of your purchase to Senior Resources. To set it up, open your Amazon app and choose settings, then choose AmazonSmile. Type in Senior Resources of Guilford in the charity box and choose us when it comes up. Once it's activated just shop as usual. You can also access Amazon Smile on a computer, just visit smile.amazon.com.

amazonsmile
You shop. Amazon gives.

iGive.com[®]
Change online shopping for good.

We also have an Amazon Wishlist with items you can buy directly from Amazon for Senior Resources. The Amazon link for our Wishlist is: https://www.amazon.com/hz/wishlist/ls/ADUVNF8RO8JC?ref=wl_share

Both shopping experiences are easy ways to support Senior Resources of Guilford year round!