



FALL 2022

The Good Life

Promoting Independence for Seniors & Baby Boomers in Guilford County



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Please make a secure online donation with your credit card at: www-senior-resources-guilford.org
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Please remember Senior Resources of Guilford in your will.



Senior Resources of Guilford
PO Box 21993
Greensboro NC 27420

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Welcome New Staff!

Christy Collum Chief Operating Officer

Christy comes to us with a strong background in nonprofit work, having spent most of her career as a professional fundraiser with organizations such as Special Olympics International and Make-A-Wish. Christy says she is excited about the opportunity to contribute to enriching the lives of Guilford County seniors through the many programs offered by Senior Resources of Guilford. Outside of work, Christy loves all things outdoors, including gardening and hiking. She's an avid reader and likes baking, too.



Ben Windsor Integrated Program Services Director

We welcome Ben Windsor as our new Integrated Program Services Director. In his new role, Ben will be directing our SeniorLine program. Ben studied political science at UNC-G and formerly worked at Oak Street as an outreach executive. Ben is married and is the proud parent of two young children. In his spare time he likes to play guitar and work on old cars.



Tina Wilkins Activities Assistant

Tina Wilkins is now the Evergreens Lifestyle Center Activities Assistant as well as our new webmaster and newsletter writer. Her non-profit experience includes workforce training for disabled students, Hospice, and a PBS/NPR station. She loves rock collecting, museums and classic movies. She is married to Budd Wilkins, a professional film critic and historian who volunteers for Friday afternoon movies at the Evergreens Lifestyle Center.



New Positions

Nikki Cole-Lentz is now our Family Caregiver Specialist. Nikki previously was Meals on Wheels Community Specialist at Senior Resources. Nikki holds a Bachelor's of Social Work from NC State. Before working here, Nikki lived in Harnett County, working in disability care. Her hobbies are cooking, gardening, and painting.

Gayle Lancaster is now our Lead Social Worker. She previously worked in the GAST and caregiving programs at Senior Resources. Gayle holds a BS in Education from Greensboro College and a Master's of Social Work from UNC-G and NC A&T's joint master's program 2005. She has worked for Senior Resources for 10 years, helping many seniors and families along the way.

SeniorLine Information and Referral

One of the most important resources we offer at Senior Resources of Guilford's is our SeniorLine.

Senior Line helps seniors with information and referrals for a myriad of needs such as:

- Housing resources
- Transportation options
- Caregiver assistance
- Free legal services
- In-home aide and adult day health
- Options Counseling
- A speaker for your organization
- Home delivered meals
- Other food or meal assistance programs

SeniorLine helped provide more than 375 free fans to eligible seniors this summer who had no way to cool their homes.

Do you need answers or resources for yourself or a loved one? SeniorLine can be reached at:

(336) 333-6981—Greensboro & Guilford County
(336) 884-6981—High Point & Jamestown or
seniorline@senior-resources-guilford-org





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,

It's hard to believe that fall is arriving. The beautiful leaves are beginning to turn bright red and gold, children are returning to school and students are coming back to our colleges and universities. In many ways, fall is like a new beginning. Following the last two years of a pandemic, we are all ready for new beginnings and adapting to a new normal.

New beginnings are also happening here at Senior Resources of Guilford: new faces, new activities, new participants, new clients. One thing that isn't new, however, is our mission and commitment to serving our senior neighbors.

Serving. Advocating. Supporting. Enhancing.

Those are the actions that we put into place every day for older adults in Guilford County. Every staff member and every volunteer is part of fulfilling that mission. Every donor is, too.

Together, donors, volunteers and staff make a tremendous difference in the lives of older adults. Together, we deliver the basic necessity and dignity of nearly 600 hot meals to homebound seniors each weekday. Together we gave out more than 375 free fans to help seniors who lacked air conditioning stay cool during the hot and humid summer.

Together we have seen a significant increase in new senior participants wanting to get out of the house and enjoy arts, crafts, exercise, trivia, movies, book clubs and more at Evergreens Lifestyle Center. The Evergreens Lifestyle Center helps our seniors reduce their isolation or potential depression as they make new friendships and find new interests and pursuits. We are also opening two new spaces, a health literacy library and a fitness center this fall.

Soon, the holiday season will be here, and we will be continuing to recruit volunteers and partners for our annual Santa for Seniors gift giving project, hoping it will be the best ever.

Fall brings the season of gratitude as well. I hope you know that whatever role you have at Senior Resources—volunteer, donor, partner, or participant, as well as our dedicated staff, we could not do it without you. And for that, we are extremely grateful.

With gratitude for all we accomplish together,

A handwritten signature in cursive script that reads "Ellen D. Whitlock".

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

Tai Chi for Seniors

Tai chi is an "internal" martial art that originated in China centuries ago. It's considered internal because the focus is on developing mental or spiritual strength instead of defeating an opponent through physical strength.



Eric Reiss, owner of Silk Tiger School of T'ai Chi Ch'uan

Tai chi is not physically difficult. Movements are slow, mindful and meditative. One motion always flows into the next. Tai chi movements involve shifting your weight from one foot to another, which is one reason it is good for balance, an important part of staying healthy for seniors.

This is a whole-body exercise—and that includes your mind. As a result, it offers an astonishing number of physical and mental benefits. Tai chi is good for seniors because it can increase both your lifespan, which is how long you live, and your "health span," which is how long you can function independently.

In fact, when it comes to overall lifespan, a study in the *American Journal of Epidemiology* found that this activity can reduce mortality, much like jogging, but it is a much more appealing activity than jogging for many people.

Tai Chi classes are offered at the Evergreens Lifestyle Center and are taught by Sifu ("teacher") Eric Reiss, owner of Silk Tiger School of T'ai Chi Ch'uan. Eric has studied Tai Chi since 1973. Classes are in person and livestreamed on Senior Resources of Guilford's Facebook page. Contact Evergreens Lifestyle Center at (336) 373-4816, extension 280 if you would like to participate in Tai Chi classes. The cost is \$3 per class.

Medicare Open Enrollment October 15 - December 7

Medicare Open Enrollment is almost upon us, and many seniors wonder what they can do during open enrollment. Senior Resources of Guilford SHIPP Coordinator Bob Boyd has developed a list of things you can do to save money and take advantage of your Medicare benefits:

1. You can change your Medicare Advantage Plan or your Part D Drug Plan.
2. You can see if another plan will cost you less for your copays and medications.
3. You can compare your current plan with the other choices to make sure your plan is the best fit for you.
4. You can check your Advantage Plan MOOP, the maximum you pay each year before your insurance company pays the rest, to see if it is too high. In Guilford County, the MOOPs range from \$2,499 to \$7,550 in network.
5. You can see if another plan would provide you with additional benefits. For example, you might select a plan offering a give back that pays part of your \$170.10 Part B premium.

SHIIP is a division of the North Carolina Department of Insurance. Its purpose is to provide cost-free objective Medicare counseling.

To look at plan changes and choices during Open Enrollment, call Bob Boyd, Seniors' Health Insurance Program, SHIIP, at Senior Resources of Guilford at (336) 373-4816, extension 253.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



Marie Stone-Van Vuuren

Freelance Graphic/Layout Designer, Painter, Illustrator. Co-owner of SV2 Studios, Retired classical guitar instructor

Birthplace: Detroit, MI

Current City: Greensboro, NC

Education: Guilford College Music Major – Classical Guitar

Family: Husband Stephen Van Vuuren and 3 cats

Career Highlights: I've been an executive secretary, an IT user an IT user support analyst, a project manager, a graphic designer and layout artist, a classical guitar teacher and musician, an indie film producer/art director, and what I'm now focusing on is working as an artist. I still do some freelance graphic design and layout work for The

Center for Creative Leadership where I worked in various capacities from 1995 until 2020. I create fine art and illustrations in watercolor and ink for businesses, indie filmmakers, education organizations and private art collectors. My artwork shows at various local galleries and online at www.mariestoneart.com. In 2016, I began making small works of art for Art-o-mat®. Art-o-mat® machines are retired cigarette vending machines artfully restored by Clark Whittington that have been converted to vend small works of art, and installed throughout the US, Europe and Australia. To date, I have painted over 900 pieces of art for Art-o-mat installations, including my insect illustration series for the Smithsonian.

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

I've been a volunteer with the Animal Rescue and Foster Program since 2002, mostly caring for the cats at the Next Step Adoption Center. I also volunteer my time as a musician, art instructor, and computer tutor for retirement centers and other non-profit organizations. I learned the importance of community service while working for the Greensboro Jaycees as I saw the positive impact it had on individuals and our community. Getting involved matters.

What is the best advice you've ever received, and why? I was told to read *"The Artist's Way"* by Julia Cameron. It changed my life. It taught me the importance of having a growth mindset and

staying true to my creative voice. I became a better person and a better artist, as a result.

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

My father was my key role model for creativity. He was an artist who instructed me in drawing, painting and design. He was a risk taker, highly creative, an innovator, very positive, and a music lover. He passed away before I attended college to study music as an adult and before I seriously started painting. I only

wish he knew I became an artist and a musician. I think he would be proud. I still have some of his art materials in my studio, which I use.

What has been the proudest moment of your life – so far? Going all in on being an artist and believing in myself. Also, I'm very proud of my husband's accomplishment of making the movie "In Saturn's Rings" which was a 12-year labor of love. It is composed of thousands of flyby images from the Cassini space mission to Saturn.

What do you feel are the greatest challenges facing older adults today? Other than the usual physical and financial challenges, not feeling relevant with a sense of purpose. Older adults are often stereotyped as being less intelligent or savvy. Their life experiences are not often valued enough.

What life lessons do you feel are most important to teach children and young people? The importance of seeking your own answers, problem solving, using your imagination, play and creating. We as a species would be nowhere without it.

Where do you draw your inspiration for your work from? There are many artists I admire who inspire me with their work, words and philosophies. Nature plays a big role in my work as well. I try to give my imagination room to wander and let the divine have some space to inspire.

What traits do you most admire in others? I admire people who are open-minded, growth oriented, positive, kind, empathetic, creative, supportive and generous with their talent and time.

What talent (that you don't already possess) would you most like to have? I've always wondered what it would be like to be an actor or a singer.

Please leave us with your favorite quote: "A Life Lived in Fear is a Life Half Lived."



If you are interested in contacting Marie, you may contact her through her website at mariestoneart.com.

Refugee Outreach Program



Senior Resources has offered services to Greensboro refugees 60 and older for over 20 years. Brittany Welch and Phat Pham coordinate Senior Resources' Refugee Outreach Program, and recently accompanied a group of Montagnard and Congolese refugees to Greensboro's World Refugee Day celebration. World

Refugee Day is an international day designated by the United Nations to celebrate the strength and courage of refugees who have been forced to flee their home country to escape conflict or persecution. "Phat and I were thrilled to be a part of Greensboro's World Refugee Day celebration with our groups. The organizers did a fantastic job! There was a soccer game between City employees and refugees as well as live music and dance performances. I'm already considering ways we can be even more involved as a program for the event next year!"



Senior Resources' Refugee Outreach Program holds monthly outreach events for all of our refugee clients, split into two groups, Congolese and Montagnard/Vietnamese. These events give them a chance for recreation, socialization, sharing a meal together, and the chance to learn useful information or participate in arts and craft activities. We have interpretation available at these events, so

it also provides a time for case management to check in with clients and address any current concerns they are experiencing. Recent outreach events include a fire safety presentation, a presentation on EMT/911, rock painting to decorate the Refugee Program's community garden.

The Refugee Program's community garden is in full swing, with tomatoes, cucumbers, red and green bell peppers. We are seeking volunteers to help with the Refugee Garden. If you would like to volunteer, or want more information on our Refugee Outreach Program, contact Brittany Welch, Refugee Program Coordinator, at (336) 373-4816.



Phat Pham Celebrates 15 Years of Service



In April we were privileged to celebrate Phat Pham's 15th year anniversary of service with our agency. His contributions to the senior Vietnamese and Montagnard refugees in Guilford County have been invaluable. At 82 years old, his story began well before his time with Senior Resources.

Phat was born in 1941 in Nha Trang, a coastal city in the central lowlands of Vietnam. He grew up here before moving to Saigon (now known as Ho Chi Minh City). He completed a two-year law program at the start of his college career. The Vietnam War was ongoing, and he became a military cadet, applying at age 21 for an English study program in the US. He passed the test and in 1963 arrived at Lackland Language School at Lackland Air Force Base in Texas. He studied English here for 8 months as a military cadet. Following that he spent two years on an Air Force base in Mississippi, six months in the Philippines at Clark Air Base, and then returned to Vietnam, where he worked in Air Traffic control for the Vietnamese Air Force, in cooperation with the American Seventh Air Force base. He worked here until 1975 when the Communists took over and the war ended. For seven years he also worked as an interpreter for foreign agencies. In 1967, Phat married his first wife and they had three children together. In 1975, his wife tried to escape Vietnam with two of their children. They were on a boat carrying a total of 21 people when a bad storm hit and the boat sank. Around the same time, Phat was sentenced to five years in jail for his service with the South Vietnamese military.

In 1982 Phat sent his initial paperwork to the US in hopes of coming here. In 1983, he married his second wife and they had three more sons. His oldest daughter was still with him when his first wife and two children passed away. He requested to come to North Carolina because he did research on the school systems and felt this would be a good place for his children to get an education. He was approved to come to the US with his children as refugees and arrived in Greensboro in 1989.

Continued on page 7

Gratitude

The Good Life

Thank You to Our Planned Giving Donors

Barbara Kazazes
Anne L. Klopman
Eric Manuel

Frances McGeady George

These givers have left a lasting legacy for Senior Resources of Guilford

Making a planned gift to Senior Resources of Guilford is a wonderful way to preserve your values, inspire others to give, and forever leave your mark on a community that has been such a big part of your life. Your planned gift will help ensure that seniors in Guilford County will continue to receive supportive services that enhance their independence, health, and quality of life for years to come.

By combining philanthropy with financial planning, you may be able to give more than you ever thought possible while taking advantage of tax savings and meeting your financial goals. Your gift can be accomplished in a number of ways:

- Give an outright gift of cash or stock
- Make a gift through your will or charitable trust
- Donate a new or existing life insurance policy

Leave Your Lasting Legacy



- Name Senior Resources of Guilford a beneficiary of your retirement account
- Donate an annual distribution from your retirement accounts as part of the required distribution

Please consider asking your financial and legal advisor to assist you in remembering our work in your financial or estate plans. Your advisor can help you identify which assets will make the best charitable legacy.

Let Senior Resources know if you choose to leave a lasting legacy through planned giving to our organization. Knowing about your gift in advance helps us work with you to assure good stewardship of your gift and allows us to say THANK YOU!

For further information, please contact Christy Collum at ccollum@senior-resources-guilford.org or at (336) 373-4816.

THANK YOU TO OUR DONORS

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Bank of America

Food Lion

**Foundation for Health
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You shop. Amazon gives.

When you shop using AmazonSmile, you'll find the same Amazon storefront you know and love, with the added bonus that AmazonSmile will donate a portion of the eligible purchase price to Senior Resources of Guilford, at no additional cost. Here's how to choose your charity and shop on your mobile phone:

1. Open the Amazon Shopping app
2. Navigate to the main menu
3. Tap on Settings and then select "AmazonSmile"
4. Select Senior Resources of Guilford and then follow the on-screen instructions to turn ON AmazonSmile in the mobile app.

Once AmazonSmile has been activated in your app, future eligible app purchases will generate a donation for Senior Resources of Guilford. Need help? Visit smile.amazon.com.

Santa for Seniors

This program provides a Christmas gift bag to the participants of the Meals on Wheels, Community Nutrition, Foster Grandparent, Refugee Outreach, and Case Assistance Programs at Senior Resources of Guilford!

Donations Needed:

- Canned Foods
- Toiletries
- Puzzle Books with pens or pencils
- Blankets
- Hats, Scarves, and Gloves
- Flashlights and Batteries
- Paper Products

Please do not include used items, candy, or heavily scented items.

October 1
through
December 17

Items can be dropped off at

1401 Benjamin Pkwy. in Greensboro or
921 Eastchester Dr. Suite 1230 in High Point.

Contact (336) 373-4816 for more information.



Meals on Wheels Drivers Needed!

Meals on Wheels continues to be one of our volunteer-based programs which provides much needed services to our community. Volunteers deliver more than 600 hot meals daily that provide critical nutritional support to senior community members aged 60 and over. They deliver healthy, nutritious meals for our senior neighbors while at the same time providing wellness checks and a friendly face. We are always in need of volunteers for Meals on Wheels. Routes are currently available in Greensboro, Jamestown and Pleasant Garden. For information on how you or your business, civic group or church can get involved, contact Christy Collum at (336) 373-4816 or at ccollum@senior-resources-guilford.org.



Donations Needed at Evergreens Lifestyle Center

- Bottled Water
- Small snack items
- Bingo prizes (personal care items, puzzles, candles, notepads, socks, gloves, decorative items)
- Prizes for parties (gift cards, gift certificates, decorative items)

Contact (336) 373-4816 extension 280

Phat Pham: Continued from Page 6

His wife arrived a couple of years later with encouragement and support from his church here, the Vietnamese Baptist Church of Greensboro.

Leaving Vietnam meant surrendering all valuables to the Vietnamese Communist government. Upon arriving in the US, Phat and his family had to start over. His first job was extremely difficult, cleaning operating rooms at Cone Hospital. After about a year, with the help of a Vietnam veteran who befriended Phat, he found another opportunity at Cone Mills. He retired from there after 17 years.

Since his arrival in Greensboro, he's been a part of the Vietnamese Baptist Church in Greensboro. He's been a deacon for 32 years and helped found the Vietnamese Bible Church in High Point.

Phat teaches a Sunday School class at church each week and his wife serves in the church helping care for younger families.

Following his retirement, Phat wasn't looking for another job. He was going to serve in the church full time. However, a Vietnamese man came looking for him and asked him to take his job at Senior Resources of Guilford helping older refugees. Phat began work on April 15, 2007, and now he's been here for 15 years. Phat says that after starting the job and seeing the people and the needs around him, he loved them and began to learn to help them. Phat has guided more than 120 of "his people," as he always refers to his Vietnamese and Montagnard clients, through the process to get US citizenship. We are delighted to celebrate Phat and his accomplishments at Senior Resources of Guilford!

