



The Good Life

Summer 2026

Promoting Independence for Seniors and Baby Boomers in Guilford County



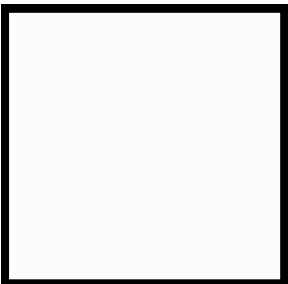
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Senior Resources of Guilford is a 2025-2026 Strategic Partner with United Way of Greater Greensboro and United Way of Greater High Point.

Leave a legacy. Please remember Senior Resources of Guilford in your will.

Please consider making a secure online donation: www.senior-resources-guilford.org/donate



Senior Resources of Guilford
PO Box 21993
Greensboro NC 27420





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

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1401 Benjamin Parkway
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Phone: (336) 373-4816
(336) 884-4816

High Point
Roy B. Culler, Jr. Senior Center
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SeniorLine Information & Referral Service
(336) 333-6891
(336) 884-6981

Contact 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,

Exciting things are happening at Senior Resources of Guilford as we enter another summer season.

Meals on Wheels received a major grant from Meals on Wheels America in March. We are one of 22 agencies across the country that Meals on Wheels America chose to support this year, and we are so grateful. This grant allows us to move more of our senior neighbors off the waiting list to receive a nutritious noontime meal. More about that as well as information on our Pets Eat, Too program are on page 3.

Our annual Spring Luncheon in April was a wonderful success thanks to all the sponsors and attendees and their incredible generosity. We enjoyed a delicious lunch at the Greensboro Country Club and this year, we also had an exciting live auction. Read all about it on page 4.

Volunteers are the lifeblood of our organization, and we recognized our High Point volunteers with a luncheon on May 16. We always need volunteers for a number of our programs, including Meals on Wheels, Senior Wheels Medical Transportation, Volunteer Income Tax Assistance, Seniors' Health Insurance Information, Greensboro Grasshopper Parking Attendants, and the Evergreens Lifestyle Center. We are looking forward to hosting our Greensboro volunteers on June 16, 2026, at St. Pius X.

Your support of our agency is truly appreciated, and critical to our success more than ever. The needs of our senior population in Guilford County are increasing as that group becomes larger every year. According to Meals on Wheels of America, only 1% of charitable giving dollars go to causes that help seniors in our country. We thank you for choosing to support Senior Resources of Guilford and our mission to help seniors remain independent in their own homes and improve their quality of life.

Until next time,

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

The Good Life Meals on Wheels

Senior Resources Receives Meals on Wheels Grant

Senior Resources of Guilford recently received \$144,670 in grant funding from Meals on Wheels America through the national organization’s 2026 Meeting Unmet Need initiative, which supports local providers working to address senior hunger and isolation. This grant is part of \$6 million in grants distributed by Meals on Wheels America to community-based providers nationwide, helping programs like ours expand services and reach more older adults in need. With this support, we will be able to add 100 new clients to our Meals on Wheels program, reducing our waiting list and ensuring more older adults receive the nutritious meals and connection they need to live safely and independently.



Senior Resources of Guilford’s Meals on Wheels program currently serves more than 650 seniors throughout Guilford County, but demand for Meals on Wheels services continues to grow as more older adults face food insecurity and social isolation.

The grants are expected to help local providers deliver meals and services to an estimated 4,000 to 6,000 additional seniors nationwide. Meals on Wheels America’s Meeting Unmet Need initiative is part of the organization’s broader effort to End the Wait™, a national campaign aimed at ensuring every senior who needs Meals on Wheels services can receive them.



Senior Resources of Guilford recognizes the importance of “furry friends” to many of our Meals on Wheels clients. Pets provide seniors with invaluable companionship. However, many older adults struggle to care for their furry friends due to limited finances, physical limitations and other challenges.

- Studies have shown the health benefits of owning a pet include:
- Improved cardiovascular health
 - Increased physical activity
 - Increased opportunities for social interaction
 - Stronger community connections

Yet some senior pet owners face impossible choices. According to Meals on Wheels of America, more than 1 in 5 report going without food themselves to feed their pets.

Senior Resources of Guilford is pleased to offer Pets Eat Too, our pet food program for Meals on Wheels participants. Since July, 2025, we have distributed 630 pounds of dry cat food, 270 cans of wet cat food, and 600 pounds of dry dog food to Meals on Wheels clients in Guilford County to help feed their pets. We have served a total of 61 pets (43 cats and 18 dogs) during this time. This program relies solely on grants and generous donations. We accept financial donations as well as donations of pet food. We also welcome volunteers to assist with monthly deliveries.



For more information about our pet food program or to volunteer, contact Alison Little, Director of Nutrition Services, at (336) 373-4816, extension 243.

2026 Spring Luncheon



Tanya Rivera
WFMY



Patty Aiken, Bruce McReynolds
& Shelby Klein



Rev. Carl Vierling
Keynote Speaker



Auction Winners
Elayne Jones & Kim Berry

Senior Resources of Guilford held its 2026 Annual Spring Luncheon Fundraiser at the Greensboro Country Club on April 23, 2026. More than 100 supporters were in attendance who, along with our sponsors, made the event a tremendous success, raising more than \$50,000 to support the work of our agency.

Tanya Rivera of WFMY-2 served as our Mistress of Ceremonies, and our Keynote Speaker was Rev. Carl Vierling of Vierling Consulting who is the retired founding Executive Director of the Greater High Point Food Alliance.

We had an exciting live auction for a gift basket from The Fresh Market, tickets to see Chicago in concert at the Steven Tanger Center, a round of golf at Grandover Resort, and a stretch session from Stretch Zone.

Many thanks to all the individuals and businesses who attended and contributed to Senior Resources of Guilford.



Auction Winner
Sherri Walker

Thank You to Our 2026 Spring Luncheon Sponsors

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Flow Lexus

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Protecting Your Mind: A Guide to Senior Brain Health

Maintaining a sharp mind is just as important as keeping a strong body as we age.

While some cognitive changes are a natural part of growing older, dementia and severe memory loss are not inevitable. Scientific research shows that the brain retains an incredible ability to adapt, heal, and grow new neural pathways throughout our senior years. By adopting a few evidence-based lifestyle habits, you can actively protect your cognitive reserves, boost your memory, and enhance your mental clarity.



Fuel Your Brain with Targeted Nutrition

What you eat directly impacts how your brain functions. Studies consistently show that the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet significantly lowers the risk of Alzheimer's disease. Focus your daily meals around leafy green vegetables, berries, nuts, whole grains, and fatty fish like salmon, which is rich in omega-3 fatty acids. At the same time, limit your intake of red meat, butter, and highly processed sugary foods, which can cause inflammation in brain blood vessels.

Engage in Regular Physical Activity

Physical exercise is one of the most powerful ways to stimulate brain health. When you move your body, you increase blood flow to the brain, delivering vital oxygen and nutrients. Exercise also triggers the release of a protein called BDNF (brain-derived neurotrophic factor), which promotes the growth and survival of brain cells. Aim for at least 150 minutes of moderate-intensity activity each week. The Evergreens Lifestyle Center at Senior Resources of Guilford offers 8 exercise classes a week and a full gym for senior participants, and is a great place to stay active and engaged.

Challenge Your Mind and Build Cognitive Reserve

Your brain thrives on novelty and challenge. Just like a muscle, it needs regular workouts to stay strong. Activities that require active learning build "cognitive reserve," which helps the brain resist damage and delay symptoms of decline.

- Learn a new language or musical instrument.
- Solve complex puzzles, crosswords, or strategy games.
- Take up a new hobby like painting, woodworking, or chess.
- Read deeply about unfamiliar topics.

Prioritize Sleep and Sleep Quality

Quality sleep is the brain's internal cleaning cycle. During deep sleep, your brain activates the glymphatic system, which flushes out cellular waste products and toxic plaques associated with Alzheimer's disease. Sleep is also when your brain consolidates short-term memories into long-term storage. You should aim for 7 to 8 hours of uninterrupted sleep per night by maintaining a consistent schedule and keeping your bedroom dark and cool.

Stay Socially Connected

Isolation is a hidden threat to senior brain health, often leading to depression and accelerated cognitive decline. Interacting with others requires complex mental processing, including listening, interpreting facial expressions, and recalling information. Stay socially active by volunteering in your community, joining local clubs, scheduling regular phone calls with family, or participating in senior center activities to keep your mind engaged and resilient.

Tara Gilchrist



Employment:

Guilford County Sheriff's Office (ret.) - Sergeant, Family Services Unit.

Current City: Greensboro, NC

Education: Bachelor of Science in Criminal Justice from Pfeiffer University

Career Highlights:

Educator and advocate as a C.A.R.E. (Child Abuse Reduction Effort) instructor. Founded the Senior Academy for the Guilford County Sheriff's Office to empower seniors who may be targeted by scammers, providing them with the tools and community support to navigate the modern world safely.

Tell us about your volunteer and community service.

I dedicate my time to capturing student-athlete milestones by providing sports photography at my kid's school for the Yearbook Club. This service is important to me because it allows me to support the school community and ensure that families have lasting memories of their children's growth and achievements. For me, volunteering is about using my personal talents to enrich the environment where our youth learn and play.

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

The best advice I ever received was "Don't accept a wooden nickel." My grandfather said this to me constantly throughout my youth. Years later, while serving as a police officer, I had a long conversation with an elderly gentleman who ended our talk with the same phrase. It was a powerful full-circle moment. To me, it serves as a vital reminder to remain discerning, protect one's integrity, and be careful who to trust - a lesson that was particularly resonant during my career as a woman in law enforcement.

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

Morris McPherson was a foundational figure in my life. He was my first high school softball coach, but as I reached adulthood, he became my mentor and a second father figure. As the Chief of Police for the Gibsonville Police Department, he gave me the opportunity to begin my career, first as a communications officer and eventually transitioning into a sworn officer. He believed in my potential when I didn't yet believe in myself, and his mentorship allowed me to fulfill my lifelong dream of serving in law enforcement.

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

Without question, my proudest achievement has been becoming a parent. While parenting certainly has its daily challenges, the rewards of raising my children and watching them grow far outweigh the difficult moments. It is the one role in my life I would never change.

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

I believe the greatest challenge is the increasing vulnerability to sophisticated financial scams. It is important to remember that being targeted is not the fault of the senior. Many in that generation grew up in an era defined by social trust and courtesy, making it difficult for them to simply hang up on a caller. Bridging that "trust gap" with modern digital literacy and protection is a cause I am deeply passionate about.

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

The most important lesson I wish to impart is the value of faith and resilience. I want young people to know that when you feel you have no one left to turn to, you can always find strength and guidance in God.

What trait do you most admire in others?

I most admire individuals who lead with compassion and empathy. Having a soul that seeks to understand and care for others is a trait that facilitates true connection and carries a person a long way in both their professional and personal life.

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

The talent I would like to have is the high level technical skills to be a "BeeKeeper" as depicted in the 2024 movie featuring a retired elite operative from a secret organization. A "Beekeeper" is someone who could actively track and dismantle the operations of scammers who prey on the elderly, reclaiming the security and life savings of those who have been exploited.

Please leave us with your favorite quote:

"It's not what happens to you, but how you react to it that matters." - Greek philosopher Epictetus

"You may kill me with your hatefulness, but still like air, I'll rise." - Maya Angelou

Age-Friendly Guilford Update



As Age-Friendly Guilford continues to move forward, our work groups are actively engaged in several key initiatives, including:

- **Housing** - Identifying available home repair and maintenance programs, along with developing recommendations and actions to expand access and support both in-place modifications and new home construction. Dan Curry, Community Advocate, is the Chair of this Domain. There are thirty-three members on this Domain Task Force.
- **Food Insecurities** - Assessing existing food support programs, with the goal of increasing availability through targeted recommendations and actions. Rebekah Dobbins, Greater High Point Food Alliance, is the Chair of this Domain. There are twenty members on this Domain Task Force.
- **Transportation** - Reviewing current transportation services, focusing on identifying service gaps and proposing solutions to minimize those gaps. Mark Kirstner, Community Advocate, is the Chair of this Domain. There are sixteen members on this Domain Task Force.
- **“Walk With A Doc”** – Walk With A Doc is a national walking program for everyone interested in taking steps for a healthier lifestyle. Monthly, attendees will take a few minutes to learn about a current health issue from a healthcare professional, then spend the rest of the hour enjoying a healthy walk and having fun conversation. Chapters will be started throughout Guilford County.
- **Guilford County Sheriff Department’s Senior Academy** – Age-Friendly Guilford has delivered “Aging-In-Place” presentations at nine Senior Academy events. Bob Gerken, Age-Friendly Guilford Coordinator, is a “Certified Aging-In-Place Specialist (CAPS)”. Additionally, Senior Resources of Guilford hosts these meetings in partnership with the Guilford County Sheriff’s Department.
- **High Point’s HP2045 Task Force** – AFG is an active member of this Task Force which has been charged with the task of monitoring the progress of High Point’s 2045 Comp Plan.
- **Guilford County Transportation Advisory Board** – Bob Gerken, Age-Friendly Guilford Coordinator, is the Chair of this Advisory Board.
- **Aging-In-Place Presentations** – As a member of AARP’s HomeFit Guide Advisory Council, a National Trainer, and Program Facilitator, Bob Gerken, Age-Friendly Guilford Coordinator is available to facilitate Aging-In-Place presentations in your community or with your group.

These Age-Friendly Guilford efforts are critical to ensure that Guilford County remains a community where individuals of all ages can thrive, be safe and secure, have affordable and appropriate housing and transportation options, and offer supportive community services and features. Once in place, these resources enhance personal independence, allow residents to age in place, and foster engagement in their community’s economic, civic, and social life.

- Age-Friendly Communities are livable for people of all ages, abilities, and economic levels.
- Age-Friendly Communities encourage active participation of older residents.
- Age-Friendly Communities are good for public health and the environment.
- Age-Friendly Communities promote social equity.
- Age-Friendly Communities engage residents.

Age-Friendly Communities don’t feel like just another place to live. Age-Friendly Communities feel like **HOME**.

To get involved with Age-Friendly Guilford, contact Bob Gerkin, Age-Friendly Coordinator, at (336) 373-4816, extension 252 or send an email to agefriendlyguilford@senior-resources-guilford.org.

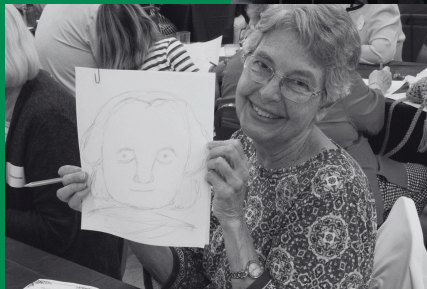
High Point Volunteer Luncheon

Senior Resources of Guilford recently hosted its High Point Volunteer Luncheon on May 14, 2026 at First Methodist Church, celebrating the incredible dedication of the organization's volunteers. With 75 volunteers in attendance, the event was a wonderful opportunity to recognize the care, effort, and hard work they contribute to Senior Resources programs throughout the year.

Guests enjoyed special entertainment from John Hutton, author and illustrator of *How to Draw the Presidents*. Volunteers had the chance to participate in a fun, interactive drawing lesson alongside John, creating sketches of George Washington and Abraham Lincoln together.

During the luncheon, David Penley shared a heartfelt message of gratitude on behalf of the Senior Resources Board of Directors, thanking volunteers for their continued service and commitment. The event was a meaningful celebration of the many individuals in High Point who help make Senior Resources' mission possible every day.

Volunteers



Make It



Happen

