



WINTER 2024

The Good Life

Promoting Independence for Seniors & Baby Boomers in Guilford County



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www-senior-resources-guilford.org

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 Please remember Senior Resources of Guilford
 in your will.

*Senior Resources of Guilford is a 2024-2025 Strategic Partner
 with United Way of Greater Greensboro and the United Way of
 Greater High Point*

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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-assst@senior-resources-guilford.org.

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

Follow us on Facebook:
<https://www.facebook.com/SeniorResourcesofGuilford>

A Message from the CEO

Dear Friends,

2024 is quickly coming to a close, and we are grateful that thanks to our supporters, we have had another successful year of providing meaningful services to seniors in Guilford County ranging from hot meals for homebound seniors to exercise classes for active adults. We could not have done it without the support of community members like you, and we have a lot to be thankful for.

We are grateful for the growth we have experienced this year. We are pleased to have been named the lead agency in Guilford County for the county-wide Age-Friendly initiative, a national effort led by AARP. Additionally, effective July 1, we became the service provider of Mobile Meals of High Point. This affiliation allows us to serve an additional 100 individuals in the greater High Point community with a hot home delivered meal and wellness check for homebound seniors. We are grateful to all those who have confidence in us to take on these additional activities.

Our Santa for Seniors Drive was a big success and we provided more than 900 gift bags to seniors who participate in our programs including Meals on Wheels, Community Nutrition, Family Caregiving, Foster Grandparents, and Refugee Outreach programs.

As the end of the year approaches, we hope you will keep Senior Resources in mind for your end-of-year giving. If you have questions about end-of-year gifts, please contact our Development Director, Dallas Weaver at (336) 373-4816, extension 259.

Many thanks to you for all you do to support our organization and our senior neighbors across Guilford County. Your support helps reinforce that seniors are important and valued in our community.

Best wishes for a happy holiday season and a bright and prosperous 2025.

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



As we welcome the 2025 calendar year, I am filled with gratitude as we reflect on the successes of the past year. I want to extend my heartfelt thanks to our individual donors, businesses, faith communities and community foundations whose unwavering support enables us to continue offering our 17 vital programs to seniors in Guilford County.

Senior Resources of Guilford serves as the lead senior services agency in Guilford County, assisting over 5,000 seniors annually through our diverse array of programs and services. The older adult population (65+) in Guilford County is growing at a remarkable rate, outpacing the total population growth. Over the next 20 years, the older population is projected to increase by 35.7%, while the total population will only see a 16.2% increase. Currently, there are over 91,000 adults aged 65 years and older in Guilford County, making up 16.6% of the population. By 2042, this number is expected to grow to almost 124,000, representing 19.4% of the population.

Your generosity has made a significant impact on the lives of seniors in our community. One of the highlights of the year was our Spring Luncheon, which set a record in contributions, raising over \$53,379. This event was a testament to the commitment of our supporters and the community's dedication to enhancing the lives of older adults. Additionally, our Mother's Day Card fundraiser was truly heartwarming and contributed significantly to our fundraising efforts. We invite you to support our work by participating in our Holiday Honor Card effort that is currently underway.

We are thrilled to report that we made great strides in developing corporate and business support, along with many first-time donors, equating to over \$538,000 in donations this year. We are especially thankful for the support from local churches and civic clubs, which has been invaluable in helping us achieve our goals.

This past year, AARP officially welcomed us as the lead organization for Age Friendly Guilford. This recognition is a significant achievement and will allow Guilford County to benefit from our extensive research and established best practices. The designation provides access to a global network of participating communities, technical expertise, and financial assistance, all of which will enhance our service delivery.

We are also thrilled to have entered into a partnership with Mobile Meals of High Point, allowing us to elevate their meal delivery service while expanding our footprint in High Point. This partnership enables us to expand our daily meal delivery services through Meals on Wheels, now serving over 600 clients in Guilford County, ensuring that more homebound seniors receive the nutritious meals they need.

Lastly, we encourage everyone to keep our organization in mind when making end-of-the-year donations. We also welcome employee matching on donations and bequest legacy gifts. If you have any questions about these opportunities or making charitable contributions, or would like to learn more about how you can support Senior Resources of Guilford, please reach out to me at development@senior-resources-guilford.org or by calling 336-373-4816 extension 259.

Thank you again for your support this past year. We continue to face many challenges, including the trend of reduction in historical grants and an increase in the cost of services. While we understand these challenges ahead, I remain encouraged for our future as we move into 2025 and beyond. We could not and will not be able to provide our services to our senior neighbors without your support, and we are deeply grateful for your trust in our mission to serve our community of seniors and their families by advocating and providing supportive services that enhance their independence, health, and quality of life.

Best wishes for a healthy and happy holiday season,

Dallas Weaver
Director of Development
development@senior-resources-guilford.org

Scan this QR Code to make
a gift to SRG online.



Top Ten Must Haves for Senior Safety

Each year 1 in 3 adults over the age of 65 will experience a fall.

Secure scatter rugs so they aren't a trip hazard.



Make sure all stairs have 2 handrails.



Install handrails in all restrooms.



Make sure entryways, stairs & pathways are properly lit.



Grabbers help reach items more than an arms length away.



Install or check smoke detectors to ensure they are working properly.



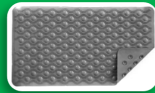
Medical alert systems allow for easy call for help in an emergency.



Properly label & store medications & set medication reminders.



Always use non-skid bath mats for safety.



Have a daily check-in with family or friends.



THANK YOU!

Thank you for your generous donations to our Santa for Seniors drive! Because of you, we were able to share 900 holiday gift bags with seniors that we serve in the following programs:

Meals on Wheels
Community Nutrition
Foster Grandparents Program
Family Caregiver Program
Refugee Outreach Program

Your generosity made all the difference for seniors that we serve in our community!



Recipe for Success



Join Deborah Whitaker with Recipe for Success on the 1st and 3rd Thursday of each month for a healthy recipe demonstration at the Evergreens Lifestyle Center, 1401 Benjamin Parkway, Lower Level.

Her class is also streamed live on our Facebook page: <https://www.facebook.com/SeniorResourcesofGuilford>

Oatmeal Zucchini Muffins



Ingredients:

1 cup sugar
3 eggs
2/3 cup vegetable oil (sunflower preferred)
1 tsp vanilla
1-1/2 cups all purpose flour
1 cup old fashioned oats, uncooked
1 tbsp baking powder
1/2 tsp salt
2 tsp cinnamon
1 tsp nutmeg
3 cups shredded zucchini
1 cup chopped walnuts (optional)

Instructions:

Preheat oven to 350 degrees. Grease two muffin pans or use muffin cups if preferred. In a large bowl, beat together sugar, eggs, oil, and vanilla. Add flour, oats, baking powder, salt, cinnamon, and nutmeg. Mix just until dry ingredients are moist. Squeeze excess liquid from shredded zucchini. Stir zucchini and walnuts, if using, into batter. Spoon batter into muffin tins to make 24 muffins. Bake 15 minutes or until inserted toothpick comes out clean. Cool completely before removing from pan.



Senior Resources of Guilford honored our army of volunteers at a luncheon held on October 10, 2024, at Christ United Methodist Church. Volunteers from Meals on Wheels, Evergreens Lifestyle Center, Senior Wheels Medical Transportation, and the Senior Health Insurance Information Program (SHIIP) were recognized. All volunteers were given a Senior Resources of Guilford T-shirt, had a chance to win one of over 20 different door prizes, and watched a video produced to show the impact our volunteers have on our organization and the individuals we serve.



We rely on more than 700 volunteers every month to help keep our programs running smoothly. These programs include Meals on Wheels, Evergreens Lifestyle Center, Senior Wheels Medical Transportation, Seniors Health Insurance Information Program (SHIIP), Telecare Telephone Reassurance, and Volunteer Income Tax Assistance (VITA). The importance of our volunteers can't be stressed enough.



We want to thank each of the sponsors who generously donated gift cards, products, their space, and their talents to help us show our appreciation for everything you, our wonderful volunteers, do to help our senior community.

Bourbon Bowl
Carolina Theatre
Chez Genese
Christ United Methodist Church
Clutch Coffee Bar
Crafted: The Art of the Taco

Farm & Field Soap Co.
Furman Landscaping & Lawn Care
Get Outdoors Pedal & Paddle
Greensboro Grasshoppers
Greensboro Opera

Lox, Stock & Bagel
New Garden Bagel
Nothing Bundt Cakes
Pigtails & Crewcuts
Travis Wilson, Saxophonist
Matthew Little, Videographer

We need you! If you would like to volunteer with Senior Resources of Guilford, contact Alison Little 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.

Boomer Profile

The Good Life

Patty Aiken

President/Franchise Owner
Home Instead Guilford County



Birthplace: Greensboro, NC
Current City: Greensboro, NC
Education: BS in Business Administration from Meredith College, SHRM-SPC Certification (through the Society of Human Resources)

Family: Lee Aiken, Husband

Career Highlights: Currently, 16+ years as the owner of Home Instead franchise office in Guilford County

with husband, Lee. 17+ years as VP and General Manager of Potpourri Designs, Inc. in Greensboro; 3 years as VP of Finance and Human Resources for Romac Financial Services in Greensboro; 3 years as Regional Director of Human Resource Operations for Intellirisk Management Corporation formerly Romac Financial Services.

Please tell us about your volunteer and community service.

I currently serve on the Board of Directors for Senior Resources of Guilford. The services and programs Senior Resources provides to our community are valuable to our older adults who are in need of nutritional assistance, social services assistance and other valuable services to support them as they age. It's important for me to try to help provide this support to our local community as they age and need different types of services. Additionally, I served on the Board of Directors for the Greensboro Rotary Club which provides support for our local community and the international community. Locally, our club provides a variety of service projects (elementary school tutoring, assistance with nutrition for school children, Project Rebuild to help members of our community improve their living spaces, and so many other programs too numerous to list). Supporting our local community is one way that we can serve, give back, and make a positive impact.

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

Be patient and listen to others. You just may learn something. (I am not overly patient so this is important for me to always remember!)

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

My father! He set the expectations for us (me and my sister) while allowing us to be ourselves, challenged us to reach beyond our comfort zones and was always present for us. His dedication to help push his daughters to higher goals gave us confidence and self-esteem and showed us how to succeed when sometimes we didn't

think we could. He taught us that everyone comes from a different place and to be kind to others. He was our biggest cheerleader!

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

Oh my, there are so many of them that I am proud of and grateful for in my life. Hard to choose—Meeting Lee Aiken is probably the best moment of my life. His love for and confidence in me pushes me to be better. He reminds me of how my dad would respond to challenges and always with a genuine spirit—although sometimes we disagree on the process! He loves and cares for his family and his close friendships, and sets a great example for me and others.

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

Access to care and community that is affordable and accessible. This population group makes up the largest population group we have ever experienced in history. There are not enough people to take care of them in either private or community settings and also access to healthcare can be a challenge as well.

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

Face to face interaction is vitally important to develop social and work skills. There is a place for electronic communications and a place for in person presence...be there! Another life lesson is to read a lot and learn to have your own voice. There is so much more access to information today than ever and it's difficult to sift out the truth. Keep a sense of humor about yourself. You are going to make mistakes, and you need to own them, fix them, and move on. Allow others to point them out to you (that's difficult sometimes!), and allow them to help you.

What traits do you most admire in others?

Humility, compassion, reliability, and responsiveness.

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

To be able to sing (well).

Please leave us with your favorite quote:

"I've learned that people will forget what you said, people will forget what you did, but people will not forget how you made them feel." - Maya Angelou

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." - Galatians 6:9

Caregiving

The Good Life

Are you a caregiver? If so, you are part of the more than one in five Americans (21.3 percent) who are caregivers, having provided care to an adult or child with special needs at some time in the past 12 months. This totals an estimated 53.0 million adults in the United States, up from the estimated 43.5 million caregivers in 2015, according to an AARP study of caregiving in the US.

Senior Resources of Guilford and Hospice of the Piedmont have teamed up to provide resources and valuable information to caregivers in our community. We have developed a survey and a set of tools to help educate and support caregivers. Scan the QR code to the right, or visit <https://www.senior-resources-guilford.org/form/caregiver-survey> to participate in the survey. Once you have taken the survey, you will be given the opportunity to sign up for a series of emails which will provide you with ongoing support.

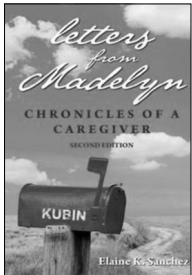


Scan me!



Lunch Break BOOK CLUB

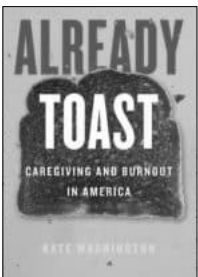
The Lunch Break Book Club, another joint effort of Senior Resources of Guilford and Hospice of the Piedmont, announces our book club titles for the upcoming year. The book club meets the 2nd Thursday of each month from 12 pm—1:30 pm at the High Point Public Library, 901 North Main Street, High Point, in the Morgan Community Room on the first floor. Books are provided for free to the first 15 people who register. “The Lunch Break book club has been a tremendous time of growth and has brought together individuals from many different caregiver backgrounds, both professional and individuals,” said Brent Howerton, Family Caregiver Specialist with Senior Resources of Guilford. “The books selected have varied in nature from humorous to serious, but all have had useful information that can be utilized to help all of us as we endeavor to be the best version of the caregiver’s we desire and strive to be.” Each book club is also followed by a Social Gathering. To learn more or to register, contact Brent Howerton at (336) 373-4816, extension 240, or send an email to caregiver2@senior-resources-guilford.org.



January 9, 2025 – Book Kick-off: **Letters from Madelyn: Chronicles of a Caregiver** by Elaine Sanchez

Book Discussion February 13, 2025 ~ Social Gathering March 13, 2025

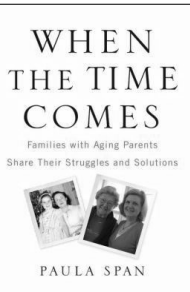
Letters from Madelyn is a book that tells the story of Madelyn, who writes letters to her daughter Elaine during the six-and-a-half years of caring for her husband Quentin after he suffers a debilitating stroke. The book explores themes of faith, courage, and love through Madelyn’s unflinchingly honest and surprisingly funny letters.



April 10, 2025 – Book Kick-off: **Already Toast: Caregiving and Burnout in America** by Kate Washington

Book Discussion May 8, 2025 ~ Social Gathering June 12, 2025

The story of one woman’s struggle to care for her seriously ill husband—and a revealing look at the role unpaid family caregivers play in a society that fails to provide them with structural support. *Already Toast* shows how all-consuming caregiving can be, how difficult it is to find support, and how the social and literary narratives that have long locked women into providing emotional labor also keep them in unpaid caregiving roles.



July 10, 2025 – Book Kick-off: **When the Time Comes** by Paula Span

Book Discussion August 14, 2025 ~ Social Gathering September 11, 2025

What will you do when you get the call that a loved one has had a heart attack or a stroke? Or when you realize that a family member is too frail to live alone, but too healthy for a nursing home? Journalist Paula Span shares the resonant narratives of several families who faced these questions. Each family contemplates the alternatives in elder care (from assisted living to multigenerational living to home care, nursing care, and at the end, hospice care) and chooses the right path for its needs. Span writes about the families’ emotional challenges, their practical discoveries, and the good news that some of them find a situation that has worked for them and their loved ones. And many find joy in the act of caring for an older loved one.



Chris Mitchell-McFadyen, Integrated Services Director

Chris Mitchell-McFadyen has become our Integrated Services Director. He will oversee SeniorLine as he retains his position of SHIIP Coordinator, and guides individuals through the complex world of options related to Medicare. In addition, Chris coordinates the donation and redistribution of durable medical equipment. Chris is from Greensboro and has lived here most of his life. Chris graduated from Ragsdale High School in Jamestown and completed his English degree at UNCG. Chris and his husband are cared for by four dogs and an extroverted cat.



Elan Jimenez, Social Worker

Elan Jimenez has joined Senior Resources of Guilford as a Social Worker. Elan graduated from North Carolina A&T State University with a Bachelor in Social Work, specializing in Health Services. She brings over 11 years of experience in assisted living. Elan is truly passionate about helping others and making a positive impact in their lives. On weekends, she enjoys traveling, trying new foods, and spending quality time with family and friends.



Ashley Dildy, Social Worker

Ashley Dildy has joined Senior Resources as a Social Worker. Ashley grew up in western North Carolina and graduated from North Carolina A&T State University with a Bachelor in Social Work. Ashley also has a Master of Divinity and Christian Counseling from Apex School of Theology. She formerly worked as a child welfare social worker. Ashley enjoys spending time with her family, shopping and watching movies in her spare time.



Tasha Furr, Social Worker

Tasha Furr has joined us as a Social Worker. She graduated from the University of North Carolina at Greensboro with a Bachelor of Social Work in 2019. Before coming to Senior Resources of Guilford, Tasha worked as the Direct Assistance Coordinator for Catholic Charities Diocese of Charlotte in Winston Salem. She has been married for a little over a year and has 2 cats that are cute and crazy. Tasha spends a lot of time with family, particularly her grandmother, and serves in the young adult ministry at her church.



Robin Stevens, Accounting Technician

Robin Stevens has joined Senior Resources of Guilford as Accounting Technician. Robin was born in Greensboro, and she is the mother of one son and the grandmother of three grandsons. She is currently pursuing her MBA and in her spare time, Robin loves to write. She has written 14 stage plays that were produced, 3 monologues that have been published and has been a writer and director since 2001.

Healthy New Years Resolutions for Older Adults

Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come. The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

1. **Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.**
2. **Be active.** Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood.
3. **See your health care provider regularly.**
4. **Quit smoking.**
5. **Toast with a smaller glass.** Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.
6. **Guard against falls.** Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls.
7. **Give your brain a workout.** The more you use your mind, the better it will work. Taking classes, reading, joining a book club, doing crossword puzzles are all activities that keep your mind stimulated.
8. **Speak up when you feel anxious.** If you find yourself with lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed, talk to your healthcare provider and reach out to friends and family.
9. **Get enough sleep.**
10. **Reconsider multivitamins.** Reconsider using vitamins or nutrition supplements, as many older adults do not need them. Consult your healthcare provider if you have any issues or concerns about your nutrition.