



SUMMER 2024

The Good Life

Promoting Independence for Seniors & Baby Boomers in Guilford County



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 Please remember Senior Resources of Guilford
 in your will.

*Senior Resources of Guilford is a 2023-2024 Strategic Partner
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 Greater High Point*

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 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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<https://www.facebook.com/SeniorResourcesofGuilford>

A Message from the CEO

Dear Friends,

I hope you are enjoying our warmer weather and all the opportunities that summer brings to our area.

Senior Resources of Guilford's Annual Spring Fundraiser was a big success! Held May 16 in celebration of Older Americans Month, with the theme of "Powering Through Connection," 120 supporters enjoyed lunch and a program hosted by Mistress of Ceremonies Tanya Rivera of WFMY. We raised more than \$45,000, the most ever thanks to our sponsors and the generous individuals who attended the luncheon.

Our March for Meals initiative was held again this year. "Community Champions" Victor Isler, Assistant County Manager for Guilford County, Deputy Chief Brent Gerald, Deputy Chief Dwayne Church and Deputy Chief Alex Gossett with the Greensboro Fire Department, and Steve Grose, Emergency Management Director for Guilford County Emergency Services, all participated and delivered hot meals to our homebound senior neighbors. Our meal recipients loved meeting these Guilford County leaders and we are most grateful to all of them for their willingness to meet our clients and experience the value of our Meals on Wheels program.

The Evergreens Lifestyle Center, our active senior center, has numerous opportunities to learn, meet new friends, learn new technology, stay fit and healthy, and socialize. From presentations on Social Security to an Ice Cream Social, there's something for everyone 55+ at Evergreens. Reach out to Tina Wilkins at (336) 373-4816 if you would like to receive our bi-monthly Active Living newsletter and calendar of events.

Our Foster Grandparents program continues to grow, and you can read an interview with one of our Foster Grandparents in this newsletter. Our Foster Grandparents help at-risk children in Guilford County to succeed on their educational path.

This newsletter features information on 2 recent new ideas to the aging community: Peter Pan housing and Solo Aging. Like us, these may be new aging concepts to you, so we wanted to share with you new focuses in the world of aging research.

Senior Resources of Guilford is always here to serve seniors in our community with meals, resources, and opportunities to learn and grow. We couldn't do it without the help of our many supporters and volunteers, and for that, we thank you.

Have a great summer!

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

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

Peter Pan Housing



For many of us, Peter Pan was a beloved movie from our childhood and after all, who among us wants to grow up? So what is “Peter Pan housing?” What defines a “Peter Pan” house? Jon Pyoons, Ph.D., Professor at USC Davis School of Gerontology calls Peter Pan housing as “housing for people who think they are never going to get old.” Pyoon notes, “We have narrow hallways, slippery bathrooms and houses crammed full of stuff.” Unfortunately, this type of housing feels all too familiar to many of us.

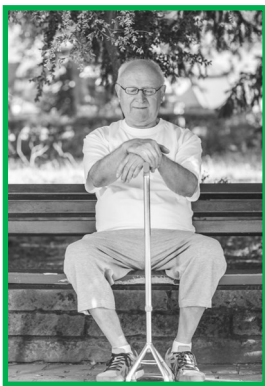
15 Elements of a Peter Pan House:

1. Multi-level housing
2. Miles from public transport
3. No markets within walking distance (auto-dependent)
4. Medical care out of reach
5. Neighborhood lacks sidewalks
6. Large hills or sloping lawns
7. Porch-less
8. Steps to enter or exit the home
9. 24-inch doorways
10. Rural isolation
11. Washer/Dryer downstairs
12. Bathroom upstairs
13. High maintenance lawns
14. Older housing stock
15. Clutter

In the 1950’s and 1960’s, young families flocked to the suburbs to live the American Dream and continue to live in their homes as seniors facing challenges with their living situations. Patrick Rohen, RN, Ph.D. of the resource website aginginplace.com says, “The challenge with the new developments is much like the ones facing the old developments; they are auto-oriented living areas which require commuter trips due to geographic isolation. The construction was designed for able-bodied adults and many aren’t pedestrian friendly for older people.”

“New urbanism” seeks to create human-scale, walkable communities which have access to public transit and are mixed with housing, shopping and medical facilities. Also known as traditional neighborhood developments (TNDs), these communities are being developed all over the US. Design elements such as porches and sidewalks for neighbors to keep in touch with each other are being incorporated. Guilford County is working toward developing communities which are more conducive to the needs of an aging population as part of the AARP Age-Friendly Community Initiative which Senior Resources of Guilford is spearheading along with Guilford County Department of Social Services and Well-Spring.

Solo Aging



Solo agers are people who are age 50 and older who live alone, are not married or in a long-term relationship and have no living children. According to AARP, they make up 12% of the population ages 50-plus in the US.

Solo agers, also known as elder orphans, share several concerns that other older adults have, such as maintaining independence, physical strength, good health, sound mental abilities, and sufficient financial resources. Yet, without children or a spouse to rely on, solo agers are more likely to fear dying alone, being moved somewhere against their will or losing the ability to make decision for themselves, and having a court appoint someone to make decisions for them. AARP notes that only about one-third of solo agers say they have someone who could help manage their household or handle day-to-day expenses if they were no longer able to do so. Solo agers have to be proactive in building a network of friends and resources to draw upon as they get older. Here are some tips for solo agers:

- Maintain friendships and make new friends.
- Eat healthy and stay active.
- Research available resources and communities now. You can contact our SeniorLine at 336-333-6918 for resources and information on assistance available for seniors.
- Don’t be afraid to ask for help in making a plan.
- Re-examine your housing situation to make sure you are safe from things like falling and not being able to get help.
- Visit a senior center like the Evergreens Lifestyle Center. You can contact Evergreens at (336) 373-4816, extension 280 and learn about the wide variety of activities you can participate in, and make new connections.

Annual Spring Luncheon

The Spring Luncheon held on May 16th at the Greensboro Country Club was a resounding success, thanks to the generous support of our attendees, sponsors, and supporters. The event featured speakers who shared why community-based services were important to seniors and their families, including David Parrish, the former city manager of Greensboro who is currently the operating partner of New Page Capital, and chair of the Greensboro Merchants Association, and Tanya Rivera from WFMY News Channel 2, who served as the mistress of ceremony.

We are thrilled to announce that this year's luncheon raised a record-breaking amount of more than \$45,000 in donations. These funds will directly benefit all 17 programs offered by Senior Resources of Guilford and the seniors we serve in the community.



We extend our heartfelt gratitude to everyone who attended, sponsored, and supported the event. Your contributions will make a significant impact on the well-being and independence of older adults in Guilford County. Thank you for your generosity and commitment to our mission.

THANK YOU TO OUR ANNUAL LUNCHEON SPONSORS, TABLE HOSTS, AND SUPPORTERS

PLATINUM

Golden Corral
Towne Bank

SILVER

Beacon Management
Bernard Robinson & Company
Booth, Harrington & Johns
Ellis & Winters LLP
Griswold Home Care
Home Instead
Jeff Segal
UBS

FRIENDS

Daniel and Susan Mallary
Sentinel Risk Advisors

TABLE HOSTS

Patty and Lee Aiken
Heather Cross
Mike Diamond
Donna Honeycutt
Michael Kelly
Slade Lewis
Bruce McReynolds
Darlene and Scott Silknitter
Beverly Williams and Dan Mosca
Anne Daniel and Kitty Robinson

SUPPORTERS

Dedicated Senior Medical Center
Ronald Johnson



Foster Grandparents Program

The Foster Grandparent program matches income eligible senior adults aged 55 and older with children and youth where they serve as tutors, role models and mentors for children in childcare centers, elementary schools, middle schools and after-school programs.

Foster Grandparent volunteers serve one-on-one or in a small group setting with children offering specialized assistance to help them gain confidence and improve their academic performance and potential.

Foster Grandparent volunteers serve 20 hours per week and receive a stipend for their volunteer service. Foster Grandparent volunteers spend this time talking and reading to children as well as focusing on skills which need to be improved as identified by the child's teacher. Through their loving efforts, children gain confidence and improve their academic performance.



The program is funded by the AmeriCorps Seniors and United Way of Greater Greensboro and Greater High Point and is sponsored in Guilford County by Senior Resources of Guilford. Maderia Lewis is the program director of the Foster Grandparents Program.



We talked with Sharon Thomas, a Foster Grandparent since 2018, to get her perspective on her experience. Sharon started out working with 8-12 year olds, and now she works with a teenager. "My friends told me about the program," said Sharon. "I wanted to help a child because there is so much need." Sharon is the mother of 3 sons and draws on that experience to help her as a Foster Grandparent. "If I had someone so supportive when I was coming up, it would have meant so much," said Sharon. "Children need love, and they want someone to listen to them. They need to be heard."

Sharon says the student she supports has a caring heart, and since she's been working with him, his grades have noticeably improved. "I am learning as they are learning," she said. "Everyone has a different way of learning and you have to pay attention to various learning styles, and find out what interests the child. You can make a difference with just a smile."

Sharon says being a Foster Grandparent "isn't work." Being part of Foster Grandparents has given her the opportunity to help someone. She shared a favorite quote, "Let your light shine, it's contagious!"

We are grateful to Sharon and all our Foster Grandparents. If you are interested in being a Foster Grandparent Volunteer or know someone who might be interested, please call Maderia Lewis, Foster Grandparents Program Director at 336-373-4816 ext. 231 or send an email to fgp@senior-resources-guilford.org.

Boomer Profile

The Good Life

Susan Cox

Senior Vice President, Clinical Services and
Chief Nursing Officer, Hospice of the Piedmont



Birthplace: Madison, NC

Current City: High Point, NC

Education: Masters of Science in
Nursing Administration; Registered
Nurse for 44 years.

Family: Married with two daughters,
three granddaughters and one
grandson

Career Highlights: 1980: Completed
Nursing School and employed as a RN
working as a bedside nurse and other positions at Wesley
Long Hospital and Moses Cone Hospital including ICU
and Emergency Department. She was Director of a
Stepdown Unit at Moses Cone Hospital before moving
into the field of Hospice and Palliative Care in 2002.
2002 – 2017: She worked as a RN Case Manager at
Hospice and Palliative Care of Greensboro for three years
and was then asked to start the Palliative Care Program
and served as the first Director of Palliative Care. Moving
into different leadership positions, she was the Chief
Clinical Officer. 2017 – Present: When she took the
position of Director of Clinical Services at Hospice of the
Piedmont, she assisted with the merger between
Hospice of the Piedmont and Hospice of Randolph
County and now serves as the Senior Vice President,
Clinical Services and Chief Nursing Officer.

Please tell us about your volunteer and community service.

I served as a board member and Board President for the
Well Springs Solutions Board (formerly known as the
Adult Center for Enrichment) for 12 years and I served
as a board Member of the Well Spring group for six
years. Locally, I have volunteered with A Simple
Gesture. I volunteered with my previous church
and also volunteer with my current church, The Summit.
I served as a board member and Board President for the
Hospice and Palliative Nurses Association and I am
currently a board member and Past President of the
Hospice and Palliative Credentialing Center.

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

The best advice I ever received is: know when to move
on and watch for the opportunities that arise when you
least expect them. Always give 100% in what you do.

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

In my personal life growing up and as an adult, it
would be my mother. She was a true role model for me
in caring for others. In my professional life, it would be
the previous CEO of Hospice and Palliative Care of
Greensboro, Pat Soenksen. She helped me grow as a
leader and exemplified support and allowing me to lead.

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

My proudest moment is seeing my children achieve
success in what they love and love what they do.

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

I believe the challenges today are: identifying
responsible caregivers who can support older adults as
they age; helping those who are challenged with
technology and supporting the younger boomers
who are more tech savvy; preparing for life changes
before they occur and making sure there is a plan in
place.

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

Always remember that the older people in your life
have knowledge to share and love to give. Seek them
out, respect them, spend time with them and let them
know you love them.

What traits do you most admire in others?

I admire honesty and integrity. Tell me the truth
and do what you tell me you are going to do.

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

Sign Language – I would love to be able to understand
and communicate using sign language.

Please leave us with your favorite quote:

“Develop enough courage so that you can stand up
for yourself and then stand up for somebody else.” -
Maya Angelou

“There are only four kinds of people in the world.
Those who have been caregivers, those who are
currently caregivers, those who will be caregivers,
and those who will need a caregiver.” - Rosalyn Carter

March for Meals

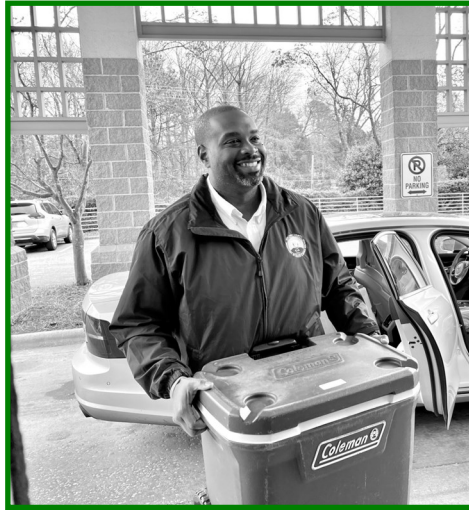
The Good Life

Our annual March for Meals campaign was a great success! Every March, Meals on Wheels programs around the country celebrate the historic day in 1972 when a nutrition program for seniors was added to the Older Americans Act. This campaign is a time to celebrate the work our program does, engage community support, and strengthen our local impact. This year, we had representatives, also called “Community Champions” from Greensboro Police Department, Greensboro Fire Department, Guilford County Emergency Services, and Guilford County Government.

Community Champion, Victor Isler (Assistant County Manager for Guilford County) said “The volunteer experience was rewarding, and the process was efficient. The leveraging of technology to ensure routes and directions are at the fingertips of your volunteers is a valued add. The Meals on Wheels participants were welcoming and appreciative of the meals. This program truly improves the quality of life for so many of our seniors. I look forward to volunteering again.”

Community Champion, Deputy Chief Brent Gerald said “We enjoyed it! It was good talking with [clients] and it’s a great opportunity to still serve in another way other than responding on emergency calls.” He delivered Meals on Wheels alongside Deputy Chief Dwayne Church and Deputy Chief Alex Gossett, all three serving with Greensboro Fire Department.

Community Champion, Steven Grose (Emergency Management Director at Guilford County Emergency Services) said “I can guarantee that will be highlight of my day, getting to see a few folks in their homes and see a few smiles. It was a need being met. It’s nice being seen as a part of your day to day, not a part of your worst day.”



**A heartfelt thanks to
all our Community
Champions who helped us in our
March for Meals
Campaign this year!**



Evergreens Lifestyle Center Events and Activities

Evergreens Lifestyle Center



ICE CREAM SOCIAL

Enjoy live music while you indulge in delicious frozen treats!

Sponsored by



Monday, July 8 at 2:30 pm

Evergreens Lifestyle Center
Lower Level
1401 Benjamin Parkway, Greensboro
336-373-4816 ext 280



EVERGREENS LIFESTYLE CENTER

SILENT AUCTION



Save the Date!



**THURSDAY & FRIDAY
SEPTEMBER 26 & 27
9AM-5PM**

Want to donate an item for the auction?
Contact Tina Wilkins at (336) 373-4816 ext 280

EVERGREENS LIFESTYLE CENTER

SERVICES FOR THE DEAF AND HARD OF HEARING

Presentation by John Sherwood, Hard of Hearing Services Specialist



LEARN WHAT RESOURCES ARE AVAILABLE FROM THE STATE OF NC, INCLUDING ASSISTIVE TECHNOLOGY!

JUNE 24 AT 3PM

EVERGREENS LIFESTYLE CENTER
LOWER LEVEL
1401 BENJAMIN PARKWAY
336-373-4816 EXT 280

Funeral Options and Pre-Planning


with Kevin Matthews & Heather Forbis-Grice of Forbis & Dick


Learn about different funeral decisions & how to financially plan for your choice.

WEDNESDAY, JULY 24 AT 11AM

Evergreens Lifestyle Center
336-373-4816 ext 280
Lower Level
1401 Benjamin Parkway
Greensboro, NC

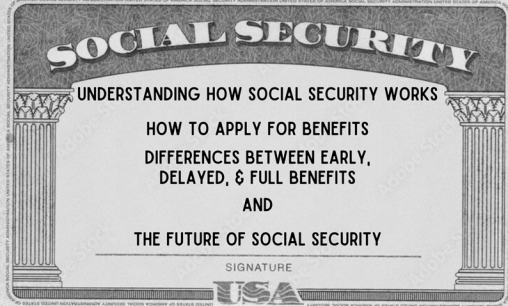


Evergreens Lifestyle Center



AARP® Triad Region

JOIN US FOR AN INFORMATIVE PRESENTATION ON



MONDAY, AUGUST 12 AT 3PM
EVERGREENS LIFESTYLE CENTER
1401 BENJAMIN PARKWAY, LOWER LEVEL

AARP Speaker's Bureau Series at the Evergreens Lifestyle Center

June 12 at 10 AM: Decluttering
We love to think about decluttering and organizing, but we don't always love to do it! This decluttering and organizing workshop provides a step-by-step to downsizing.

July 10 at 10 AM: Brain Health
This workshop is designed to empower participants to take charge of their brain health and learn more about the five pillars of a healthy brain.

August 26 at 10 AM: Fraud Watch
Protect yourself from scammers! Learn how to identify, avoid, and report fraud with the latest data on fraud trends.

For information or to register for any of our activities at Evergreens Lifestyle Center, please call (336) 373-4816, extension 280.