

North Carolina Senior Nutrition Alliance



A Program Section of

NORTH CAROLINA
ASSOCIATION ON AGING

NCAOA
www.ncaoa.org

PO Box 10341 • RALEIGH, NC

Albemarle Commission Senior Nutrition Program

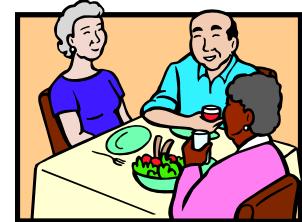
August 2010

The Albemarle Commission Senior Nutrition Program in Region R recently held receptions for our Home Delivered Meals volunteers. We used the "The Starfish Story" as our theme this year, "you can make a difference one senior at a time." The tables had pastel colored tablecloths and decorated with pastel balloons, sand buckets, shells, sunglasses, candy and of course various sizes of starfish. Each guest received a Home Delivered

meals car magnet, key chain light and notepad as party favors.

Audrey Holland

The volunteer from each home delivered meals area that donated the most hours was recognized with pins and certificates. Some received pins for going "Above and Beyond" by volunteering at more than one site. All of our hard working site managers and coordinators were introduced to the guests and thanked for all their work and dedication this past



Aging Boot Camp

The North Carolina Association on Aging is pleased to announce another session of the popular Aging Boot Camp. An introduction and orientation to the world of aging services!

This is an orientation program most appropriate for brand new employees in the aging network or others wanting a basic understanding of aging issues and services.

Wednesday & Thursday,
Nov. 3 and 4, 2010 The

Boot Camp will be held from 10:00 A.M. to 4:30 P.M. on Nov. 3rd and from 9:00 A.M. to 3:30 P.M. on Nov. 4th. Lunches and refreshments are included in the registration fee. The Boot Camp will be held at:

**Western Piedmont
Council of Governments**
736 4th St SW
Hickory, NC 28602
828-322-9191

Lodging: Lodging arrangements must be made independently from the workshop registration. Hotel accommodations have been arranged nearby for workshop participants

who require lodging: Holiday Inn Express-Conover, 104 10th Street NW in Conover. 828-465-7070. This hotel will honor state rates for those who qualify. Registration includes complementary continental breakfast and wireless Internet access.

Registration forms need to be received at PO Box 10341, Raleigh, NC 27605-0341 BY OCTOBER 29TH. Register early to assure your place; only 30 slots are available. It is possible to register and bring your registration fee to the Boot Camp. If that is your plan, please indicate this on the registration form. Faxing registration forms is discouraged because we cannot guarantee they have been received; however, you may email an electronic version of the registration form to: bill_lamb@unc.edu.



Special points of interest:

- Note from Chair
- Update from Mecklenburg County Nutrition Program
- Membership information

Note from Chair

Our Nutrition Alliance track at the annual conference in Greensboro in April was a success and I hope all who attended went home with many new ideas and contacts. We hope your join us at next years conference. It will be held at the same venue in Greensboro.

At the conference, a suggestion was made to host a blog site for discussion of issues that we all share in senior nutrition. Our board member Rick Eldridge has created a blog for our use and you may access it at the following address:

<http://ncaoa.org/nutritionblog>

Please log in and create a username and join in discussions so we can all share ideas and opportunities in the senior nutrition field.

I would also like to welcome Mike Rood from Montgomery County who was voted in as Vice Chair of the Nutrition Alliance and Alan Winstead of Wake County who was voted in as Secretary of the Nutrition Alliance at the Conference.

Thank you for everything you do for seniors in our state!



Kimberly S Strong

TAKE ME OUT TO THE BALLGAME: SENIORS PLAY LIKE KIDS ON THE DIAMOND In Mecklenburg County

On Friday April 16, 48 senior citizens from Mecklenburg County Senior Citizen Nutrition Program enjoyed a fun-filled afternoon playing softball. Mecklenburg County Park and Recreation, DSS's Community Resources Division and Senior citizens Nutrition Program partnered to provide ball fields, equipment, volunteers, transportation and refreshments. Each participant received a ball cap and a bag

of treats that contained popcorn, peanuts, and Cracker Jacks. Men and women who had not played softball in many years showed their athletic abilities and team spirit on a sunny spring afternoon full of laughter and good times.

"The volunteers are largely responsible for making this the absolute Senior Friendly Softball Game ever," said Jackie Hubbard of Partnership

Services. "They loaned softball gloves, provided bottled water, took pictures and assisted on the ball field. They helped to create some wonderful memories for the seniors of the Senior Citizens Nutrition Program."



Mecklenburg County Senior Citizens Nutrition Program Participants Go for the Gold

Seniors from seven congregate nutrition sites competed in the 2010 Charlotte Mecklenburg Senior Games which included a variety of athletic events and SilverArts (performing and heritage art categories). They won a total of 32 medals - 15 gold, 13 silver and 4 bronze



Mecklenburg County Senior Citizens Nutrition Program Receives National recognition

The Mecklenburg County Senior Citizens Nutrition Program site at the Johnston YMCA received national recognition from the U.S. Administration on Aging for being a finalist in the video category of the My Recipe for Strength Contest which was part of the 2010 Older Americans Month celebration. A Certificate of

Recognition and a crystal paperweight were received from Kathy Greenlee, U.S. Assistant Secretary for Aging. The video, which was one of 10 national finalists, showed the many activities in which the senior citizens participate that encourage health and wellness. Throughout Mecklenburg County there are 18 SCNP sites.

Kajel Patel

NC Association on Aging

P.O. Box 10341
Raleigh, NC 27605-0341

NC Senior Nutrition Alliance is a program section of the NC Association on Aging

www.ncaoa.org

The Alliance exists to provide a statewide organization for senior nutrition professionals to advocate for senior nutrition, network and collaborate on common issues, share information, co-market initiatives, and provide additional staff training and development.

Related responsibilities of this organization are to work in collaboration with the NC Division of Aging & Adult Services.

Membership for NC Senior Nutrition Alliance

If your organization is already a member of the NC Association on Aging, you only need to complete a membership form for the Alliance. Both the Alliance membership form and the application form for the NCAOA can be found at www.ncaoa.org. Go to Join Us and download and print the forms you need. Complete and mail with annual dues (if you need to apply to NCAOA) to NCAOA, PO Box 10341, Raleigh, NC 27605-0341.

We look forward to you joining us!!

The membership of the organization is open to any and all staff members of senior

Nutrition providers in the state of North Carolina whose organizations are members of the NC Association on Aging (NCAOA).

Additional dues above and beyond those paid to the NCAOA will not be charged for membership in the Senior Nutrition Alliance.

