

# North Carolina Senior Nutrition Alliance



A Program Section of

NORTH CAROLINA  
ASSOCIATION ON AGING

**NCAOA**  
www.ncaoa.org

PO Box 10341 • RALEIGH, NC

## Senior Nutrition Alliance

September 2009

Volume 1, Issue 1

Welcome to the first edition of the North Carolina Senior Nutrition Alliance Bulletin. This bulletin will update senior nutrition providers across the state about updates and program happenings in senior nutrition. This is your bulletin so please send information to include in the bulletin to [kstrongcmow@ctc.net](mailto:kstrongcmow@ctc.net).

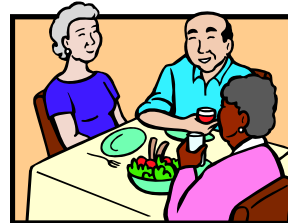
You can join us on a Google group to share and network with programs from across the state. Just

click to go to the group:  
ncmeals: <http://groups.google.com/group/ncmeals>

This is a great way to stay connected.

Join us in Greensboro, April 28-30, 2010 for the North Carolina Association on Aging Conference. We will have a senior nutrition track at the conference.

The goal is to make our Alliance a place to learn, share and come together. Please be involved!



## Aging Boot Camp

The North Carolina Association on Aging is pleased to announce another session of the popular Aging Boot Camp. 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, Oct 20 and 21, 2009

The Boot Camp will be held from 10:00 A.M. to 4:30 P.M. on Oct 20 and

from 9:00 A.M. to 3:30 P.M. on Oct. 21. Lunches and refreshments will be included in the registration fee. The Boot Camp will be held at: **Fayetteville-Cumberland Senior Center**; 739 Blue Street; Fayetteville, NC

**An introduction and orientation to the world of aging services!  
Who should attend?**

New employees in the aging network

Veteran employees with new responsibilities

HCCBG advisory committee, Senior Tar Heel delegates or agency board members

Anyone interested in learning more about aging services in North

Please visit [www.ncaoa.org](http://www.ncaoa.org) for more information

### Special points of interest:

- Note from Chair
- Update from Forsyth County Meals on Wheels
- H1N1 Flu update: what should I know and do?
- Membership information

## Note from Chair

Welcome to fall! I would like to introduce myself to you. I was elected as chairperson of the Senior Nutrition Alliance in September. I am excited to be the chairperson and look forward to hearing from you.

My name is Kimberly Strong and I am the Executive Director at Cabarrus Meals on Wheels in Cabarrus county. We are located north of Mecklenburg County (Charlotte). We are in the heart of NASCAR country. I have been with the program just shy of three years. I have 15 years of experience as a nonprofit executive and hold an MBA

degree with a concentration in Public Administration. I have a passion for seniors and senior right. I believe that proper nutrition for all seniors is essential for senior independence. I also believe it is vitally important for seniors to remain in their own homes for as long as possible. It is important to their mental and physical health to be in their own home. Proper nutrition is an important piece of this independence.

I hope our Alliance shares information between counties and programs. It is important to the success of our Alliance

that everyone contributes and gets involved.

I hope to hear from you. We can share information through a Google group: <http://groups.google.com/group/ncmeals>. Please log in, join the group, and share your experiences and your expertise with other senior nutrition providers across our state.

Wishing you well,



## Senior Services: Winston-Salem, NC: Forsyth County Meals on Wheels

Linda Kearsley

Nutrition Services Director

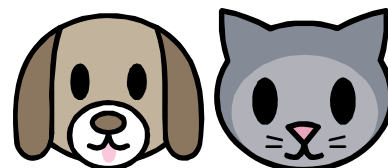
Senior Services, Inc.

Two years ago the Senior Services Board of Trustees made the decision to raise the funding necessary to eliminate the Meals-on-Wheels waiting list. A concerted effort was made to donate and/or raise the money and the Meals-on-Wheels staff got to work. An infrastructure was built, volunteers re-

cruited, and a total of nine hot meal routes and 8 frozen meal routes were developed over the next year and a half to bring the waiting list from 268 to 0!

Senior Services currently serves a total of 1201 clients and the waiting list hovers around 20. Preparations are underway for Governor Purdue to deliver the 4 millionth meal this fall!

Recently, Senior Services partnered with the Forsyth Humane Society and our volunteers are delivering pet food to our meal recipients that have difficulty acquiring food for their pets. This has been well received and appre-



## Flu Updates: What do I need to know and do?

H1N1 influenza is a contagious respiratory illness caused by a new strain of flu virus.

Flu viruses spread mainly from person to person through coughing or sneezing. Sometimes people catch flu by touching something infected with the virus and touching their mouth or nose. There are several things you can do to prevent catching or spreading H1N1 or seasonal flu.

**Protection:** Wash your hands often with soap and water; Avoid touching

your eyes, nose, or mouth; try to **Avoid close contact** with sick people; **Cover** your nose and mouth with a tissue when you cough or sneeze; If you get sick **STAY HOME**; get the recommended **Seasonal Flu Vaccine**; get the recommended **H1N1 Vaccine**.

**Symptoms:** Fever, Cough, Sore throat, body aches, chills, fatigue, runny or stuffy nose, headache, diarrhea, and vomiting. Most people recover after about a week without lasting effects.

Seek emergency care if you or a family member has any of these symptoms: Difficulty breathing, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting; flu like symptoms that improve, but return with fever and worse cough.

For more information visit the website: [flu.nc.gov](http://flu.nc.gov)

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](http://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](http://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.

