

Mission Statement: Advance the quality of life by providing positive, inclusive experiences through our people, parks and programs. As part of this mission, the Senior Center provides health and safety information, referral services, educational opportunities, and leisure recreational activities.

Manager's Minute

Greetings,

WOW – what a summer! High temperatures did not slow us down one bit. We had huge numbers at special events with two (Senior Day @ the Mall and Summer Blast) seeing numbers well over 300 participants - even in 95 degree weather! Trips to the Outer Banks, State Farmer's Market, and Triangle Town Center were filled to capacity. Educational workshops on bone health, fire and fall prevention,

and monthly lunch & learns with Nash UNC Health experienced record numbers as well. In addition, in July our senior center was nationally accredited through the National Institute of Senior Centers! All-in-all a good summer for us doing what we love to do – provide quality recreational and educational programs that enhance our participants' quality of life.

Fall and Winter bring cooler temperatures and big things happening at the Senior Cen-

ter! Some highlights include a visit from NC Senator Angela Bryant, a National Accreditation Celebration, wonderful trips, several major special events, and the implementation of a new card system. Not to mention Baby Lyllian's arrival to the Langley Family! Come on out and join us for one or all of these wonderful opportunities.

See you at the Center!

Sincerely,

Alex Langley, Senior Center Manager

Rocky Mount Senior Center Receives National Accreditation

In July, the Rocky Mount Senior Center was awarded National Accreditation by the National Council on Aging (NCOA) and its National Institute of Senior Centers (NISC). NCOA's National Institute of Senior Centers offers the nation's only **National Senior Center Accreditation Program**. Accreditation provides official recognition that a senior center meets the nine standards of senior center operations. We are the 3rd nationally accredited senior center in the state of NC and one of only approximately 1% of the 12,000 senior centers in America to be nationally accredited.

Accreditation was a two-phase process. The Community Self-Assessment phase was based on the nine national senior center standards of Senior Center operation: purpose, community collaboration, program planning, evaluation, financial management, governance, administration/human resources, record keeping, and facility. Key questions were addressed by members of the governing



Rocky Mount Senior Center receives National Accreditation. Mayor gives Senior Center Proclamation during city council Meeting September 14, 2015.

body, staff, participants, community stakeholders, etc. The Accreditation phase involved compiling supporting documentation related to the National Senior Center Self-Assessment and National Accreditation Manual, an on-site review of documentation and the Center

by a certified Peer Reviewer, and a review of the Peer Reviewers' findings and recommendation by the National Institute of Senior Centers Accreditation Board.

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Accreditation is unique to the senior center field and demonstrates outstanding leadership and commitment to quality programs and services to older adults. Our facility was commended for effective marketing efforts, engagement with a broad array of community organizations, our leadership, and our energetic staff. NISC peer reviewer, Peter Thompson, Executive for Senior Center, Inc. in Charlottesville, VA, noted the respect the community has for the center and the existence of strong governance, finance, and administrative standards thanks to a dedicated City team who is very knowledgeable and supportive of the center.

Accreditation greatly enhances our image and affords us the opportunity to position our city, the parks & recreation department, and specifically our senior center as leaders in positive aging. National recognition can be strategically used to heighten awareness of the importance of our center and showcase our excellence to funders, participants, families, and other key people in the community. Accreditation raises the bar for all of us and ultimately legitimizes our senior center as a professionally managed, relevant, and vital resource for older adults in the Rocky Mount community.

An Accreditation Celebration will be held Thursday, October 15, 2015 at 10:00 a.m. at

the City of Rocky Mount Senior Center. Guests and speakers include NC Senator Angela Bryant, Rebecca Freeman of the NC Division of Aging and Adult Services, Mary Marlin of the Upper Coastal Plain Area Agency on Aging, City and Parks & Recreation administrators, and other community leaders. This event is free and open to the public. Light refreshments will be served following the program that will start promptly at 10:00 a.m. An accreditation plaque from the NCOA/NISC will also be presented as part of the event.

If you have any questions about national accreditation or the accreditation celebration event please contact Alex Langley at (252) 972-1562.

Fitness, Health and Wellness Programs a Popular Attraction



Our Summer Intern, Gladys Gonzalez, leading the "Healthy Bones for Healthy Hearts" program.

Health and Wellness programs are a major highlight of attending the Rocky Mount Senior Center. We offer several fitness programs such as Water Aerobics, Body Craze, Stretch Class, Line Dancing, YogaLike, Circuit Training, Personal Training, and the Fitness Center. Health Programs offered consist of classes, workshops and programs such as Eat Smart Move More, Diabetes Self-Management Workshop, One on One's with a Dietitian, Hearing Screenings, Hearing Aid Checks, Building Bones with Healthy Hearts, Mission Fit Possi-

ble, and many more. One of our most popular wellness programs in the Cardio-Pulmonary Lunch and Learn, so-sponsored by Nash UNC Healthcare. It meets the second Tuesday of the month with a guest speaker each month. First 30 to sign-up receive a free lunch.

The fitness programs are designed for seniors of all abilities. We have classes that are low-impact, and some with moderate and high levels of intensity. The largest class we have is our low-impact Stretch class with the current enrollment at 48 participants.

Our health & wellness programs offer a wide range of topics. Every last Friday of the month we go to Nash General Hospital for a Lunch and Learn. The last topic presented was Melanoma. We connected to other facilities watching the presentation and to the presenter via internet, intercom and video. The presenters are extremely qualified professionals that are specialists on the topic discussed that day. A new topic is presented at each lunch and learn. If you are interested in getting involved with any of our health and wellness programming, please contact Julie Watson at Julie.watson@rockymountnc.gov or (252) 972-1564.



Thank you to WLQC-FM Life 103.1 for their support of the Rocky Mount Senior Center Newsletter.

Rocky Mount Senior Center on the Go!



Our seniors are always on the move, looking for more places to go and more adventures. This past year we've been to California and Texas and we have a trip to London and Paris in December. Coming up is a 12-day Alaska Adventure cruise and tour in June, 2016 with a record number of our seniors signed-up to go!

Two more fabulous trips have been added: A 7-day **South Dakota Adventure** September 14, 2016. Highlights of the trip are a visit to Mt. Rushmore, Badlands National Park, Crazy Horse Memorial, Wild Horse Sanctuary, Rapid City, Historic Deadwood, a Buffalo Jeep Safari, a rail journey on the 1880 Train, a State Game Lodge Dinner, a K-Bar S Ranch Dinner, a Chuckwagon Supper & Cowboy Show and

much more. 7-days and 6-nights, Roundtrip Airfare, hotel room, 10 meals, Professional Tour Director, etc. included. \$2449 per person double. Book by May 31, 2016 and get \$100 discount. And, just announced is a trip to **Hawaii** in June 2017. Information coming soon.

We've also had many exciting day trips and short overnight trips this year. We've been to Myrtle Beach, NC Outer Banks, Barn Dinner Theatre, Mudcats Baseball game, State Farmer's Market, Duplin Winery, shopping at the Williamsburg, VA outlets and several major malls and stores in the Raleigh/Durham area. More trips and shopping in 2016, including another trip to Asheville/Biltmore House in the spring.

Mark Your Calendars... Christmas Gala December 7

The event of the year is our Annual Christmas Gala with music, entertainment, good food, fellowship and a special guest speaker. This year we welcome **Amy Wood Pasquini**, Marketing Development Director for Our State magazine.

Amy is the Executive Producer of Content for "Our State," a 15-time, Emmy® Award-winning, television show produced by UNC-TV and also the producer of many Our State travel weekends including the Best of Our State and Learn & Live Weekends. She is the author of two books *Life Between Azalea Festivals* and *White Bred, A Prodigal Jaunt Through the Suburban South* in addition to many articles for Our State.

Born in Atlanta, Amy grew up in North Carolina. She obtained her BA in journalism from Georgia State University. She lives in High Point with her husband John, where they enjoy sampling pimento cheese recipes from around the state. A 'foodie' from long ago, Amy always concludes her talks by singing the Butter Bean Song.

Tickets for the Gala are on sale October 22 – November 25.



Volunteer Spotlight - Deloris "Dee" Parker



Dee is a retiree, working 22 years for Rocky Mount Engine Plant and 10 years with Lowes of Rocky Mount.

When asked, why she became a volunteer at the Rocky Mount Senior Center, Dee replied "to get me out of the house. If not participating in events and volunteering with the Center, all I would do is sit around all day watching TV. Becoming a volunteer has helped me make many new and wonderful friends."

Dee was initially drawn to the Senior Center by all the activities and programs offered. After getting involved, she wanted to do more and volunteering seemed the logical solution.

Dee volunteers for special events, assists with trips and at the receptionist desk, works with

kitchen volunteers, Down East Senior Games, senior stretch class, recruiting other volunteers, and works with other Parks & Recreation Division activities. What stands out most are her volunteering efforts with the Annual Christmas Gala, Christmas Tour, and Country Christmas Breakfast.

Making people smile plays a big part in her role as a volunteer. What stands out in her mind is "putting down the cane, because it's never too late to get started. Just because it's named the Senior Center does not mean you have to take the Gold out of your Golden Years."

Rocky Mount Parks & Recreation Department

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www.rockymountnc.gov/parks/seniorprograms.html

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General Information

Senior Center Office Staff

Alex Langley..... Senior Center Manager
Julie Watson Senior Center Supervisor
Anthony Boddie.... Building Services Manager
Sylvia Sharpe..... Program Assistant
Jan West..... Administrative Assistant

Fall / Winter 2015

Regular Hours

Monday - Thursday..... 8:00 am - 7:00 pm
Friday 8:00 am - 5:00 pm
Saturday/Sunday CLOSED

Reduced Hours

Thursday, Friday, November 26 - 27 .. CLOSED
Thursday, Friday, December 24 - 25 .. CLOSED
Friday, January 1 CLOSED (City Holidays)

*We close at 5:00 pm the day before all city observed holidays.

A Full Season of Events and Trips

With the chill of Fall around the corner, our thoughts turn to the excitement of the upcoming Senior Center Holiday events! We kick-off the season with our annual trip to the State Fair October 20 (Senior Day at the Fair). Here is a list of our upcoming events:

- Oct 6 2nd Annual Cake Baking Contest
- Oct 15 National Accreditation Celebration
- Oct 20 State Fair Trip
- Oct 24 NC Wesleyan Football Game & Tailgate Party

- Oct 28 NC Zoo Trip
- Nov 4 Smithfield Shopping Trip
- Nov 11 Veterans' Lunch
- Nov 24 Thanksgiving Feast
- Dec 2-9 London and Paris Trip
- Dec 7 Christmas Gala
- Dec 10 Christmas Breakfast
- Dec 14 MLK Luminaries
- Dec 17 Christmas Light Tour

DON'T MISS A THING

Get added to the Senior Center News mailing and/or email list by contacting us at (252) 972-1561. Check out the division's website for all things Senior Programs related.

<http://www.rockymountnc.gov/parks/seniorprograms.html>

Like us on Facebook. Rocky Mount Senior Center

