

MINUTES

44th Anniversary Annual Meeting

RANDOLPH SENIOR ADULTS ASSOCIATION, INC.

September 26, 2019

2:00 p.m.

MEMBERS PRESENT:	Nancy Henderson, President	Brenda Goldston, Secretary
	Lonnie Keogh, Treasurer	Pat Callicutt
	Betty Foust	Carolyn Vickrey
	Vicki Cox Humphries	Jim Finison
	Vickie Lorimer	

MEMBERS EXCUSED:

EX-OFFICIO PRESENT: Betty Hunt, Elizabeth Mitchell and Sandra Allen

SPECIAL GUESTS/SPEAKERS: John Ogburn, Candie Rudzinski, Mayor Bucky Jernigan, Rep. Pat B. Hurley, Rev. Robert L. Hinson, Adrienne Calhoun, Alderwoman Melissa Blalock, Will Doerfer, Kay Williamson, and Lynn Morgan-Pegues

The Randolph Senior Adults Association, Inc. (RSAA) held its 44th Annual Meeting on Thursday, September 26, 2019 at the Harry and Jeanette Weinberg Adult Resource and Education Center. President Nancy Henderson welcomed members, volunteers, and staff. She expressed much gratitude for their attendance at the 44th Annual Meeting. Light refreshments were served. President Nancy Henderson called the meeting to order. Rev. Robert L Hinson gave the invocation.

President Nancy Henderson recognized guests in the audience including Elizabeth Mitchell (United Way of Randolph County), Bucky Jernigan (Mayor of Randleman), and John Ogburn (Asheboro City Manager), representatives of municipal partners, members of the Randolph County Board of Commissioners, and Advisory Committee Members.

President Nancy Henderson shared highlights of the previous twelve months. Nancy stated that in September of 2018, Mark Hensley joined RSAA as Executive Director. Margie Stidham was recognized with the Governor's Volunteer Service Award. Margie was honored by the United Way of Randolph, the N.C. Commission on Volunteerism and Community Service, and the Randolph County Board of Commissioners. Nancy stated that George Davis, was honored by the Archdale-Trinity Chamber of Commerce as the recipient of the Humanitarian Award. Nancy also spoke about the Liberty Senior Center had earned its re-certification as a NC Senior Center of Excellence by the NC Division of Aging and Adult Services. To earn—and keep—this coveted designation, our Liberty Center demonstrated best practices in all evaluation categories, ranging from outreach and access to services, planning, operations and more. Nancy mentioned that RCATS received the 2018 Silver Award for Safety as presented by the NC Department of Labor. When you consider that RCATS has 28 vans and runs greater than 1,200 trips per week – it is remarkable that the team handles this level of volume AND maintains the highest standards of safety! Nancy also spoke about how the Information & Options Counseling Department led the region in the savings provided to seniors during the Open Enrollment period. Not only did they lead

the region, Randolph County alone accounts for 56% of the total Medicare Savings for 12 counties! They were number 2 in the state for dollars saved and number 3 in the state for clients served. Last year the team saw 2,174 clients and saved Randolph County residents \$687,000. AARP Volunteer Tax Preparation Team met with 1,687 clients and filed 1,251 tax returns with potential client savings of \$250,000. It was also stated that for the first time in 12 years, we launched a relationship with a new caterer—Golden Corral—for home-delivered, congregate and frozen meals. In addition, we received a Family Caregiver Innovation Grant. The grant provided funding for a quarterly newsletter with information and resources specifically for caregivers as well a one-day event designed to cater to and reduce stress for caregivers.

Mark Hensley, Executive Director shared that everyday our caring staff, active members, dedicated volunteers, and loyal donors support and celebrate one another as we transform the experience of aging in our community. So, how are we creating this change for older adults in Randolph County? It's happening through what we call "active aging". Mark went on to say "science has proven that we can change the way we age by staying active, to the fullest extent possible, within all areas of life." You could say the concept of active aging is summed up in the phrase "engaged in life." Individuals can participate in life as fully as possible, regardless of socioeconomic status or health conditions. Mark stated that at RSAA, we're focused on promoting and encouraging active aging in four key ways: through social connection; by developing and maintaining personal independence, by delivering lifelong learning and by encouraging healthy aging. Mark broke each part down and gave information on how RSAA is working each day in each of these areas to promote active aging throughout Randolph County.

Mark started with the first category, social connection. He stated that socialization offers numerous benefits for everyone, regardless of age. Just think about how important social activities are for children. They learn to interact with others, build friendships, and keep their brains and bodies healthy as they grow. The same principle applies to remaining socially active as we age. Too often, after the departure from the work force or the death of a spouse, we see older adults who are left without a social network. Here at RSAA we offer literally hundreds of opportunities for seniors to connect. Whether it's painting, playing billiards or bridge, picking up Tai Chi, singing, taking exercise classes, playing Bingo, making crafts, traveling, volunteering or more, RSAA has a wide variety of opportunities for seniors to remain social and interact with others. Our network of five senior centers, located in Asheboro, Archdale, Randleman, Liberty and Our Place Adult Day Care average 100 activities at each location every month. Fellowship lunches are served in a congregate setting, while participants take part in a variety of activities, such as informative speeches, health and wellness promotions, games, exercise, music and entertainment."

Mark mentioned the meal services and how they operate. The meal services are open to Randolph County residents age 60 and older, nutrition services include catered nutritious meals, as well as screenings, assessments, education, and counseling, to ensure that older adults achieve and maintain optimal nutritional status. Meals are served each weekday. This past year, our congregate nutrition sites served an average of 100 meals a day for a total of 21,858 meals.

Mark also stated that RSAA hosts the Ms. Senior Randolph County Pageant every year where women make lifelong friendships and serve as ambassadors in the community. Judy Newsome, our reigning queen, was there, and Mark asked Judy to stand and be recognized. Mark stated that Judy has been on a mission during her reign to be the "Peoples' Queen" by visiting our senior centers and attending events in the community where she can connect with other seniors socially and also bring a smile to their faces.

Judy joined the sisterhood of 12 former queens. Mark asked the other Ms. Senior Randolph County Queens to please stand and be recognized?

Mark went on to the second way that we're promoting active aging through personal independence. No matter our age, we all strive for and enjoy independence. From the time we are born, our parents teach us how to care for ourselves until we reach adulthood. Then we begin the process of teaching our own children, the value of doing things for themselves. Success, happiness and other life achievements are often the result of doing things on our own. Independence is instilled in us throughout life—and the desire to be independent does not diminish with age. If anything, it becomes more important to seniors. RCATS, or Regional Coordinated Area Transportation System, is key in providing independence to so many seniors.

Mark introduced Lynn Morgan-Pegues: Lynn spoke about her experiences with RCATS and how it changed her independence when she moved to Randolph County. She is so grateful for RCATS to be around because now she can go shopping and to work. Lynn stated that she appreciated RCATS "it allows me to keep my independence."

Mark introduced Kay Williamson: Her mother is a member of Our Place Adult Day Care program. Kay spoke about how this program helps ease her mind by having her mother cared for so she could work during the day and care for her mother at home instead of a facility. Kay loves the way her mother is taken care of by the staff and can't thank them enough.

Mark returned to the podium and mentioned the third way we are focused on delivering active aging through Lifelong Learning. "As the saying goes, you're never too old to learn, right?" From computer classes to educational classes to Information & Options Counseling to Caregiver Skills classes, RSAA offers a myriad of learning opportunities to seniors to help them with active aging." Mark also talked about one of the classes that was taught at RSAA. This past year we were fortunate to have an intergenerational learning opportunity. A sophomore at Asheboro High School by the name of Anuragh Sriram (pronounced: Shree-Rahm) chose RSAA and computer technology for his Student LIFT project. While he was only required to complete one class, he went above and beyond and helped facilitate eight classes—ranging from Computer Basics, to E-mail usage, to How to Use Facebook. The seniors loved attending his classes.

The fourth way Mark talked about how we are focused on delivering active aging is through promoting healthy aging. He stated, we've all been told it's healthy to engage in regular exercise, but it's even more critical as we age. Exercise helps us maintain balance and flexibility, which can help prevent falls and allow us to keep up with everyday activities. There're always physical activity opportunities at our senior centers. From Tai Chi to yoga to chair exercise to the walking club, there's plenty of options to keep you moving. Mark stated that we have partnered with the City of Asheboro to offer fitness class within our Adult Resource and Education Center. I'm excited to report that the fitness classes have grown to where they fill almost half of this room we're in! We also offer several yoga and Tai Chi classes each, which really helps with balance. We have line dancing in several centers. Two of these groups—our Randleman Senior Line Dancers and a group led by Susan Atkinson who meet here and practice weekly—participated in the Silver Arts portion of the Senior Games this year. It was exciting to see the Randleman Group win first place for a large group. We also started a Hula Hoop class and we've seen an increased use in our on-site fitness center. At RSAA, we are always looking for ways to promote active aging through physical activity, and as you can see, the demand for senior fitness is high.

President Nancy Henderson called the business portion of the meeting to order. ***A motion was made to accept the minutes of the Annual Meeting held on September 27, 2018 as presented that was seconded and approved.***

President Nancy Henderson and Mark Hensley recognized outgoing Board members and thanked them for their service. The outgoing Board members included Pat Callicutt, Bert Lance Stone, Gail McDowell and Frank Ramos.

President Nancy Henderson and Mark Hensley recognized the following staff members:

5 Years of Service

- Ginger Flynt, Education & Communications Coordinator
- Jo Reid, Archdale Senior Center Director
- Lisa Alley, Information & Operations Counseling

15 Years of Service

- Kaffy Reynolds, Liberty Senior Center Director
- Glenda Vasquez, RCATS Lead Admin

20 Years of Service

- Mary Lopez, Van Driver

25 Years of Service

- Carolyn Deaton, Finance Bookkeeper

President Nancy Henderson then called for a report from the Nominating Committee. Gail McDowell, Chair of the Nominating Committee read the report as follows: Re-appointed Members to serve another two-year term (2019-2021) Nancy Henderson, Betty Foust and Carolyn Vickrey. New members appointed to serve a two-year term (2019-2021): Brenda Ambrose, Roberta Edmonds, Melody Hancock, Pat Hutcherson, and Bob Wilhoit. ***A motion was made to accept the nominations for Board Members as presented that was seconded and approved.***

Nancy then nominated the following slate of officers for 2019-2020: Nancy Henderson, President; Jim Finison, Vice President; Lonnie Keogh, Treasurer; Brenda Goldston, Secretary. ***A motion was made to accept the slate of officers as presented that was seconded and approved.***

On behalf of the Board of Directors, President Nancy Henderson thanked those in attendance for supporting and being a part of Randolph County Senior Adults Association, Inc. With no further business, the meeting was adjourned.

Respectfully Submitted,

Nancy Henderson, President

Brenda Goldston, Secretary

