

## From Keith Logan, Executive Director

It all begins with leadership, right? Having the right people in the right places can make an organization soar. We are fortunate that the Council on Aging has been flying for years—thanks to solid and consistent leadership from its Board of Directors. As we embark on a new fiscal year in July, we will benefit from another successful transition of volunteer leaders. Several long-serving board members are rolling off, and a cadre of new members are rolling on. It is a propitious time for our organization.

Entering COA's 2020-21 fiscal year, two-year board chair Kathleen Rodberg was required to step down as she had completed her six-year term limit plus an additional year she served to provide continuity in the leadership role. Jill Hart assumed the reins as board chair as she began her second 3-year term. Sally Buchholz stepped up as vice-chair. Tracy Dyer remained as treasurer, and Leanne Christensen returned as secretary, providing stability among COA's executive committee.

A board subcommittee was formed to review and update the organization's bylaws. Among other things, the new bylaws clarified the roles of officers and committees, articulated participation expectations, and updated legal terminology.

Another windfall from the bylaws effort came in the form of a new board development and governance committee. Recognizing the need to work throughout the year to identify and cultivate new board members, this committee put structure to the process of bringing on new board members and driving the recruitment of potential new members. The board was nearly at its nadir (the bylaws outline a board size between 8-15 members; COA entered the year with only nine and three members would complete their second terms at the end of the year). Sally Buchholz took the helm, and her committee got to work.

This team determined the desired skills for the board, took inventory of the skills of the existing board members, and identified gaps to fill. They developed a board application form for prospective board members to complete. They identified prospective new members through personal contacts, AdventHealth's age-friendly task force, and the United Way Rising Leader program. The committee interviewed and vetted interested candidates, and made recommendations to the full board. Finally, they developed a complete orientation package to help prepare new members for board service.

As a result of this work, Christine Martin joined the board in March. Six additional new board members will join in July: Beth Cassidy, Laura Crago, Wesley Jones, Barb Kenney, Karen Preston, and Leslie Winner.

With the dawn of the new fiscal year, COA will have 12 board members, 7 of whom are new. We will have representatives who have vast experience in administration and management, aging expertise, financial oversight, fundraising, marketing, healthcare, human resources, and even some with skills in technology, law, and government. We anticipate initiating a new strategic plan in the coming year and this group will be ideally positioned to contribute to that process.

I want to give a special thanks to the outgoing board members. Nancie Liles served one full term and, due to her schedule, is unable to continue for a second term. Leanne Christensen, Lisa Kauffman, and David Maupin are each completing two full terms. A special shout-out goes to Leanne, who served as secretary for her entire six years on the board. Each of these special people has served our organization and our community with dedication and compassion and we will miss their contributions.

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### Planned Giving

Have you considered putting the Council on Aging in your will or retirement plan? Naming COA as a beneficiary to receive proceeds from a life insurance policy or your IRA can greatly help us without pinching your everyday cash needs. We can also receive appreciated stocks or real estate—which can help your tax situation. Such gifts are easy to make, and they ensure our programs and services will live on.

Consult with your attorney, tax advisor, or the Community Foundation of Henderson County (where COA keeps a small endowment). They can outline options for you to establish a legacy that makes sure, "No One Ages Alone."

<https://coahc.org/donate/>





## Heat Relief

The Council on Aging is offering fans to relieve homebound seniors of the impending summer heat. Thanks to two grants received from Duke Energy Progress and Duke Energy Carolinas (distributed by Land of Sky Regional Council), COA is purchasing and distributing fans to eligible residents of Henderson County. We've already distributed more than half of our stock (but we can get more), so "get 'em while you're hot!"

To be eligible, persons must be 60 or older (under 60 must provide verification of a disability), be a resident of Henderson County, and be in a home situation where a person's health and well-being is threatened by excessive heat (e.g., no air conditioning). One fan per household is the limit. Contact COA at 828-692-4203 for more information.

## Walgreens

You may recall that the Council on Aging partnered with Target last summer ("Target Circle") whereby customers could direct their cashback points to various nonprofit organizations. We were fortunate to receive almost \$1,000 in support of our programs and operations. This summer, we are partnering with Walgreens (myWalgreens) in a similar program that can net donations in support of COA.

It's easy to do...here's a link to show you how to sign up:  
<https://www.walgreens.com/topic/promotion/mywalgreens.jsp>

Help communities  
you care about by  
donating your  
*myWalgreens*  
Cash rewards



## COA Board Members

Did you know that "Aloha" means both goodbye and hello? It is appropriate, then, to use "Aloha!" when saying farewell to a handful of outgoing board members...and hello to a new crop of volunteer leaders.

COA is fortunate in both regards as we have enjoyed and benefited from years of service by four outstanding board members (in alphabetical order): Leanne Christensen, Lisa Kauffman, Nancie Lyles, and David Maupin. Leanne, Lisa, and David served two full terms (6 years) for a combined 18 years of service to COA. Nancie served one full term (3 years), but due to personal reasons she could not commit to a second term. Leanne was our Secretary; Lisa was a regular volunteer at the Sammy Center; Nancy worked in a variety of roles with aging; and David served on the Thrift Store Committee. We owe each a debt of gratitude for strong leadership and loyal support of our mission and vision.

And, likewise, Aloha and welcome to a new batch of six volunteer leaders: Beth Cassidy, Laura Crago, Wesley Jones, Barb Kenney, Karen Preston, and Leslie Winner. Christine began her first three-year term in April while Beth, Laura, Wesley, Barb, Karen, and Leslie begin their terms when COA's new fiscal year begins July 1, 2021

Beth is director of emergency department and behavioral risk at AdventHealth and is active with Advent's "Age Friendly" task force. Laura is a financial advisor with Edward Jones; she has experience with social media and fundraising/events. Wesley is a CPA and will likely assume duties as COA's treasurer (once Tracy Dyer rolls off in 2022). Barb is director of care management at AdventHealth; she was an RN case manager for 21 years (and serves on Advent's "Age Friendly" task force. Karen is the director of care management at Pardee Hospital with a history of working with older adults in various capacities as an RN, including home care, hospice, case manager, and assisted living. Leslie is an attorney, former state senator, and was the executive director of the Z. Smith Reynolds Foundation. Christine is a sales representative for Humana with a focus on Medicare plans; she has been a regular volunteer at the Sammy Center.

## Picnic 2021

As you know, our vision is, “No One Ages Alone.” The subtext of that tag line should be, “We Don’t Do It Alone,” which is another way of saying we are grateful for the scores of volunteers who make possible what we do each day. The Volunteer Appreciation Picnic we hosted at The Park at Flat Rock on Monday, June 21, 2021 was a modest way of giving a little back to those who give us so much. Nearly 100 people enjoyed a sunny summer day under the pavilion with food, drink, speeches, prizes, and fellowship. A terrific team of Leanne Christensen, Michele Linson, Nicola Singer, Kat Nevel, and Edie Weichert put together a program that everyone seemed to appreciate—up to and including raffle prizes that featured hydrangea centerpieces, scented candles, and tiki sippy cups complete with palm fronds...perfect for those summertime pina colodas! Ahhhh! Equal to the opportunity to offer this as a “thanks” for service to COA was the camaraderie generated at such an event. Mingling, re-unioning, laughing, and sharing were the byproducts of the picnic. Stay healthy and let’s do another one soon!



### Subaru Share The Love Event

Here’s an easy riddle for you...what do cars and meals have to do with one another? If you took the obvious route and said “Meals on Wheels” then you’d be at least partially correct. But if you went a little further and said, “the 2020-2021 Subaru Share The Love Event,” then you’d be right on the money! And speaking of money, the Council on Aging earned exactly \$5,176.22 from the campaign...which goes to support the feeding of homebound seniors in Henderson County. How ‘bout them apples?! How did all this work? Last fall and winter, COA participated—with nearby Hunter Subaru—in a Meals on Wheels America campaign where the sales of new Subarus generated donations for Meals on Wheels. As an official participant, COA earned “shares” and those were rewarded with a donation from Subaru USA. Now, thanks to all the above—especially those who purchased new cars—we have more “love to share” with our clients throughout Henderson County.

### Mast General Store May Round Up For Meals On Wheels

Thanks to local and homegrown business, Mast General Store (Banner Elk), we have more to share with Meals on Wheels. The Council on Aging was the selected beneficiary of Mast’s May Round Up Campaign where customers were asked to round up their purchases to support Meals on Wheels. They did so—generously—throughout the month of May, and we received \$1600! Ryan Robinson, Community Relations Program Manager for Mast General Store, Inc., said, “We are happy the money is being put to great use. We all love the Meals on Wheels program and know how important it is throughout Western North Carolina.”



## Volunteer Profile

There are giants among us. Sometimes, those giants are obvious and stand out. Others are more modest and unassuming. That describes one of the best volunteers we enjoy in our ranks at the Council on Aging. He is as steady and reliable as a metronome. Who are we talking about?

Eugene Walker Carriker (he answers to Walker) was born in Charlotte, North Carolina. For a time, he was tagged with the nickname, “Blackie” (referring to his black hair) while playing American Legion baseball in his youth. In 1945, his family moved to Chimney Rock, and he graduated from high school in 1951. He signed up for the Air Force and was inducted in 1952. He spent more than 22 years in the service—primarily in aircraft maintenance and flight engineering. He retired from the Air Force in 1975. Then, as he says, “I spent 17 years in the campground business in Chimney Rock.” At the same time, Walker and his brothers started a heating oil business with their own terminal and truck. They folded the business amid the struggles of keeping up with wildly fluctuating prices.

Walker got his start with the Council on Aging after his wife passed away in 2005. “I felt the need to get involved in the needs of the community,” he said. He became deeply involved with disaster relief through the North Carolina Baptist Men, but he wanted to do even more.

“Being away from the house (and the memory of my wife) was good therapy for me,” he explained. “I signed up as a volunteer with the Meals on Wheels program on December 8, 2005. My first delivery was scheduled on December 14 but was cancelled because of a power failure. So, December 21, 2005 was my first actual delivery...more than 15 years ago.” He is also a “Gleaning Team Member” (sponsored by the St. Andrews Society); he and others glean the fields of fruit and vegetables after the season and those products are passed on to local families and organizations (such as Salvation Army) who need them.

When asked about hobbies, Walker replied, “My only hobby is helping those in need and I’m grateful to COA for giving me the opportunity to do so.” In his mind, the best part about volunteering for Meals on Wheels is knowing he is helping those in need. Walker is 88 years old. Told you there are giants among us.



Left to right: Susan Burkhart, Earl Jacobs, Ella Smith

### Meals on Wheels Client: William Earl Jacobs

Sometimes, it IS about the number. One of our favorite (of many) Meals on Wheels clients is William Earl Jacobs who, apparently, goes by either “Earl” or “Jake.” We call him Mr. Jacobs. He’s 104 years old! That’s a big number. We saw Mr. Williams a couple of weeks ago...he’s fit as a fiddle and sharp as a tack. We asked him a few questions...and below are his responses.

I was born on January 21, 1917 in Badin, NC , the 7th of 8 children. I grew up in Winston-Salem where I graduated from R.J. Reynolds High School in 1933.

I married Lottie Green from Kosciusko, MS on Feb 25th, 1944 on leave from boot camp in Meridian, MS. We were married for 63 years until she passed away in Hendersonville in March 2007. Since then, I have been living with my son Thomas Earl Jacobs. Lottie and I had 3 children, Tom, Ella Mae Smith, and Howard Jacobs. I now have 6 grandchildren, 16 great grandchildren, and 2 great-great grandchildren.

I began training as a dental technician when I was 15...after school at my brother's lab. I never thought it would turn into a lifelong career. I was in the Navy during WW II as a technician at the Great Lakes Naval Training Center in Waukegan, IL from 1944 -1946. Afterwards, Lottie and I raised our family in Baton Rouge and Denham Springs, LA where I was manager of Davidson Dental Lab and Supply Co. in Baton Rouge for 31 years. I retired in 1980, but held several part time jobs in the industry up until the age of 97. I still did some pick-up and delivery for my son, Tom, who was also a dental technician with his own business. Both sons had a career in this trade.

When I retired, I longed to come back to the NC mountains. Lottie and I lived here from 1980-1994 when we moved to Ferndale, WA to be closer to our daughter and son (Howard) who had moved there in 1988. We moved back and forth several times until I settled here after Lottie's death in 2007.

The best part about Meals on Wheels is that the volunteers are very dependable, reliable, and friendly. I enjoy the meals as well as any restaurant. This has been a wonderful part of my life since I could no longer drive at 98. I appreciate this service so much and look forward to the delivery each week.

## Meet Joan Green: MOW Client (and COA Neighbor)

I was born and raised in New Jersey. I have one son who lives in Port St. Lucie, FL. I moved to Detroit, MI in my early 20's, as my former husband was promoted there. I lived there for 25 years. I worked primarily at Ford Motor Company and, then, the Detroit Institute of Arts for 10 years, as an executive secretary/administrative assistant. I also did property management for a block of Queen Anne Mansions the museum owned, which segued into my becoming the caretaker for a 100-year old property in North Carolina in 1993.



What I like best about Meals on Wheels is the people behind the scenes who give up so much time and are so dedicated to this much-needed program. I also like the spaghetti marinara (!) and the smiling face of a volunteer who brings the bags into the kitchen for me. I think of the preparers and how they're making mountains of spaghetti and putting it all in the tins.

Asked if she could go back in time to give advice to herself when she was 18, what would she say...“I would tell her not to rush into anything, to think things through, and to ask for help with a decision on anything that involves more than \$100.” We can all use this advice...as much today as when we were 18! Thanks, Joan. And take good care.

## Kevin Colin, Program Coordinator for Meals on Wheels

Kevin started work with COA on July 8, 2021. He will help manage the day-to-day operations of the program. Kevin was born on February 11, 2002, in Hendersonville. He graduated from North Hendersonville High School. One of his favorite hobbies is playing the drums, and he enjoys watching and playing soccer. He follows the European teams such as Real Madrid and Juventus, but his favorite team is Mexico's National Team. Kevin is looking forward to helping out people in need and expanding the reach of Meals on Wheels into the Latino community of Henderson County.



## Nicola Singer, Program Coordinator (CARES Act)

COA is nothing if not cool and international! Among our staff, we enjoy the company of Marina Kovalyova from London, England and--for the last eight months--Nicola Singer from West Glamorgan, South Wales (the land of coal mines and singer Tom Jones). She was educated in Wales, and she attended a Culinary College in Neath. Nicola's mother spent her life in the food industry--she owns a café in Neath, South Wales; her father was an engineer on the oil rigs in the Shetland Islands. Nicola moved to the U.S. in her early twenties (Florida). She and her two children, Nolan and Rhiannon, moved to Western North Carolina eight years ago...for the seasons and scenery (it's the closest thing to living in Wales she says...all it needs is a couple of castles and a chippy). (a "chippy" is a fish n' chips place for you yanks)



Nicola came to COA via a referral from a friend she worked with at the Dandelion Café where, incidentally, she was the Kitchen Manager for 4+ years. She also has prepared food for Grace Lutheran Church, The Boys and Girls Club, and the St Gerard House. Nicola began working with COA in October 2020 to facilitate the Cares Act Funding for Seniors—keeping seniors home, fed, and safe during the pandemic. Ready-to-heat and eat meals are delivered to seniors' homes via UPS and FedEx. Through this Cares Act funding, Nicola has signed up over 150 senior clients and sent over 10,000 meals in the last 7 months. In her own words, “The best part of my job is having a giggle with our clients and listening to their stories of their lives and loved ones. A giggle goes along way! I am thankful to be a small part of my clients lives—even through this tough time that has caused such isolation and loneliness.”