



# North Carolina Senior Games Annual Report For 2008



NCSG, Inc.

4603 Western Blvd

Raleigh NC 27606

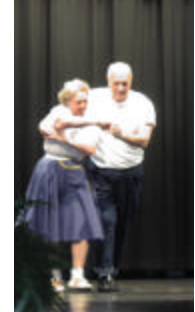
www.ncseniorgames.org



Judy Moss  
State Finals 2008

## *Our Mission:*

To create a year round health promotion and education program for adults 55 years of age and better.



Cabarrus County  
SilverArts Follies

## Program Highlights

- Through 54 Local Games serving all 100 counties in our state – the largest number of Local Games programs in the nation – over 60,000 participants actively pursued “healthy aging” in the year-round programs.
- The North Carolina General Assembly, recognizing that prevention saves money and improves the quality of lives for older persons, continues to support NCSG’s mission and our statewide programs.
- State Finals had over 3,200 registered artists, athletes, and cheerleaders!
- Over 1,500 individuals qualified for the 2009 National Senior Games at State Finals 2008, with nearly 300 planning to represent North Carolina in San Francisco.
- Statewide education and professional development for staff, volunteers and participants included an Ambassadors Conference, sports management clinic, SilverArts workshop and various trainings for Local Games staff.
- After over twenty-five (25) years, the outstanding partnership with the NC Division of Aging and Adult Services remains strong! As the “parent agency” of NC Senior Games, the Division continues to recognize Senior Games as a major prevention and health promotion program;
- People of all ages and backgrounds continue to benefit from the “Fun, Fitness, Family, Fellowship and Friends” of Senior Games! Over 5,000 volunteers helped to support the statewide network of Local Games and State Finals.
- SilverArts, the statewide senior arts program of heritage, visual, performing and literary arts, continued to grow across the state and is a vital component of every

*“Senior Games has given me a new life. I was in a wheelchair...but after hearing of the games and starting to build strength and exercise... I have been line-dancing in SilverArts, softball, football and basketball throw.”*

**Betty Draughn,**

Ambassador for Thomasville/Davidson/Lexington Senior Games

### Wellness Prescription

R *NC SENIOR GAMES*

<input checked="" type="checkbox"/> Saves Government Money for Healthcare	<input checked="" type="checkbox"/> Reduces Falls & Stress
<input checked="" type="checkbox"/> Improves Health	<input checked="" type="checkbox"/> Strengthens Bones
<input checked="" type="checkbox"/> Prevention	<input checked="" type="checkbox"/> Controls Weight & Blood Pressure
<input checked="" type="checkbox"/> Fitness	<input checked="" type="checkbox"/> Improves Memory
<input checked="" type="checkbox"/> Lowers Heart Rate & Cholesterol	

Refill: *Daily for Healthy Aging*  
*Take with family and friends!*

For more information: [www.ncseniorgames.org](http://www.ncseniorgames.org) (919) 851-5456

North Carolina Senior Games prides itself on keeping overhead expenses very low, not using professional fundraisers and, with a very small and frugal staff, serving thousands of North Carolinians of all ages!  
84% of our program budget went directly to our programs!

NCSG Inc. is a 501-c-3 not for profit corporation founded in 1983 in N.C., governed by a statewide Board of Directors, and has 3 full-time staff headquartered in Raleigh.

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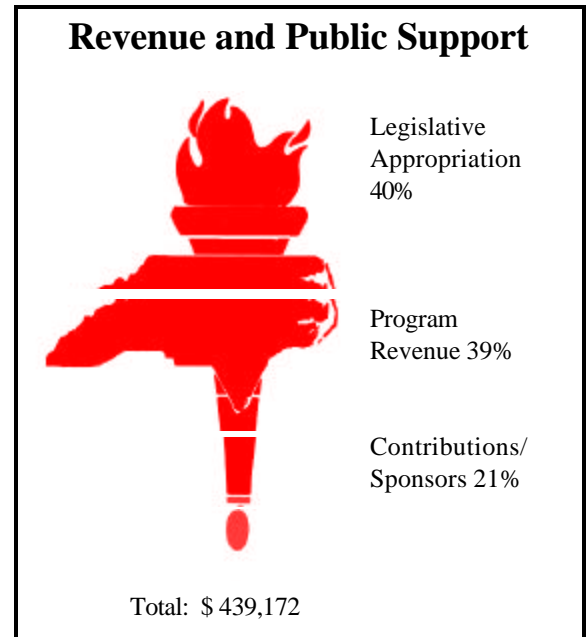
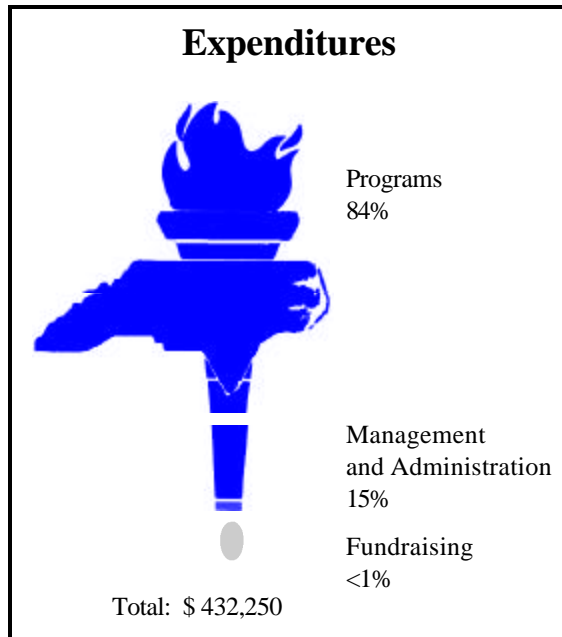
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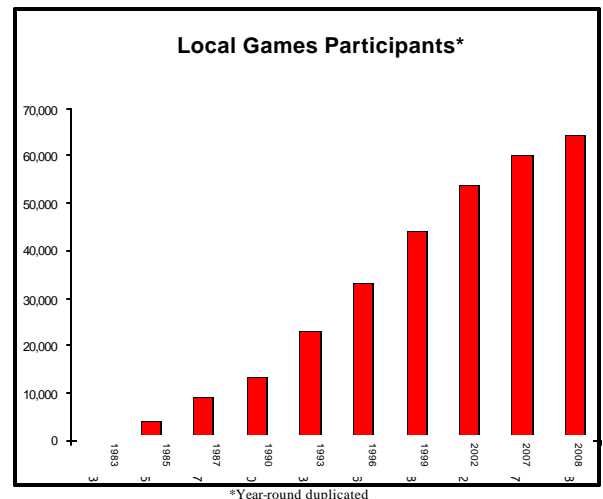
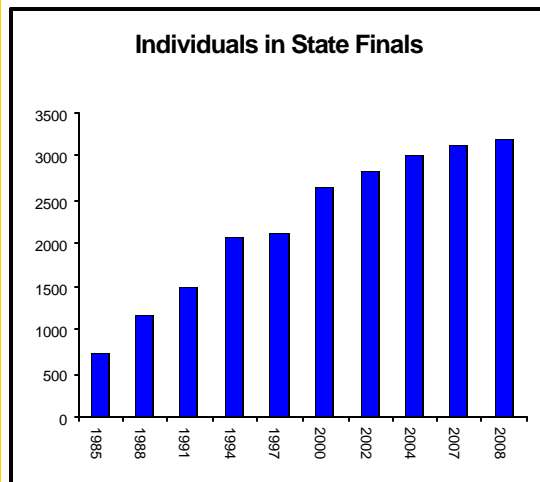
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*“NC Senior Games is a model intergenerational program that brings people of all ages together for the celebration of good health and quality of life for all ages. The senior adult participants are excellent role models for young people and by example dispel the many myths of aging. Bringing people together of all ages enhances the educational mission of Senior Games by celebrating the participants and encouraging family members and friends to be inspired by them.”*

**Beth Wilson, Participant, 2009 NCSG Chair of the Board**



*Thanks to Our Major Partners in Healthy Aging*

**Coordinating Agencies**  
N.C. Recreation and Park Association  
NCSU Department of Parks, Recreation and Tourism Management  
N.C. Association on Aging  
N.C. Association of Area Agencies on Aging  
Pope Air Force Base  
AARP of North Carolina

