



# North Carolina Senior Games Annual Report For 2009



NCSG, Inc.

4603 Western Blvd

Raleigh NC 27606

[www.ncseniorgames.org](http://www.ncseniorgames.org)



## *Our Mission:*

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



## 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 2,900 registered artists, athletes, and cheerleaders!
- 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.
- 301 Ambassadors now serve Local Games across the state sharing the good news of Senior Games with their neighbors, elected officials, sponsors and others!
- After over twenty-six (26) 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.
- Contributors established the NC Senior Games Endowment to continue healthy aging programs for years to come.
- 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 Local Games program.

*“I thought to myself, I don’t have time to be sick. I have so many things left to do and so many people that I want to help get active and healthy that I just have to beat this thing! Senior Games was the ultimate prescription for my recovery. I knew I had to return to our cheerleading group with vigor and energy... And I did, too!”*

Dr. Louise Gooche  
Durham Senior Games Ambassador  
NCSG Board of Directors



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!  
83% of our program budget went directly to our programs!

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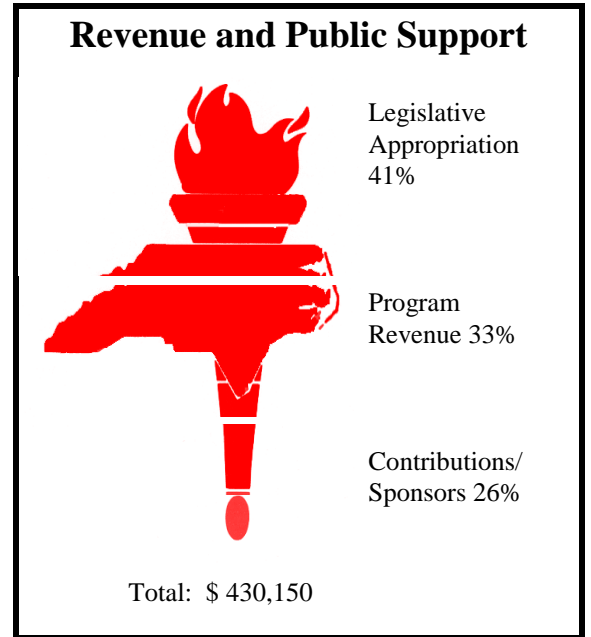
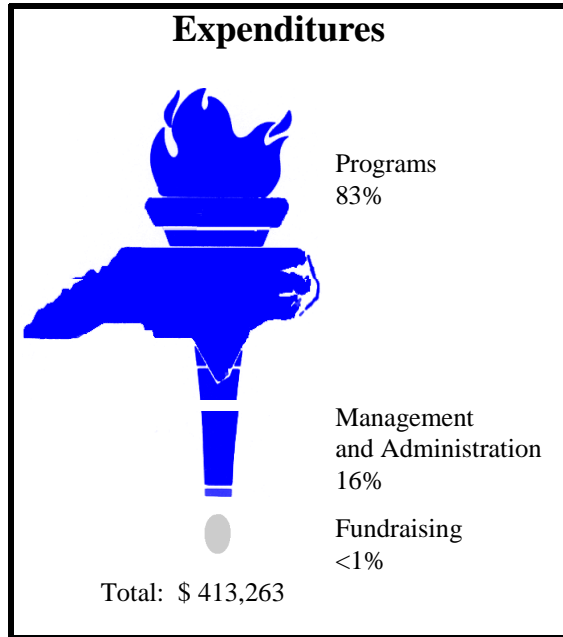
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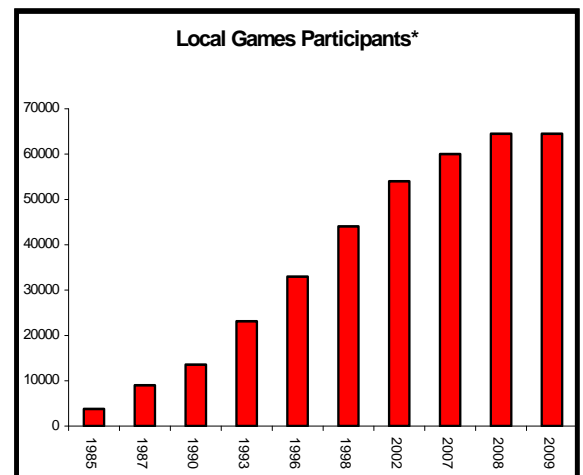
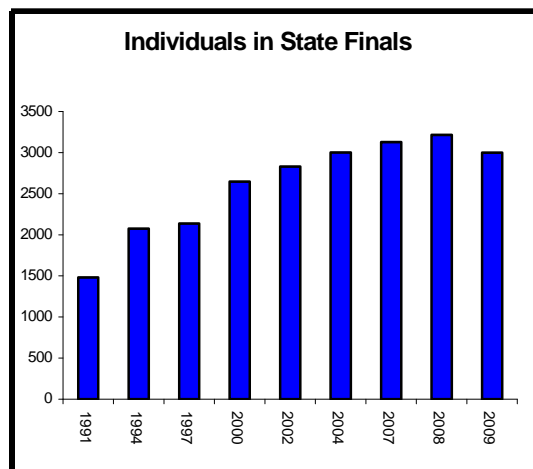
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NCSG Inc. is a 501-c-3 not for profit corporation founded in 1983 in N.C., governed by a statewide Board of Directors, and has 3 full-time staff headquartered in Raleigh.



*“The real rewards appear to be the long term health benefits each one receives as a result of participation [in Senior Games]. What a great way to cut the cost of health care in the U.S.”*

**Harry Schiffman**  
Outer Banks Senior Games



\*Year-round duplicated count

*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 North Carolina

