North Carolina
Senior Tar Heel Legislature

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NC Senior Tar Heel Legislature Inducts Deloras Nelms as Alternate for Currituck County

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At its first General Session of 2022, the North Carolina Senior Tar Heel Legislature inducted local resident Deloras Nelms as Alternate for Currituck County.

Nelms is a retired public school educator of 36 years, serving seven years in Norfolk County and 29 years in Currituck County. She holds a Bachelor's degree in Special Education and a Master's degree in Guidance and Counseling, both from Old Dominion University. A Currituck County resident for 44 years, she enjoys volunteering, golf, reading, participating with the Outer Banks Chorus, and involvement with Jarvisburg Church of Christ.

Nelms says of her appointment to the NC STHL: "I am so excited with this opportunity to serve our senior citizens in my county and state. There is so much we can do to better the lives of our aging population. As a senior myself, I am blessed to have two daughters who live nearby, my church family, and a host of friends. Many older people lack that support, and therefore, live in a very scary world."

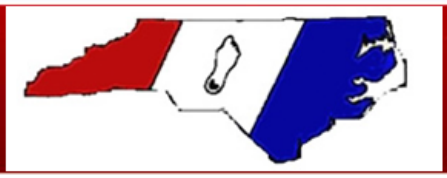
She is concerned that because Currituck County is rural, many medical facilities and even grocery stores are a substantial drive away, and transportation for seniors with driving limitations is certainly an issue. She adds, "Isolation and loneliness are also concerning factors. That is one reason why I volunteered for many years with Meals On Wheels. The meal itself is, of course, a blessing, but to see a smiling face and have a conversation with someone is a double blessing!"

When asked to describe her inspiration for working on behalf of older adults, Nelms relayed, "My maternal grandmother, Ethel Neff, lived with my parents until the day she died. She lived to be 99 years old, and was alert and active until a stroke took her home. I firmly believe that her long, productive life was due to being surrounded by her family who loved and respected her. She outlived all of her friends, but that did not stop her from visiting the nursing home residents at least once a week. When I would go home for a visit, the first thing she would ask me was, "What day are we going to the nursing home?" This continued all the way until she passed. Mammaw was usually 20 years older than those she visited. Her passion left such an impression on me."

Nelms's addition to the NCSTHL will give her a powerful platform to work towards improving the quality of life for older adults not only in Currituck County, but across the entire state. She welcomes opportunities to speak with residents, stakeholders, and community groups in the county in support of her role as an advocate for older adults.

For more information, contact Deloras Nelms at danelms@centurylink.net or 252-599-1235. Additionally, visit ncseniortarheellegislature.org or contact Allison Brown, NCSTHL Public Relations Chair, katbrown1029@gmail.com or 336-940-8185.

About the NC STHL: The North Carolina Senior Tar Heel Legislature was created by the North Carolina General Assembly with the passage of Senate Bill 479 in July of 1993. Its purpose is to identify the most pressing issues



facing older adults across the state and propose to the NC General Assembly legislation that will improve their quality of life. It is comprised of delegates and alternates representing each of North Carolina's 100 counties, supported by the area agencies on aging of the state's sixteen service areas.

Please visit the Albemarle Commission Area Agency on Aging for additional resources at this link: https://albemarlecommission.org/area-agency-on-aging/.

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