

**“You Don’t Stop Playing Because You Grow Old,  
You Grow Old When You Stop Playing!”**

By: Dr. Louise Gooche, Durham

Durham – Dr. Louise Gooche has had a number of terms used to describe her “live life to the fullest” mantra – energetic, enthusiastic, exuberant and, frankly, “high on life.” Upon retirement as the Nursing Program Director/Instructor at Durham Technical Community College, she became a volunteer for the Active Older Adult program at the Durham YMCA, where she learned about the Durham Senior Games. Sensing the need



for a reinvigoration of the program in her hometown, Dr. Gooche went to work! In 2001, Louise became a North Carolina Senior Games Ambassador and has taken it upon herself to visit every locale she can find an older adult – the YMCA, Parks and Recreation Department facilities, long term care

facilities, housing developments, restaurants, churches --- if you name the place, Louise has been there, urging folks to get (or remain) active and improve the quality of their lives.

As a part of her outreach, in 2004 Louise organized the Durham Senior Divas Cheerleading squad and started to compete in the 2005 Senior Games State Finals. Ranging in age from 55 to 83, the squad has worked tirelessly to practice their routines and show everyone that they still “have what it takes” to have fun, stay active and be role models for younger people. For their efforts, the Divas (now Divas and Dude, as they have added a male cheerleader) have won 2 gold medals, 1 silver and 1 bronze medal at State Finals since they started to compete! They have appeared on TV, radio shows, magazine covers, You Tube, *Our State Magazine* and all of the *major attractions* in the Triangle area!

## Division of Aging and Adult Services

### Featured Profile – June 2010

*Building a Livable and Senior-Friendly North Carolina*

*“Living Wise and Aging Well”*

In 2002, Dr. Gooche learned that she had cancer and underwent a strenuous treatment regimen. However, she used her involvement in Senior Games as a primary, motivating force in her recovery. “I thought to myself,” relates Dr. Gooche, “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!” The Durham and North Carolina Senior Games have become a way of life for Dr. Gooche. They have been a positive influence in her life because she has been able to promote the benefits of a healthy lifestyle to other seniors throughout the state.

Dr. Gooche now serves on the NCSG Board of Directors, is a member of its Executive Committee and is a faculty member of the annual Senior Games Ambassadors’ Training. She is particularly proud that the Durham Senior Games continue to flourish, having grown from 40 participants from the time of her first visit to over 200 today. Dr. Gooche recently appeared on North Carolina Central University’s Cable TV channel and reminded viewers that “*You don’t stop playing because you grow old – you grow old when you stop playing!*” Truly, Louise Gooche ages well, lives well and plays well!

---

Each spring, thousands of people enjoy participating in a Local Senior Games in North Carolina. The qualifiers are invited to participate each fall in the Senior Games State Finals held in Raleigh. Join Dr. Louise Gooche and nearly 3,000 other persons 55 and better for North Carolina Senior Games State Finals! To learn more about how to participate or to volunteer, visit [www.ncseniorgames.org](http://www.ncseniorgames.org) or call (919) 851-5456 today!

**This press release is a product of North Carolina Senior Games, Inc.**