

Division of Aging and Adult Services

Featured Profile – October 2010

Building a Livable and Senior-Friendly North Carolina

“Living Wise and Aging Well”

“A Life Dedicated to Living Well”

Featuring: Helen F. Walter, Greenville, NC

Helen F. Walter of Greenville knows something about living wise and aging well. In fact, one could say that she is an expert in both areas. Ms. Walter, after spending her adult life as a nurse and raising a family, became a pioneer for senior women’s basketball in our state, serving as the captain of the first women’s basketball team in the Senior Games in eastern North Carolina. Helen, a lifelong advocate for health and wellness, has excelled in basketball, softball, table tennis and badminton during her years of participation in North Carolina’s Senior Games and has won numerous



gold medals on the local and state levels. Drawn to the “Fun, Fitness, Fellowship, Friends and Family” that epitomize Senior Games, Helen is an exemplary NCSG Ambassador, serves on the Greenville- Pitt County Senior Games steering committee, is a Pioneer Spirit Award winner and is a member of the NC Senior Games Spirit Club. Helen is a stalwart in her community and participates in many events, showing that older persons can still be active, make an effort to stay healthy and have lots of fun!

Ms. Walter shares her time with others as a dedicated volunteer for a number of organizations in the Greenville area. Remaining active from a holistic standpoint – physically, mentally, socially, emotionally and spiritually – is very important to Helen. Helen is an articulate advocate for health promotion for persons 55 and better and has appeared before the Study Commission on Aging a number of times. Now 78, Helen reflected that “Senior Games has given me a place to be active, make great new friends and do the things I enjoy. I can’t imagine my life without Senior Games!” Truly, the Spirit of Senior Games can have no more articulate voice!!

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 Helen Walter 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 or call (919) 851-5456 today!

This press release is a product of North Carolina Senior Games, Inc. (2009)