



Fighting for the Civil Rights as an Ombudsman

Tenesha Monice Moore, a native of Fort Campbell, Kentucky, was born to two U.S. Army parents, Staff Sergeant Thomas Moore and Sp4 Theresa Moore, at Blanchfield Army Community Hospital. Moore and her family relocated to Plymouth, North Carolina (a small town on North Carolina's coast) when Moore was three years old.

Moore attended Pines Elementary School where she was privileged to be in the Academically-Gifted (AG) Program. She won first place in many spelling bees, made the POP's List (for good behavior) and made the Honor Roll every term. From a young age, Moore was destined for success. She loved to read books (which her parents always made sure she had plenty of) and her love of music was enhanced by her father who taught her how to play the keyboard at age four. But a devastating tragedy struck the family when Moore's father was killed in a tragic automobile accident in September 1994, just a few days before her ninth birthday.

After elementary school, Moore attended middle school at Washington County Union School, where she stayed on the road to success. She was Homeroom Representative, a member of Student Council, the Captain of the Cheerleading Squad, a member of the National Junior Honor Society, a Clarinet player in the band and made Principal's List and Honor Roll every term. She graduated with High Honors at the top of her middle school's class by ranking number seven and became a faithful volunteer in her community, especially to older adults and the disabled, through involvement with school, church and her membership in the Dr. Betty Shabazz Delta Academy and Delta GEMS.

Plymouth High School was where Moore continued to thrive academically. She was Freshman Class Queen; the Captain of both the Junior Varsity and Varsity Cheerleading Squads (astoundingly, she was chosen to be cheerleading captain during her first year in high school); Treasurer of the National Honor Society; Treasurer of her Sophomore Class; President of her Junior Class; President of her Senior Class; Senior Homecoming Court Attendant; Secretary of both the Concert Band and Marching Band (in which she played the Clarinet, French Horn, Marching Baritone, Baritone Horn and Baritone Bugle); was a tutor in Algebra I and English; was in the top ten of her Junior Class (thus, privileged to be a 2002 Graduation Marshall); member of Student Council; made Principal's List and Honor Roll every term and was a dedicated member in several other organizations. She also volunteered at Pitt County Memorial Hospital in Greenville, NC during her senior year.

In 2003, Moore graduated with High Honors as a North Carolina Academic Scholar and an Academic Athlete from Plymouth High School, where she ranked number eight out of her high school's class securing her spot at the top amongst her peers again. Because of Moore's flourishing academic streak, Norfolk State University offered her an academic scholarship. However, Winston-Salem State University (WSSU) was where her heart was.

WSSU was where Moore continued to make remarkable achievements as well as lifetime friends and memories. Remarkably, as a freshman, she was selected to become a member of the prestigious WSSU Leadership Institute because of her excellent leadership displayed at the University. She earned many other noteworthy accomplishments during her collegiate tenure, such as making the Dean's List every semester; Section Leader of the Soprano Section in the Inspirational Voices Gospel Choir; a mentor with Student Support Services/Excel; Charter Member, President and Treasurer of Sigma Phi Omega National Academic Honor and Professional Society in Gerontology; President and Treasurer of the Gerontology Club; Chaplain of Health Careers Opportunity Program (HCOP); Who's Who among Students in American Universities and Colleges; Miss Gerontology 2006-2007 and recognition at the University's annual "Honor Convocation for Superior Academic Excellence." One of her childhood dreams came true when she was selected and initiated into the Gamma Phi Chapter of the very competitive Delta Sigma Theta Sorority, Inc. in April 2006, a Community Service Sorority for Collegiate-Educated Women.

At her May 2007 graduation, Moore graduated with Honors at the top of her Gerontology Class and graduated Cum Laude. She received her Bachelor of Arts Degree in Gerontology with a Minor in Biology and ended her collegiate reign with an impressive 3.5 GPA. Immediately after her graduation from WSSU, she was selected among many other highly qualified applicants to become a Regional Long-Term Care Ombudsman with the Northwest Piedmont Council of Governments, Area Agency on Aging (an organization that serves five counties—Davie, Forsyth, Stokes, Surry and Yadkin).

The role of an Ombudsman is to advocate for residents of Nursing Homes, Assisted-Living Facilities and Adult Care Homes. An Ombudsman investigates complaints made by or on behalf of residents and serves as a mediator or liaison between the residents and long-term care staff. Moore has jurisdiction over and serves as the Ombudsman for: Forsyth County Nursing Homes; Surry County Nursing Homes; Surry County Assisted-Living Facilities and Adult Care Homes; Yadkin County Nursing Homes and Yadkin County Assisted-Living Facilities and Adult Care Homes. These roles must be carried out in the most upmost skillful and professional manner, which Moore displays every day, in both the workplace and community.

Moore is actively involved in many professional organizations that are aimed toward advocating for older adults, the mentally and physically disabled and long-term care residents, such as: Healthcare Industry Professionals Serving Seniors (HIPSS); National Association of Local Long-Term Care Ombudsmen (NALLTCO); National Citizens Coalition for Nursing Home Reform (NCCNHR); North Carolina Aging Task Force; Friends of Residents in Long-Term Care, Sigma Phi Omega National Gerontology Academic Honor and Professional Society and is currently serving on the Executive Committee for the North Carolina Association of Regional Long-Term Care Ombudsmen (NCARLTCO). She also attends the Diabetes Mental Health Support Group and CareNow Behavioral Support Group on a weekly basis.

Moore is currently working on several events that are geared toward increasing community awareness and involvement in long-term care and aging, such as (1) "Connecting the Pieces" Diversity Training on February 11, 2011 at the International Civil Rights Museum in Greensboro, NC. This training will include four components that address diversity in older and disabled adults in our region: Spirituality/Religious Diversity, Disabilities, Non-English Speaking Older Adults and LGBT Older Adults (Lesbian, Gay, Bisexual and Transgendered) and

(2) A project called *Gen Silent*, a documentary film about Lesbian, Gay, Bisexual and Transgendered older adults. The Area Agency on Aging will be hosting a screening on Sunday, March 13, 2010 at 8pm at the a/perture Cinema in Winston-Salem and 3) a “Culture Change Symposium: ‘Defining Dining: It’s About Me.’” The goal of this Symposium (planned for late Spring/Early Summer 2011) is to enhance the quality of life in long-term care facilities--- transforming them from a less medical, institutionalized model to a more person-centered, homelike and welcoming atmosphere with heavy emphasis on the dining experience in facilities.

Moore is also actively involved with her committee of Volunteer Ombudsmen, the Community Advisory Committee (CAC). She is a member of Cooper’s Temple Church of God in Christ and now has a stepfather, Ernest, and three siblings, William, Shadae, and Ramel. She plans on attending Wake Forest University in Spring 2012 to obtain her Master of Psychology Degree.