

DAVIDSON COUNTY SENIOR SERVICES

PRIME TIMES

Proudly serving the citizens of Davidson County since 1975

MARCH 2023



336.242.2290



www.co.davidson.nc.us



/DCseniorservices



/dcseniors

DAVIDSON COUNTY MEALS ON WHEELS JOINS IN MONTH-LONG MARCH FOR MEALS CELEBRATION WITH COMMUNITIES NATIONWIDE

Davidson County Meals on Wheels will be participating in the 21st annual March for Meals – a month-long, nationwide celebration of Meal on Wheels and our senior neighbors who rely on this essential service to remain healthy and independent at home, now even more so amid a lingering pandemic and high inflation. Davidson County Meals on Wheel's celebration will include various activities throughout the month of March, including volunteer and funding drives along with a Community Champions Week.

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This year, Meals on Wheels programs from across the country are joining forces to raise awareness and support to ensure they can continue to address food insecurity and malnutrition, combat social isolation, enable independence and improve health for years to come.

Meals on Wheels Davidson County currently serves 315 homebound seniors daily on 23 routes. Over 335 volunteers provide these nutritious meals and daily well-being checks each month.

"March is an important time for us to come together to ensure that Meals on Wheels is there for all of our senior neighbors in need," said Ellie Hollander, President and CEO of Meals on Wheels America. "The demand for services is already great and approximately 12,000 Americans are turning 60 every day. We must maintain and expand the programs that have helped so many get through this unprecedented time in our nation's history. We can't do it alone. It takes all of us to keep the nationwide Meals on Wheels movement going."



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Save the Date

Davidson Caregiver Academy

**Apr. 20
11 a.m.**

**Davidson County Senior Services
555-B W. Center St. Ext.**

Learn more about the resources available to support your caregiving journey. Games and door prizes included.

BLOOD DRIVE

**Mar. 23
9 a.m. - 2 p.m.**

**Davidson County Senior Services
555-B W. Center St. Ext.**

Appointments can be made at www.redcrossblood.org or if you need assistance with scheduling, contact Anna Claire Kelly at 336.242.2949.

**Daylight Saving Time 2023
Sunday, March 12**



**Turn your clocks
up 1 hour!**

ABOUT SENIOR SERVICES

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Our Locations

Senior Services, Lexington

555-B W Center St. Ext.
Lexington, NC 27295
Phone: 336.242.2290
dcsslex@davidsoncountync.gov

Senior Services, Thomasville

211 W Colonial Dr.
Thomasville, NC 27360
Phone: 336.242.2290
dcsstville@davidsoncountync.gov

Hours of Operation

Monday: 8 a.m. - 5 p.m.
Tuesday: 8 a.m. - 5 p.m.
Wednesday: 8 a.m. - 5 p.m.
Thursday: 8 a.m. - 5 p.m.
Friday: 8 a.m. - 5 p.m.
Saturday: Closed
Sunday: Closed

STAFF DIRECTORY

Thessia Everhart-Roberts, Director
Sabrina Orman, Nutrition Mgr.
Amanda Parris, In-Home Svcs. Mgr.
Ron Bellini, Nutrition Asst. Mgr.
Doug Duffey, Financial Specialist I
Christie Smith, Senior Center Mgr.
Cameron Hartwell, Congregate Nutrition Mgr.
Katherine Sprayberry, Community Engagement Mgr.
Emily Black, Administrative Assistant
Stefanie Poore, Administrative Secretary II
Nancy Earnhardt, Resources & Benefits Specialist
Anna Claire Kelly, Activities Coordinator
Brooke Adams, Special Events Coordinator
April Ooten, Evidence Based Program Coordinator

Jennifer Gallimore, Office Support IV
Donna Berry, Office Support III
Chris Bitterman, Volunteer Services Coordinator
Kristy Younts, Transportation Coordinator
Susan Fritts, Café Coordinator
Ann Workman, Café Coordinator
Debra Freeman, Café Coordinator
Martha Trantham, Café Coordinator
Teresa Stevenson, Café Coordinator
Donna Little, Office Support III
Rhonda Tomlinson, CNA Coordinator
Helen Fitzgerald, Social Worker
Lucy Fletcher, CNA
Darlene Vanderhyde, CNA
Lynn McCarn, RN
Carol Conrad, RN

Our Mission

Empower, Engage, and Encourage the Aging Population of Davidson County

DRIVE-THRU SHREDDING EVENT

**FRIDAY
MAR. 17
10 a.m. - 1 p.m.**

To help address concerns of identity theft, Davidson County Senior Services along with Civic Federal Credit Union, Local Government Federal Credit Union and Shred-It are hosting a one day community shred event.

Shred truck will be located in the back parking lot of West Campus.

555 West Center St. Ext.

Open to all Davidson County residents at no charge.

For questions, call 336.242.2290 or email dcsslex@davidsoncountync.gov

St. Patrick's Social

LEXINGTON

555-B WEST CENTER STREET EXT.

**FRIDAY,
MARCH 17**

11 A.M. - 1 P.M.

**JOIN US FOR A FUN FILLED
SOCIAL WITH MINUTE TO WIN
IT GAMES, FOOD AND MORE
FUN THAT YOU CAN IMAGINE!**

**\$5 FOR DAVIDSON COUNTY
RESIDENTS 55 AND OLDER**



THOMASVILLE

211 WEST COLONIAL DRIVE

**FRIDAY,
MARCH 17**

12 - 1:30 P.M.

**TEST YOUR LUCK WITH FUN
GAMES, COIN HUNT, TASTY
GREEN SNACKS AND
SOCIALIZATION!**

**\$7 FOR DAVIDSON COUNTY
RESIDENTS 55 AND OLDER**

REGISTRATION REQUIRED BY MARCH 13

**For more information or to register, please call 336.242.2290
or email dcsslex@davidsoncountync.gov**

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Terry Sweeney**

tsweeney@lpicommunities.com

(800) 477-4574 x6407

Hospice of Davidson County

Find comfort here.



336-475-5444

200 Hospice Way Lexington, NC 27292

HospiceOfDavidson.org

Health Fair & Hearing Screenings

Friday, Mar. 10

9 a.m. - 3 p.m., Senior Center, Lex

Get all the information you need to stay healthy and age in place. Receive free blood pressure checks, balance screenings, CPR demonstrations and much more. Hearing screenings will also be offered by appointment only from 10 a.m. to 2 p.m. Special thanks to Davidson County SHIP for their sponsorship of this event.

Stress Reducing Techniques

Thursday, Mar. 16

10 - 11 a.m., Senior Center, Lex



Stress management skills are necessary at any age, but coping with stress is especially important for senior health. Learn techniques to reduce and manage your stress including an opportunity to make your own worry pet. Preregistration is required.

Ladies Spa & Pamper Day

Monday, Mar. 13

1 - 3 p.m.

Senior Center, Lex

It's time to feel vibrant, confident and polished simply because you deserve it! No charge for Davidson County residents 55 and older. Spots are limited so register today.



Emotional Wellness...The Journey

The Davidson County Senior Center in Lexington offers a peer support group on the fourth Thursday of every month from 1 - 2 p.m. Led by Marti Webb with RHA Behavioral Health, the group always welcomes new friends. Find your path to emotional wellness today!

Registration is required for classes by calling 336.242.2290.

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www.LifeCenterDavidson.com

**The Life Center of
Davidson County
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family caregivers.**



Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the "winter blues," some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?

Feeling down but still able to take care of yourself and others

Having some trouble sleeping

Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better

Doing something you enjoy

Going outside in the sunlight

Spending time with family and friends

Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.



Do you have more severe symptoms that have lasted more than 2 weeks?

Social withdrawal

Oversleeping

Gaining weight

Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help

Light therapy

Psychotherapy (talk therapy)

Medications

Vitamin D supplements

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.

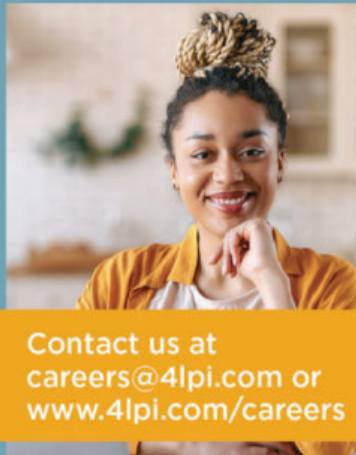
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
NIMH Identification No. OM 22-4320

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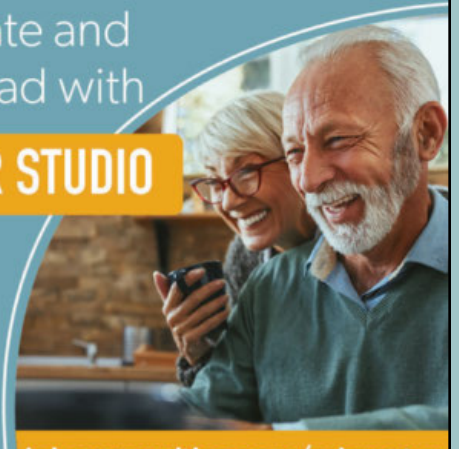


Mary "Alycia" Kramer
336-554-6028
(TTY: 711)
Monday – Friday
8 a.m. – 5 p.m.

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

























Cell: 336-906-0501

andrew.cumby@cumbyfuneral.com

1015 Eastchester Drive
High Point, NC 27261-0509
336-889-5045

206 Trindale Road
Archdale, NC 27263
336-431-9124

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Ongoing Activities				
8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring 3-4:30 p.m. Crafters Circle	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring 11:30 a.m. - 1 p.m. Ladder Golf	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring 10 a.m. Fitness Room Orientation	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring Table Tennis 11:30 a.m. - 1 p.m. Cornhole
Special Activities				
 Registration Required  Virtual or Hybrid Option  Program has Fee 		1. 11 a.m. - 12:30 p.m. Android Tech Class	2. 1:30-3 p.m. Free your Photos 	3. 9-11 a.m. Tech Assistance  
6. 11 a.m. - 12:30 p.m. Android Tech Class 	7. 12- 1:30 p.m. YouTube  1 - 13p.m. Matter of Balance (103) 	8. 11 a.m. - 12:30 p.m. Android Tech Class	9. 1 - 3 p.m. Matter of Balance (103) 	10. 9-11 a.m. Tech Assistance  
13. 11 a.m. - 12:30 p.m. Android Tech Class 11 a.m. Brunch Book Club - Thomasville Library	14. 1-3 p.m. Matter of Balance (103)  2 -3 p.m. Bingo (Café)	15. 11 a.m. - 12:30 p.m. Android Tech Class	16. 10 - 3 p.m. Matter of Balance (103) 	17. 9-11 a.m. Tech Assistance  12-1:30 p.m. St. Pat Day Social \$ 
20. 11 a.m. - 12:30 p.m. Android Tech Class 	21. 1- 3 p.m. Matter of Balance (103) 	22. 11 a.m. - 12:30 p.m. Android Tech Class 9-10:30 a.m. Introduction to TikTok 	23. 9-11a.m. Brain Fitness  1-3 p.m. Matter of Balance (103) 	24. 9-11 a.m. Tech Assistance 
27. 11 a.m. - 12:30 p.m. Android Tech Class 9 - 10:30 a.m. Bookmobile (Parking lot) 	28. 1-3 p.m. Matter of Balance (103)  2 -3 p.m. Bingo (Café)	29. 11 a.m. - 12:30 p.m. Android Tech Class	30. 10-11 a.m. Flower Gardening Basics (103)  1-3 p.m. Matter of Balance (103) 	31. 9-11 a.m. Tech Assistance 

SENIOR SERVICES, LEXINGTON

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Davidson County Senior Services,
Lexington

MARCH

Monday

Tuesday

Wednesday

Thursday

Friday

 <p>\$: Class has a cost *: Class requires preregistration</p> 		<p>1. 9-10:30 a.m. Grief Support Group * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>1:30-3 p.m. Computer Essentials * The Café</p>	<p>2. 9-10 a.m. Blood Pressure Checks The Cube</p> <p>10-11 a.m. Bingocize * Wellness Studio</p> <p>1-3 p.m. Matter of Balance * Wellness Studio</p> <p>3:30-4:30 p.m. IMPROVment *\$ Wellness Studio</p>	<p>3. 10:30-11:30 a.m. Estate Planning * The Cube</p>
<p>6. 9-10:30 a.m. Using Fact Checking Sites * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>1:30-3 p.m. Computer Essentials * The Café</p> 	<p>7. 10-11 a.m. Bingocize * Wellness Studio</p> <p>11:30 a.m.-12:30 p.m. Line Dancing *\$ Wellness Studio</p> <p>1-2 p.m. Chair Yoga *\$ Wellness Studio</p>	<p>8. 9-10:30 a.m. Grief Support Group * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>1:30-3 p.m. Computer Essentials * The Café</p>	<p>9. 10-11 a.m. Bingocize * Wellness Studio</p> <p>1-2:30 p.m. Vegetarian Dishes *\$ The Café</p> <p>1-2 p.m. Chair Yoga *\$ Wellness Studio</p> <p>3:30-4:30 p.m. IMPROVment *\$ Wellness Studio</p>	<p>10. 9 a.m.-3 p.m. Health Fair Wellness Studio</p> <p>10 a.m.-2 p.m. Hearing Screenings * The Hideout</p>
<p>13. 9-10:30 a.m. Tips for Being News Savvy Online * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>1-3 p.m. Ladies Spa and Pamper * Wellness Studio</p>	<p>14. 10-11 a.m. Bingocize * Wellness Studio</p> <p>11:30 a.m.-12:30 p.m. Line Dancing *\$ Wellness Studio</p> <p>1-2 p.m. Chair Yoga *\$ Wellness Studio</p> <p>2-4 p.m. Tech Time The Cube</p> <p>2:30-3:30 p.m. Senior Fit *\$ Wellness Studio</p>	<p>15. 9-10:30 a.m. Grief Support Group * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p>	<p>16. 10-11 a.m. Stress Reducing Techniques The Café</p> <p>10-11 a.m. Bingocize * Wellness Studio</p> <p>1-2 p.m. Chair Yoga *\$ Wellness Studio</p> <p>2:30-3:30 p.m. Senior Fit *\$ Wellness Studio</p>	<p>17. 10 a.m.-1 p.m. Shred Event Parking Lot</p> <p>11 a.m.-1 p.m. St. Patrick's Social *\$ Wellness Studio</p> 
<p>20. 9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>12:30-2 p.m. Tasted it in a Book The Café</p> 	<p>21. 11:30 a.m.-12:30 p.m. Line Dancing *\$ Wellness Studio</p> <p>12-1:30 p.m. Smartphones * The Cube</p> <p>1-2 p.m. Chair Yoga *\$ Wellness Studio</p> <p>2:30-3:30 p.m. Senior Fit *\$ Wellness Studio</p>	<p>22. 9-10:30 a.m. Grief Support Group * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p>	<p>23. 9 a.m.-2 p.m. Blood Drive * Wellness Studio</p> <p>1-2 p.m. Emotional Wellness Journey The Café</p>	<p>24. 11:30 a.m.- 2p.m. Wood Carving *\$ Wellness Studio</p>
<p>27. 9:45-10:45 a.m. Tai Chi * Wellness Studio</p>	<p>28. 11:30 a.m.-12:30 p.m. Line Dancing *\$ Wellness Studio</p> <p>1-2 p.m. Chair Yoga *\$ Wellness Studio</p> <p>2:30-3:30 p.m. Senior Fit *\$ Wellness Studio</p>	<p>29. 9-10:30 a.m. Grief Support Group * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p>	<p>30. 10-11 a.m. DIY Bird Feeders The Café</p> <p>1-2 p.m. Chair Yoga *\$ Wellness Studio</p> <p>2:30-3:30 p.m. Senior Fit *\$ Wellness Studio</p>	<p>31.</p> 

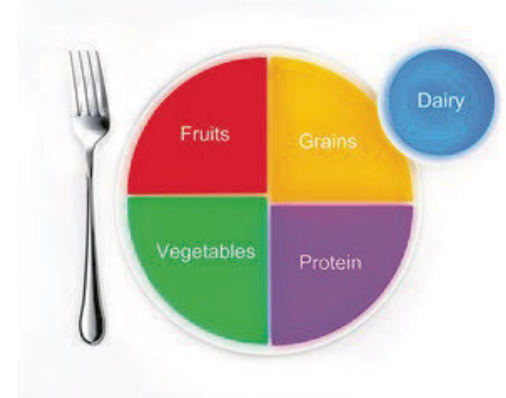
Get Healthier with Congregate Nutrition

Whether it was via a pyramid or plate diagram, most of us were taught that we should “eat the rainbow” every day in order to get the recommended daily amounts of vitamins, minerals and health benefits from our food. And most of us take for granted that we have easy access to fresh produce and balanced meals. We have options. We don’t think twice about the food choices at our fingertips

Now imagine if you were living on just a few dollars a day. Would fresh produce or balanced meals be at the top of your list of concerns? Probably not. You’d likely be more worried about paying rent, affording medications, maybe getting to and from work or appointments. That’s the reality that many of our participants are living. Many of them can’t afford fresh foods or balanced meals.

The Congregate Nutrition at five Café sites throughout Davidson County provides much more than food and senior-specific nutrition education – it brings older adults, many of whom live alone, together for camaraderie. This socialization is invaluable to our clients. In almost every case, our participants tell us that they keep coming to the Cafes and Senior Centers for the companionship as much as the meals, and that the combination of friendship and healthy food has helped them remain healthy, active and independent. They join walking and hobby groups, take fitness classes, attend cooking demonstrations, play games, learn how to use computers and much more.

To learn how you or a loved one can join the Congregate Nutrition Program, contact Cameron Hartwell at 336.474.2758 or via email at Cameron.hartwell@davidsoncountync.gov For more info about Senior Services or the Senior Centers in Lexington and Thomasville, call 336.242.2290 or email senior.services@davidsoncountync.gov



MOW & Congregate Menu for March

- 1 - Baked Ham w/ Pineapple Juice, Broccoli-Rice Casserole, Sweet Potatoes, Pineapple Slices, Dinner Roll, Milk
- 2 - Barbecue Boneless Pork Rib, Squash & Onions, Green Peas, Apple Juice, Wheat Roll, Assorted Cookie, Milk
- 3 - Hot Dog, w/ Chili, Corn, Barbecue Slaw, Bun, Pears, Pudding, Milk
- 6 - Baked Chicken w/Gravy, Green Beans, Corn, Dinner Roll, Cranberry-Apple Juice, Chocolate Peanut Butter Bar, Milk
- 7 - Cheeseburger w/ Chili, Bakes Beans, Lettuce & Tomato, Bun, Fresh Apple Slices, Milk
- 8 - Chicken Pie, Collard Greens, Bakes Apples, Dinner Roll, Assorted Cookie, Milk
- 9 - Baked Ham, Broccoli w/Cheese Sauce, Mashed Potatoes, Orange Juice, Cornbread, Pudding, Milk
- 10 - Chili Con Carne, Rice, Coleslaw, Cornbread, Fruit Cocktail, Milk
- 13 -Barbecue Chicken, Green Peas, Glazed Carrots, Apple Juice, Dinner Roll, Pudding, Milk
- 14 -Hamburger Steak W/Gravy, Mashed Potatoes, Broccoli Casserole, Applesauce, Orange Juice, Dinner Roll, Milk
- 15 -Smoked Sausage w/ Cabbage, Crowder Peas, Dinner Roll, Peaches, Milk
- 16 -Breaded Chicken Filet, Baked Beans, Lettuce & Tomato Slices, Bun, Fruited Gelatin, Milk
- 17 -Chicken Alfredo w/Noodles, Green Beans, Pickled Beets, Wheat Roll, Pears, Milk
- 20 -Hot Dog w/Sauerkraut, Pinto Beans, Hot Sliced Apples, Bun, Fruited Gelatin, Milk
- 21 -Fried Fish Filet w/ Tartar Sauce, Okra & Tomatoes, Coleslaw, Bun, Mixed Fruit, Milk
- 22 -1/2 Pimento Cheese Sandwich on Wheat Bread, Vegetable Beef Soup w/ Crackers, Fresh Orange, Pudding, Milk
- 23 -Spaghetti w/Meat Sauce, Green Beans, Tossed Salad w/Ranch Dressing, Garlic Bread, Pears, Milk
- 24 -Pinto Beans, Turnip Greens, Macaroni & Cheese, Cornbread, Orange Juice, Milk
- 27 -Pancakes w/Syrup, Scrambled Eggs, Sausage Links, Tater Tots, Orange juice, Milk
- 28 -Meatloaf, Diced Potatoes, Broccoli, Wheat Roll, Orange Juice, Pudding, Milk
- 29 -Chicken Patty w/Gravy, Corn, Okra & Tomatoes, Cornbread, Fruited Gelatin, Milk
- 30 -Smoked Sausage, Rice, Peas & Carrots, Dinner Roll, Pears, Pudding, Milk



Ring in the New Year with Minute to Win It Games including a balloon challenge to see who can keep their balloon in the air the longest. Pictured (l-r): Lexington Café participants David Craver, Tammie Craver and Sheila Ward.



Joy Means from Davidson County Transportation System shows what should always be stocked in your car during a recent "Winterizing Your Vehicle" presentation at the Lexington Café. For more info on how you can eat with friends and learn about important topics, call Café Coordinator Ann Workman at 336.236.3118.



Lexington Café participants enjoy the "Eight Myths about Aging" program presented in January.

A large photograph showing a person's hands typing on a laptop. In the background, there are several cardboard shipping boxes and a roll of packing tape, suggesting a business or shipping environment.

**SUPPORT THE
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that Support our
Community!

Using Fact Checking Sites:

Monday Mar. 6

9 - 10:30 a.m., Senior Center, Lex.

This interactive workshop will review the ways you can identify misinformation online. You'll get hands-on practice using fact-checking sites to evaluate and debunk false news. Registration is required by Mar. 1.

Smartphones

Tuesday Mar. 21

12 - 1:30 p.m., Senior Center, Lex.

Learn about popular smartphones on the market and some of their pros and cons. We'll also compare and contrast two of the most popular operating systems: Android and Apple's iOS. Registration is required by Mar. 17.



Tips for being News Savvy Online

Monday Mar. 13

9 - 10:30 a.m., Senior Center, Lex.

Sharing the news with others? In the digital age, anyone can publish anything on the internet, even if it's completely false. This lecture will explain the way technology has made it easier to create and spread misinformation. We'll discuss tools to evaluate news sources and review helpful fact-checking sites. Registration is required by Mar. 9.

Registration is required for classes by calling 336.242.2290.

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SENIOR ROLLERS

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BRIDGE
Wednesdays
1- 4:30 p.m.
Sr. Center, Lex.

EUCHRE
Fridays
12:30 – 4:30 p.m.
Sr. Center, Lex.



Card games are open to all Davidson County residents 55 and older. Beginners and experienced players are welcome to join. No preregistration required.

Call 336.242.2290 for more information.

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www.co.davidson.nc.us/seniorservices
(click on sponsorship tab)**

For a printed copy or more information stop by our office in Lexington at 555-B West Center Street Ext., call 336.242.2290 or email seniorservices@davidsoncountync.gov