

DAVIDSON COUNTY SENIOR SERVICES

PRIME TIMES

Proudly serving the citizens of Davidson County since 1975

APRIL 2023



336.242.2290



www.co.davidson.nc.us



/DCseniorservices



/dcseniors

2023

April 25 - May 31
Registration Deadline - March 27



DAVIDSON COUNTY Senior Games SilverArts



Hosted by:

Davidson County Senior Services
Thomasville Parks & Recreation
Davidson County Parks & Recreation
Lexington Parks & Recreation

Applications can be picked up at :

Senior Services Thomasville
Senior Services Lexington
Davidson County Parks and Recreation
Thomasville Park and Recreation
Lexington Parks and Recreation
Davidson County Libraries
J. Smith Young YMCA
Tom A Finch YMCA
or apply online at
<https://torch.ncseniorgames.org>

This program is sanctioned by North Carolina Senior Games, Inc. NCSG, Inc. is sponsored by the North Carolina Division of Aging and Adult Services.

Return applications to:
Lexington Senior Services
555-B West Center St. Ext.

Thomasville Senior Services
211 West Colonial Drive



Happy National Volunteer Month

— April —



Providing practical **education** and **support** one class at a time, so you can be a **confident** and **courageous** CAREGIVER for your loved one.

Quarterly Lunch & Learn Series

April 20, 2023

11 a.m.

Davidson County Senior Services
555-B West Center St. Ext.
Lexington

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

July 18, 2023

11:30 a.m.

Atrium Health Wake Forest Baptist LMC
250 Hospital Dr.
Lexington

Being a caregiver can be stressful at times. Learn techniques for taking care of yourself. Ensuring adequate self-care is proven to benefit caregivers and the care receivers.

Registration is required for classes by calling 336.242.2290.

What's Inside

3	NATIONAL HEALTHCARE DECISIONS
5	SENIOR CENTER SURVEY RESULTS
6-7	ACTIVITY CALENDARS
8	NUTRITION
10	UPCOMING TECHNOLOGY CLASSES
11	SENIOR GAMES
12	VOLUNTEER

April 9, 2023

Happy
Easter



Offices will be
closed
April 7
in observance of
Good Friday.

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. - 5p.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

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Donna Berry, Office Support III

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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

Kim Latham, 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

The Love of Community

Most older adults want to “age in place” – remain in their own home as they get older. Home modifications are often a necessity for safety purposes, but these extra expenses can be costly and sometimes simply out of reach for those adults who are not physically able to carry out the task themselves. That’s where community can make a difference.

While working with a client, Davidson County Senior Services Resource and Benefits Specialist discovered a need for outdoor steps and a platform for the gentleman’s home. The Iron Saints Motorcycle Club was contacted and immediately took action. In just a few short weeks, the group delivered the steps to the client’s home. The club prides itself in being a Christian motorcycle club with a priority of serving Christ, the family, the community and promoting brotherhood.

Acts of kindness have a positive impact on the prosperity of a community. Opportunities are always there...just ask us.



April 16 is National Healthcare Decisions Day. Advance care planning isn't just for people with serious illness. It's a part of healthy aging. It's a way to help your loved ones and doctors make health care decisions for you if you can't speak for yourself.

Davidson County Senior Services, Lexington Presents...

End of Life Planning Lunch & Learn

**Friday, April 21
12 - 1:30 p.m.**

555-B West Center St. Ext.

Hospice of Davidson County and J.C. Green & Sons Funeral Home will walk you through important steps and costs associated with end of life planning.



Deadline to register April 19

For more information or to register, call 336.242.2290 or email [dcsslex@davidsoncountync.gov](mailto:dcsslex@ davidsoncountync.gov) (Lex) or dcsstville@davidsoncountync.gov (Tville)

Davidson County Senior Services, Thomasville

Advance Directives Seminar

Davidson County Senior Services
Aging Empowered!

No Charge for Davidson County Residents 55+

Join us as Hospice of Davidson County presents on the importance of having a Living Will and how to go about having one made.

MONDAY, APRIL 17, 2023
10-11 A.M.
Registration Deadline April 13

211 W. Colonial Drive

Hospice of Davidson County
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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

Four Types of Exercise Can Improve Your Health and Physical Ability

Most people tend to focus on one type of exercise or activity and think they are doing enough; however, endurance, strength, balance, and flexibility exercises will keep you fit in various ways. Each has benefits, and doing just one can improve your ability to do the others. In addition, variety helps reduce boredom and risks of injury.

Endurance activities improve heart, lung, and circulatory health. Brisk walking, dancing, swimming, and keeping up with your grandchildren at the park are all ways to improve endurance.

Strength exercises increase your ability to stay independent and make everyday activities easier. For example, chair stands, resistance bands, gripping a tennis ball, doing wall push-ups, and carrying groceries are excellent strength builders.

Strong muscles enhance your balance and prevent falls and fall-related injuries. Lack of balance can impact mobility and overall quality of life. Engaging in Tai Chi, standing on one foot, sidestepping, heel-to-toe walking, head rotation, and marching in place all promote good balance.

A more flexible body means a better range of motion in your joints, making it easier to move around. Chair yoga, shoulder rolls, stretches, and ankle circles help maintain flexibility.

Physical activity is a crucial part of healthy aging. The main takeaway is to move more and sit less.

As with any exercise routine, speak with your doctor beforehand to discuss any risk factors.



National Institute on Aging, PO Box 8057 Gaithersburg, MD 20898

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336-249-2155
www.LifeCenterDavidson.com

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



ANNUAL SENIOR CENTER SATISFACTION SURVEY RESULTS

PAGE 05

The Davidson County Senior Centers administer satisfaction surveys annually in January. Staff members take this feedback very seriously in planning the most effective programs and services for center participants. We received 120 total responses this year with results as follows:

- ♦ **94%** of surveyed participants believe the senior centers provide excellent or good activities and programs.
- ♦ **91%** feel like the programs and services provided by the senior centers help them remain independent and healthy.
- ♦ The top reasons for attending the senior centers include **for fun and enjoyment** followed by **to improve my health and/or fitness**.
- ♦ Classes requested but not currently offered include **outside trips, Zumba, handyman classes and traveling safe**.

A complete summary of survey results is available in both Davidson County Senior Centers (Lexington and Thomasville). Your feedback is welcome throughout the year by speaking directly with a staff member or via the comment box located at the reception area of both senior centers.

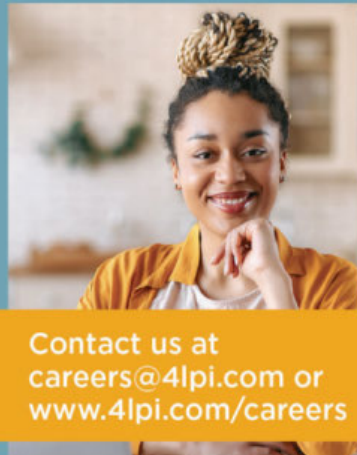


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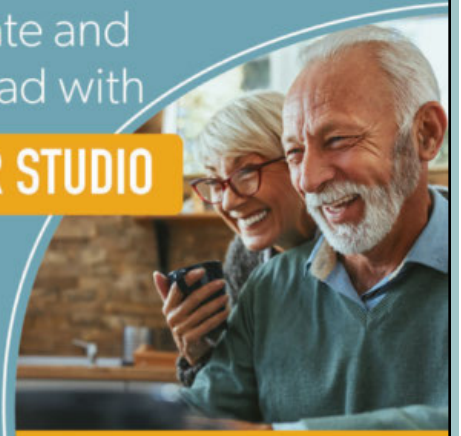


Mary "Alycia" Kramer
336-554-6028
(TTY: 711)
Monday – Friday
8 a.m. – 5 p.m.

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14-1787

  				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ongoing Activities				
8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring, Table Tennis 3 - 4:30 p.m. Crafters Circle	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. Ladder Golf	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring, Table Tennis	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring, Table Tennis 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				
3. 	4. 11 a.m. - 12:30 p.m. Free Streaming with TUBI 	5. First Wednesday in April is National Walking Day, sponsored by the American Heart Association	6. 10:30 - 11:30 a.m. Blood Pressure Checks	7.  OFFICES CLOSED
10. 10-11 a.m. Stretching Your Dollar (Café) 11 a.m. Brunch Book Club - Thomasville Library	11. 2-3 p.m. Bingo (Café) 	12. 2-4 p.m. DIY Spring Wreath \$ 	13.	14. 9-11 a.m. Tech Assistance 
17. 10-11 a.m. Advance Directives (Café) 2-3:30 p.m. Mindfulness Apps 	18.	19.	20. National Volunteer Recognition Day & National High Five Day	21. 9-11 a.m. Tech Assistance 
24. 9-10:30 a.m. Bookmobile (Parking Lot) 	25. 9:30 a.m. Hearing Screenings  2-3 p.m. Bingo (Café) 	26. 	27.	28. 9-11 a.m. Tech Assistance 
 Virtual or Hybrid Option  Registration Required  Program has Fees				
For more information or to register please call 336.242.2290 or email dcstville@davidsoncountync.gov				

SENIOR SERVICES, LEXINGTON

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APRIL				
Monday	Tuesday	Wednesday	Thursday	Friday
3. 9-10:30 a.m. Google Photos * The Cube 10-11 a.m. Home Fit * Wellness Studio 1-3:30 p.m. Chronic Disease * Wellness Studio	4. 11:30 a.m.-12:30 p.m. Line Dancing \$ Wellness Studio 1-2 p.m. Chair Yoga *\$ Wellness Studio 2:30-3:30 p.m. Senior Fit *\$ Wellness Studio	5. 9-10:30 a.m. Grief Support Group * The Cube 11:30 a.m.-12:30 p.m. Medical Alert Information * The Cube 1-3 p.m. Silk Tie Easter Eggs * The Café	6. 9-10 a.m. Blood Pressure Checks The Cube 2:30-3:30 p.m. Senior Fit *\$ Wellness Studio	7. Senior Services is Closed 
10. 9:30-10:30 a.m. Brain Teasers * The Cube 1-3:30 p.m. Chronic Disease * Wellness Studio 3:45-5:30 p.m. Painting Class *\$ The Café	11. 2-4 p.m. Tech Time The Cube 2:30-3:30 p.m. Senior Fit *\$ Wellness Studio 	12. 9-10:30 a.m. Grief Support Group * The Cube 11 a.m.-12 p.m. CPR Class * Wellness Studio 2-3:30 p.m. Google Maps * The Café	13. 2-3:30 p.m. DIY Cleaning Products *\$ The Café 2:30-3:30 p.m. Senior Fit *\$ Wellness Studio	14. 10-11 a.m. Home Security * The Cube 
17. 10-11:30 a.m. Macrame Plant Hangers *\$ The Cube 1-3:30 p.m. Chronic Disease * Wellness Studio 2:30-4 p.m. Introduction to Digital Culture * The Café	18. 9:30-10:30 a.m. Navigating the County Website * The Cube 2:30-3:30 p.m. Senior Fit *\$ Wellness Studio 	19. 9:30-10:30 a.m. Grief Support Group * The Cube 2-3:30 p.m. Bocce Clinic * Outside Bocce Courts 2:30-4 p.m. Introduction to Digital Culture * The Café	20. 9-10:30 a.m. Streaming and Smart TV * The Cube 11 a.m. -1 p.m. Caregiver Resource Fair * Wellness Studio 2:30-3:30 p.m. Senior Fit *\$ Wellness Studio	21. 10-11:30 a.m. Google Workspace * The Cube 12-1:30 p.m. End of Life Planning * Wellness Studio
24. 10-11 a.m. Calm and Color * The Cube 12:30-2 p.m. Tasted it in a Book The Café 1-3:30 p.m. Chronic Disease * Wellness Studio 2:30-4 p.m. Introduction to Digital Culture * The Café	25. 2:30-3:30 p.m. Senior Fit *\$ Wellness Studio	26. 10-11 a.m. Fraud and Theft Tips * The Cube 2:30-4 p.m. Introduction to Digital Culture * The Café	27. 1-2 p.m. Emotional Wellness The Café	28. 



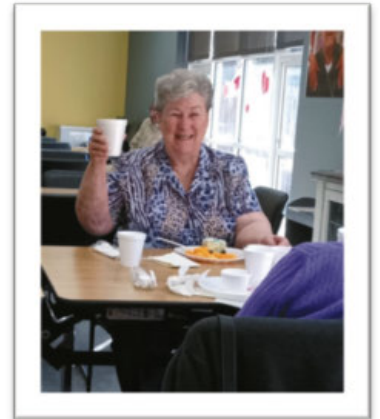
* - Registration is required
 \$ - Class has a cost



Thank you to WBFJ listeners for the Valentine's Day cards for Meals on Wheels and Congregate Nutrition participants.



Participants at the Southmont Café knitted and donated over 50 hats to Southmont Elementary School in December. This mission is planned to continue year round as a fun activity that makes a difference! For info on joining the Southmont Café, please call 336.798.2933 from 9 a.m. - 1 p.m.



Katherine Hutton, Lexington Café participant, is trying Cheerwine, a regional specialty, for the first time ever!



Lexington Café participants creating handmade Valentine's card envelopes.

MOW & Congregate Menu for April

- 3 - BBQ Chicken, Rice, Stewed Tomatoes, Dinner Roll, Baked Apples, Milk
- 4 - Pancakes w/syrup, Scrambled Eggs, Sausage Links, Tater Tots, Fresh Orange, Milk
- 5 - BBQ Boneless Pork Rib, Coleslaw, Corn, Bun, Assorted Cookie, Milk
- 6 - Chopped Steak w/Brown Gravy, Steamed Rice, Green Beans, Dinner Roll, Chilled Fruit Cup, Milk
- 7 - CLOSED - Good Friday
- 10 - Chopped Steak w/Brown Gravy, Green Beans, Carrots, Wheat Roll, Cranberry-Apple Juice, Milk
- 11 - Fried Fish, Okra & Tomatoes, Coleslaw, Bun, Peaches, Milk
- 12 - Roast Turkey w/Gravy, Cornbread Stuffing, Pickled Beets, Baked Apples, Grape Juice, Milk
- 13 - Baked Chicken, Creamed Potatoes, Green Peas, Dinner Roll, Pudding, Grape Juice, Milk
- 14 - Lasagna, Tossed Salad w/Green Peppers & Tomatoes, Garlic Bread, Mixed Fruit, Milk
- 17 - Cheeseburger, Lettuce & Tomato, Tater Tots, Bun, Pudding, Milk
- 18 - Spaghetti & Meat Sauce, Corn, Garlic Bread, Pineapple Tidbits, Milk
- 19 - Chicken & Dumplings, Carrots, Coleslaw, Dinner Roll, Peaches, Milk
- 20 - Meatloaf, Macaroni & Cheese, Lima Beans, Dinner Roll, Pineapple-Orange Juice, Milk
- 21 - Chicken Patty w/Gravy, Mashed Potatoes, Broccoli & Cheese Casserole, Wheat Roll, Cookie, Milk
- 24 - Chicken Pie, Steamed Rice, Okra & Tomatoes, Dinner Roll, Chocolate PB Bar, Milk
- 25 - Salisbury Steak, Navy Beans, Broccoli, Dinner Roll, Fresh Apple Slices, Milk
- 26 - Pinto Beans, Collard Greens, Stewed Potatoes, Cornbread, Assorted Cookie, Milk
- 27 - Pepper Steak Supreme, Mashed Potatoes, Peas & Carrots, Wheat Roll, Pineapple Tidbits, Milk
- 28 - Sweet & Sour Chicken, Macaroni & Cheese, Broccoli, Dinner Roll, Baked Apples, Milk
- 31 -Barbecue Boneless Pork Rib, Lima Beans, Mashed Potatoes, Fruit Cocktail, Dinner Roll, Milk

Living Healthy *with Chronic Conditions*



Evidence-based classes for older adults wanting to manage their chronic conditions and meet others sharing similar challenges and concerns.

Mondays, April 3 - May 8
1 - 3:30 p.m.

Davidson County Senior Services
555-B West Center St. Ext.

No charge for county
residents age 55 and older!



Deadline to register is Wednesday, March 29. For more information or to register call 336.242.2290 or email dcsslex@davidsoncountync.gov

Davidson County Senior Services, Lexington



Brain Teasers

Monday, April 10

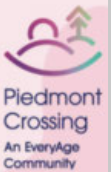
9:30 - 10:30 a.m.

Improve your memory and problem-solving skills. Grab a friend and join us for a fun morning of games and quizzes! Individual and group activities will be included.

No charge for
Davidson County
residents 55 and older.

Registration is required by April 6. To register, call 336-242-2290 or email dcsslex@davidsoncountync.gov

555-B West Center Street Ext.



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Google Photos

Monday, Apr. 3

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

This hands-on workshop explores some of the basic features of the Google Photos app. You will learn how to back up your photos on your smartphone or mobile device to Google Photos and how to create and share albums. Registration is required by Mar. 29.

Google Maps

Wednesday, Apr. 12

2 - 3:30 p.m., Senior Center, Lex.

Visit sites around the world from the comfort of your home, get a bird's-eye-view of your childhood neighborhood, or simply get directions to your friend's house! Google Maps is a mapping application that offers satellite imagery, street maps, and street-view perspectives. During this lecture, you'll get an introduction to the platform and a demonstration of how to use it. Registration is required by Apr. 10.



Introduction to Digital Culture

Mondays & Wednesdays, Apr. 17 - May 17

2:30 - 4 p.m., Senior Center, Lex.

By the end of this 5-week course, you'll use the internet to contact your lawmakers, learn about health-related topics, connect with others offline and online, and explore your interests and passions. You'll also learn best practices for staying safe online and using social media. Registration is required by Apr. 12.

**Registration is required for classes by
calling 336.242.2290.**

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Davidson County Senior Games will host a showcase for the public to view all the brilliant submissions in SilverArts. The showcase will be held at the Davidson County Senior Center in Lexington (555-B West Center St. Ext.) from 4:30 - 6:30 p.m. May 8. Light refreshments will be served.

Get ready for the Davidson County SilverArts Follies Show! The annual showcase will feature the performing art talents of county residents age 50 and better. The show will be held at the Edward C. Smith Civic Center in Lexington (217 South Main St.) at 7 p.m. May 18. Doors open at 6 p.m., and everyone is invited to attend.



Call 336.242.2290 for more information.

NEVER MISS OUR NEWSLETTER!

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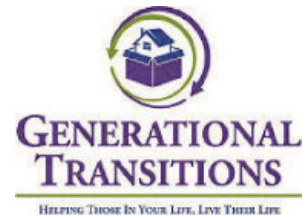
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VOLUNTEER SPOTLIGHT

The Mystery of Giving

I learned it from a grandmother. She lived in an old, two-tone olive green single-wide trailer - the kind with plastic door knobs that would not even keep an honest thief out. She worked in a hosiery factory all her life, and she and her husband raised six children. Then she became a widow.

My family of six along with extended family, frequently ate lunch with her on Sunday afternoons. Many times I walked into her trailer, looked at the tiny roast of meat on the platter and thought, "I won't eat any meat today because we won't have enough for everyone." Yet when the platter reached me there was still plenty on it. I always took what I wanted and set the platter in the center of the table. After everyone had eaten all they wanted, the platter still had meat on it! Amazingly, I do not remember ever seeing that platter empty as we pushed our chairs away from the table. Grandma knew how to give.

The law of giving never fails, yet it is a mystery:

There are those who give even when they do not have enough, yet they never lack.

And there are those who do not give when they lack nothing, yet they never have enough.

The law applies to all giving - food, money, time, resources, or help - it does not matter.

April is National Volunteer Month and the theme this year is *Celebrate Service*. Last month in Davidson County, around 475 volunteers delivered 9,100 meals to homebound individuals, giving their time, talents, and treasure to help others! If you asked those volunteers, it is likely you would hear most of them say that they gained more than they gave. That is the mystery of giving!



You only have one life, invest it well - volunteer to help others and you will be much richer for it! The payback is greater than the investment. To learn more about volunteering and Meals on Wheels, call 336.474.2646, or email chris.bitterman@davidsoncountync.gov