



336.242.2290



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Stephanie Suggs crowned Ms. Senior Davidson County



Roughly 150 enthusiastic viewers applauded Stephanie Suggs as she was crowned Ms. Senior Davidson County in the June 29 pageant. Stephanie, age 59, an employed Humana Case Manager, plans to spend her reigning year advocating on behalf of older adults.

Organized by Davidson County Department of Senior Services, the annual pageant was held at Memorial United Methodist Church in Thomasville. It was a beautiful evening as five women, Miriam Adderholdt, Stephanie Suggs, Terry Loebenburg, Patti Miller, and Melinda Nance, competed for the title.

Davidson County Commissioner Chairman Fred McClure began the pageant by introducing the judges, auditor, reigning and former queens, and special guests.

One of the highlights of the pageant was a dazzling entrance where reigning Queen Dede Harris and her son entered the stage to the song Long Cool Woman in a Black Dress, followed by a moving farewell address and video from her term as Queen.

The announcement of the pageant winner followed the address. McClure announced the recipient of the Ms. Congeniality Award as Patti Miller. McClure then announced the second runner-up, Patti Miller, the first runner-up, Miriam Adderholdt, and the winner, Stephanie Suggs. The audience flocked to the stage for photos and congratulations.

Winners were presented with trophies, flowers, and gift certificates. The primary sponsor of the pageant was The Lamp Post in Lexington, who donated all of the flowers for the evening's events. Certificate contributors included Restoration Massage and Spa and Nature's Cottage. Event sponsors included Monica Souther Insurance, BlueCross BlueShield Medicare, Piedmont Crossing, and Brookstone Retirement Center.

What's Inside

- 3** CRAFT CLASSES
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- 6-7** ACTIVITY CALENDARS
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- 10** OPERATION FAN
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- 12** COMMUNITY YARD SALE

Introduction to Heart Rate Monitor Apps

Friday, August 4
9:30 - 11 a.m.
Senior Center, Lex.

Curious about your heart rate, but not ready to commit to a fitness tracker? There's an app for that! We'll introduce several popular and free heart rate monitor apps. We'll also review reasons why you may want to track your heart rate and recommendations for physical activity and heart rate zones. Registration is required by August 1.

Introduction to Sleep Technology

Thursday, August 10
1 - 2:30 p.m.
Senior Center, Lex

Sleep troubles? What if tech could help you sleep? This lecture gives you an overview of different devices and wearable technology that track sleep patterns, monitor sleep disorders and may even improve your sleep. Mindfulness apps offer guided meditations and other ways to promote healthy sleep habits. Registration is required by August 7.

Mobile Health Apps Lunch and Learn

Tuesday, August 22
11 a.m. - 12:30 p.m.
Senior Center, Lex.

Did you know that your smartphone is also a powerful health tool? This lecture introduces common health apps, like the iPhone's built in app and the Google Fit app. You will learn about using the app's step counter as well as integrating information from other popular health and fitness apps. Registration is required by August 17.

Registration is required for classes by calling 336.242.2290 or email dcsslex@davidsoncountync.gov

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.
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Darlene Vanderhyde, CNA
Lynn McCarn, RN
Carol Conrad, RN

Our Mission

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

Aging Empowered!!



In honor of World Elder Abuse Awareness Day and all those who have been victims of abuse, Senior Services hosted a walk on June 15 and asked that participants wear purple and walk as a symbol of our steps to raise awareness to Elder Abuse.



**WORLD ELDER ABUSE
AWARENESS DAY**
See it • Stop it • Prevent it

Davidson County Senior Services, Lexington

BEAD CRAFTS

Friday, August 18 9 - 10:30 a.m.

\$10 for Davidson County residents 55 and older.

Join Senior Services to make a bookmark, key ring, wall hanging, and a windchime! All supplies provided.

Registration required by August 14. To register, call 336-242-2290 or email dcsslex@dauidsoncountync.gov

Brookstone Retirement Center, LLC
"Respecting the past, anticipating the future"

555-B West Center Street Ext.

Davidson County Senior Services, Thomasville

Cricut Basics

Learn the many ways you can craft with a Cricut and enjoy making your very own personalized tote bag!

Wednesday, August 30, 2023
1-3 p.m.
211 W. Colonial Drive
Registration Required by August 23

\$12 per person includes all materials for one personalized canvas tote.

Open to Davidson County Residents 55+ | Beginner Friendly!

For more information or to register call 336.242.2290 or email dcsstville@dauidsoncountync.gov

Providing professional, affordable, and caring in-home living assistance for seniors. We help families by taking time to understand their loved-one's needs and provide personalized care coordination.

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tsweeney@lpicommunities.com
(800) 477-4574 x3675

Hospice of Davidson County

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336-475-5444
200 Hospice Way Lexington, NC 27292

HospiceOfDavidson.org

Evidence-Based Programs Promote Healthy, Independent Lifestyles

Evidence-Based (EBP) Programs demonstrate reliable and consistently positive ways to promote health and prevent disease among older adults. There are rigorous studies of the effects or outcomes of specific interventions or model programs. EBP participants build skills to take control of their health, from lowering the risk of falls to better managing chronic conditions, engaging in physical activity, and proactively managing mental health.



Davidson County Senior Services offers numerous evidence-based classes, including A Matter of Balance, Active Living Every Day, Bingocize, Living Healthy with Chronic Conditions, Living Healthy with Chronic Pain, Living Healthy with Diabetes, Tai Chi for Arthritis and Falls Prevention, and Walk with Ease.

The senior centers in Lexington and Thomasville are currently accepting registration for A Matter of Balance, Active Living Every Day, Bingocize, Tai Chi for Arthritis and Falls Prevention, and Walk with Ease. If you are interested in learning more about these programs, please call 336.242.2290 or email dcsslex@davidsoncountync.gov

THIS SPACE IS
AVAILABLE



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*Our attorneys are available to speak to you
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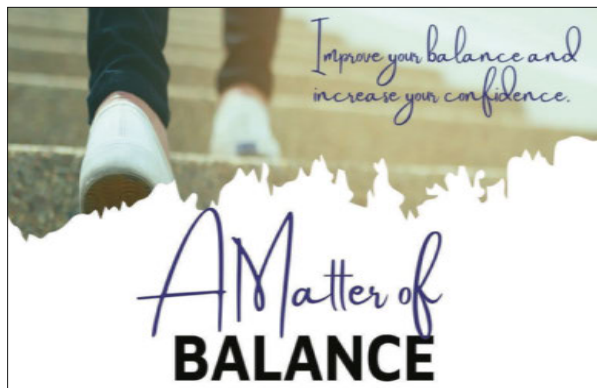
www.LifeCenterDavidson.com

The Life Center of
Davidson County
proudly serves
family caregivers.



EVIDENCE BASED CLASSES

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A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Who should attend?

Anyone concerned about falls • Anyone interested in improving balance • Anyone who has fallen in the past • Anyone who has restricted activities because of falling concerns

Sponsored by:



Mondays and Wednesdays
Aug. 14 – Sept. 11
1 - 3 p.m.

Senior Services, Lexington
555-B West Center St. Ext.

Registration deadline is Aug. 9



Tai Chi connects mind and body, reduces stress, boosts energy and improves balance

Sponsored by:



Mondays and Wednesdays
Aug. 7 – Oct. 18
9:45 – 10:45 a.m.

Senior Services, Lexington
555-B West Center St. Ext.

Registration deadline is Aug. 2

For more information or to register, call 336.242.2290 or email dccslex@davidsoncountync.gov

Need Help Understanding Medicare?

An Independent agent can help!

Call Billy Key to set up a free consultation

336-596-0166

Email: billykey@keywellfinancial.com



Keywell Financial Group LLC
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Linwood, NC 27299
www.keywellfinancial.com

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

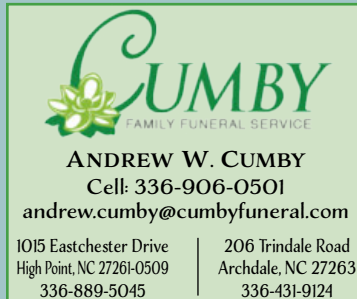
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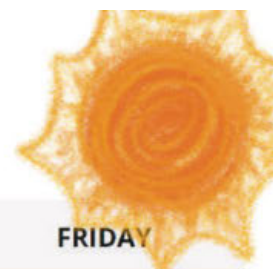














4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com

14-1787

August



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				
	1. 1-4 p.m. Legal Aid (By Appt. Only)	2. 	3. 10-11 a.m. Medicare Presentation (Café)	4. 9-11 a.m. Tech Assistance
7. 10-11 a.m. Iceland (MCM) 2-4 p.m. Mandala Painting (MCM) 	8. 2-3 p.m. Bingo (Café) 	9.	10. 	11. 9-11 a.m. Tech Assistance
14. 11 a.m. Brunch Book Club - Thomasville Library	15.	16. National Tell a Joke Day 	17.	18. 9-11 a.m. Tech Assistance
21. 10-11 a.m. Taiko Drumming 1-3 p.m. DIY Raffia Basket (MCM) 	22. 9-10 a.m. Cyber Safety 	23.	24. 9-12 p.m. Bookmobile (Parking Lot) 	25. 9-11 a.m. Tech Assistance 7 a.m. - 12 p.m. Yard Sale Tomorrow 9.26
28. 	29.	30. 1-4 p.m. Cricut Basics \$ 	31.	
Virtual or Hybrid Option		Registration Required		Program has Fees
 For more information or to register please call 336.242.2290 or email dcsstville@davidsoncountync.gov				

AUGUST

* - Registration is required

\$ - Class has a cost



- Virtual Option

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10-11am Medicare Q&A * The Café 11am-12pm Line Dancing \$ Wellness Studio 1-2pm Chair Yoga \$* Wellness Studio 2:30-3:30pm Senior Fit \$* Wellness Studio	2 9-10:30am Android Class * The Cube	3 9-10am Blood Pressure Checks The Cube 1-2pm Chair Yoga \$* Wellness Studio 2:30-3:30pm Senior Fit \$* Wellness Studio	4 9-10:30am Introduction to Heart Rate Monitor Apps* The Cube
	7 9-10:30am Android Class * The Cube 9:45-10:45am Tai Chi * Wellness Studio	8 9-11am Breakfast for Your Brain \$* The Cube 11am-12pm Line Dancing \$ Wellness Studio 1-2pm Chair Yoga \$* Wellness Studio 2-4pm Tech Time The Cube	9 9-10:30am Android Class * The Cube 9am-1:30pm Blood Drive * Wellness Studio	10 9-11am Breakfast for Your Brain \$* The Cube 1-2:30pm Introduction to Sleep Technology * The Café
	14 9-10:30am Computer Essentials * The Cube 9:45-10:45am Tai Chi * Wellness Studio 11am-1pm Multi Cultural Monday Wellness Studio 1-3pm Matter of Balance * The Café	15 11am-12pm Line Dancing \$ Wellness Studio 12:30-1:30pm Chair Yoga \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio	16 9-10:30am Computer Essentials * The Cube 9:45-10:45am Tai Chi * Wellness Studio 1-3pm Matter of Balance * The Café	17 12:30-1:30pm Chair Yoga \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio
21 9-10:30am Computer Essentials * The Cube 9:45-10:45am Tai Chi * Wellness Studio 1-3pm Matter of Balance * The Café	22 9-11am Croquet Clinic Outside 11am-12pm Line Dancing \$ Wellness Studio 11am-12:30pm Mobile Health Apps * The Cube 12:30-1:30pm Chair Yoga \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio	23 9-10:30am Computer Essentials * The Cube 9:45-10:45am Tai Chi * Wellness Studio 12-1:30pm Plastic Canvas * Wellness Studio 1-3pm Matter of Balance * The Café	24 12:30-1:30pm Chair Yoga \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio	25
28 9-10:30am Computer Essentials * The Cube 9:45-10:45am Tai Chi * Wellness Studio 11am-12pm Multi Cultural Monday Wellness Studio 12:30-2pm Tasted it in a Book The Café 1-3pm Matter of Balance * Wellness Studio	29 11am-12pm Line Dancing \$ Wellness Studio 12:30-1:30pm Chair Yoga \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio	30 9-10:30am Computer Essentials * The Cube 9:45-10:45am Tai Chi * Wellness Studio 1-3pm Matter of Balance * The Café 2:30-4pm iPad Essentials * The Café	31 1-2pm Emotional Wellness The Café 12:30-1:30pm Chair Yoga \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio 2:30-4pm iPad Essentials * The Café	

Davidson County Senior Services, Lexington



Chair Yoga



August 15-September 7

Tuesdays and Thursdays
12:30 - 1:30 p.m.
&
2 - 3 p.m.

2 separate classes! Your choice of the time!

Stay active and improve flexibility and strength without engaging in strenuous or full-range movements.

\$15 for Davidson County residents 55 and older.



Registration required by August 11.
To register, call 336-242-2290 or email dcsslex@davidsoncountync.gov

555-B West Center Street Ext.

Davidson County Senior Services, Lexington

DISASTER PREPAREDNESS

FRIDAY, AUGUST 18
12 - 1:30 p.m.



Join us for a lunch and learn as Davidson County Emergency Services shares tips on disaster and emergency preparedness.

No charge for Davidson County residents 55 and over.



Registration is required by August 14. To register, call 336-242-2290 or email dcsslex@davidsoncountync.gov
555-B West Center Street Ext.

Sponsored by:




Healthy Meal Planning: Tips for Older Adults

Eating healthy and having an active lifestyle can support healthy aging. Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

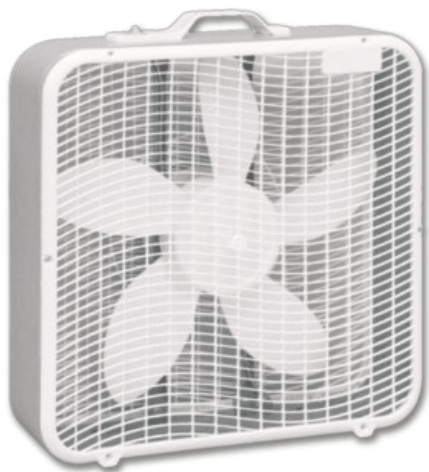
- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes and heart disease. Choose foods with little to no added sugar, saturated fats and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy or fortified soy products along with beans, peas and lentils to your meals.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for precut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12 such as some cereals, or talk to your doctor about taking a B12 supplement.
- Reduce sodium intake by seasoning foods with herbs



Café participants enjoy a stroll around the newly installed walking track at the Senior Center in Thomasville.



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- Must be 60 years of age or older or with a disability.
- Must have a home situation where a threat to health and well being exists.
- Must be a resident of Davidson County.

Assistance is available to an individual once during the current year.

If you feel you or someone you know meets these requirements and are in need of a fan, contact Davidson County Senior Services:

555-B West Center Street Ext.	211 West Colonial Dr.
Lexington	Thomasville

Fans may be picked up Monday - Friday, 8:00 a.m. to 5:00 p.m. For more information, call 336.242.2290.

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MULTI-CULTURAL MONDAYS

JOIN US AND GRAB A PASSPORT TO GET STAMPED AT EACH MULTI-CULTURAL MONDAY EVENT. ONCE YOUR PASSPORT IS COMPLETE, RETURN TO SENIOR SERVICES STAFF TO BE ENTERED INTO A DRAWING. PASSPORTS MUST HAVE ALL 7 STAMPS AND DUE BY AUGUST 28.

**Lexington Senior Center -
555-B West Center St. Ext.**

Monday, August 14

11 a.m. - Hear from a Cambodian refugee and learn all about their culture.

Monday, August 28

11 a.m. - Kenrick Jobe will perform live art and will have some of his paintings on display. Stop by the Vietnam station and enjoy food tastings and a craft.

Thomasville Senior Center - 211 West Colonial Drive

Monday, August 7

10 a.m. - Enjoy Native American flute playing and an informative display table.

2 - 4 p.m. - Create a Mandala canvas and learn about the Tibet culture.

Monday, August 21

10 a.m. - Hear and participate in traditional Japanese Taiko Drumming.

1 - 3 p.m. - Practice basket weaving to celebrate the Madagascar culture.

**FOR QUESTIONS CALL 336.242.2290
OR EMAIL
DCSSLEX@DAVIDSONCOUNTYNC.GOV**

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

DAVIDSON COUNTY SENIOR SERVICES, THOMASVILLE

Community Yard Sale

Saturday, August 26, 2023

7:00am - 12:00pm
211 W. Colonial Drive

Space must be reserved by August 21

All proceeds go to support the
Davidson County Senior Centers

Rain Date will be held on October 7, 2023

Rent a space
for only

\$10

Get great deals on household goods, antiques,
collectibles, toys, furniture & many more.

Tell All Your Friends!

For more information or to reserve your space call
336.242.2290 or email dcsstville@davidsoncountync.gov

DAVIDSON COUNTY SENIOR SERVICES, LEXINGTON

BLOOD DRIVE

**WEDNESDAY,
AUGUST 9**

9 A.M. - 1:30 P.M.



**NO
CHARGE!**



Register through the
American Red Cross
website or call
336-242-2290.



555-B WEST CENTER STREET EXT.

Thank You!

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HELPING THOSE IN YOUR LIFE, LIVE THEIR LIFE

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