



## Davidson County Senior Centers Expand Programming

Davidson County Senior Services is excited to announce the expansion of senior center programming in the Denton and Southmont communities. Activities for county residents

in these areas will be provided Tuesdays through Thursdays weekly beginning in September.

The American Rescue Plan Act challenged senior centers to meet the needs of a growing aging population outside the conventional walls of the established senior centers in a recent grant application process. Davidson County Senior Services was awarded \$80,000 to support older adults in rural, underserved areas of the county by providing ongoing activities, educational programming and support services in these communities. Senior Services selected the Southmont and Denton areas for this opportunity.

"Senior Services is pleased to receive this grant to reach out into our rural communities and promote the Senior Center Without Walls concept," states Thessia Everhart-Roberts, Senior Services Director. "We aim to create a meaningful impact by providing activities and classes in areas of the county where older adults may have limited service opportunities."

If you live in either the Denton or Southmont community and are interested in learning more about senior programming in your area, please call Senior Services at 336.242.2290 or email [dcsslex@davidsoncountync.gov](mailto:dcsslex@davidsoncountync.gov)

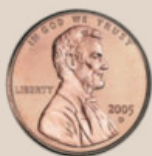
### What's Inside

- 3 FALL PREVENTION MONTH
- 4 PLAN OF CARE
- 5 UPCOMING EVENTS
- 6-7 ACTIVITY CALENDARS
- 8 NUTRITION MENU
- 9 SENIOR CENTER MONTH
- 11 RESOURCES AND BENEFITS
- 12 VOLUNTEER SPOTLIGHT

## Penny Wars!

Every senior center needs an official t-shirt, and we need your help in selecting ours. Stop by either location (211 W. Colonial Dr. Tville or 555-B W. Center St. Ext. Lex) starting September 1 and vote for your favorite design. All designs will be on display, and the container with the most votes (pennies) wins.

Voting ends September 22 at 5 p.m. Come see us!



# ABOUT SENIOR SERVICES

PAGE 02

## Our Locations

### Senior Services, Lexington

555-B W Center St. Ext.  
Lexington, NC 27295  
Phone: 336.242.2290

[dcsslex@daavidsoncountync.gov](mailto:dcsslex@daavidsoncountync.gov)

### Senior Services, Thomasville

211 W Colonial Dr.  
Thomasville, NC 27360  
Phone: 336.242.2290

[dcssville@daavidsoncountync.gov](mailto:dcssville@daavidsoncountync.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  
Melissa Bennett, Delivery Driver

Shirley Davis, Delivery Driver  
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  
Melissa Bennett, Delivery Driver  
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

*Aging Empowered!!*



Wonderland isn't all it's cracked up to be... Participants at the Thomasville Senior Center enjoyed a tea party luncheon as they solved a murder by using skill, clues and even sweets.



Participants of the Lexington Senior Center had lots of fun painting a beautiful landscape with "happy little trees" in the Bob Ross Painting class.

If interested in learning more about what the Senior Centers offer, stop by for a visit. Tours are available Mon. - Fri. , 8:30 a.m. - 4:30 p.m.



## Davidson County Senior Services, Lexington

Bingo + Exercise = Bingocize  
**BINGOCIZE**

**\*\*NO COST FOR  
DAVIDSON COUNTY  
RESIDENTS 55 AND  
OLDER\*\***

**Come Join the Fun!**

**BINGOCIZE** is a 10 week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

Tuesdays & Thursdays

September 12 - November 16, 2023  
 10 -11 a.m.

555-B West Center St. Ext., Lexington

Registration Deadline:  
 Thursday, Sept. 7, 2023



**Sept. 5  
 9 a.m. - 12 p.m.**

Senior Services, Thomasville  
 211 West Colonial Dr.  
 Thomasville, NC

**Sept. 7  
 9 a.m. - 12 p.m.**

Senior Services, Lexington  
 555-B W. Center St. Ext.  
 Thomasville, NC



Balance is essential to maintain strength and avoid injury



September is Falls Prevention Month



More than one out of four Americans age 65+ falls each year!

Walk-ins welcome.  
 No appointment Necessary.

No charge to Davidson County residents 55 and older.

**For more information or to register  
 call 336.242.2290**

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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# Hospice of Davidson County

*Find comfort here.*



**336-475-5444**

200 Hospice Way Lexington, NC 27292

**HospiceOfDavidson.org**

## Caregiving Tip – Create a Plan of Care

Professional caregivers such as in-home aides, certified nursing assistants, and nurses follow a Plan of Care (POC) for their clients or patients. The purpose of a Plan of Care is to capture a person's vital information and care needs. Families can also benefit from the convenience of a care plan for their loved ones. This tool can significantly reduce stress and is a great time saver for a busy caregiver. A POC can be simple or very detailed depending on the care recipient's needs and the intended purpose. For example, a care plan can serve as an at-a-glance document for orienting or managing multiple caregivers.



A well-developed POC will include basic identification information, emergency contacts, primary care physician, diagnosis, allergies, safety precautions, dietary needs, equipment, goals and assistance needed for Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs). ADLs consists of eating, dressing, bathing, toileting, transfers, and ambulation. IADLs include meal preparation, medication intake, housekeeping, money management, phone use, reading, writing, errands/shopping and transportation. The POC can be expanded to capture: medications, all medical care providers, health insurance entities, preferred hospitals, POA/HCPA and medical history.

Visually, the POC can be typed or hand-written but should be neat and simple to follow. Typed versions can be saved and easily revised as needs change. It is recommended that a copy be posted in the home (i.e. refrigerator) and a copy kept handy in a purse or wallet for a quick reference, especially during an emergency. For a prepared plan of care form, visit <https://www.cdc.gov/aging/caregiving/pdf/Complete-Care-Plan-Form-508.pdf> (cdc.gov)

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[www.LifeCenterDavidson.com](http://www.LifeCenterDavidson.com)


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Davidson County  
proudly serves  
family caregivers.**





The Life Center of Davidson County, Inc.

# A SHOT AT MY HEALTH





## WEEKLY FLU SHOT CLINICS

**SENIOR SERVICES, LEXINGTON**  
555-B West Center St. Ext., Lexington NC  
EVERY WEDNESDAY STARTING SEPTEMBER 6, 2023 - 9:00 AM TO 12:00 PM

**SENIOR SERVICES, THOMASVILLE**  
211 W. Colonial Dr., Thomasville NC  
EVERY THURSDAY STARTING SEPTEMBER 7, 2023 - 9:00 AM TO 12:00 PM

- ✓ Free Flu Shots
- ✓ **First 400 people ages 60+** will receive a free \$25 gift card to Lanier's Hardware or Lexington Barbeque
- ✓ Call **336.249.2155** to schedule an appointment

Davidson County Senior Services, Lexington

# MEDICARE 101



No charge for Davidson County residents 55 and older.

**TUESDAY, SEPTEMBER 12**  
10 - 11 a.m.  
211 West Colonial Drive,  
Thomasville

**TUESDAY, SEPTEMBER 19**  
10 - 11 a.m.  
555-B West Center Street Ext,  
Lexington

Learn the Medicare basics and find the plan that works best for you.

For questions, call 336-242-2290 or email [dcsslex@dauidsoncountync.gov](mailto:dcsslex@dauidsoncountync.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](mailto:billykey@keywellfinancial.com)



Keywell Financial Group LLC  
PO Box 1176  
Linwood, NC 27299  
[www.keywellfinancial.com](http://www.keywellfinancial.com)



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[andrew.cumby@cumbyfuneral.com](mailto:andrew.cumby@cumbyfuneral.com)

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336-889-5045

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

Are you turning 65?  
Call your local licensed Humana sales agent.  
**Humana.**  
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**Mary "Alycia" Kramer**  
**336-554-6028**  
**(TTY: 711)**  
Monday – Friday  
8 a.m. – 5 p.m.

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[lpicomunities.com/adcreator](http://lpicomunities.com/adcreator)



# September

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>4</b> Senior Services is closed  <b>HAPPY LABOR DAY</b>	<b>5</b> 9-10:30am Computer Essentials * The Cube 12:30-1:30pm Chair Yoga \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio	<b>6</b> 9am-12pm Flu Clinic The Cube 9:45-10:45am Tai Chi * Wellness Studio 1-3pm Matter of Balance * The Café 2:30-4pm iPad Essentials * Wellness Studio	<b>7</b> 9-10am Blood Pressure Checks The Cube 9am-12pm Balance Screenings Wellness Studio 12:30-1:30pm Chair Yoga \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio 2:30-4pm iPad Essentials * The Café	<b>8</b> 10-11am Composting Class The Café
<b>11</b> 9-10:30am Computer Essentials * The Cube 9:45-10:45am Tai Chi * Wellness Studio 1-3pm Matter of Balance * Wellness Studio	<b>12</b> 9-10:30am Computer Essentials * The Cube 10-11am Bingocize * Wellness Studio 2-4pm Tech Time The Cube	<b>13</b> 9am-12pm Flu Clinic The Cube 9:45-10:45am Tai Chi * Wellness Studio 2:30-4pm iPad Essentials * The Café 3-4pm Shag Class \$ Wellness Studio	<b>14</b> 9-10:30am Computer Essentials * The Cube 10-11am Bingocize * Wellness Studio 2:30-4pm iPad Essentials * The Café	<b>15</b> 10-11:30am Fall Earrings \$* The Cube
<b>18</b> 9-10:30am Mindfulness Apps * The Cube 9:45-10:45am Tai Chi * Wellness Studio 12-1:30pm Cricut 101 Wellness Studio	<b>19</b> 9-10:30am Getting Started with Insight Timer * The Cube 10-11am Medicare 101 The Café 10-11am Bingocize * Wellness Studio 12-1pm Legal Aid Presentation * The Cube 12:30-1:30pm Drums Alive \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio	<b>20</b> 9am-12pm Flu Clinic The Cube 9:45-10:45am Tai Chi * Wellness Studio 2:30-4pm iPad Essentials * The Café 3-4pm Shag Class \$ Wellness Studio	<b>21</b> 10am Seniors Day at the Fair Davidson County Fair Grounds 10-11am Bingocize * Wellness Studio 12:30-1:30pm Drums Alive \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio 2:30-4pm iPad Essentials * The Café	<b>22</b> 1-2pm How To-Air Fryer * The Café  
<b>25</b> 9:45-10:45am Tai Chi * Wellness Studio 12:30-2pm Tasted it in a Book Wellness Studio	<b>26</b> 10-11am Bingocize * Wellness Studio 12:30-1:30pm Drums Alive \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio 2-3:30pm Google Maps * The Cube	<b>27</b> 9:45-10:45am Tai Chi * Wellness Studio 2:30-4pm iPad Essentials * The Café 3-4pm Shag Class \$ Wellness Studio	<b>28</b> 10-11am Bingocize * Wellness Studio 12:30-1:30pm Drums Alive \$* Wellness Studio 2-3pm Chair Yoga \$* Wellness Studio 1-2pm Emotional Wellness The Café 2:30-4pm iPad Essentials * The Café	<b>29</b> 1-2pm How to Safely Get Up from a Fall * Wellness Studio





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				
<div></div> <div>CAST YOUR VOTE FOR THE OFFICAL SENIOR CENTER T-SHIRT!!! September 1-22 stop into reception to cast your vote for your favorite Senior Center t-shirt design by placing pennies in the corresponding jar!</div> <div></div>				1. 9-11 a.m. Tech Assistance 
4. Offices Closed for 	5. 9 a.m. - 12 p.m. Balance Screenings	6. 10 a.m. - 12 p.m. Hawaiian Sugar Cookies \$ 	7. 9 a.m. - 12 p.m. Flu Shot Clinic  10:30 -11:30 a.m. Blood Pressure Checks	8. 9-11 a.m. Tech Assistance 
11. 11 a.m. Brunch Book Club - Thomasville Library	12. 10-11 a.m. Alignment Health Medicare Presentation (Café)  2-3 p.m. Bingo (Café) 	13.	14. 9 a.m. - 12 p.m. Flu Shot Clinic	15. 9-11 a.m. Tech Assistance  10-11 a.m. Disaster Preparedness
18. 11 a.m. - 12:30 p.m. Grandparents Raising Grandchildren Lunch and Learn 	19.	20. September 18-22 is Falls Prevention Awareness Week	21. 9 a.m. - 12 p.m. Flu Shot Clinic  9 a.m. - 12 p.m. Seniors Day at the Fair (Davidson County Fair Grounds) 	22. 9-11 a.m. Tech Assistance 
25.	26.	27. 2-4 p.m. DIY Autumn Wreath Class \$  	28. 9 a.m. - 12 p.m. Flu Shot Clinic	29. 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 <a href="mailto:dcstville@davidsoncountync.gov">dcstville@davidsoncountync.gov</a>				

# SENIORS DAY AT THE FAIR

PAGE 08



**BRING YOUR MYSENIORCENTER KEY CARD FOR EXPRESS REGISTRATION**

Free keycards are available at the Davidson County Senior Centers  
(555-B.W. Center St. Ext. Lexington & 211 W. Colonial Drive Thomasville)

**Davidson County Fairgrounds**  
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**For more information: Call 336.242.2290  
or email  
seniorservices@davidsoncountync.gov**

## NUTRITION

### MOW & Congregate Menu for September 2023

1-Lasagna, Tossed Salad w/Green Peppers & Tomatoes, Garlic Bread, Mixed Fruit, Milk

4-CLOSED-LABOR DAY

5-Spaghetti & Meat Sauce, Corn, Garlic Bread, Pineapple Tidbits, Milk

6-Chicken & Dumplings, Carrots, Coleslaw, Dinner Roll, Peaches, Milk

7-Meatloaf, Macaroni & Cheese, Lima Beans, Dinner Roll, Pineapple-Orange Juice, Milk

8-Chicken Patty w/Gravy, Mashed Potatoes, Broccoli & Cheese Casserole, Dinner Roll, Cookie, Milk

11-Chicken Pie, Steamed Rice, Okra & Tomatoes, Dinner Roll, Cranberry-Apple Juice, Milk

12-Salisbury Steak, Navy Beans, Broccoli, Dinner Roll, Fresh Apple Slices, Milk

13-Pinto Beans, Collard Greens, Stewed Potatoes, Cornbread, Assorted Cookie, Milk

14-Pepper Steak Supreme, Mashed Potatoes, Peas & Carrots, Dinner Roll, Pineapple Tidbits, Milk

15-Sweet & Sour Chicken, Macaroni & Cheese, Broccoli, Wheat Roll, Baked Apples, Milk

18-Sloppy Joe, Tater Tots, Coleslaw, Bun, Fruit Cup, Milk

19-Baked Chicken w/Gravy, Mashed Potatoes, Crowder Peas, Dinner Roll, Fresh Orange, Milk

20-Pinto Beans w/Ham, Macaroni & Cheese, Cabbage, Cornbread, Grape Juice, Milk

21-Hot Dog w/ Chili, Whole Kernel Corn, Coleslaw, Chocolate Fudge Round, Bun, Milk

22-Chicken Alfredo w/Noodles, Green Beans, Pickled Beets, Dinner Roll, Pears, Milk

25-Barbecue Chicken, Rice, Stewed Tomatoes, Dinner Roll, Baked Apples, Milk

26-Pancakes w/ Syrup, Scrambled Eggs, Sausage Links, Tater Tots, Orange Juice, Milk

27-Barbecue Boneless Pork Rib, Corn, Coleslaw, Bun, Assorted Cookies, Milk

28-Chopped Steak w/Brown Gravy, Steamed Rice, Green Beans, Dinner Roll, Chilled Fruit Cup, Milk

29-Baked Ham, Pinto Beans, Turnip Greens, Cornbread, Pudding, Milk



## Seniors in Davidson County Empowered Toward Exploration, Self-Discovery During National Senior Center Month

The Davidson County Senior Centers, located in Lexington and Thomasville, are celebrating National Senior Center Month this September with the 2023 theme "Discover Yours." The theme encourages people to come to their senior center—whether they are regulars or, especially, if they have never visited. Today's senior centers are places of discovery, encouraging older adults to discover their unique interests, talents, and aspirations. Senior centers offer a vibrant, action-packed combination of local fitness centers, volunteering headquarters, transportation hubs, and tasty dining locale.



Senior centers have evolved to provide: in-home aid services, fun activities, Meals on Wheels, plus much, much more! September is National Senior Center Month and Davidson County Senior Services is celebrating the exploration, self-discovery, and individuality of and for older adults.

From financial planning workshops to cooking classes and dances to technology classes, the senior centers in Thomasville and Lexington are community hubs where older adults find friendship, meaning and purpose.

Senior Services also provides benefits counseling, congregate meals, volunteer placement, and evidence-based classes.

David Bowie once said, "Aging is an extraordinary process where you become the person you always should have been." Our participants are discovering their best selves every day.

Senior Center Month emphasizes the tremendous potential senior centers deliver in their communities, including programming that empowers older adults to age well holistically and strengthen mind, body, spirit and community connections.

To learn more about Davidson County Senior Services, call 336.242.2290 or visit our website at <https://www.co.davidson.nc.us/seniorservices>. The Senior centers are located at 555-B W. Center St. Ext. in Lexington and 211 W. Colonial Drive in Thomasville.

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

**SUPPORT THE  
ADVERTISERS**  
that Support our  
Community!

More than 1 in 4 older adults report falling each year—this results in about 36 million falls. Falls can cause serious injuries such as broken bones or a head injury, but they are NOT a normal part of aging. Falls can be prevented. You can take action to prevent falling and stay independent longer. There are simple steps you can take to keep yourself from falling and to stay healthy and independent longer.

## Speak Up

- Tell your doctor if you have fallen, if you feel unsteady when standing or walking or if you are afraid you might fall.
- Ask your doctor or pharmacist to review the medications you take. Some medicines might make you dizzy or sleepy which can increase your risk of falling.
- Have an eye doctor check your eyes at least once a year and discuss proper footwear to reduce your risk of falling.
- Ask your doctor about health conditions like depression, osteoporosis or hypotension that can increase your risk for falling.

## Stay active.

- Do exercises that make your legs stronger and improve your balance like Tai Chi.

## Make your home safer.

- Get rid of trip hazards like throw rugs and keep floors clutter free.
- Brighten your home with extra lighting or brighter light bulbs.
- Install grab bars in the bathroom(s) - next to the toilet and outside of your bathtub or shower.
- Install handrails on both sides of staircases.

[www.cdc.gov](http://www.cdc.gov)



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As the cost of living rises and budgets are stretched, many older adults find themselves unable to pay their rent or mortgage and are facing eviction. Some are forced to move in with relatives or friends, while others are staying in motels, their car or a shelter. There are a few options for those looking for a less expensive place to live. It is important to begin searching for housing as early as possible, as many apartment complexes and rental homes are full. It is also important to go ahead and complete applications and get on the waiting list for those in which you are interested.



Senior Services has a list of income-based housing for senior adults. The list provides contacts and other information about each property. All of these properties maintain a waiting list and advise people to complete an application to get on that list as soon as possible. Please contact Davidson County Senior Services for a copy of the Senior Housing packet or visit <https://www.co.davidson.nc.us/1027/Community-Resources>.

Another income-based housing opportunity is provided by the Department of Housing and Urban Development (HUD). Section 8 Housing Choice Vouchers provide rental assistance to very low-income applicants. The voucher can be used for any housing that has been approved to accept these vouchers by the Housing Authority (This program is currently closed due to waiting lists). Section 8 Project Based housing provides income-based housing in specified apartment complexes in the county. Public Housing (Liberty Arms apartments) may also be available by the Thomasville Housing Authority. Contact information for both Lexington and Thomasville housing authorities are provided in the Senior Housing packet.

There are other income-based housing options which are not specific to senior adults. You can search for these by calling different property managers or realty companies who own rental properties. Information can also be obtained through <http://nchousingsearch.org> or by calling customer service at 877.428.8844.

Locating a safe and affordable place to live does take time and effort. Begin looking as soon as you are aware that you need to move and enlist help from those around you, if possible. Feel free to contact the Senior Services Resource and Benefits Specialist at 336.242.2290 for additional information.

## NEVER MISS OUR NEWSLETTER!

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# Volunteer Spotlight

## Bringing Happiness

The fact that volunteers are integral facets of Senior Services activities has something to do with the upbeat, positive atmosphere one senses when entering a senior center or an event hosted by Senior Services. "When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness, they found the more people volunteered, the happier they were." A large body of evidence reveals that people who volunteer two or more hours a week improve their state of mind, strengthen their health, and advance their chances of living longer. People just like you...people like Sherry Russell.

Russell began attending the Lexington Senior Center to get out and meet new people. She went to the gym and began to spend time with others, developing new friendships which continued outside of center activities. Last Christmas she was asked to help with an upcoming breakfast event. She agreed to help and after the event, completed an application to be a Senior Services volunteer. Her application was approved and in January of 2023 Russell joined the growing team of 430 Senior Services volunteers.



In the following months Russell became involved wherever she saw a need or was asked to help. In April and May she volunteered to help with Senior Games, assisting staff with nine different events. She went through training and became a part of the volunteer team that covers the front desk when staff are out of the office. Because she is personable and good with others, she was asked to serve as a Senior Center Ambassador, providing tours and answering questions for visitors and future participants.

In the short months since she became a volunteer, "Russell has already become a valuable part of senior center operations," said Stefanie Poore, Administrative Secretary in Lexington. "Russell is smart, dependable, intuitively understands what to do and is good with people." Those traits are especially beneficial as Russell greets visitors entering the center. Poore said that Russell even comes by on days she is not scheduled to volunteer and asks if they need help...then she helps wherever she is needed.

When asked what advice she would give someone contemplating volunteering, Russell replied with the following:

- If you are thinking about it, give it a try because what you do is helping others, even though you may just be keeping score on a game.
- They will brighten your day more than you do theirs.
- You can always encourage someone.
- It is fun and will keep you active.
- You may not know another person by name at first, but they recognize you because you volunteer. You will develop new friendships.

If you are interested in learning more about volunteering locally, call 336.474.2646.

# Thank You!

## to our Sponsors



Humana



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*"Respecting the past, anticipating the future"*



**Piedmont Crossing**  
An EveryAge Community



**GENERATIONAL TRANSITIONS**  
HELPING THOSE IN YOUR LIFE, LIVE THEIR LIFE

**Hospice of Davidson County**  
*Find comfort here.*



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