Virtual

AUGUST NEWSLETTER

Celebrating World Senior Citizen's Day All Month

Online resources to keep you healthy, active, and independent from the safety and comfort of your home.

https://www.facebook.com/DurhamSeniors/
A Message from the Executive Director

Greetings,

During the month of August, across the world we will be celebrating seniors as it is World Senior Citizen's Day observed on August 21st. This is a time for us to let you know how much we care and it’s an opportunity to recognize your accomplishments. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.

Today, mature adults are still active in their communities as well as continuing to have a strong presence in the workforce. For all you do and have achieved for the good of our communities, senior citizens deserve our thanks!

Why is National Senior Citizen's Day important? You have a lifetime's worth of precious experiences and stories to share. For centuries, cultures across the world have looked to the seniors in their communities for wisdom and knowledge. In times of trouble or when we simply don't know what to do, seniors are often the first people we turn to for a different or even, unusual perspective. If we listen, we can learn so much from you.

Sincerely,

Seanyea Rains, MS
Executive Director
<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Hamburger Steak w/Gravy &amp; Onions Rice Pilaf Green Beans Pears Sliced Bread Milk</td>
<td>4 BBQ Pulled Chicken Sweet Potato Creamed Spinach Orange Hushpuppy Milk</td>
<td>5 Jerk Chicken Rice Pilaf Peas &amp; Carrots Apple Sauce Oranges Wheat Roll Milk</td>
<td>6 Sloppy Joe Boiled Potatoes Cabbage Fruit Explosion WW Hamburger Bun Milk</td>
<td>7 Chicken Alfredo Pasta in Alfredo Broccoli Spiced Apples &amp; Raisins Sourdough Milk</td>
</tr>
<tr>
<td>10 Turkey Hot Dog Carrots Spiced Pineapple Hot Dog Bun Milk</td>
<td>11 Country Fried Steak Mashed Potatoes Seasoned Greens Mandarin Oranges Milk</td>
<td>12 Apple Pork Chop Sweet Potatoes Zucchini Banana White Roll Milk</td>
<td>13 Baked Spaghetti Noodles Mixed Veggies Warm Peaches Veggie Juice Milk</td>
<td>14 Chicken Chow Mein Garlic Broccoli Spiced Pears Garlic Roll Milk</td>
</tr>
<tr>
<td>17 Meatball Stroganoff Noodles Mixed Veggies Apple Sauce Roll Milk</td>
<td>18 Bruschetta Chicken Butter Noodles Green Beans Fantasy Fruit Breadstick Milk</td>
<td>19 Irish Stew Potatoes &amp; Carrots Cabbage Spiced Peaches Cornbread Milk</td>
<td>20 Turkey Corn Dogs Cheesy Potatoes Summer Squash Orange Milk</td>
<td>21 Chicken Parmesan Butter Noodles California Veg Blend Banana Milk</td>
</tr>
<tr>
<td>30 Biscuits &amp; Gravy Greens Apple Compote No Bread Milk</td>
<td>31 Chicken Bayou Rice Zucchini &amp; Tomatoes Warm Apple Sauce Breadstick Milk</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Re-Cap of our July Events!
Downtown, JFK Towers, WD Hill, Little River Senior Centers
Events in August!
Downtown, JFK Towers, WD Hill, Little River Senior Centers

**Fit to a T** - *A virtual* bone health and osteoporosis education program for men and women of all ages. Please call 919-688-8247 ext 124 to register. Participants will receive ZOOM link and class materials upon registration.

Wednesday, August 12th from 11:00am-12:00pm

**Introduction to Watercolor-Virtual Edition** - Learn to paint or enhance your watercolor skills virtually. Please call 919-688-8247 ext. 124 to register. Participants will receive ZOOM link and class materials upon registration.

Tuesday, August 18th from 12:00pm-2:00pm

**Powerful Tools for Caregivers** - This 6-week series helps caregivers take better care of themselves while caring for a family member or friend. Please contact Michael Patterson at 919-688-8247 ext 122. Participants will receive ZOOM link and class materials upon registration. *Registration deadline: August 7, 2020*

Every Thursday, August 20th-September 24th from 2:00pm-4:00pm

**Stories for Mature Adults with Willa Brigham**
Interactive stories to make you laugh, prompt you to think, and encourage you to remember some of your own adventures! Please call 919-688-8247 ext 124 to register. Participants will receive ZOOM link upon registration.

Fridays, August 14th, August 21st, and August 28th from 12:00pm-1:00pm

**Outdoor Chair Exercise**-
Join us for one hour of outdoor chair exercise as we continue to practice social distancing. Please call 919-688-8247 ext 124 to register.

Thursday, August 27th from 8:00am-9:00am (parking lot opens at 7:30am)
Rain Date: Thursday, September 3 from 8:00am - 9:00am
August 21st is World and National Senior Citizen's Day

We are so grateful to our elders and we love them so much...

Happy World Senior Citizens Day

Donor Spotlight

We would like to thank the following donors for their generous gifts of $1000+ in July:

Julie Roseland
Patsy Zeigler
We are committed to providing food resources for those in need. We realize everyone may not have a safe place to prepare meals or may be unable to safely “make their way around a kitchen”. In response to this, we have partnered with funders to kick off our new initiative to provide “Kitchen-less food bags”. Ready to eat food items will be shared that require little to no preparation.

Please contact us at 919-688-8247 for more information.
“To think creatively, we must be able to look afresh at what we normally take for granted!” -George Kneller

During this time, it has been a season of reflection! The challenge for most of us has been not being able to see and fellowship with each other. Here at DCSL, we have turned lemons into lemonade embracing this time to reenergize our commitment to the vision and mission of DCSL!

On that great day when you walk through the doors at 406 Rigsbee Avenue, you will see and feel a spirit of re-newness and a sense of freshness in the air! DCSL is 71 years old and she never looked so good!

As your Facilities Operations Manager, I have been working diligently preparing the building and grounds for a warmer and more welcoming haven for members and staff. I have been fortunate to have a great team of contractors and supporters assisting me with the transformation of DCSL! Painters, carpenters and the Durham County General Services have been working tirelessly on this fresh make-over for the last 3 months.
Just for you; new floor design, fresh paint, carpet cleaning, tile installing, new recreation room, with a resurfaced pool table, tiled floors, dart board, bar stools. A refresh of the Art Studio, Exercise Room, Adult Day Health, Fitness Room. Landscaping, ADH Garden, installation of flat screen TVs, new computers for the Technology Center, new lobby furniture and the unveiling of the new DCSL 406 Cafe’; Just for you!

We are very excited about the new Durham Center for Senior Life and consider it a great honor having the opportunity to serve a great community!

A fresh perspective, A fresh start, a fresh look! All, Just for you!
Accepting donations for hygiene supplies

Adults age 55+ in need of hygiene resources, please contact Support Services at 919-688-8247 extension 104

Available Monday-Thursday from 10:00 AM to 2:00 PM by appointment only.

Dial Extension 103 for FOOD and Extension 104 for HYGIENE.
WEEKLY SCHEDULE

**MONDAY**

8:30AM - Member Check-In
Stay connected with the DCSL community every morning!

9:25AM - Total Body Workout LIVE
Join us LIVE for a high-energy cardio workout!

12:00PM - Lunch n' Learn
Explore new crafts and activities while enjoying your lunch.

**TUESDAY**

8:30AM - Member Check-in
Stay connected with the DCSL community every morning!

10:00AM - Yoga with Lauri
Increase movement and balance with guided Yoga!

12:00PM - Lunch n' Listen
Join us over lunch as we share podcasts, poetry, and more audio-friendly goodies.

**WEDNESDAY**

8:30AM - Member Check-in
Stay connected with the DCSL community every morning!

9:25AM - Total Body Workout LIVE
Join us LIVE for a high-energy cardio workout!

2:00PM - Lunch n' Learn
Explore new crafts and activities while enjoying your lunch.

3:00PM - Trivia
From riddles to Geography, test your smarts with weekly challenges.

**THURSDAY**

8:30AM - Member Check-in
Stay connected with the DCSL community every morning!

10:00AM - Strong & Steady
Increase your movement in an online exercise class!

12:00PM - Lunch n' Listen
Join us over lunch as we share podcasts, poetry, and more audio-friendly goodies.

**FRIDAY**

8:30AM - Member Check-In
Stay connected with the DCSL community every morning!

8:35AM - Total Body Workout LIVE
Join us LIVE for a high-energy cardio workout!

12:00PM - Lunch n' Learn
Explore new crafts and activities while enjoying your lunch.
SUPPORT SERVICES

HYGIENE & INCONTINENCE
Please call to make an appointment. The available items are:
- Wipes
- Adult Briefs
- Feminine pads
- Toiletries

SEXUAL HEALTH
Safe sex supplies for seniors 55+ upon request.
The available supplies are condoms and lubricant.
   Educational classes are coming soon!

CAREGIVER SERVICES
Coming soon we will have a caregiver support group!
Offering the following:
- Resources
- Counseling
- In-home care services

PLEASE CONTACT
Niya Carrington, Social Services Coordinator
(919) 688-8247 Ext #104 | ncarrington@dcslncc.org
DCSL is now accepting new members to register for the congregate meal program. Individuals 60 years or older in need of weekly, frozen meals are asked to contact us at 919-688-8247 for more information. Registration is required by Wednesday for curbside pick-up scheduled on Mondays.

**CONGREGATE MEALS**
*(Available every Monday at 11:30 AM-12:30PM)*

Are you or a friend in need of food or hygiene items? We are available by **appointment only** for curbside pick-up. For more information, please contact us at 919-688-8247.

**SUPPORT SERVICES**
*(Available Monday - Thursday from 10:00AM-2:00PM)*

Dial Extension 103 for **FOOD** and Extension 104 for **HYGIENE**.
WORD SEARCH

AUGUST
BEACH
BIKES
CAMPING
CARNIVAL
COOKOUTS
FIREFLIES
FIREWORKS
FISHING
FLIPFLOPS
FUN
HULA HOOPS
ICE CREAM
JULY
JUMPROPE
JUNE
MOVIES
PARADES
PARTIES
PICNICS
POOL
POPSICLES
ROLLERCOASTER
SANDALS
SPLASH
SPRINKLER
SNOWCONES
SUNGLASSES
SUNSCREEN
SWIMMING
THEME PARK
VACATION