



The Seasoned Citizen

Durham Center for Senior Life Quarterly Newsletter

Winter 2012

Senior Memories Triangle Tree Challenge



DCSL participated this year in American Tobacco's Triangle Christmas Tree Challenge. Our tree was seen by hundreds of people which helped us spread raise awareness about our mission, programs and services!

Holiday Food Drive a Success

Thank you to all who helped make DCSL's 2011 Holiday Food Drive a success! Over 23 dinners were provided to needy seniors. Several groups were especially helpful! The Triangle Park Chapter of the Links, Inc. Public Service Project "Cans for Seniors" made a generous donation of canned goods. Special thank you to **Mrs. Ann Edmonds, President and Dr. Caroline Lattimore**, "Friendship Chairman". **CHADER** also collected food at their annual Holiday Party, held at DCSL. In addition to food donations, employees from BCBSNC assembled and delivered 100 personal care bags to DCSL for older adults. Special thanks to **Ms. Stacy Vegas**, Sales Executive for coordinating this effort.

Chili Cook Off Friday, Jan 27, 11:30am-1pm



Never Too Old to Play... is the theme for Older Americans Month in May 2012. DCSL wants to help you live, learn and play well by offering great classes and workshops throughout the year!

✓ **Living Healthy**, a six-week chronic disease self-management workshop will be held on Wednesdays from 9 - 11:30 am, January 18 - February 22. Pre-registration is required. Call Lynne 919-688-8247. (FREE)

✓ **Matter of Balance**, is an eight-week course promoting better balance through strength training to reduce your risk of falls at home. Classes begin Wed, January 11 at noon at Preiss-Steele Senior Center. Contact Alison at 919-688-8247 x 110.

✓ **Free Legal Clinic**— Third Friday of each month. For simple legal documents, simple wills, health care powers of attorney, etc. Appointments required. Contact Lynne or Juanita at 688-8247.

Board of Directors

- Gail Souare, Executive Director**
- Sherry Botts, Board President**
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- Gracie Johnson-Lopez**
VP of HR, NC Mutual Ins.Co.
- David Steffens, MD**
Duke University Medical Center
- Tracey Stidham**
State Farm Insurance Company
- Dori Wiggen, Attorney**
Wiggen Law Group

Welcome

- Nigel Cox** , Director of Finance
- Corrie Smith**, Sr. Ctr. Director,
Little River Senior Center
- Eboni Harris**, Activities Coordinator
- Mara Chiles**, MSW,
Asst. Director Adult Day Health

Farewell

Judy Davagnino.
Board Member

Jeannie Cranford
Little River Senior Center Manager

Thank you for your dedication to seniors. Best wishes as you leave DCSL for new challenges!

Promotions

Congratulations to **Lauren Martell** who has been promoted to the position of Office Manager!

Letter from Gail

Happy New Year to all our friends and supporters! 2012 promises to be an exciting year for DCSL. Both Board and Staff have devoted much time to strategic planning, and we anticipate new and exciting ways for everyone to become engaged.

With the addition of our Activities Coordinator, DCSL will be able to offer older adults increased programming at the downtown senior center as well as at the satellite centers. Based on feedback from participants, we are also adding advanced yoga to our schedule and offering a genealogy class. We also plan to add other programs as the year progresses.

In January, we will begin distributing our new Senior Resource Directory, which we produced in collaboration with BOOM Magazine. With Certified Information and Referral Specialists, we continue to be the first place to call when you have questions or need assistance with senior issues.

Because we are here, seniors have better access to programs and services to keep them healthy, active and independent in the community that not only enriches their lives, but also allows seniors to continue to be valuable resources in the community.

But we can't do it alone. As a non-profit, we are dependent on the support from the community - both individuals and businesses. This year we hope that you will join us as a donor, sponsor or Golden Club Member to ensure that we have the financial resources to sustain the outstanding programs we offer and to put into place the services to meet the needs of the growing senior population. In 2012, please consider supporting DCSL and all the older adults in Durham who receive our services. Together, we can ensure that Durham remains the best place to retire in America.



Howard and Annie Clement, III served as the Honorary Co-Chairs for DCSL's Evening Under the Stars Gala held on October 23, 2011.



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Announcing DCSL's Golden Club

Become a sustaining supporter of DCSL and reap the benefits...

- Annual Membership Gift
- Receive 20% or more discount on any fee-for-service programs
- Members Only Annual Luncheon and other member-only events
- 25% discount on all fundraising events for members
- New member announcement in DCSL newsletter
- Birthday announcements (month/day)
- Member Identification Card

Memberships terms are January through December. Full payment of \$120.00 required to begin. Contact Allison for more information.

2012 LEGACY BREAKFAST—YOU'RE INVITED



2011 Legacy Recipients: Sylvia Kerkoff, John Lucas, and Mary Duke Biddle Trent Semans



2011 Legacy Breakfast

A legacy is not what you leave behind to be engraved in stone monuments but what is woven in to the lives of others.

-Pericles

Thursday, February 23, 2012

8:30 a.m. - 10:30 a.m.

Cotton Room at the Golden Belt in Durham

This year DCSL will honor the following individuals and institutions who have made a significant difference in the lives of seniors and citizens in Durham County.

**Ann Atwater
Becky Heron
Dr. George Maddox
Olinze Johnson
Charles Atwater, Durham Merchants Association
NC Life Mutual Insurance Company**

Individual Seating: \$40.00

Table of 8: \$250.00

Sponsorships are still available.

For sponsorship information, or to purchase seating, please visit www.dcsln.org.

You may also call Robin Temple at 919-688-8247 ext 120.

R.S.V.P. by Friday, February 17th

DCSL ANNUAL LEGACY AWARDS BREAKFAST

Ongoing Events

Mondays

8:30 AM - Noon: Ceramics Open Studio
9:30 - 10:30 AM: Total Body Workout
11 AM- Noon: Belly Dancing
11 AM - 12: Exercise Away the Aches
11:45am: Sr. Adv. Comm. (2rd Mon)
1-3 PM: Line Dancing
1- 3 PM: Watercolor Painting
1- 3 PM: Crochet group

Tuesdays

8:30 AM - Noon: Ceramics Open Studio
9 - 10 am: Yoga
10 -11 AM: TOPS
10:15 -11:15 AM: Med. Impact Aerobics
11:30 AM—12:30 PM: Low Impact Aerobics
12:30 - 1:30 pm: Sudoku (Classroom)
12:15 pm: Bowling (Village Lanes)
1-5 PM: Pinochle/Hearts
1 - 3 PM: Crochet group

Wednesdays

8:30 AM - Noon: Ceramics Open Studio
9:30 - 10:30 AM: Total Body Workout
11 AM- Noon: Belly Dancing
11 AM - 12: Exercise Away the Aches
Noon - 1 PM: Muscle Pump
1 - 3 PM: Jewelry Making
1- 3 PM: Crochet group
2 PM: AARP Meeting (3rd Wed)

Thursdays

8:30 AM - Noon: Open Arts Studio
9 -10 AM: Yoga
10:15 -11:15 AM: Med. Impact Aerobics
10 AM - Noon: Bridge
11:30 AM -12:30 PM: Low Impact Aerobics
12:15 PM: Bowling (AMF Lanes)
1 - 3 PM: Quilting
1- 5 PM: Card Games
3:30-4:30 PM: Dance Aerobics

Fridays

8:30 AM - Noon: Open Arts Studio
8:30 - 9:30 AM: Total Body Workout
9:45 - 10:45 AM: Muscle Pump
10 - 11:30 AM: Tai' Chi
10:30 AM -Noon: Bingo
11AM - Noon: Book Club (1st, 3rd Fri)
11:30 AM - 12:30 PM: Low Impact Aerobics
1 - 3 PM: Movie Matinee (theater)



DCSL's SENIOR CENTERS

Downtown Senior Center
406 Rigsbee Avenue
8:30 AM - 5 PM
Ph. 688-8247

Preiss-Steele Senior Center
500 Pickwick Trail
8:30 AM to 1:30 PM
Call 688-8247 for more information.

Little River Senior Center
8305 Roxboro Road
8:30 AM - 1:30 PM
Ph: 477-6066

W. D. Hill Senior Center
1308 Fayetteville St.
8:30 AM - 1:30 PM
Ph. 688-9158



It was all smiles at the 2011 DCSL Gala



Breast cancer awareness education a great success!



Bare cupboards were restocked through the generous donation from the Deltas.

Annual “Disenrollment” Period for Medicare Advantage Health Plans

January 1 – February 14, 2012

Important Tips

Medicare beneficiaries may disenroll from an Advantage Plan and return into traditional Medicare during this time.

If the Advantage Plan includes prescription drug coverage, the beneficiary can get a stand-alone Medicare drug plan as well.

If the Advantage Plan does not include prescription drug coverage, the beneficiary may only return to traditional Medicare.



Beneficiaries may not use this time to change from one Medicare Advantage Health Plan to another (only exceptions are for persons meeting Special Enrollment criteria).

For more information, contact NC Seniors Health Insurance Information Program at 1(800) 443-9354 or locally at (919) 688-4772.



Beginning January 5th

Tarheel Diabetic & Medical Supply, will offer Blood Glucose Screenings the first Thursdays of every month from 10 AM - 11 AM in DCSL’s Wellness Center.

Hunger is not a Choice

Nearly 6 million older Americans face the threat of hunger., and nearly 9 million Americans age 50 and older have experienced food insecurity. In recent years, hunger rates have more than doubled for low-income elders. ~ Aging Today, Jan-Feb, 2012

Senior Center Spotlight

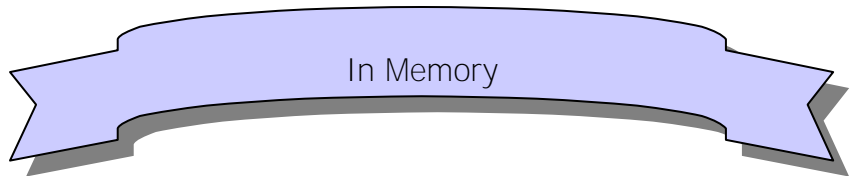
Little River Senior Center had lots of company during 2011. **Tammy Nixon** from Durham Tech led a Tai Chi class. During Thanksgiving, children from **Kids Kountry** visited to learn how to make Native American moccasins. Participants enjoyed getting their very own glamour shot photo provided by **Becky Coffield**. **Mozelle Long** and the **Orange County Senior Center** performed a selection of songs representing every branch of the armed forces. The seniors send a special message to **Emma Manuell** "We love and miss you!"

W.D. Hill participants shared their life stories during the Thanksgiving feast, and the W.D.Hill Choir, led by **Diane and Joseph Winstead**, filled the holidays with music! **Ethelene Spencer** was selected as volunteer of the month for December.

Preiss Steele seniors are thankful to the volunteers who made their Thanksgiving Lunch so special: **Alice Davis, Margaret Pittman, Pearlie Roundtree, Mary Pilgrim & Barbara Blofield**. Special thanks to **Earl Kirby** for providing and cooking the Christmas luncheon. Luncheon music was provided by **Otis Caviness and the Preiss Steele Choir**.



Lawrence Daye & Pearl Holman from Little River



*Those we hold most dear, never truly leave us.
They live on in the kindness they showed,
the comfort they shared,
and the love they brought into our lives.
- Unknown*

**Rilla Whitted, Little River
Lee Ribit, Preiss Steele**

On behalf of the participants, staff & Board of Directors, Durham Center for Senior Life wishes to extend families and friends experiencing loss and grief our condolences.



The meeting of the Bull City Riders to discuss the March Amtrak Trip will be held on Thursday, January 19, 2012! Don't forget the upcoming trip to AC Moore for scrapbooking. Contact Stephani at 688-8247 for more info.



DCSL's Center of Excellence

Recognizing individual financial contributions of \$100 or more to DCSL's annual campaign from 7/1/2011 through 12/31/2011

Humanitarian (\$5,000+)

The Forest at Duke

Catalyst (\$1,000– 2,499)

Harvey Cohen
Sheltering Home Circle
of the Kings Daughters
Oliver and Fannie Wilson

Benefactor (500 - 999)

Howard & Annie Clement
Jenny P. Horton
Gracie Johnson-Lopez
Diane Wright

Citizen (250-499)

Arthur and Alice Axberg
Richard Morgan & Blair Barnes
Donald & Margaret Fluke
Linda Lawrence
Gail Souare
Renee Wisner & Kenneth Schmader

Friend (100-249)

Barbara Ammons
Edward Arnett
Carolyn & Belton Atkinson
Mildred Barnes
Freda Barton Haleem
Sherry Botts
Brooks Brown
Marge & Tom Busch
Patricia Bynum
Jean Carden
Marcia Carpenter
Richard Carroll
Phyllis Carswell
Geraldine Carver
Alice Clements
Perry Colwell
Jannie Cozart
Marie Crock
Linda Daigle (*In Memory of Mary Ann Monroe*)
Judith Davagnino
Howard L. Davis
Gerald & Beatrice Deas
Carmen Dorsey
Lillian Downey
Lilla Ellison
Gayle Flowers
Katie Frye
Rumi Gaughan

John & Lucy Grant
Larry Green
Floyd & Peggy Hardy
Jacqueline Henry
William and Ha N Guthrie
Mary Hawkins
Allison Hubbard
Willie James Hudson
Patricia Ibenagu
Audrey Johnson
William Kalkhof
Caroline Lattimore
Melissa Lovette
Cindy Martin
Waltz Maynor
Rausa McManus
Mary Menetrez
Alford & Margaret Morris
W. Lee Noel
Barbara Peele
Ruth Pridgen (*In Honor of Russell Mack*)
Gene & Gloria Rentrope
Champe Revis
H.B. & Patricia Robertson, Jr.
Tommy Schenck
Julie Seagroves
Jacqueline Self
Jerome Silverbush (*In Memory of Brigitte Silverbush*)
Ted Smith
Lynn & Daphne Smith
Eurydice Williams Smith
Lindsay Sparks
David Steffens
Tracey Stidham
Cooper and Joan Sykes
Marie Tapp
Lynwood and Alice Tharrington
Linda Tillman
Judith Washington
Pearline Washington
Bucky and Dottie Waters
Reich & Martha Welborn
Sue Wheeler
Claudette Whitley
Jonathan Wilfong
James & Sherron Williams
Mildred Woody (*In Memory of Lester Woody, Jr.*)



"Every gift makes a difference"

DID YOU KNOW????????????

Individuals – including those living and who give through bequests and family foundations – accounted for 87 percent of \$290.89 million in total charitable giving in the U.S. in 2010. (Source: Giving USA Foundation and Center on Philanthropy at Indiana University.)

Every gift is important to us. Please let us know if we failed to acknowledge you!

Additional Ideas!

- Consider DCSL in your will or estate planning
- DCSL accepts gifts of appreciated stock.
- Let you know you are part of a matching gift company
- Monthly online donations are easy through www.dcsln.org
- Tell you donate through United Way so we can acknowledge you!

Please contact **Robin Temple** at 688-8247 ext 120 for more information about supporting the programs and services of DCSL!



**Non-profit
Organization
U. S. Postage Paid
City of Durham, NC
Permit No. 591**

ADDRESS SERVICE REQUESTED



**DCSL is looking for some great volunteers to serve on our Senior Advisory Committee, as front desk receptionist, and for phone outreach.
Ask us how you can make a difference.**

Durham Center for Senior Life
406 Rigsbee Avenue
Suite 202
Durham, NC 27701

The Seasoned Citizen is available ELECTRONICALLY.
Visit www.dcsln.org and click on "Join mailing list" link.

visit us on the web:
www.dcsln.org

Email us:
info@dcsln.org

Healthy. Active. Independent.

