October 2021

OUR TIMES

Durham Center for Senior Life Monthly Newsletter

Contents

Executive Director's Corner	2
Our Staff	2
Support Services	3
Adult Day Health Center	4
Cyndy's Corner	5
Special Events & Meetings	6
Special Events & Meetings	6
Weekly Program Calendar	7
Weekly Program Calendar	8
Program & Class Descriptions	9
Nutrition Programs	10
406 Café Menu	11
Volunteer Spotlight	12
Tricks & Treats Octoberfest	13
Word Search	14
Center Information	16

Participants working out in the Fitness Room (above)
J. Cozart and A. Pittman enjoying a game of dominos (below)

"Our Times" newsletter is published by the Development Department of the Durham Center for Senior Life

@DurhamSeniors @DCSLNC @DCSLNC Durham Center for Senior Life

A Message from Our Executive Director

The power of laughter and its impact on our health has been well documented. Studies from around the world have shown that laughter can impact our health in several ways, including:

• Reducing our stress- Life can be serious and life can be hard. Laughter has been linked with reduced anxiety and stress even, and perhaps especially, in the most challenging of situations.

• Improving learning ability and memory- Our mind remains sharp when we laugh. Laughter helps to fire synapses in our brain that wouldn't otherwise be active.

• Improving our mood and self-esteem- One study followed older adult patients undergoing cancer treatments showing a linkage between laughter and treatment effectiveness.

• Improving our connections with one another- Relationships are important. I believe that positive human interaction is key to healthy aging. Have you ever encountered someone who never laughed—who seemed to believe that being negative, critical, or serious was somehow an indication of their importance? I have too. And, unfortunately, they are often isolated and lonely. Here at the Durham Center for Senior Life, we love to laugh! And we care deeply about your health. We should continue to laugh, and spend time laughing together.

Here is a one-liner to bring a smile to your face!

Some people eat snails..... They must not like fast food!

"Always find a reason to laugh. It may not add years to your life but it will surely add life to your years."... unknown

Sincerely,

Seanyea Rains
Executive Director

DCSL Leadership Listing

- **Seanyea Rains: Executive Director**
  - srains@dcslnc.org
- **Vonda Richey: Director of Finance**
  vrichey@dcslnc.org
- **Cyndy Wallhausser: Senior Center Director of Programs**
  cwallhausser@dcslnc.org
- **Michael Patterson: ADH Director**
  - mpatterson@dcslnc.org
- **Gillian Hayden: Associate Director of Development**
  - ghayden@dcslnc.org.org
- **Joseph Barnes: Support Services Manager**
  - jbarnes@dcslnc.org
- **Thomas Vanhook: Facilities Operations Manager**
  - tvanhook@dcslnc.org
- **Melissa Black: ACL Grant Director**
  - mblack@dcslnc.org

SUPPORT SERVICES | KEEPING YOU CONNECTED

Happy National Emotional Wellness Month

The month of October is observed as Emotional Wellness Month. Emotional health is an important part of your overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. This month is important to help provide information on how to be aware of your emotional well-being. Please see below for tips.

Ways to practice emotional wellness:

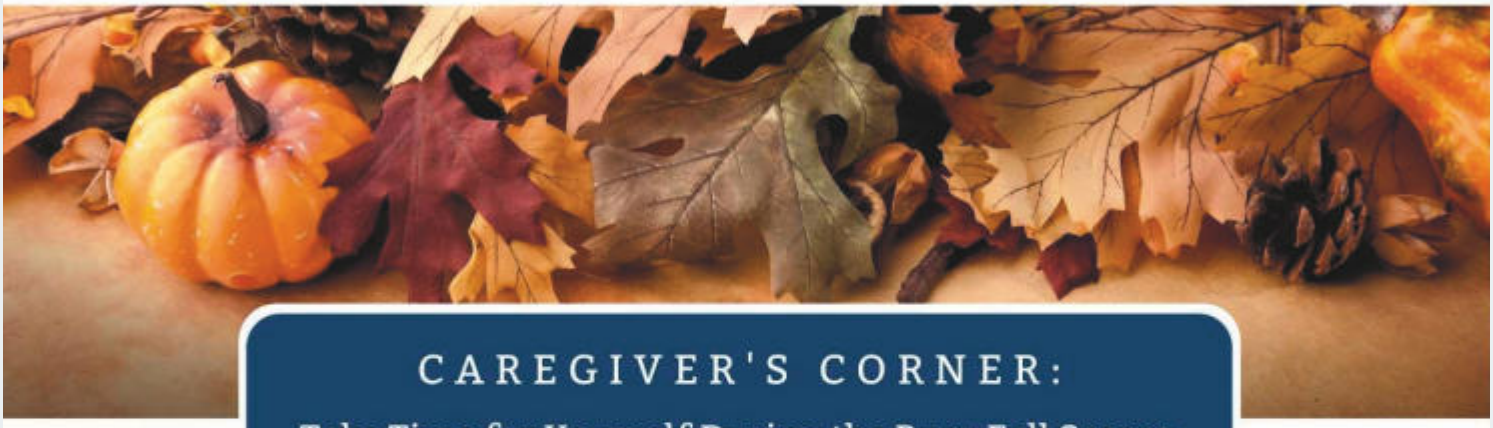
1. **Learn how to address stress appropriately** – Engaging in activities such as yoga, walking/exercising, deep breathing, meditation, and connecting with friends are among many healthy and comforting stress-relief techniques.

2. **Build your emotional intelligence** - Emotional intelligence is your ability to recognize, understand and use your emotions in a positive way to cope with stress and help manage relationships/communicate effectively in times of conflict. You can do this through self-awareness, self-management, social awareness, and relationship management.

3. **Make sure to dedicate time to things you enjoy** - Prioritizing this not only helps you maintain positive emotional well-being, but it can also help you be more productive by giving your mind and body a break from stress.

- Support Services NCCU Intern: Alexandria Mumford

In observance of October being National Dental Hygiene month, Support Services will be hosting a Dental Hygiene Drive for the entire month. Please see the below flyer for details.



CAREGIVER'S CORNER:

Take Time for Yourself During the Busy Fall Season

As a caregiver, you likely spend most of your day caring for others. While this is a loving way to approach your responsibilities, it often can mean you leave yourself out. Making time for yourself during the busy fall season is an important step to taking care of yourself, your health & wellbeing, and ensuring everyone involved can enjoy a higher quality of life together. **Consider the following tips to prioritize making time for yourself this fall:**

UTILIZE CARE SERVICES

Entrust some of your loved one's care needs to a service provider who can assist with caring for your loved one while freeing up your schedule.

SCHEDULE TIME

Just as you schedule things such as appointments, give yourself the same consideration. Whether an hour every day, or a couple of hours each week, set this into your routine and follow through with it.

BE CREATIVE

You don't need a large amount of time or to do something specific to get some alone time. Simply taking a few minutes to sit in your car before going inside and listening to a favorite song, or waking up a little early to drink your coffee out on the porch can make a big difference.

Cyndy's Corner

Happy Fall everyone! After all the great feedback we had from the Black and White event, we are so excited to announce that we have another social event this month. Join us for the ***Tricks & Treats Octoberfest Costume Contest and Social*** on **Thursday, October 28, 2021, from 4:00 pm - 6:00 pm**. DCSL will offer light refreshments, music, dancing, and of course a Costume Contest! Wear your favorite costume or Octoberfest-themed mask. There is a $5.00 Admission fee for this event! Please call to register at 919-688-8247 ext. 110.

Also, please join me in welcoming back, Harold Anderson, our Satellite Site Coordinator for Little River and JFK towers. We are thrilled Harold is back and look forward to adding some additional programming soon. We do continue to be cautious regarding the pandemic at these and all DCSL locations.

We are planning a DCSL Health Fair Wednesday, November 3rd, 2021, from 9:00 am to 11:00 am. This will be an opportunity to learn about various organizations and services within our community right here at DCSL. More information to come.

-Cyndy Wallhausser
Senior Center Director of Programs

Classic Floors of Greensburg
Hardwood • Laminate • Carpet
Ceramic Tile • Area Rugs
Quality You Can Stand On!
SALES & INSTALLATION
724-837-0650
classicfloorsgreensburg.com
903 E. Pittsburgh St., Greensburg, PA

THIS SPACE IS AVAILABLE

Transitions LifeCare

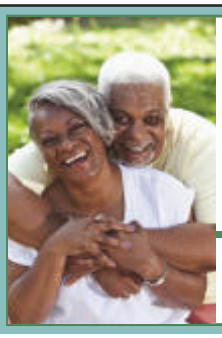
Finding the Best Care of Your Life.
We provide care and support for patients with serious illness and their families. You have a choice regarding care providers. We're the one resource you can turn to with confidence to ensure you and your loved ones receive the best possible care.
Call us at 919.828.0890 to let us help you find the service that best fits your needs.
Hospice • Palliative Care • Home Health • Grief Care • Caregiver Services
transitionslifecare.org
250 Hospice Circle • Raleigh, NC 27607

A GOLDEN RULE FUNERAL HOME
Clements
FUNERAL & CREMATION SERVICES INC
Durham Location
1105 Broad Street
Durham, NC 27705
(919) 286-1224

www.clementsfuneralservice.com
info@clementsfuneralservice.com

ADT-Monitored Home Security
Get 24-Hour Protection
From a Name You Can Trust
• Burglary • Flood Detection
• Fire Safety • Carbon Monoxide

ADT Authorized Provider SafeStreets
1-855-225-4251


Get Affordable Life Insurance
• Leave your family up to $30000 to pay for your final expenses
• The rate never increases
• The benefit never decreases
• Ages 0-85 are accepted regardless of health
• No medical exam required.
I can help you with your pre-planning Funeral expenses

Call 919-307-6656 for more information
Melissa Hall

SPECIAL/MONTHLY EVENTS

October Birthday Celebration (Limited to 25 people)
October 12, 2021 1:00pm-2:00pm
Join us in the lower commons as we celebrate birthdays for the month of October. Cake and ice cream will be served. **Please call to register 919-688-8247 ext.110**

Medicare Basics: New to Medicare turning 65 Presentation
October 19, 2021 1:00pm - 2:00pm
Medicare can be confusing, but don't fret. Our local Senior PharmAssist are here to help. We invite you to join us for a virtual presentation on Medicare Basics. **Please call to register 919-688-8247 ext. 110**

The Four Things That Matter Most: A Book Review & Discussion
October 19, 2021 2:00pm - 3:00pm
Through more than 25 years of caring for gravely ill patients and their families, Ira Byock, M.D., has discovered the life-transforming power of four simple phrases: "Please forgive me," "I forgive you," "Thank you," and "I love you." In this presentation, you can learn how these honest and heartfelt words can serve to heal emotional wounds, strengthen connections, and bring lasting peace of mind daily as well as at the end of life. Brought to you by Transitions LifeCare. **Please call to register 919-688-8247 ext. 110**

Tricks & Treats Octoberfest
October 28, 2021 4:00pm - 6:00pm
We are inviting you to join us for some light refreshments, music, and dancing! Be sure to wear your favorite costume for your chance to WIN! *$5.00 Admission fee!* **Please call to register 919-688-8247 ext. 110**

Fitness Center Orientation
Mon, Wed, & Fri 12:30pm-1:30pm
All members who wish to use the fitness center must complete training on fitness center equipment. If you are interested. **Please call to register 919-688-8247 ext. 110**

Volunteer Orientation - 2nd & 4th Thursday 11:00am-12:00pm
Are you interested in learning more about volunteer opportunities at our main center and satellite sites? Join us every 2nd & 4th Thursday to learn about volunteering at DCSL. Call 919-688-8247 ext. 124 to sign up.

New Members Orientation - Every Monday & Friday
All members must complete orientation to participate in any indoor programming. Please call 919-688-8247 ext. 110 to schedule your tour today!

Member Check in October 28 - every 4th Wednesday- 12:30pm-1:30pm
You are invited to join us every 4th Wednesday to stay connected with news and updates with center staff and fellow members. Share your thoughts and give us feedback on how we are doing. Join us in the lower commons and virtually on zoom! No registration is required.

Zoom Meeting ID: 932 9981 2145

WEEKLY PROGRAM CALENDAR

Legend

AR - Activity Room
AS - Art Studio
BR - Board Room
CR - Classroom
ER - Exercise Room
FC - Fitness Center
RR - Rec Room
LC - Lower Commons
THTR - Theatre
TR - Tech Room
V - Virtual
C-Cafe

Monday

8:45am-9:45am
Muscle Pump
(Max Capacity 20) **ER**

9:00am-4:00pm
Fitness Center Drop in
(Max Capacity 8) **FC**

9:00am-12:30pm
Ceramics **AR**

9:00am - 4:00pm
Pool Drop In **RR**

9:00am - 4:00pm
Computer Drop In **TR**

10:00am -11:00am
Total Body Workout
(Max Capacity 20) **ER**

10:00am-12:00pm
Ping Pong **AR**

10:00am-11:00am
Strong & Steady **V**

1:00pm - 2:00pm
Bible Study
(Max Capacity 10) **CR**

Tuesday

9:00am-4:00pm
Fitness Center Drop in
(Max Capacity 8) **FC**

9:00am - 4:00pm
Pool Drop in **RR**

9:00am - 4:00pm
Computer Drop In **TR**

9:30am-10:55am
Take Off Pounds Sensibly
(Max Capacity 10) **CR**

10:00am - 11:00am
Beginning Yoga
(Max Capacity 15) **ER**

11:00am - 12:00pm
American Sign Language **BR**
(Meet in CR every 3rd Tues)

11:30am - 12:30pm
Belly Dance
(Max Capacity 20) **ER**

12:00pm -4:30pm
Pinochle **RR**

1:00pm-2:00pm
Sudoku **CR**

DCSL senior center locations JFK Towers & Little River are currently closed for daily programming, alternative programs are available at DCSL Main Center. Curbside meal deliveries are available at satellite locations.

WEEKLY PROGRAM CALENDAR

Wednesday

8:45am - 9:45am
Muscle Pump
(Max Capacity 20) **ER**

9:00am-12:30pm
Open Arts **AR**

9:00am-4:00pm
Fitness Center Drop in
(Max Capacity 8) **FC**

9:00am - 4:00pm
Pool Drop In **RR**

9:00am - 4:00pm
Computer Drop In **TR**

10:00am - 11:00am
Total Body Workout
(Max Capacity 20) **ER**

10:00am-12:00pm
Ping Pong **AR**

11:00am-12:00pm
Gentle Yoga **V**

12:30pm
Member Check In
4th Wed **LC/V**

11:30am -12:30pm
Tele - BINGO
1st & 2nd Wed **V**

1:00pm - 2:00pm
Bible Study
(Max Capacity 10) **CR**

Thursday

9:00am-4:00pm
Fitness Center Drop in
(Max Capacity 8) **FC**

9:00am - 4:00pm
Pool Drop in **RR**

9:00am - 4:00pm
Computer Drop In **TR**

9:30am - 10:30am
Breakfast Bingo **C**

10:00am - 11:00am
Strong & Steady **V**

10:00am - 11:00am
Beginning Yoga
(Max Capacity 15) **ER**

12:00pm - 4:30pm
Pinochle **AR**

1:00pm-2:00pm
Sudoku **CR**

Friday

9:00am-12:30pm
Ceramics **AR**

9:00am-4:00pm
Fitness Center Drop in
(Max Capacity 8) **FC**

9:00am - 4:00pm
Pool Drop In **RR**

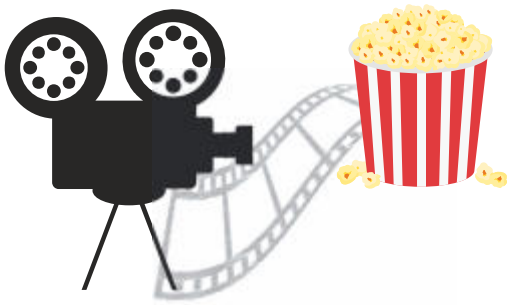
9:00am - 4:00pm
Computer Drop In **TR**

10:00am -11:00am
Total Body Workout
(Max Capacity 20) **ER**

10:00am-12:00pm
Ping Pong **AR**

11:00am -12:30pm
Book Club
(1st & 3rd Friday) **BR**

1:00pm - 3:00pm
Movie Matinee
(Max Capacity 16) **THTR**



Friday Matinee

Starting at 1:00pm Popcorn for all (Max Capacity 16)
movies may be subject to change

10/01 - Beetlejuice
10/08 - Breakthrough
10/15 - Forks Over Knives @ 12:30pm
10/22 - A Question of Faith
10/29 - October Baby

CLASS & PROGRAM DESCRIPTION

Beginning Yoga: Tuesdays and Thursdays, 10:00am - 11:00am (Limited to 15 people)
This class is gentle on the body and focuses on stretching, balance, breathing, strength, and improving flexibility. You can be on the floor or in a chair during this beginner level class. Please be sure to arrive to class before the start time to prepare for class. No entry once the class begins.

Virtual Gentle Yoga: Wednesdays 11:00am - 12:00pm
Gentle Yoga offers the enjoyment of moving through gentle yoga poses in a rhythmic flow. Focus on fun, strength, flexibility and enhancement of physical and mental well-being. All are welcome to this beginner level class.

Zoom Meeting ID: 945 9272 6959
Passcode: YOGA

Muscle Pump: Mondays and Wednesdays, 8:40am - 9:40am (Limited to 20 people)
Work your muscles with dumbbells to tone your abs, legs, and arms in this fun class designed for any ability level.

Virtual Strong & Steady: Mondays and Thursdays, 10:00am
This class focuses on full body strengthening and balance exercises using exercise bands, hand weights, and ankle weights. It incorporates exercises that are reviewed and recommended by A Matter of Balance, Fit and Strong, and the OTAGO balance programs. Strong and Steady is guided by a licensed physical therapist who will help to modify the exercises as needed in the comfort of your home. All levels welcome

Zoom Meeting ID: 464 379 5852
Passcode: 9196141923

Total Body Workout: Mondays and Wednesdays, and Fridays 10:00am - 11:00am (Limited to 20 people)
This is a high-energy class with cardio and weight training for those who want to sweat! This class is for people who really want to move!

Belly Dance Tuesdays 11:30am - 12:30pm (Limited to 20 people)
This class main focus is on isolation and movement of the upper, middle and lower body. Wear comfortable clothes, bring a scarf to tie around your hips and shimmy your way to good health and well-being!

Tele-Bingo 1st & 2nd Wednesday 11:30am-12:30pm
Join us for Bingo every month BY PHONE. Please call 919-688-8247 ext. 110 to register.

Breakfast Bingo Thursday- 9:30am -10:30am (Limited to 20 people)
BINGO is back onsite here at the 406 Café. Enjoy a light breakfast option, socialize with peers, and win free prizes.

Nutrition Today: Nutritional Trivia, Sampling, and information.

Nutrition Today will host a 2-part class in October. The first part consists of Peggy Kernodle from the Cooperative Extension speaking on controlling sodium in your diet. Here you will learn how to prevent or control hypertension through a proper low sodium diet. So, ask all the questions necessary for your health.

The second part of the class will be to watch the movie ***"Forks over Knives"***. After the movie, there will be a brief discussion of the movie content. The movie "Forks over Knives" examines the sincere claim that most, if not all degenerative diseases that bother us can be controlled, or even reversed, by rejecting two or changing two things in our diet. What are the two things? Come and find out about your healthy living. There will be sodium trivia questions for part 1 and movie questions for part 2. We can discuss all these questions and more at the next class. Trivia questions will be handed out on October 11th, and 12th. The class is held on October 15th at 9:30 am and the movie will be shown at 12:30 pm, in the theater. Call 919-688-8247, ext. 110.

406 Café Lunch Menu

MON	TUE	WED	THU	FRI
				1 **Chicken Corn Chowder** Carrots Spiced Apples Roll Milk
4 **Chicken Tenders** Dirty Rice Peas & Carrots Applesauce Wheat Roll Milk	**5** **Smoked Sausage & White Bean Stew** Spinach Spiced Apples Cornbread Milk	**6** **Crab Cake** Cream Corn Broccoli Banana Roll Milk	**7** **Chicken & Broccoli Rice Casserole** (Rice in Casserole) Carrots Spiced Pears Roll Milk	**8** **Beef Chili** (Beans in Chili) Mixed Vegetables Fruit Compote Wheat Bread Milk
11 **Southwest Smothered Chicken** Rice Black Beans Peaches Roll Milk	**12** **Cheesy Baked Ziti** Zucchini & Tomatoes Spiced Peaches Breadstick Milk	**13** **Baked Spaghetti** Noodles Mixed Veggies Warm Peaches Garlic Bread Milk	**14** **Rosemary Chicken** Lima Beans Carrots Banana Garlic Bread Milk	**15** **Red Eye Mac N Cheese** Peas Spiced Pears Breadstick Milk
18 **White Chicken Chili** Beans in Chili Glazed Carrots Spiced Apples Roll Milk	**19** **BBQ Chicken** Roasted Root Veg Broccoli Banana Roll Milk	**20** **Mac n Cheese** Peas Spiced Pears Breadstick Milk	**21** **Vegetable Lasagna** Broccoli Spiced Peaches Roll Milk	**22** **Country Fried Steak** Mashed Potatoes Seasoned Greens Mandarins Roll Milk
25 **Hamburger Steak w/ Gravy & Onions** Rice Green Beans Mandarin Oranges Wheat Roll Milk	**26** **Baked Chicken** Wild Rice Pilaf Carrots Banana Roll Milk	**27** **Beef Chili Mac** WG Noodle California Veggies Fruit Compote Garlic Roll Milk	**28** **Cheeseburger** Baked Beans Corn Orange Burger Bun Milk	**29** **Baked Spaghetti** Noodles Broccoli Warm Peaches Breadstick Milk

DCSL Congregate Meals

MEALS ARE SUBJECT TO CHANGE.

SUPPORT SERVICES | KEEPING YOU CONNECTED

(Above) Farmer Dave

(Above) Produce from the farm

Support Services would like to take this time to thank Red's Quality Acres Farm for partnering with DCSL to provide free weekly fresh produce bags during the summer months. Their generosity during the duration of this program has provided our members the opportunity to learn about and try new produce.

We would also like to give a special shout-out to Aaron McKethan who has helped to raise the funding to ensure the produce was 100% free to the enrolled participants. Aaron has recently announced that DCSL will be gearing back up to continue the program into the fall and winter months.

DCSL would like to express its deepest gratitude for the contributions that both parties have given to provide such a great opportunity to our members. To learn more about the farm please visit www.redsqualityacre.com.

-Support Services Coordinator: Niya Carrington

Support Services Volunteer Recognition Spotlight

Jeanette Farmer has been an active member of the Durham Center for Senior Life (DCSL) since 2010. During her time with DCSL, Jeanette has volunteered as an instructor for the DCSL Quilting Club and Telephone Reassurance program. In her free time, she likes to garden, cook, quilt, and sew. When asked why she likes to volunteer at the center she stated "after working for 31 years in social services in Halifax county it is my contribution to society during retirement to volunteer and it helps to keep me going". Mrs. Farmer, Support Services would like to thank you for all of your hard work and dedication.

If you are interested in being a Support Services volunteer, please contact the Volunteer & Programs Coordinator, Kourtney Kersey at 919-688-8247 ext. 124.

Durham Center for Senior Life
DCSL
Healthy Active Independent

TRICKS & TREATS OCTOBERFEST

Thurs, Oct. 28, 2021 4:00pm - 6:00pm

JOIN US FOR SOME LIGHT REFRESHMENTS, MUSIC, AND DANCING! BE SURE TO WEAR YOUR FAVORITE COSTUME FOR YOUR CHANCE TO WIN! **$5.00** ADMISSION FEE! PLEASE CALL TO REGISTER 919-688-8247 EXT. 110

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contct Anita Aguilar
to place an ad today!
aaguilar@lpicommunities.com
or (800) 950-9952 x2677

Fall Word Search

C	U	W	V	B	F	K	S	Q	S	W	H	A	R	V	E	S	T	H	G
O	Y	S	M	A	N	T	A	T	O	U	U	O	G	K	R	P	M	L	E
A	C	F	D	F	O	O	T	B	A	L	L	W	B	T	Q	W	O	Z	B
S	E	E	Z	Z	A	G	E	R	Y	N	T	U	E	N	I	B	E	X	R
W	J	P	N	X	T	B	U	W	A	A	P	P	L	E	C	I	D	E	R
E	A	U	O	A	H	U	D	C	N	U	T	U	U	U	N	C	T	A	Q
A	P	R	V	S	A	U	U	R	K	K	P	P	Z	M	H	R	B	C	T
T	P	L	E	A	N	N	O	J	Y	S	R	P	C	U	P	A	G	I	C
E	L	E	M	J	K	C	A	D	B	E	F	W	K	E	U	K	Y	M	K
R	E	A	B	U	S	K	F	Y	O	P	L	I	O	H	Z	E	I	Y	B
P	S	V	E	L	G	P	H	L	N	T	Z	H	P	S	J	S	Q	N	O
Q	Q	E	R	S	I	Q	A	W	F	E	Y	E	M	U	W	E	Q	J	O
J	N	S	O	M	V	V	C	N	I	M	C	O	Q	N	R	M	W	K	T
T	B	M	E	K	I	F	Z	B	R	B	R	Y	C	F	K	N	L	J	S
V	Y	A	P	N	N	Q	K	G	E	E	A	V	G	L	U	T	A	A	O
V	N	R	R	D	G	H	N	A	B	R	U	Q	T	O	O	N	I	G	V
C	Y	A	O	O	P	I	Q	O	N	H	T	X	F	W	J	Z	Y	P	E
L	C	X	F	E	A	L	T	K	O	E	U	W	Z	E	S	U	P	P	B
R	D	E	F	I	D	C	W	K	O	Q	M	Z	Q	R	B	F	Z	U	S
D	R	Q	R	J	O	V	Z	O	Y	W	N	C	J	G	R	K	N	E	U

CORN	THANKSGIVING	PUMPKIN
AUTUMN	HARVEST	FOOTBALL
BONFIRE	LEAVES	SWEATER
BOOTS	CARNIVAL	NOVEMBER
OCTOBER	APPLES	SEPTEMBER
RAKE	APPLE CIDER	SUNFLOWER

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com

DCSL Main Location

406 Rigsbee Avenue, Durham, NC 27701
Hours: 8:30 am - 5:00 pm Monday - Friday

Contact Us!

(919) 688- 8247
info@dcslnc.org

Little River Location

8305 Roxboro Road
Little River Community Complex
Bahama, NC 27503
Phone: (919) 477-6066

JFK Towers Location

4900 Roxboro Road
Durham, NC 27704
Phone: (919) 477- 6066

Little River and JFK Towers are only open for Curbside Congregate Meals currently. Please call for more information.

We Care We Share
Community Enrichment Programs Inc.

Durham Congregations in Action

BlueCross BlueShield of North Carolina

Thank you to our Community Supporters!

Triangle J Council of Governments

The Forest at Duke

Durham County DSS Social Services

Oak Street Health

Davidson Group HR Solutions

DukeHealth

Duke Office of Durham & Community Affairs