

OUR TIMES

September 2022



DCSL SECC # 4109

Our Mission is to enrich the lives of Durham seniors 55+ by promoting healthy, active and independent lifestyles.

CONTACT US! info@dcsln.org (919) 688- 8247 406 Rigsbee Avenue Suite 202 Durham, NC 27701



Table of Contents

Executive Director's Corner	2	Class and Programs Descriptions	9
August Highlights	3	NC Senior Tar Heel Legislature	10
Fall Prevention	3	Trivia	10
Caregiver Support Group	4	Little Rivier Weekly Calendar	11
Aging with Pride	4	Nutrition Program	11
Ensure	4	406 Cafe' Lunch Menu	12
Adult Day Health	5	Options Counseling	13
Special/Monthly Events	6	DCSL is Hiring!	13
Health Promotions	6	Word Search	14
Weekly Program Calendar	7	Advertisement	15
Technology Classes: Senior Planet	7	New Hires, Staff, & Sponsors	16
Weekly Program Calendar	8	Trivia Answers	16
September Matinee Series	8		



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Durham Center
for Senior Life



A Message From Our Executive Director

In 2021, Roy Cooper proclaimed September as National Senior Center Month in North Carolina. This annual celebration is our opportunity to promote a positive image of aging, highlight how DCSL improves the lives of older adults, show our center's importance in the community, and create interest in prospective new participants and collaborative partners.

Senior centers are one of the most important resources for our aging community. Today's senior centers have more to offer than you may think. They are more than just space for seniors to meet and play bingo or shuffleboard; here at the Durham Center for Senior Life we offer thoughtful programming and services to promote positive aging.

The Durham Center for Senior Life, promotes healthy aging by giving seniors access to multiple resources available to help seniors stay active and independent. We serve as a meeting center for older adults to connect with peers, families, and their community. We feature exciting activities to keep seniors active as well as provide fulfilling volunteer opportunities.

Today's senior centers are reinventing themselves to meet the needs and desires of three generations of older adults. Baby Boomers now constitute more than two-thirds of the 50+ population. Senior centers are developing new programs and opportunities for this dynamic generation of older adults and have an eye towards the future with the leading age of Generation X turning 60 in 2025.

Here at the Durham Center for Senior Life, we offer congregate meals, transportation, adult education, exercise classes, socialization, health promotion, caregiver support services, information referrals, and case assistance. In addition, the DCSL operates the only Adult Day Health Center in Durham.

There are many ways to get involved with the Durham Center for Senior Life. To schedule a tour, contact Jackie Johnson, our Senior Center Director of Programs at jjohnson@dcslnc.org or (919) 688-8447 Ext: 122.

Wishing you all the best,

Seanyea Rains Lewis
Executive Director

August 2022 Highlights



Guest speaker and Founder of GeriatRx,
Dr. DeLon Canterbury



NCCU Law Students Volunteer
Garden Clean Up



Black Farmers Market:
BINGO & Outreach



Intergenerational Program



DCSL: BINGOCIZE



Community Jazz Concert



DCSL: Music Class

Falls Prevention Health Series

Throughout September, DCSL in partnership with Duke Trauma Service will offer a series of lectures, screenings and workshops related to Falls Prevention

Programs include:

Tuesday, 9/6 1:00PM – 2:00PM. Geriatrician, Dr. Cathleen Colon-Emeric "Falls Prevention Risk Factors" (**Theater**)

Monday, 9/12 1:00PM – 2:00PM. Balance Workshop with physical therapists from Bull City Physical Therapy (**Exercise Room**)

Tuesday, 9/13 1:00PM – 2:00PM. Pharmacist, Stephanie Ferreri "Polypharmacy and Falls Risks" (**Theater**)

Tuesday 9/20 1:00PM-2:00PM Tai Chi for Falls Prevention and Arthritis (**Front lawn**)

Thursday, 9/22 1:00PM – 2:00PM. Dr. Tiffany Hilton, PT, PhD on "Falls Risk Factors and the Importance of Movement/Exercise" (**Theater**)

Tuesday, 9/27 Tues 1:00PM-2:00PM. Dr. Sheila Moyle OTD, MOT, OTR/L "How to identify and Prevent Falls Around the Home" (**Theater**)

Medication Reviews: **Wednesday, 9/14, 9/21, 9/28 10:00AM – 2:00PM**

No registration necessary



EVERY FIRST THURSDAY

Next Date:

September 1st, 2022

Open to anyone who is a caregiver for a loved one aged 55+

12:30pm DCSL Classroom/Boardroom



Aging with Pride

Mondays 4-5 in the Classroom. An in-person support group for Lesbian, Gay, Bisexual, Transgender, and Questioning seniors who are looking to connect with others and build support to help navigate challenges. Allies are welcome. For any questions please call 919-688-8247 ext. 114

ENSURE GIVEAWAY

NEXT DATE:

SEPTEMBER 2ND, 2022

**10am-11am (while supplies last)
DCSL Support Services Office**

**Eligibility: Individuals 55+
who live in Durham County**

Preference given to those who provide a doctors note





Not only do we celebrate Senior Centers in September, but we celebrate National Adult Day Services week. ROY COOPER, Governor of the State of North Carolina, proclaimed September 18-24, 2022, as "ADULT DAY SERVICES WEEK" in North Carolina. Adult day services allow families to stay more connected, while reducing the burden and stress that can come with taking care of an aging loved one. It's also important to know that the goal of every good adult day program is to provide a more than just respite and a safe place to stay. Adult day programs provide the compassion, dignity and stimulation that all humans need. The people who provide these services are following more than a profession. It's a calling to care for others. Beyond the formal definition and the facts of cost benefits, adult day services are about creating a loving, joyful place where we would all like to live.

We have openings!
Contact us to sign up!

SHARON CONYERS
 (919) 682-0215
sconyers@dcsInc.org
dcsInc.org/adult-day-health



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Melissa Hall

Voter Registration and Election Information Table. Wednesday, September 7th, 9:00AM – 11:30AM and Thursday, September 22, 12:30PM – 2:30PM. Register to vote and help you learn about upcoming elections. **No registration necessary.**

Grandparents Day Celebration. Friday, September 9th, 3:00PM-4:30PM. Come alone or bring your grandchildren by DCSL to celebrate Grandparents Day with an afternoon snacks, games and music. **Call 919-688-8247 ext 110 to register by Monday, September 5th.**

Balance Workshop with Bull City Physical Therapy. Friday, September 9th 1:00PM – 2:00PM. Our partners from Bull City Physical Therapy will offer a hands on balance workshop. Learn how to develop strength and balance. **Exercise Room. Call 919-688-8247 ext. 110 to register.**

Black Farmers Market Bingo and Blood pressure checks, Sunday, September 11th DCSL will host Blood Pressure Checks (1:30PM – 2:30PM) and BINGO at 2:00PM at Hillside Highschool (3727 Fayetteville Rd, Durham 27707). The market runs from 1:00PM - 4:00PM. **No registration necessary.**

Blackout and Collage Poetry Jam. Monday, September 19th, 9:00AM – 11:30AM. Stop by and hang out with DCSL poets at the Poetry Table in the Lower Commons to learn two quick and fun ways to make a poem. **No registration necessary.**

***Burning the Candle at Both Ends* presented by Transitions Life Care. Wednesday, September 21st, 2:00PM-3:00PM.** Facilitated conversations concerning difficult issues with people who matter most. **Theater. Please call 919-688-8247 ext. 110 to receive a virtual link if you plan to view from home.**

Volunteer Appreciation Day. Monday, September 26th, 11:00AM – 1:00PM. Are you a DCSL volunteer? Stop by front desk and let us celebrate you with a fresh cookie. **No registration necessary.**

Member Check-In Wednesday, September 28th, 12:00PM – 12:30PM. Stay connected with news and updates with center staff and fellow members. Share your thoughts and give us feedback. **406 Cafe. No registration required.**

New Members Tour and Orientation - Every Monday & Friday 10:00AM and 12:30PM. All members must complete orientation to participate in any indoor programming. **Please call 919-688-8247 ext. 110 to schedule your tour.**

Monet Collage Mixed Media Art Project. Wednesday, September 28th 9:30AM – 10:30AM Join librarians and artists from Durham County Library to create a watercolor and paper mache masterpiece based on the work of Claude Monet. **Art Room. Call 919-688-8247 ext. 110 to register.**

National Coffee Day. Thursday, September 29th, 7:45AM – 9:00AM. We will be opening early to celebrate National Coffee Day in **406 Café**. Come out and taste a variety of local coffees. Don't forget to vote for your favorite one. **No registration necessary.**

Wellness Checks – September 13 Lower Commons Blood pressure, glucose readings, height and weight

Health Promotions Programs

Walk with Ease, Mondays, Wednesdays, Fridays from 1:00pm-2:00pm. Begins September 12th. We will be meeting in the classroom before heading out to walk. If you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. This class has a limited capacity of 15. **Please call to register 919-688-8247 ext. 110.**

VIRTUAL Powerful Tools for Caregivers. Wednesdays from 2:00pm-3:30pm on ZOOM. September 7th - October 12th. Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and wellness, you become a better caregiver. This class meets once a week for six sessions and is led by certified class leaders. Participants will receive The Caregiver Helpbook to accompany the class. **Please call to register 919-688-8247 ext. 110.**

Arthritis Foundation Exercise Program. Wednesdays and Fridays 11:15pm-12:15pm. August 17th - October 7th. AFEP is a low-impact exercise program led by a licensed physical therapist who will help modify exercises as needed. **Exercise Room. No registration required.**

CPR & First Aid. Wednesdays 4:00pm - 5:15pm, starting September 21st. About 90% of people who suffer an out-of-hospital cardiac arrest die. Cardiopulmonary resuscitation (CPR), especially if performed immediately, can triple a person's chance of survival. Know what to do in case of an emergency. **Classroom. To register please call 919-688-8247 ext. 110**

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
 VR - Volunteer Room
 V - Virtual
 C-Cafe

Broadcast on DCSL



Facebook page

Daily Drop Ins
Mon/Wed/Friday
9:00AM - 4:00PM
Tues/Thurs
9:00AM - 5:30PM

Fitness Center
 Billiards Room
 Computer Room

Monday

8:45am-9:45am

Muscle Pump **ER**

9:00am - 11:30am

Card Stamping with Debbie
 (2nd and 4th) **AR**

10:00am -11:00am

Total Body Workout **ER**

10:00am-12:00pm

Ping Pong **AR**

10:00am-11:00am

Strong & Steady **V**

1:00am - 12:00pm

Meditation Class **CR**

12:30pm - 1:30pm

Golden Life Enrichment **VR**

1:00pm - 2:00pm

Bible Study **CR**

2:00pm - 3:15pm

Computer Essentials **TR**

3:30pm - 4:00pm

Stretching and Mobility **ER**

4:00pm - 5:00pm

Aging with Pride **CR**

4:10pm - 5:15pm

Life Line Dancers **ER**

Tuesday

8:45 am -9:30am

Seniors on the Move
 (Max Capacity 27) **ER**

9:00am-12:30pm

Ceramics **AS**

9:30am-10:55am

Take Off Pounds
 Sensibly
 (Max Capacity 10) **CR**

10:00am - 11:00am

Yoga Your Way
 (Max Capacity 15) **ER**

11:00am - 12:00pm

American Sign
 Language **BR**

11:30am - 12:30pm

Advanced Belly Dance
 (Max Capacity 20) **ER**

12:00pm - 2:30pm

Crocheting Club **VR**

12:00pm - 4:30pm

Pinochle **RR**

1:00pm - 2:00pm

Bingocize **ER**

1:00pm-3:00pm

Quiltmaking **AS**

DCSL's JFK Towers location is currently closed for daily programming. Curbside meal deliveries are available. DCSL's Little River location is open from 8:30AM - 1:30PM Monday-Friday.

Technology Classes: Senior Planet





DCSL is excited to team up with OATS (Older Adults Technology Services) and its flagship program Senior Planet, to offer FREE class sessions on health & wellness, technology, socialization, and much more. Supported by The Forest at Duke.

Computer Essentials: Internet and email basics (5 weeks): Tuesdays and Thursdays, 9:30PM - 10:45PM, Sept 6th - Oct 6th. An introductory class to help you feel comfortable with basic computer and smart phone operations and skills. (Limited to 9 participants)

Weekly Program Calendar

Wednesday

8:45am - 9:45am
Muscle Pump
(Max Capacity 25) **ER** 

10:00am - 11:00am
Total Body Workout (Max
Capacity 25) **ER** 

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

11:00am - 1:00pm
Little Garden Club
2nd Wed **CR**

11:30am -12:00pm
Member Check In
4th Wed **LC**

2:00pm - 3:15pm
Computer Essentials **TR**

2:00pm - 3:00pm
Lift Every Voice **ER**

2:00pm - 3:00pm
Sexual Health Education
CR
(starting Aug 24th)

3:30pm - 4:30pm
Life Line Dancers **ER**


Thursday

8:45 am -9:30am
Seniors on the Move
(Max Capacity 27) **ER**

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

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

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

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

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


12:00pm - 4:30pm
Kings in the Corner **CR**

12:30pm - 1:30pm
African Drumming **ER**

1:30pm - 2:30pm
African Dancing **ER**

1:00pm - 3:00pm
Open Painting Studio w/
Marie **AR**

Friday

8:45am -9:45am
Muscle Pump
(Max Capacity 25) **ER** 

9:00am - 11:00am
Digital Navigators **LC**

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

10:00am -11:00am
Total Body Workout
(Max Capacity 25) **ER** 

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

11:00am -12:30pm
Book Club
(1st & 3rd Friday) **BR**
Zoom Meeting ID:
952 0568 6451
Passcode: bookclub

12:30pm - 2:30pm
Movie Matinee
(Max Capacity 16) **THTR**

1:00pm - 2:00pm
Bingocize **ER**

September Matinee Series

Friday Matinee Series

Friday, Sept 2nd - Hard Lessons
Friday, Sept 9th - Lee Daniel's The Butler
Friday, Sept 16th - Dreamer
Friday, Sept 23rd - Pan
Friday, Sept 30th - Catch Me If You Can

Morning Films Series

Ken Burn's Documentaries
Mondays and Wednesdays
9:00AM - 11:00AM

Starting at 12:30pm - Popcorn for all (Limited Capacity) - Movies subject to change

Class and Program Descriptions

Beginners Belly Dance "Beginning Belly dancing: Date & Time) This is a good choice if you have never belly danced before and want to learn a variety of basic movements. Focus on weight loss, cardio and body isolation. **No dancing experience necessary.** **Wednesday 12:30 – 1:30PM**

African Drumming (12:30PM - 1:30PM) and Dancing (1:30PM - 2:30PM), Thursdays, Learn basic skills and knowledge to explore West African traditions while promoting movements to benefit a healthy life style. Limited drums are available on a first-come-first serve basis. **No registration necessary. (Max capacity 25)**

Card Stamping with Debbie, Second and fourth Mondays 9:00AM - 11:30AM. Surprise your friends and family with custom made greeting cards for any occasion. **Art Room. Please call 919-688-8247 ext. 110 (Limited to 8 participants).**

Golden Life Information and Enrichment. Mondays and Fridays 12:30PM – 1:30PM. Learn about upcoming cultural activities and programs and opportunities for civic engagement around Durham. Facilitated by City of Durham Ambassador, George A. Long Sr. **Volunteer Room. No registration necessary.**

Open Studio Painting with Marie. Thursdays, 1:00PM - 3:00PM. Prerequisite requirement: completion of previous water coloring class with Marie Crock. Bring your own projects and materials. **Please call 919-688-8247 ext. 110 to register. (Limited to 10 participants).**

Flexibility and Mobility, Mondays, 3:30PM – 4:00PM. Take 30 minutes to loosen your whole body. Find ease and comfort through a series of guided stretches. **Exercise Room. No registration necessary.**

Aging with Pride. Mondays, 4:00PM - 5:00PM. An in-person support group for Lesbian, Gay, Bisexual, Transgender, and Questioning seniors who are looking to connect with other and build support to help navigate challenges. **Classroom. No registration necessary.**

Lift Every Voice. Wednesdays, 2:00PM-3:00PM. Come sing and make music with musicians of all levels in DCSL's weekly music and singalong group. All are welcome. **Exercise Room. No registration necessary.**

Virtual Strong & Steady: Mondays and Thursdays, 10:00AM - 11:00AM Build strength and balance using exercise bands, hand weights, and ankle weights. Led 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**

Breakfast Bingo Thursdays- 9:30AM -10:30AM (Limited to 25 people). Enjoy a light breakfast option, socialize with peers, and win prizes. **406 Cafe. No registration necessary.**

Meditation Class, Mondays, 11:00AM – 12:00PM. Learn the benefits of meditation, the effects of meditation on the brain and body, and how we can use meditation to help others. **Classroom. No registration necessary.**

Life Line Dancers – New days and times. Mondays 4:10PM – 5:00PM & Wednesdays 3:30PM – 4:30 PM. No registration necessary.

Acrylic Painting with Michael Stanely. Fridays, starting September 30th 1:00PM - 3:00PM Beginner to intermediate painting class. No experience necessary. **Please call 919-688-8247 ext. 110 (Limited to 8 participants).**

Wellness Clinics



In collaboration with The Community Health Coalition, DCSL will be offering monthly Wellness Clinics at all three sites. Services include: blood pressure reading, weight, glucose levels.

Tuesday, September 13th 9:00AM - 11:00AM at Main Center (406 Rigsbee)

Thursday, September 15th 9:00AM - 10:00AM at JFK Towers

Thursday, September 15th 10:00AM - 11:00AM at Little River CC

The NC Senior Tar Heel Legislature (NCSTHL) operates within a two-year legislative cycle, mirroring the work of the NC General Assembly. Currently, it's the summer of an even-numbered year and NCSTHL members are focused on a complex but choreographed process. The goal of the process is to recommend to the NC General Assembly enactment of legislative measures that will ensure the quality of life available to NC's older adults across the state when it convenes in the 2023 long session. For NCSTHL members, the winter and spring were spent studying the most pressing challenges facing older adults, considering information and data from the state's aging experts, and deliberating impacts and solutions. If you are interested in become a member of NC Senior Tar Heel Legislatures or for more information, please contact Kenneth Johnson at vocclz@gmail.com. Or visit www.ncseniortarheellegislature.org.

Trivia: Answers on back

1. What was the name of Michael Jackson's famous chimp pet?
2. After John F. Kennedy's assassination who took presidential office?
3. In 1960, what was America's biggest company (hint it is an Automobile company)?
4. What was the most popular TV show from 1960-61?
5. Who was Lucille Ball married to in 1940?

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Little River Monthly Program Calendar

MON	TUE	WED	THU	FRI
8:30am-9:00am Coffee talk	8:30am-9:00am Coffee talk	8:30am-9:00am Coffee talk	8:30am-9:00am Coffee talk	8:30am-9:00am Coffee talk
9:30am-1:30pm Games & quilting (drop-in)	9:30am-1:30pm Games & quilting (drop-in)	9:30am-1:30pm Games & quilting (drop-in)	9:30am-1:30pm Games & quilting (drop-in)	9:30am-1:30pm Games & quilting (drop-in)
10am-10:30am Group exercise	10am-10:30am Bible study	10am-10:30am Group exercise	10am-10:30am BINGO	10am-10:30am Group exercise
10am-11:00am Bingocize	10am-11:00am Bingocize	11:30am Congregate meal	11:30am Congregate meal	10:30am-11:00 am BINGO
11:30am Congregate meal	11:30am Congregate meal	12:30pm-1:30pm Crochet program	12:30pm-1:30pm Crochet program	11:30am Congregate meal
12:30pm-1:30pm Crochet program	12:30pm-1:30pm Crochet program	8:30am-1:30pm Free play gym	8:30am-1:30pm Free play gym	12:30pm-1:30pm Crochet program
8:30am-1:00pm Free play gym	8:30am-1:30pm Free play gym			8:30am-1:30pm Free play gym

Nutrition Today: Nutritional Trivia, Sampling, and information.

Nutrition Today: Nutritional Trivia, Sampling, and information.

Your ideas are always welcome. It's your class!







First Friday: Salads are served as a healthy way of making a quick meal. Do you have any suggestions for the kind of salad you want demonstrated for class? One can think of a fruit salad or greens salad, either choice is healthy! Megan Marquis will return for another food demonstration. I hope you are enjoying the summertime dressing and salad selections. See you in class!

Third Friday: Come and experience being a child again! I know you heard your parents say, please don't play with your food. Well, in this class you can play with your food and create art. Ms. Ann Breakfield will demonstrate how to make art by using vegetables. Your art can be taken home or eaten in the café.

Class is held September 2nd and 16th, 2022, at 9:30 am in the café.

September 406 Café Lunch Menu

MON	TUE	WED	THU	FRI
			<p>1</p> <p>BBQ Turkey Burger Sweet Potatoes Spinach Banana Hamburger Bun Milk</p>	<p>2</p> <p>Tuna Noodle Casserole (Noodles) Seasoned Greens Spiced Apples Roll Milk</p>
<p>5</p> <p>Closed</p> 	<p>6</p> <p>Seafood Alfredo (pasta) Spinach Apple Juice Roll Milk</p>	<p>7</p> <p>Jerk Chicken Jamaican Brown Rice Peas & Carrots Apple Sauce Wheat Roll Milk</p>	<p>8</p> <p>BBQ Chicken Black Eyed Pea Zucchini Orange Roll Milk</p>	<p>9</p> <p>Fried Chicken Drummie Baked Beans Spiced Cabbage Apple Juice Roll Milk</p>
<p>12</p> <p>Hamburger Steak Rice Broccoli Mandarin Cup Roll Milk</p>	<p>13</p> <p>Chicken & Waffles Mac & Cheese Greens Orange (Waffle) Milk</p>	<p>14</p> <p>Lemon Pepper Chicken Navy Beans Green Beans Banana Sourdough Milk</p>	<p>15</p> <p>Chicken Parmesan Butter Noodles Carrots Applesauce Roll Milk</p>	<p>16</p> <p>Hawaiian Meatball Coconut Rice Carrots Mixed Fruit Cup No Bread Milk</p>
<p>19</p> <p>SW Chicken Black Beans Confetti Corn Banana Garlic Bread Milk</p>	<p>20</p> <p>Beef Spaghetti Spaghetti Noodle Mixed Veggies Spiced Pears Roll Milk</p>	<p>21</p> <p>Orange Chicken Fried Rice Stir Fry Veg Applesauce No Bread</p>	<p>22</p> <p>Fried Chicken Drummie Baked Beans Spiced Cabbage Apple Juice Roll Milk</p>	<p>23</p> <p>Pork Chop Sweet Potatoes Brussel Sprouts Apple Juice Hawaiian Roll Milk</p>
<p>26</p> <p>Cheeseburger Baked Beans Corn Orange Burger Bun Milk</p>	<p>27</p> <p>Southern Chicken Mashed Potatoes Green Beans Peach Cup No bread Milk</p>	<p>28</p> <p>Roast Beef Boiled Potatoes Carrots Berries Roll Milk</p>	<p>29</p> <p>Chicken Alfredo (Noodle) Spinach Banana Roll Milk</p>	<p>30</p> <p>Turkey w/ Gravy Sweet Potatoes Green Bean Casserole Melon Roll Milk</p>

Options Counseling at DCSL

Options Counseling provides guidance to individuals as they make choices about long-term services and supports. This service helps people navigate their options while taking into consideration their situation, values, resources and preferences. Options Counseling is available to individuals who are 60 years of age or older or someone acting on behalf of a person age 60 or older.



Contact Joseph Barnes to learn more:

(919) 688-8247 ext. 103

jbarnes@dcsln.org

We are hiring! Join the DCSL Family!

DCSL is hiring! For more information, email your resume to Shaun Cosby: cosby@dcsln.org.

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National Senior Center Month

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

ROY COOPER
 FUN, FRIENDS
 CONGREGATE MEALS
 PROGRAMS
 CAREGIVER
 HEALTH PROMOTIONS

SEPTEMBER
 ENRICHMENT
 ADULT DAY HEALTH
 INDEPENDENT
 SOCIALIZATION
 BINGO

SENIOR CENTER
 DURHAM
 RIGSBEE AVE
 RESOURCES
 EXERCISE
 SHUFFLEBOARD

AGING
 EATS
 VOLUNTEER

Sexual Health Education Series. Wednesdays, starting August 24th, 2:00PM-3:00PM. This 6 week series will cover topics related to sexual health. Classroom. Call (919) 688-8247 ext. 110 to register.

NEVER MISS A NEWSLETTER!

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DCSL New Hires:



Lisa Miles, LPN
Adult Day Health
Health Care Coordinator



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Social Services



Durham Congregations in Action



Trivia Answers:

- 1.) Bubbles the Chimp
- 2.) Lyndon B. Johnson
- 3.) General Motors
- 4.) Gunsmoke
- 5.) Dezi Armaz