

DAVIDSON COUNTY SENIOR SERVICES

# PRIME TIMES

*Proudly serving the citizens of Davidson County since 1975*

**JANUARY 2024**

☎ 336.242.2290

🌐 [www.co.davidson.nc.us](http://www.co.davidson.nc.us)

f /DCseniorservices

🐦 /dcseniors

## Opportunities Abound in 2024

By: Thessia Everhart-Roberts, Senior Services Director

Happy New Year 2024! It's here, no turning back. What will you allow this year to bring?

How about opportunity? Every day of the coming year will be filled with opportunities and possibilities. Every day will give you a chance to make your life count, make a difference, grow, learn, achieve, and be the person you were meant to be.

Today, you stand at the threshold of a new year; your blank slate is ready to be filled by you. The new year makes no promises and has no guarantees other than this: every day will be filled with challenges and opportunities. It is up to you to recognize the options, to see the possibilities, and to overcome the obstacles. And by so doing, your life and the world around you will be enriched.

It doesn't seem that long ago that we ushered in 2023, and 2024 is already looming on the horizon. Time is precious, and we cannot save it up. We must use it as it comes, so keep your eyes open in 2024.



### Coping with Anticipatory Grief Lunch & Learn

*Hosted by Davidson Caregiver Academy*

**Jan. 10  
11 a.m.**

Hospice of Davidson County  
200 Hospice Way, Lexington

Gain a deeper understanding of anticipatory grief, feelings of grief or loss that are felt before the loss actually begins.

To register, call 336.242.2290 or email [dcsslex@davidsoncountync.gov](mailto:dcsslex@davidsoncountync.gov)  
Registration deadline is Jan. 5.

### Holiday Office Closure:

New Years Day - Jan. 1

Martin Luther King Jr. Day - Jan. 15

A graphic with a blue and white geometric background. The words "VOLUNTEERS NEEDED" are written in large, bold, white capital letters with a slight shadow effect.

## VOLUNTEERS NEEDED

*CURRENTLY NEED MEALS ON WHEELS DRIVERS FOR REEDY CREEK, COMMUNITY COLLEGE, HOLLY GROVE, CHURCHLAND, SILVER VALLEY, AND DENTON.  
**CALL 336.474.2646***

### What's Inside:

- 3 VETERANS' LUNCHEON RECAP
- 4 CLASSES THAT MATTER
- 5 DENTON & SOUTHMONT SENIOR PROGRAM
- 6-7 ACTIVITY CALENDARS
- 8 VOLUNTEER SPOTLIGHT
- 9 NUTRITION
- 10 HOLIDAY SAFETY
- 11 SOCIAL SECURITY ANNOUNCEMENT

# ABOUT SENIOR SERVICES

PAGE 02

## Our Locations

### Senior Services, Lexington

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

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

### Senior Services, Thomasville

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

[dcsstville@davidsoncountync.gov](mailto:dcsstville@davidsoncountync.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  
Gina McLain, Resources & Benefits Specialist  
Anna Claire Kelly, Activities Coordinator  
Brooke Adams, Special Events Coordinator  
April Ooten, Evidence Based Program Coordinator  
Sherry Russell, Senior Outreach Coordinator, Denton

Vickie Whitehead, Senior Outreach Coordinator, Southmont  
Jennifer Gallimore, Office Support IV  
Melissa Bennett, Delivery Driver  
Shirley Davis, Delivery Driver  
Donna Berry, Office Support III  
Chris Bitterman, Volunteer Services Coordinator  
Susan Fritts, Café Coordinator  
Ann Workman, Café Coordinator  
Debra Freeman, Café Coordinator  
Teresa Stevenson, Café Coordinator  
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  
Vacant, Transportation Coordinator

## Our Mission

**Empower, Engage, and Encourage the Aging Population of Davidson County**

*Aging Empowered!!*

A huge **THANK YOU** to all of our volunteers and those who provided for our Veteran's Day appreciation event at Lexington Café.

Food Lion: Cupcakes

The BBQ Center: BBQ, Dip, Slaw, Buns

Southern Lunch: Banana Pudding and Mac and Cheese

Lexington Senior High Jr. ROTC

Thank you to our Veterans for their service to our country!!







In partnership with Novant Health, Davidson County Senior Services was proud to honor those who served and sacrificed for our nation's freedom at the annual Veterans' Appreciation Luncheon held on November 7, 2023, at Davidson-Davie Community College. Attendees, which included 29 veterans and their guests, enjoyed a presentation of the colors by the Thomasville High School JROTC and an inspiring speech by Brigadier General James R. Gorham, North Carolina National Guard.

**SUPPORT OUR  
ADVERTISERS!**

**LET'S GROW YOUR BUSINESS**

Advertise in our Newsletter!

**CONTACT ME  
Rich Fernbach**

[rfernbach@lpicommunities.com](mailto:rfernbach@lpicommunities.com)

**(800) 477-4574 x3675**

**Hospice**  
of Davidson  
County

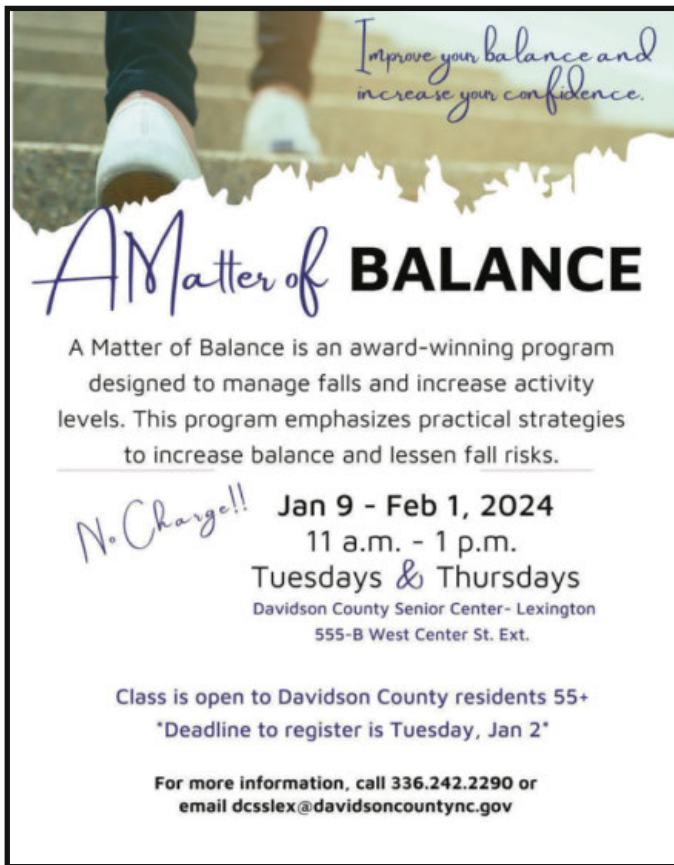
*Find comfort here.*



**336-475-5444**

**200 Hospice Way Lexington, NC 27292**

**HospiceOfDavidson.org**



*Improve your balance and increase your confidence.*

## A Matter of **BALANCE**

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to increase balance and lessen fall risks.

*No Charge!!* **Jan 9 - Feb 1, 2024**  
 11 a.m. - 1 p.m.  
 Tuesdays & Thursdays  
 Davidson County Senior Center- Lexington  
 555-B West Center St. Ext.

Class is open to Davidson County residents 55+  
 \*Deadline to register is Tuesday, Jan 2\*

For more information, call 336.242.2290 or email [dcssllex@davidsoncountync.gov](mailto:dcssllex@davidsoncountync.gov)

DAVIDSON COUNTY SENIOR SERVICES, LEXINGTON

## MONEY MATTERS

MONDAYS, TUESDAYS  
 & WEDNESDAYS  
**JANUARY 8 -**  
**FEBRUARY 26**  
 9 - 10:30 A.M.  
**SENIOR PLANET**  
FROM AARP

Learn how to shop online to find the best deals, search for flights and hotels on the internet, access movies and music and earn extra income.



Registration required by Jan 2.  
 Call 336.242.2290 or email [dcssllex@davidsoncountync.gov](mailto:dcssllex@davidsoncountync.gov)

### THIS SPACE IS **AVAILABLE**



## BRINKLEY WALSER STONER

ATTORNEYS & COUNSELORS AT LAW

*Our attorneys are available to speak to you on a variety of topics, including*

- Estate Planning • Real Estate • Long-Term Care Planning
- Personal Injury • Business Law • Family Law

**10 LSB Plaza • Lexington, NC**

**336-249-2101 • [www.brinkleywalserstoner.com](http://www.brinkleywalserstoner.com)**



**The Life Center of Davidson County**  
 proudly serves  
 family caregivers.

**336-249-2155**  
[www.LifeCenterDavidson.com](http://www.LifeCenterDavidson.com)





# DENTON & SOUTHMONT SENIOR PROGRAM

## Southmont Senior Initiative

|                |  |
|----------------|--|
| Jan 2, 2:30pm  | Friendship Cards                               |
| Jan 3, 1pm     | Mindful Eating & Good Health<br>*4 Week Series |
| Jan 4, 2pm     | Savvy Saving Seniors                           |
| Jan 4, 2pm     | Learn to Paint<br>*10 Week Series              |
| Jan 9, 2:15pm  | Understanding Alzheimer's                      |
| Jan 11, 2:15pm | Tea Party Planning                             |
| Jan 16, 2pm    | Beginners Quilting<br>*4 Week Class            |
| Jan 18, 2:15pm | Tea Party                                      |
| Jan 25, 2pm    | Bookmobile                                     |
| Jan 31, 1pm    | Hands Only CPR Training                        |
| Jan 31, 3pm    | Shag Lessons *6 Week class                     |

Tuesdays, 1pm      Chair Yoga  
Wednesdays, 2pm      Line Dancing

## Denton Senior Initiative

|                |                         |
|----------------|-------------------------|
| Jan 2, 1pm     | Card Making             |
| Jan 3, 2:15pm  | Book Club               |
| Jan 8, 2:15pm  | DIY Wood Clock          |
| Jan 9, 1pm     | Health Talk & BP Checks |
| Jan 10, 2:15pm | Savvy Saving Seniors    |
| Jan 16, 1pm    | Card Games              |
| Jan 17, 2:15pm | Lady Bug Magnets        |
| Jan 22, 2:15pm | Hands Only CPR Training |
| Jan 23, 1pm    | Wood Carving a Snowman  |
| Jan 24, 2:15pm | Cookie Decorating       |
| Jan 29, 2:15pm | Soda Bottle Bird House  |
| Jan 30, 1pm    | Tech Time               |
| Jan 30, 2:15pm | 30-Minute Meals         |
| Jan 31, 2:15pm | The Rest of the Story   |

Mondays, 1pm      Bingo  
Wednesdays, 1pm      Chair Yoga

**Preregistration is required. To receive a detailed calendar of events for either location, call 336.242.2290 or email [dcsslex@davidsoncountync.gov](mailto:dcsslex@davidsoncountync.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)

Are you  
turning 65?  
Call your  
local licensed  
Humana  
sales agent.

**Humana.**

Y0040\_GHHHXDFEN21a\_BC\_C



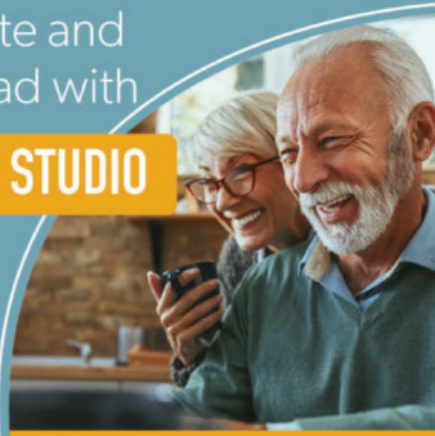
**Mary "Alycia" Kramer**  
**336-554-6028**  
**(TTY: 711)**

Monday – Friday  
8 a.m. – 5 p.m.

## Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



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



**ANDREW W. CUMBY**

Cell: 336-906-0501

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

1015 Eastchester Drive  
High Point, NC 27261-0509  
336-889-5045

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



For ad info. call 1-800-477-4574 • [www.4lpi.com](http://www.4lpi.com)

14-1787




















Davidson County Senior Services  
211 W. Colonial Drive, Thomasville  
336-242-2290  
dcsstville@davidsoncountync.gov


## ONGOING ACTIVITIES


| <b>DAILY:</b>                     | <b>8:30 a.m. - 4:30 p.m.</b><br>Hall Walking & Walking Trail<br>Computer Lab<br>Fitness Room<br>Puzzle, Games & Coloring<br>Table Tennis |           |          | <b>11:30 a.m. - 1 p.m.</b> Cornhole<br>*By Appointment*<br>Fitness Room Orientation |
|-----------------------------------|--|-----------|----------|---|
| MONDAY                            | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY  |
| 12 - 2 p.m.<br>Hodgepodge Hobbies |  |           |          | 9 - 11 a.m. Tech Assistance *By Appointment   |

## SPECIAL ACTIVITIES

|  |   |   |  |  |
|--|---|---|--|--|
| 1.<br><b>Offices Closed</b><br>                        | 2.<br><b>12 - 2 p.m.</b> New Years Party \$             | 3.<br>   | 4.<br><b>10:30 - 11:30 a.m.</b><br>Blood Pressure Checks   | 5.<br><b>8 - 9:30 a.m.</b><br>Badminton Clinic (Tville P&R)           |
| 8.<br><b>11 a.m.</b> Brunch Book Club - Thomasville Library  | 9.<br><b>2 - 3 p.m.</b> Bingo (Café)                   | 10.   | 11.  | 12.<br><b>12 - 1 p.m.</b> Senior Games Swimming Clinic (Tville YMCA)  |
| 15.<br><br><b>Offices Closed</b>                      | 16.<br><b>9 - 11 a.m.</b> Breakfast for your Brain \$  | 17.<br><b>12 - 2 p.m.</b>  Table Tennis Clinic                               | 18.<br><b>9 - 11 a.m.</b> Breakfast for your Brain \$       | 19.  |
| 22.<br><b>9 a.m. - 12 p.m.</b><br>Bookmobile   | 23.<br><b>2 - 4 p.m.</b> Board Game Basics - Phase 10  | 24.   | 25.<br><b>8 - 9:30 a.m.</b> Pickleball Clinic (Tville P&R)  | 26.<br><b>11:30 a.m. - 1 p.m.</b><br>Tasty Toasty's \$                |
| 29.<br><b>1 - 3 p.m.</b> DIY Scrapbook Flip Calendar  | 30.   | 31.<br><b>12 - 1:30 p.m.</b> Job Searching in the Digital Age Lunch & Learn  |    |  |

 Virtual or Hybrid Option

 Registration Required

 Program has Fees



Davidson County  
Senior Services,  
Lexington

# january

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <b>1</b><br>Senior Services Closed<br>                              | <b>2</b>  | <b>3</b><br>4-5pm Shag Class \$<br>Wellness Studio   | <b>4</b><br>9-10am Blood Pressure Checks<br>The Cube  | <b>5</b><br>12-1pm Chair Volleyball *<br>Wellness Studio   |
| <b>8</b><br>9-10:30am Money Matters *<br>The Cube<br>9:45-10:45am Tai Chi Part 2*<br>Wellness Studio<br>2-4pm Soap Making \$*<br>The Café            | <b>9</b><br>9-10:30am Money Matters *<br>The Cube<br>11am-1pm Matter of Balance *<br>Wellness Studio<br>2-4pm Tech Time<br>The Cube<br>1:30-2:30pm Chair Yoga \$*<br>Wellness Studio<br>3-4pm Drums Alive \$*<br>Wellness Studio          | <b>10</b><br>9-10:30am Money Matters *<br>The Cube<br>9:45-10:45am Tai Chi Part 2*<br>Wellness Studio<br>11am-12pm Line Dancing \$<br>Wellness Studio<br>4-5pm Shag Class \$<br>Wellness Studio  | <b>11</b><br>11am-1pm Matter of Balance *<br>Wellness Studio<br>1:30-2:30pm Chair Yoga \$*<br>Wellness Studio<br>3-4pm Drums Alive \$*<br>Wellness Studio   | <b>12</b><br>12-1pm Chair Volleyball *<br>Wellness Studio<br>1-3pm Plastic Canvas *<br>The Café<br> |
| <b>15</b><br>Senior Services Closed<br>                           | <b>16</b><br>9-10:30am Money Matters *<br>The Cube<br>11am-1pm Matter of Balance *<br>Wellness Studio<br>1:30-2:30pm Chair Yoga \$*<br>Wellness Studio<br>3-4pm Drums Alive \$*<br>Wellness Studio  | <b>17</b><br>9-10:30am Money Matters *<br>The Cube<br>9:45-10:45am Tai Chi Part 2*<br>Wellness Studio<br>11am-12pm Line Dancing \$<br>Wellness Studio<br>1-3pm 30 Minute Meals \$*<br>The Café<br>4-5pm Shag Class \$<br>Wellness Studio     | <b>18</b><br>9-10am Navigating Long Term Care *<br>The Cube<br>11am-1pm Matter of Balance *<br>Wellness Studio<br>1:30-2:30pm Chair Yoga \$*<br>Wellness Studio<br>2-3:30pm Using Google Drive*<br>The Café<br>3-4pm Drums Alive \$*<br>Wellness Studio | <b>19</b><br>9-10:30am Digital Coupon Tools *<br>The Cube<br>12-1pm Chair Volleyball *<br>Wellness Studio<br>1-3pm Plastic Canvas *<br>The Café  |
| <b>22</b><br>9-10:30am Money Matters *<br>The Cube<br>9:45-10:45am Tai Chi Part 2*<br>Wellness Studio<br>2-3pm 5 Pillars of Brain Health<br>The Cube | <b>23</b><br>9-10:30am Money Matters *<br>The Cube<br>11am-1pm Matter of Balance *<br>Wellness Studio<br>1:30-2:30pm Chair Yoga \$*<br>Wellness Studio<br>2-4pm Winter Crafts \$*<br>The Cube<br>3-4pm Drums Alive \$*<br>Wellness Studio | <b>24</b><br>9-10:30am Money Matters *<br>The Cube<br>9:45-10:45am Tai Chi Part 2*<br>Wellness Studio<br>11am-12pm Line Dancing \$<br>Wellness Studio<br> | <b>25</b><br>11am-1pm Matter of Balance *<br>Wellness Studio<br>1-2pm Emotional Wellness<br>The Café<br>1:30-2:30pm Chair Yoga \$*<br>Wellness Studio<br>3-4pm Drums Alive \$*<br>Wellness Studio   | <b>26</b><br>9-10:30am Brain Teasers *<br>The Cube<br>12-1pm Chair Volleyball *<br>Wellness Studio   |
| <b>29</b><br>9-10:30am Money Matters *<br>The Cube<br>9:45-10:45am Tai Chi Part 2*<br>Wellness Studio<br>1-2:30pm Tasted it in a Book<br>The Café    | <b>30</b><br>9-10:30am Money Matters *<br>The Cube<br>11am-1pm Matter of Balance *<br>Wellness Studio<br>1:30-2:30pm Chair Yoga \$*<br>Wellness Studio<br>3-4pm Drums Alive \$*<br>Wellness Studio  | <b>31</b><br>9:45-10:45am Tai Chi Part 2*<br>Wellness Studio<br>11am-12pm Line Dancing \$<br>Wellness Studio   | <br><br>\$: Class has a cost<br>*: Class requires preregistration              |  |

## Live, Love, and Laugh

One person's life can help so many others, and Shelia Ward is a good example of what that looks like. Growing up as an only child has placed Ward around older adults all her life, enhancing her ability to connect with seniors and enjoy their company. Her time with seniors also influenced her decision to go into nursing, an occupation she continues part-time.

When Ward turned 55 she signed up with Davidson County Senior Services where she and her husband began attending and participating in Senior Center activities. Ward says, "If I pick up tension from work, when I get to Senior Services—you cannot, *not* smile there! I cut up with people, have fun, laugh, and as I am doing that with others, it cheers me up too. My husband and I go there, we've made friends, and we play games and talk with those who gather there."



Last year she began volunteering for Senior Services in the role of Senior Center Ambassador, greeting those who arrive at the center. She helps staff by giving visitors a tour of the facility and answering their questions. When there is no one who needs a tour, she helps those carrying Meals on Wheels out to their vehicles, holds the door for folks, or visits the exercise room and talks with people. She is friendly, speaks their language, and just enjoys being with them. Ward says, "Sometimes we get-to picking with each other and just have fun!"

Last spring Ward also began delivering Meals on Wheels with Senior Services. She explains, "My sister and a neighbor delivered Meals on Wheels years ago...Because I deliver in the area where I live, I know the people. We chat about all sorts of ordinary, daily things, whatever is in their lives. I have one person who likes chocolate and we talk about that. Another talks about health issues in the field I work in as a nurse, so I can relate to her needs. Just little things like that—making connections and talking old people's talk!"

A growing mountain of research shows that what Ward does actually helps prevent premature dementia and early mortality. That is no longer theory, but a fact learned from decades of research on aging. Ward lives well by loving others.

Toward the end of last year, Ward agreed to join a group of volunteers who are specially trained to cover the front desk at the Lexington Senior Center when the Administrative Secretary has to be out. Senior Services staff thought she would be a good fit in this role because she engages people in a personal and fun way. People need that kind of atmosphere, and Ward helps create and maintain the friendly, welcoming atmosphere that permeates the Senior Center.

One person's life can help so many others, and Shelia Ward is a good example of what that looks like. It is amazing what influence for good one person can be, while having so much fun in the process! Ward continues to invite others and recruit friends to be a part of something really good—Davidson County Senior Services. And there are a lot of people at Senior Services who are glad she is there, helping them live, love, and laugh!

For information about the volunteer program or if interested in volunteering, call Chris Bitterman at 336.474.2646 or email [chris.bitterman@davidsoncountync.gov](mailto:chris.bitterman@davidsoncountync.gov)





## Davidson County Senior Services January 2024 Menu

- 1 -CLOSED - Happy New Year!  
 2 - Hamburger Steak w/Gravy, Mashed Potatoes, Broccoli Casserole, Applesauce, Orange Juice, Roll, Milk  
 3 - Smoked Sausage w/Cabbage, Crowder Peas, Dinner Roll, Peaches, Milk  
 4 - Breaded Chicken Filet, Baked Beans, Lettuce & Tomato Slices, Bun, Fruited Gelatin, Milk  
 5 -Chicken Alfredo w/Noodles, Green Beans, Pickled Beets, Wheat Roll, Pears, Milk  
  
 8 -Hot Dog w/Sauerkraut, Pinto Beans, Hot Sliced Apples, Bun, Fruited Gelatin, Milk  
 9 -Fried Fish Filet w/Tartar Sauce, Okra & Tomatoes, Coleslaw, Bun, Mixed Fruit, Milk  
 10-1/2 Pimento Cheese Sandwich on Wheat Bread, Vegetable Beef Soup w/Crackers, Fresh Orange, Pudding, Milk  
 11-Spaghetti w/Meat Sauce, Green Beans, Tossed Salad w/Ranch Dressing, Garlic Bread, Pears, Milk  
 12-Pinto Beans, Turnip Greens, Macaroni & Cheese, Cornbread, Orange Juice, Milk  
  
 15-CLOSED – Martin Luther King Day  
 16-Meatloaf, Diced Potatoes, Broccoli, Orange Juice, Wheat Roll, Pudding, Milk  
 17-Chicken Patty w/Gravy, Corn, Okra & Tomatoes, Cornbread, Fruited Gelatin, Milk  
 18-Smoked Sausage, Rice, Peas & Carrots, Pears, Dinner Roll, Pudding, Milk  
 19-Barbecue Boneless Pork Rib, Lima Beans, Mashed Potatoes, Dinner Roll, Fruit Cocktail, Milk  
  
 22-Pancakes w/Syrup, Scrambled Eggs, Sausage Links, Tater Tots, Orange Juice, Milk  
 23-Sloppy Joe, Tater Tots, Coleslaw, Bun, Fresh Apple Slices, Milk  
 24-Hot Dog w/Chili, Barbecue Slaw, Lima Beans, Apple Juice, Bun, Chocolate Fudge Round, Milk  
 25-Cube Steak w/Gravy, Broccoli & Cheese, Mashed Potatoes, Fruit Cocktail, Roll, Cookie, Milk  
 26-Baked Chicken Patty, Broccoli-Cauliflower Medley, Blackeye Peas, Apple Juice, Wheat Roll, Assorted Cookie, Milk  
  
 29-Lasagna, Tossed Salad w/Green Peppers & Tomatoes, Garlic Bread, Mixed Fruit, Milk  
 30-Chicken & Dumplings, Buttered Carrots, Dinner Roll, Orange Juice, Apple Cobbler, Milk  
 31-Baked Ham w/Pineapple Juice, Broccoli-Rice Casserole, Sweet Potatoes, Pineapple Slices, Roll, Milk

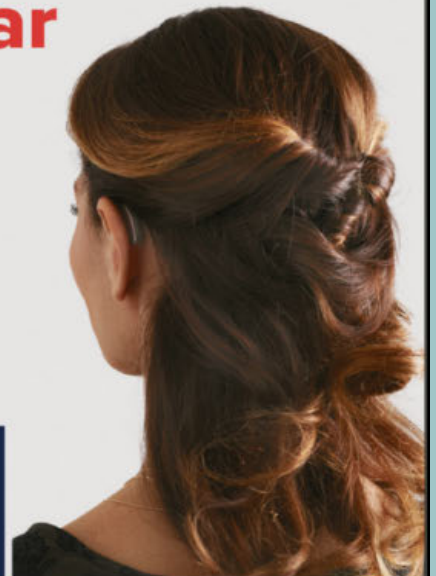
## Hear Better in the New Year

It starts with a quick and painless hearing assessment. Are you experiencing signs of hearing loss, such as ringing in your ears, asking people to repeat themselves or difficulty hearing in noisy situations? If so, please schedule an appointment today for your complimentary hearing assessment.\*

**Ask your local HearingLife office about your insurance plan!**

**\$2000 OFF†**

**A PAIR OF ULTIMATE-LEVEL HEARING AIDS**



123 West Center St. Extension, Lexington, NC 27295

**hearinglife.com • 336.313.2949**

When calling, mention code AG60-1

\*See office for details. †Discount is off standard list price. One offer per purchase. Offer cannot be combined with any other offer or discount, including the HearingLife Value Plan (HLVP). Not valid on prior purchases. Offer not available to any consumer who has private or federal health insurance coverage. Private pay purchases only. Essential products and the CROS system do not qualify for this offer. Exclusions apply. See office for details. Offer valid from 1/1/24 thru 1/31/24. Information within this offer may vary or be subject to change.



Maybe you already know that driving at night or in rainy weather is a problem for you. Some older drivers also have problems with certain routes or driving on busy highways, for example. Consider these tips to help you make safe choices about driving:

**Talk with your doctor.** If you have concerns about your health and driving, see your doctor. Don't risk hurting yourself or others.

**Consider your car.** If possible, drive a car with automatic transmission, power steering, power brakes and large mirrors.

**Take care of your eyes and ears.** Always wear your glasses or contact lenses if you need them to see clearly.

**Avoid driving certain times of the day.** Cut back on driving at night if have trouble seeing in the dark. Try to avoid driving during sunrise and sunset when the sun can be directly in your line of vision. Avoid rush-hour driving when you can.

**Plan your route.** Drive on streets you know and find a way to go that requires few or no left turns. Choose a route that avoids highways or other high-speed roadways. If you must drive on a fast-moving highway, drive in the right-hand lane, where traffic moves slowly.

**When in doubt, don't go out.** Bad weather can make it hard for anyone to drive.

**Wear seat belts.** Always wear your seat belt and make sure your passengers wear theirs too.

**Limit distractions.** Eating, adjusting the radio or chatting can all be distracting. If you use your cellphone while driving for navigation, use it hands-free with voice activation when possible. Never text and drive.

*National Institute on Aging*

## SUPPORT OUR ADVERTISERS!

**ADVERTISE HERE**  
to reach your community



**Call 800-477-4574**

Are you  
turning 65?  
Call your  
local licensed  
Humana  
sales agent.

**Humana.**



**Merideth Porter**  
**336-453-9668**  
**(TTY: 711)**

Monday – Friday  
8 a.m. – 5 p.m.  
mporter27@humana.com

Y0040\_GHHHXDFEN23a\_BC\_C

### ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized  
Provider

SafeStreets

**833-287-3502**



## Social Security Announces 3.2% Benefit Increase for 2024

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2% in 2024, the Social Security Administration announced. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

More than 66 million Social Security beneficiaries will see the 3.2% cost-of-living adjustment (COLA) beginning in January 2024. Increased payments to approximately 7.5 million people receiving SSI will begin on December 29, 2023. (Note: some people receive both Social Security and SSI benefits).

"Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses," said Kilolo Kijakazi, Acting Commissioner of Social Security.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600 from \$160,200.

Social Security begins notifying people about their new benefit amount by mail starting in early December. Individuals who have a personal my Social Security account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message--such as their COLA notice--waiting for them in my Social Security.

People will need to have a my Social Security account by November 14 to see their COLA notice online. To get started, visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount)

Information about Medicare changes for 2024 will be available at [www.medicare.gov](http://www.medicare.gov). For Social Security beneficiaries enrolled in Medicare, their new 2024 benefit amount will be available in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor's Bureau of Labor Statistics.

To read more, please visit [www.ssa.gov/cola](http://www.ssa.gov/cola).

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)

## Tips to Keep you Safe and Warm this Winter

Winter is a beautiful season, but it can also be a dangerous one, especially for older adults. The combination of cold temperatures, slippery surfaces, and shorter daylight hours can create a number of hazards. Like most things in life, it is better to be prepared. To help you stay safe, here are some helpful tips for remaining active all season long.



First, it is important to take extra precautions when walking outside. Wear shoes with good traction and non-slip soles, like boots, and consider using a cane or walking stick for added stability. Walk slowly and carefully, and be sure to look out for any icy patches or uneven terrain. Keep steps and walkways clear before you walk. Salt can keep sidewalks from icing over. If possible, try to avoid walking in the dark, or if you must, wear reflective clothing and carry a flashlight.

Secondly, it is also important to stay warm and dry because just being really cold can make you really sick. Dress in layers with a warm coat, hat, and gloves. Avoid getting wet, as damp clothing can quickly lead to hypothermia. Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse. If you need to shovel snow, take frequent breaks, and don't overexert yourself. It's also a good idea to keep your home warm and well-insulated and to have a backup heating source in case of power outages. Try setting your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using.

Lastly, it is important to stay connected with others. Because it can be difficult and dangerous to get around, many older adults have less contact with others during cold months. This can breed feelings of loneliness and isolation. Make sure someone knows your daily routine and check in with a friend or family member regularly. Seniors can also create a "check-in system" with friends and neighbors where they call one another. Also, consider joining a local senior center or community group to stay active and engaged and access resources and support.

Winter can be a challenging season for anyone, but by following these tips, the aging population can stay safe and healthy during the colder months. Always remember to take care of yourself, and don't hesitate to ask for help if you need it.

---

# Thank You!

## to our Sponsors



**Brookstone Retirement Center, LLC**  
*"Respecting the past, anticipating the future"*



**MONICA SOUTHER LIFE & HEALTH INSURANCE**  
Your Local Triad Senior Benefits Specialist



BlueCross BlueShield  
of North Carolina  
**MEDICARE**



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