

DAVIDSON COUNTY SENIOR SERVICES PRIME TIMES

Proudly serving the citizens of Davidson County since 1975

SEPTEMBER 2026

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Each September, communities across the country celebrate National Senior Center Month, recognizing the important role senior centers play in helping older adults live healthier, happier, and more connected lives. Sponsored by the National Council on Aging (NCOA), this annual celebration shines a spotlight on the program services, friendships, and opportunities that empower older adults to thrive.

This year's theme, "Happier Birthdays Happen Here," reminds us that happier birthdays aren't just about cake and candles, they're about the friendships we build, the purpose we discover, the wellness we achieve, and the sense of belonging we experience every day. Senior centers are places where older adults connect, stay active, learn new skills, volunteer, receive valuable services, and create lasting memories that make each year even more meaningful.

At Davidson County Senior Services, we're proud to celebrate National Senior Center Month by recognizing the incredible older adults who make our centers such special places. Whether you're attending an exercise class, enjoying lunch with friends, participating in arts and crafts, volunteering, or exploring one of our many programs, you're helping make our centers vibrant communities where happier birthdays truly happen.

Join us throughout September as we celebrate healthy aging, lifelong friendships, and the many ways we are Aging Empowered!

FLU SHOT CLINICS

Provided by Walgreens Pharmacy

Davidson County Senior Services, Lexington

555-B West Center St. Ext.
Wednesday, Sept. 16
9 a.m. - 12 p.m.

Davidson County Senior Services, Thomasville

211 W. Colonial Dr.
Monday, Sept. 28
9 a.m. - 12 p.m.

Southmont Civic Center, Lexington

13424 Linwood Southmont Rd.
Tuesday, Sept. 29
1 - 3 p.m.

Open to Davidson County residents 55 and older.

No appointments, walk-in only.

Please bring your insurance card.

For more info. call or email:
336.242.2290 or
dccslex@davidsoncountync.gov

Seniors' Day at the Fair

Davidson County Senior Services, in partnership with the Lexington Kiwanis Club, is hosting the Annual Seniors' Day at the County Agricultural Fair on Sept. 24 at the Davidson County Fairgrounds, 400 Greensboro St. Ext. The gates will open at 9 a.m., and admission is free for all seniors 55 and older.

Everyone knows the county fair is about more than candy apples and looking at the exhibits. This day is about meeting old friends and making new ones. Snacks, drinks, blood pressure checks, and health information will be available. Special entertainment will begin at 10 a.m. in the livestock barn, and door prizes will follow. Don't miss the fun at this annual event. Special thanks to Blue Cross Blue Shield Medicare for their sponsorship of this event.



Our Locations**Senior Services, Lexington**

555-B W Center St. Ext.

Lexington, NC 27295

Phone: 336.242.2290

dcssex@davidsoncountync.gov

Mon., Wed., Fri., 8 a.m. - 5 p.m.

Tues., Thurs., 8 a.m. - 7:30 p.m.

Senior Services, Thomasville

211 W Colonial Dr.

Thomasville, NC 27360

Phone: 336.242.2290

dcsstville@davidsoncountync.gov

Mon. - Fri., 8 a.m. - 5 p.m.

Southmont Civic Center

13424 Linwood-Southmont Road

Lexington, NC 27292

Phone: 336.798.2933

Mon. - Fri. 9 a.m. - 1 p.m.

(Lunches Only)

Phone: 336.242.2290

Tues. - Thurs.,

12 - 4 p.m. (Activities)

**First Baptist Church in
Welcome**

404 Welcome - Arcadia Rd.

Lexington, NC 27295

Phone: 336.731.8434

Mon. - Fri.,

9 a.m. - 1 p.m. (Lunches Only)

Denton Civic Center

459 Salisbury St.

Denton, NC 27239

Phone: 336.859.2542

Mon. - Fri.,

9 a.m. - 1 p.m. (Lunches Only)

Mission Statement*Empower, Engage, and
Encourage the Aging
Population of
Davidson County**Aging Empowered!!***Staff Directory**

Thessia Everhart-Roberts, Director
 Amanda Parris, In-Home Services Manager
 Ron Bellini, Nutrition Prog. Manager
 Lisa Smith, Financial Specialist I
 Christie Smith, Senior Center Manager
 Cameron Hartwell, Meals on Wheels Prog Coord.
 Lori Hooker, Congregate Nutrition Prog Coord.
 Catherine Koontz, Senior Center & Volunteer Prog. Manager
 Rylee Merrill, Administrative Assistant
 Stefanie Poore, Administrative Secretary II
 Nancy Earnhardt, Resources & Benefits Specialist
 Gina McLain, Resources & Benefits Specialist
 Anna Claire Kelly, Activities Coord.
 Brooke Adams, Special Events Coord.
 Lisa Mason, Wellness Coord.
 Sherry Russell, Sr. Outreach Coord., Southmont
 Jennifer Gallimore, Office Support IV

Shirley Davis, Delivery Driver
 Donna Berry, Office Support III
 Chris Bitterman, Volunteer Svcs. Coord.
 Susan Fritts, Café Coord.
 Ann Workman, Café Coord.
 Leslie Hodge, Café Coord.
 Teresa Stevenson, Café Coord.
 Jacquelyn Thomas, Café Coord.
 Jina Wilson, Office Support III
 Rhonda Tomlinson, CNA Coord.
 Helen Fitzgerald, Social Worker
 Deborah Davis, CNA
 Vacant, CNA
 Joany Solis-Hernandez, CNA
 Lynn McCarn, RN
 Carol Conrad, RN
 Meredith Smith, Transportation Coord.
 Jessica Nance, Development Coord.

1-Spaghetti & Meat Sauce, Corn, Pineapple w/Cottage Cheese, Garlic Bread, Milk
 2-Chicken & Dumplings, Carrots, Coleslaw, Dinner Roll, Peaches, Milk
 3-Meatloaf, Macaroni & Cheese, Lima Beans, Dinner Roll, Fresh Orange, Milk
 4-Baked Chicken w/Gravy, Mashed Potatoes, Carrot-Raisin Salad, Dinner Roll, Cookie, Milk

7-CLOSED for LABOR DAY
 8-Salisbury Steak w/Gravy, Navy Beans, Broccoli, Dinner Roll, Fresh Apple Slices, Milk
 9-Pinto Beans, Collard Greens, Stewed Potatoes, Cornbread, Yogurt w/Blueberries, Milk
 10-Pepper Steak, Mashed Potatoes, Cucumber Salad, Dinner Roll, Pineapple, Milk
 11-Low Sodium Teriyaki Chicken, Rice, Broccoli & Cheese, Dinner Roll, Tropical Fruit, Milk

14-Sloppy Joe, Home Fries, Coleslaw, Bun, Fresh Orange, Milk
 15-Chicken Fajita w/Onions & Peppers, Spanish Rice, Pinto Beans, Sour Cream, Fruit Cocktail, Soft Tortilla Shells, Milk
 16-Biscuit & Gravy, Scrambled Eggs, Fresh Tomato Slices, Baked Apples, Milk
 17-Hot Dog w/Chili, Baked Beans, Coleslaw, Bun, Peaches, Milk
 18-Chicken Alfredo w/Noodles, Green Beans, Tossed Salad, Wheat Roll, Pears, Milk



*September
Senior Services' Cafés
&
Meals on Wheels Menu*

21-Lemon Pepper Chicken, Rice, Stewed Tomatoes, Dinner Roll, Fresh Orange, Milk
 22-Barbecue Boneless Pork Rib, Mashed Potatoes, Lima Beans, Dinner Roll, Fruit Cocktail, Milk
 23-Waffle, Scrambled Eggs, Sausage Links, Home Fries, Orange Juice, Milk
 24-Beef Tacos, Black Beans, Lettuce & Tomato, Fresh Apples Slices, Soft Tortilla Shells, Milk
 25-Baked Ham, Pinto Beans, Turnip Greens, Cornbread, Pudding, Milk

28-Chopped Steak w/Brown Gravy, Green Beans, Carrots, Dinner Roll, Cranberry Juice, Milk
 29-Fried Fish Filet, Okra & Tomatoes, Coleslaw, Bun, Peaches, Milk
 30-Turkey w/Gravy, Cornbread Stuffing, Sweet Potatoes, Baked Apples, Grape Juice, Cranberry Sauce, Milk

VOLUNTEER OF THE YEAR

Davidson County Senior Services

03

Rebecca Moser has served Davidson County Senior Services and its clients for the past seven years. She volunteers in the Lexington Café, serves as Chairperson for the Reeds Meals on Wheels route, delivers meals, covers the front desk, teaches classes, provides free tax services for seniors, calls Bingo, and has served on Senior Services' Advisory Board.

Years ago, Rebecca began eating at the Lexington Café to avoid sitting at her table by herself every day. In attending the Café, she began making friends, then she began noticing the flyers posted in the senior center, advertising activities and events. She began attending events and making more friends. Later she agreed to serve as the Chairperson for the Reeds Meals on Wheels route which she had already delivered on. Over four years later she still serves as Meals on Wheels Chairperson for the Reeds route.

About two years ago Rebecca asked if she could take another lady along with her delivering Meals on Wheels. She reached out to an individual who was not heavily involved at the Senior Center. The lady rode along with her and has delivered meals ever since. To this day that individual is a part of many Senior Center activities and has found "family" at Senior Services. Between the time Rebecca reached out to her in 2023 and the present time, Rebecca has repeated that kindness with at least four more individuals who have become active participants in the Lexington Senior Services community.

Going out of her way to help others, Rebecca exemplifies the mission of Senior Services. She has become an inspiration to many, because out of the soil of her own pain, has sprung the beautiful flower of her service to others. To



(l-r) Cameron Hartwell presenting the Volunteer of the Year award to Rebecca Moser

this day she continues to help others find friendship, family, and a place at the table. In loving others so well, Rebecca Moser gives the gift of life! It is no surprise therefore, that she was awarded the 2025 Volunteer of the Year by Davidson County Senior Services!

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hospiceofdavidson.org



Davidson County



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Davidson County Senior Services, Lexington, NC

14-1787

04

EVERY STEP COUNTS DURING STEPtember

Davidson County Senior Services

Help us reach our county-wide goal of 14 million steps!

Simply count and report your steps weekly. Call or email your steps to Senior Services every Friday to be entered in a weekly prize drawing. Total steps will be tallied and a final report will be given during the celebration luncheons.

THURSDAY, OCTOBER 1
11:30 A.M.

DAVIDSON CO SENIOR CENTER
211 WEST COLONIAL DR, THOMASVILLE

OR

FRIDAY, OCTOBER 2
11:30 A.M.

DAVIDSON CO SENIOR CENTER
555-B WEST CENTER ST. EXT., LEXINGTON

Registration is required by September 25. To be eligible, you must submit steps on at least one reporting date. Register by calling 336.242.2290 or by email at seniorservices@davidsoncountync.gov

A Month-Long Walking Challenge To Promote Better Health For Davidson County Senior Adults

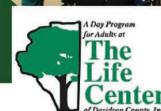


The Life Center of Davidson County, Inc. provides day time care for older and disabled adults. We offer participants and their caregivers support, relief, respite, and counsel.

We provide daily nutritious meals, nursing services, socialization, and more!

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Davidson County Senior Services, Lexington, NC

14-1787

RESOURCE & BENEFITS PROGRAM

Davidson County Senior Services

05

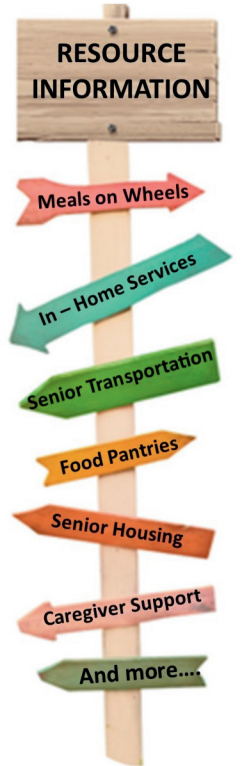
- *My parent has stopped preparing meals and only eats junk food these days.*
 - *I need to move and want to live in an apartment for seniors. Who do I contact?*
 - *My husband needs a walker and pullups. Do you know where I can find something cheap?*
 - *I need to get to my doctor or grocery store in the county and am no longer driving.*
- Is there a service that can help?*

These are the types of calls that are often received by the Senior Services Resource & Benefits Program. This program provides resource information or connects the caller to the services available to older adults in the community. The goal of the program is to enable senior adults to age independently in their homes as long as possible. When they are no longer able to safely remain at home, resource information can be shared for next steps. Services shared are typically government programs or non-profit agencies who assist with specific needs of older adults.

Those looking for resources can speak with a resource specialist by phone, email or in person at the Thomasville or Lexington Senior Centers. They can pick up or download the Community Resource Directory or Help Sheets which list resources by topic. They can also meet with a specialist for a Benefits Checkup which identifies possible government benefits for older adults.

The specialist will listen to the concerns of the caller and will share resource information or help contact the service, if needed. Resources are varied and range from adult day care/ day health, caregiver support, Meals on Wheels, in-home services, senior transportation, emergency financial assistance, dementia support, senior housing, home modifications, assisted living/skilled nursing facilities, medical equipment, food pantries, prescription assistance, Veterans' services, blind and visually impaired and deaf and hard of hearing services, adult protective services, counseling and more.

For those interested in learning more, call 336.242.2290 and ask for the Resource and Benefits Specialists, Gina McLain or Nancy Earnhardt.



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billykey@keywellfinancial.com



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Davidson County Senior Services, Lexington, NC

14-1787

Davidson County
Senior Services,
Lexington

555-B West Center Street Ext.

September

Monday	Tuesday	Wednesday	Thursday	Friday
Remember... Count your steps for STEPTember!  Open until 7:30pm on Tuesdays & Thursdays!	1 3-4pm Senior Fit \$* (1) 6-7pm Tai Chi \$* (5)	2 9-10am Healthy Eating Every Day * (10) 10:30-11:30am Stretch and Shine \$* (7) 2-3pm Chair Yoga \$* (1)	3 8:30-9:30am Better Balance \$* (4) 9-10am Blood Pressure Checks 10-11am Cardio Drumming \$* (4) 12-1pm Bingocize * (10) 2-3:30pm Intro to Learning Apps - Languages & The Arts * 3-4pm Senior Fit \$* (2) 6-7pm Tai Chi \$* (6)	4 9-10am Music Bingo 2-3pm Chair Yoga \$* (2) 
7 Senior Services Closed 	8 9-11am Dish Gardens \$* 10-11am Healthy Eating Every Day * (1) 12-1pm Bingocize * (11) 1:30-2:30pm Tai Chi for Arthritis and Fall Prevention* (1) 2-4pm Tech Time 3-4pm Senior Fit \$* (3) 6-7pm Tai Chi \$* (7)	9 9-10am Healthy Eating Every Day * (11) 10:30-11:30am Stretch and Shine \$* (8) 2-3pm Chair Yoga \$* (3)	10 8:30-9:30am Better Balance \$* (5) 9-11am Sting Art Leaves \$* 10-11am Cardio Drumming \$* (5) 12-1pm Bingocize * (12) 1:30-2:30pm Tai Chi for Arthritis and Fall Prevention* (2) 3-4pm Senior Fit \$* (4) 6-7pm Tai Chi \$* (8)	11 10-11am Healthy Eating Every Day * (2) 2-3pm Chair Yoga \$* (4)
14 10-11am Emotional Wellness 12-1pm Bingocize * (13)	15 10-11am Healthy Eating Every Day * (3) 12-1:30pm Emergency Preparedness Lunch & Learn \$* 1:30-2:30pm Tai Chi for Arthritis and Fall Prevention* (3) 3-4pm Senior Fit \$* (5) 5:30-7:30pm Fall Wreath \$* 6-7pm Tai Chi \$* (9)	16 9am-12pm Flu Shot Clinic 9-10am Healthy Eating Every Day * (12) 2-3pm Chair Yoga \$* (5)	17 8:30-9:30am Better Balance \$* (6) 10-11am Cardio Drumming \$* (6) 12-1pm Bingocize * (14&15) 1:30-2:30pm Tai Chi for Arthritis and Fall Prevention* (4) 3-4pm Senior Fit \$* (6) 6-7pm Tai Chi \$* (10) 	18 10-11am Healthy Eating Every Day * (4) 2-3pm Chair Yoga \$* (6)
21 9-10:30am Creating an AI Agent with Gemini * 12-1pm Bingocize * (16&17) 2-4pm Easy Eats with Crescent Rolls \$*	22 10-11am Healthy Eating Every Day * (5) 1:30-2:30pm Tai Chi for Arthritis and Fall Prevention* (5) 2-3:30pm AI Voice & Video Generators * 3-4pm Senior Fit \$* (7) 5:30-7pm On the Run Breakfast Ideas \$* 6-7pm Tai Chi \$* (11)	23 9-10am Healthy Eating Every Day * (13) 11am-1pm Painted Pavers \$* 2-3pm Chair Yoga \$* (7) 	24 9am-12:30pm Seniors Day at the Fair 1-3pm Happy Timers * 1:30-2:30pm Tai Chi for Arthritis and Fall Prevention* (6) 3-4pm Senior Fit \$* (8) 6-7pm Tai Chi \$* (12)	25 10-11am Healthy Eating Every Day * (6) 2-3pm Chair Yoga \$* (8)
28 9-10am Womens Pelvic Health-Coffee & Conversation * 12-1pm Bingocize  1-2:30pm Tasted it in a Book	29 10-11am Healthy Eating Every Day * (7) 12-1:30pm Cholesterol Control Lunch & Learn \$* 1:30-2:30pm Tai Chi for Arthritis and Fall Prevention* (7) 3-4pm Senior Fit \$* (9) 5:30-7pm Kinusaiga Class 1 \$*	30 9-10am Healthy Eating Every Day * (14) 2-3pm Chair Yoga \$* (9)	Scholarships Available – <i>please see a staff member</i> * - Registration is required \$ - Class has a cost To register for classes, call 336-242-2290 or email dcsslex@dauidsoncountync.gov	

THOMASVILLE ACTIVITY CALENDAR

Davidson County Senior Services

07

SEPTEMBER



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

Ongoing Activities

Daily:	8:30 a.m. - 4:30 p.m. Hall Walking & Walking Trail Computer Lab Fitness Room Puzzle, Games & Coloring Table Tennis		Outdoor Cornhole *By Appointment* Fitness Room Orientation	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9 - 11 a.m. Chair Volleyball	9 - 11 a.m. Crafters Club	9-11 a.m. Tech Assistance *By Appointment

Special Activities

	1. 9 a.m. - 12 p.m. Health Fair	2.	3. 10:30-11:30 a.m. Blood Pressure Checks	4.
7. Offices Closed 	8. 2 - 3 p.m. Bingo	9. 2:30 - 3:30 p.m. Smartphone Photography 	10.	11. 10 - 11 a.m. Preparing for Emergencies
14. 11 a.m. - 1 p.m. Fall Brick Painting (\$8) 	15.	16.	17.	18.
21.	22. 11 a.m. - 12:30 p.m. Pressure Cooker Tips & Tricks (\$7) 	23.	24. 9 a.m. Senior's Day at the Fair 	25.
28. 9 a.m. - 12 p.m. Flu Shot Clinic	29.	30. 1 - 3 p.m. Summer Social & Games (\$7) 	Virtual or Hybrid Option Registration Required Program Fee	



SOUTHMONT ACTIVITY CALENDAR

Davidson County Senior Services

Davidson County
Senior Services,
Southmont

September

Southmont Civic Center
13424 Linwood Southmont Rd.
Lexington

Tuesday

Wednesday

Thursday

1 12pm Books and Banter Book Club 12pm Diamond Art / Needlework 1:30pm Drums Alive \$* (WK 7 of 12) 2:45pm Chair Yoga \$* (WK 7 of 12)	2 12pm Crochet 101 1:30pm DIY Highland Cow Magnets \$*	3 12pm Bingo (Please bring 2 small prizes) 1pm Chair Volleyball
8 12pm Scrabble Hour 1:30pm Drums Alive \$* (WK 8 of 12) 2:45pm Chair Yoga \$* (WK 8 of 12)	9 12-2pm Tech Time Assistance	10 12pm Bingo (Please bring 2 small prizes) 1pm Chair Volleyball
15 12pm Diamond Art / Needlework 1:30pm Drums Alive \$* (WK 9 of 12) 2:45pm Chair Yoga \$* (WK 9 of 12)	16 12pm Crochet 101 1:30pm Open Crafter's Table	17 12pm Bingo (Please bring 2 small prizes) 1pm Chair Volleyball
22 12pm Stenciled Greeting Cards* 1:30pm Drums Alive \$* (WK 10 of 12) 2:45pm Chair Yoga \$* (WK 10 of 12)	23 12pm Stenciled Canvas Bag \$*	24 SENIORS' DAY AT COUNTY FAIR GATES OPEN AT 9AM CENTER CLOSED NO AFTERNOON PROGRAMS
29 1-3pm Flu Shot Clinic 1:30pm Drums Alive \$* (WK 11 of 12) 2:45pm Chair Yoga \$* (WK 11 of 12) **NEW SESSION BEGINS October 13**	30 11am Back to School Bash *\$ **SPECIAL TIME 11am**	* - Registration is required \$ - Class has a cost To register, call 336.242.2290, email dcsslex@davidsoncountync.gov or visit the Southmont Civic Center.

Stay Steady: Fall Prevention for Seniors

Falls are one of the leading causes of injury among older adults, but the good news is that many falls can be prevented. Taking a few simple steps each day can help you stay safe, independent, and confident.

Regular physical activity is one of the best ways to reduce your risk of falling. Exercises that improve strength, balance, and flexibility—such as walking, chair exercises, Tai Chi, or Bingocize—can help keep you steady on your feet.

Make your home safer by removing tripping hazards like loose rugs and clutter, keeping walkways well-lit, and installing grab bars in the bathroom if needed. Wear supportive, non-slip shoes instead of slippers or socks on smooth floors.

It's also important to have your vision and hearing checked regularly and to review your medications with your healthcare provider, as some medicines can cause dizziness or affect balance.

Remember, preventing falls isn't about limiting your activities, it's about staying active safely. Small changes today can help you maintain your independence and continue doing the things you enjoy for years to come.

Fall Prevention Tip: Challenge yourself to practice balancing on one foot (while holding onto a sturdy chair or countertop) for 10–15 seconds each day. Every little bit helps improve your stability!



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Every September, communities across the United States observe Suicide Prevention Awareness Month—a dedicated time to raise awareness, reduce stigma, and promote resources that can save lives.

According to the National Institute of Mental Health, Suicide is the 11th leading cause of death in the U.S., affecting individuals of all ages, backgrounds, and communities.

The National Council on Aging, has shared that suicide rates in older adults are on the rise and account for a disproportionate amount of these tragic deaths.

Now is the time to shine a light on hope, healing and the power of connection. Let us all remember that every conversation matters, every act of kindness counts, and every life is worth saving!

If you or someone you know is struggling, please reach out for help. A new beginning is just a tap away by dialing or texting 988 for assistance. You can also use chat services at 988lifeline.org to connect to a trained crisis counselor.

Sources:

National Institute of Mental Health (n.d.). Suicide. [www.nimh.nih.gov](https://www.nimh.nih.gov/health/statistics/suicide). Retrieved August 12, 2025, from <https://www.nimh.nih.gov/health/statistics/suicide>
National Council on Aging (2025, December 12). Suicide and Older Adults: What You Should Know. [www.Ncoa.org](https://www.ncoa.org/article/suicide-and-older-adults-what-you-should-know/). Retrieved August 12, 2025, from <https://www.ncoa.org/article/suicide-and-older-adults-what-you-should-know/>

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- Wanting to die
- Great guilt or shame
- Being a burden to others

FEELING:



- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will
- Taking dangerous risks, such as driving extremely fast
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often



National Institute
of Mental Health

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WHAT'S HAPPENING IN SOUTHMONT

Davidson County Senior Services

11

DAVIDSON COUNTY SENIOR SERVICES SOUTHMONT

ONGOING ACTIVITIES

Open to
age 55+

**1ST TUESDAY
OF THE MONTH**

BOOKS & BANTER BOOK CLUB
12 P.M.

**1ST, 3RD & 5TH
TUESDAY OF THE
MONTH**

DIAMOND ART & NEEDLEWORK
12 P.M.

**1ST & 3RD
WEDNESDAY OF
THE MONTH**

CROCHET 101
12 P.M.



336.242.2290

THURSDAYS

BINGO 12 P.M. **Bring 2 small prizes*

THURSDAYS

CHAIR VOLLEYBALL 1 P.M.

SOUTHMONT CIVIC CENTER - 13424 LINWOOD SOUTHMONT RD, LEXINGTON

Back to School Bash

WEDNESDAY, SEPT 30

11 A.M.



**Includes hot dog
lunch & games!*

REGISTER BY SEPTEMBER 23

**Have tech questions? Join us
for one-on-one tech
assistance from 12-2pm
September 9. No appointment
needed!**



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Davidson County Senior Services, Lexington, NC

14-1787

Nancy Earnhardt joined Senior Services in March 2020 and serves as a Resource & Benefits Specialist, connecting older adults and their families with Meals on Wheels, In-Home Services, senior housing, food and financial assistance, caregiver support and other community resources. "It all boils down to the people," Nancy says. "I enjoy being able to help people and feel like I get to do that multiple times a day."

One memorable experience involved a homebound gentleman whose electricity was disconnected during a summer heat wave. With no power or phone service, he asked his Meals on Wheels volunteer to contact Nancy. She coordinated with the Sheriff's Office and utility company to have his power restored before the weekend; one example of how a little extra help can make a big difference.

Nancy earned a bachelor's degree in Sociology from Appalachian State University and a Bachelor of Social Work from UNC Greensboro. Before joining Senior Services, she worked in child welfare and as a school social worker. Outside of work, she enjoys traveling, yard work, High Rock Lake, her pets and time with family. She and her college sweetheart, Jerry, have been married for 40 years and consider their nieces, nephew and great-nephew "our kids." An animal lover, Nancy also has a soft spot for taking in stray dogs and cats, with her husband's approval!

Nancy believes older adults are often overlooked and underappreciated despite the wisdom, humor and experience they have to share. To her, making a difference can be as simple as listening so someone feels heard or connecting them with a resource that gives them hope. "I want each person I talk with to know they are important and special and not forgotten."

Senior Services is proud to recognize Nancy as the September Difference Maker of the Month!



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STEWART AND STACEY MATTHEWS
LINDA ENGSTORM
ANNETTE GUY
RICH FORK BAPTIST
DAVID SNAPP- EDWARD JONES
DAVIS HEATING AND AIR
NANCE ELECTRICAL
PINNACLE BANK
EMMANUEL WESLEYAN CHURCH
NUCOR OF LEXINGTON
HALLMARK HOMECARE