

DAVIDSON COUNTY SENIOR SERVICES PRIME TIMES

Proudly serving the citizens of Davidson County since 1975

OCTOBER 2026

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f /DCseniorservices
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COMMUNITY RESOURCE FAIR

FOR SENIOR ADULTS 55+

WEDNESDAY, OCTOBER 21
10 A.M. - 12 P.M.

Davidson Co Senior Services, Lexington
555-B West Center Street Ext.

Discover valuable resources for
seniors and their families.
Multiple agencies will be on site.

DOOR PRIZES!!!



For more information, call 336.242.2290
or email dcsslex@davidsoncountync.gov

Davidson County Senior Services to Host Annual Yard Sale

Davidson County Senior Services invites you for a day of shopping, treasures and community fun at its annual Yard Sale on Saturday, October 3, from 7 a.m. to 12 p.m. The event will be held at 555 W. Center St. Ext. in Lexington.

Shoppers are invited to stop by and browse a variety of items offered by participating vendors. Individuals interested in selling their own treasures can reserve a vendor spot for \$15 or two spots for \$25. Proceeds from vendor spot rentals benefit Davidson County Senior Services.

Interested vendors should contact Anna Kelly at 336.242.2949 or email anna.kelly@davidsoncountync.gov to purchase a spot.

Whether you're looking for a great bargain, hoping to clear out some gently used items, or simply want to support Davidson County's senior community, the Senior Services' Yard Sale is a great opportunity to get involved.

Rain date: Saturday, October 10.

Come shop, sell and support Davidson County Senior Services!



BBQ Festival PARKING FUNDRAISER



OCTOBER 24TH
7:45AM - 3:45PM



LOCATED AT THE
DAVIDSON COUNTY
GOVERNMENTAL BUILDING
PARKING DECK



Park here.
**SUPPORT
SENIORS!**



All proceeds go to the
LEXINGTON SENIOR CENTER PORTICO PROJECT!

Thank you FOR INVESTING IN OUR SENIORS! ❤️



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-Baked Ham, Broccoli w/Cheese Sauce,
Mashed Potatoes, Orange, Cornbread,
Pudding, Milk**
**2-Chili Con Carne, Rice, Coleslaw, Cornbread,
Fruit Cocktail, Milk**

**5-Lemon Pepper Chicken, Rice, Stewed
Tomatoes, Dinner Roll, Fresh Orange, Milk**
**6-Beef Tacos, Black Beans, Lettuce & Tomato,
Fruit Cocktail, Soft Tortilla Shells, Milk**
**7-Smoked Sausage w/Cabbage, Crowder Peas,
Dinner Roll, Peaches, Milk**
**8-Biscuit & Gravy, Scrambled Eggs, Fresh
Tomato Slices, Baked Apples, Milk**
**9-Chicken Alfredo w/Noodles, Green Beans,
Tossed Salad, Wheat Roll, Pears, Milk**

**12-Low Sodium Teriyaki Chicken, Rice, Broccoli
& Cheese, Dinner Roll, Tropical Fruit, Milk**
**13-Fried Fish Filet w/Tartar Sauce, Okra &
Tomatoes, Coleslaw, Bun, Fruit Cocktail, Milk**
**14-1/2 Pimento Cheese Sandwich on Wheat
Bread, Vegetable Beef Soup w/Crackers, Fresh
Orange
Pudding, Milk**
**15-Spaghetti w/Meat Sauce, Green Beans,
Tossed Salad, Ranch Dressing, Garlic Bread,
Pears, Milk**
**16-Pinto Beans, Turnip Greens, Macaroni &
Cheese, Cornbread, Orange Juice, Milk**

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

**19-Chicken Pie, Blackeye Peas, Peaches,
Dinner Roll, Assorted Cookie, Milk**
**20-Meatloaf, Diced Potatoes, Broccoli,
Wheat Roll, Orange Juice, Pudding, Milk**
**21-Chicken Parmesan, Tossed Salad, Fruit
Cocktail, Dinner Roll, Assorted Cookie,
Milk**
**22-Hamburger Steak w/Gravy, Mashed
Potatoes, Broccoli Casserole, Applesauce,
Roll, Milk**
**23-BBQ Boneless Pork Rib, Lima Beans,
Mashed Potatoes, Dinner Roll, Fruit
Cocktail, Milk**

**26-Sliced Turkey w/Gravy, Cornbread
Stuffing, Green Beans, Peaches w/Cottage
Cheese, Roll, Milk**
**27-Sloppy Joe, Home Fries, Coleslaw, Bun,
Applesauce, Milk**
**28-Hot Dog w/Chili, BBQ Slaw, Lima
Beans, Fresh Apple Slices, Bun, Assorted
Cookie, Milk**
**29-Pancakes w/Syrup, Scrambled Eggs,
Sausage Links, Home Fries, Orange Juice,
Milk**
**30-Pepper Steak, Mashed Potatoes,
Cucumber Salad, Dinner Roll, Pineapple,
Milk**

Davidson County Meals on Wheels For Pets keeps seniors and their beloved four-legged companions together. Launched in 2016 through a grant from Mealson Wheels America, this vital program helps Davidson County Senior Services clients who face financial or physical barriers to buying pet food.

The bond between a senior and their pet is powerful. In fact, research highlights incredible health benefits for older adults with pets:

- **36%** less likely to experience loneliness
- **21%** fewer annual doctor visits



Who is Eligible?

To receive pet food assistance, households must meet the following guidelines:

- **Client Status:** You must be a current Davidson County Meals on Wheels client.
- **Pet Ownership:** Eligible pets must belong directly to the client (pets owned by other residents in the household do not qualify).
- **Pet Types:** Services are provided for dogs and cats only.
- **Household Limit:** Assistance is limited to a maximum of two pets per household.

If you qualify and need pet food assistance, we are here to help. Please reach out to our Nutrition Program Manager, Ron Bellini, at 336.474.2774 to sign up.

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Hospice of Davidson County is now Alderwood of Davidson County.

EXPANDING TO MEET THE NEEDS OF OUR COMMUNITY.

Since 1985, we have been dedicated to providing trusted care that enhances life's most meaningful moments for those encountering serious illness.

While our name has evolved to reflect our growing mission, the commitment to provide exceptional, deeply present care that meets you where you are stays the same.

We aren't just changing our name — we are expanding our promise to be with you for life.

Alderwood

OF DAVIDSON COUNTY

With You For Life

Contact our team to learn how our expanded services can support families.

Call: 336.475.5444

Visit: AlderwoodHealth.org

Advertise in Our Newsletter!

Contact Scott Messner

smessner@4LPi.com
(800) 950-9952 x6307

October is Family History Month—a time to explore our roots, honor those who came before us, and preserve family stories for future generations.

Davidson County has many resources to help you get started:

- The Genealogy & History Room is located at the Library Annex Building, 612 S. Main St., behind Lexington Public Library.
- The Thomasville Public Library, 14 Randolph St., offers a growing Local History Room.
- Historical Museum, 2 S. Main St., Lexington, is another excellent resource for learning about Davidson County's past.



You can also access digital resources through Davidson County Public Library, the State Library of North Carolina, and NC LIVE, including Ancestry.com, African American Heritage, NewsBank, HeritageQuest, Sanborn Maps, and NC Historical Newspapers. A library card and PIN may be required, and some services may include fees.

Learning your family history can bring relatives closer, strengthen emotional well-being, increase compassion, deepen our understanding of traditions and cultures, and preserve important information for future generations.

This October, start a conversation, search an old record, or ask a family member to share a story. You never know what treasures from the past you may uncover—and what you can preserve for those who come after you.

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!

Call 336-249-2155 to schedule a tour!

www.lifecenterdavidson.com



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Exercise isn't just about losing weight or building muscle. Regular physical activity is one of the best things you can do for your overall health especially as you get older.

 **Stronger Body:** Exercise helps maintain muscle strength, bone health, balance, and flexibility. Stronger muscles can make everyday activities like climbing stairs, carrying groceries, and getting out of a chair easier.

 **Healthier Heart:** Regular activity helps your heart work more efficiently and can help manage blood pressure, cholesterol, and blood sugar. It may also lower your risk of heart disease and stroke.

 **Better Brain Health:** Physical activity increases blood flow to the brain and may help support memory, thinking, and mood. Exercise can also help reduce stress and feelings of anxiety.

 **Helps Maintain a Healthy Weight:** Movement helps your body burn calories and maintain muscle. Even moderate activities such as walking, gardening, dancing, or water exercise can make a difference.

 **Better Sleep & More Energy:** It may seem that exercise would make you tired, but regular activity can actually help you feel more energetic during the day and sleep better at night.

 **Every Bit Counts!** You don't have to spend hours at the gym. Start where you are and do what you can. A 10-minute walk, chair exercises, stretching, or a few minutes of strength training all count.

The goal isn't to be perfect—the goal is to keep moving!

Remember: Movement is medicine. The best exercise is the one you enjoy and can do safely and consistently.

Centers for Disease Control and Prevention (CDC). Physical Activity Benefits for Adults 65 or Older.

National Institute on Aging (NIA), National Institutes of Health. Health Benefits of Exercise and Physical Activity.

Senior Needs Planning

Guidance & Solutions for

Retirement – Medicare – Long Term Care – Estate Planning

Call **Billy Key** to set up a free consultation

336-596-0166

billykey@keywellfinancial.com



Keywell Financial Group LLC
PO Box 1176
Linwood, NC 27299
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Davidson County
Senior Services,
Lexington

555-B West Center Street Ext.

OCTOBER



**Scholarships Available – please
see a staff member**

* - Registration is required
\$ - Class has a cost

Bring items for Operation Christmas Child from
October 1 - 23



YARD SALE

Saturday, October 3!

5
12-1pm Walk with
Ease * (1)
2-4pm Cooking with
Dates \$*



6
10-11am Healthy Eating Every
Day * (9)
1:30-2:30pm Tai Chi for
Arthritis and Fall
Prevention* (9)
3-4pm Senior Fit \$* (11)
5:30-7pm Barn Quilts \$* (1)
6-7pm Yoga \$* (1)

7
12-2pm Ghostly
Crafts \$*
2-3pm Chair Yoga \$* (11)

8
8:30-9:30am Better Balance \$* (8)
9-10:30am 3D Printing at a
Glance *
10-11am Cardio Drumming \$* (8)
12-1pm Walk with Ease * (2)
1:30-2:30pm Tai Chi for Arthritis
and Fall Prevention* (10)
3-4pm Senior Fit \$* (12)
5:30-7pm Barn Quilts \$* (2)

9
10-11am Healthy Eating
Every Day * (10)
2-3pm Chair Yoga \$* (12)

12
10-11am Emotional
Wellness
12-1pm Walk with
Ease * (3)
2-4pm Cookie Bars \$*

13
10-11am Healthy Eating Every
Day * (11)
1:30-2:30pm Tai Chi for
Arthritis and Fall
Prevention* (11)
2-4pm Tech Time
6-7pm Yoga \$* (2)

14
11:30am-1pm Caregiver
Academy
Atrium Health Lexington
Medical Center
2-4pm Junk Journals \$*

15
10-11am Breath Better *
12-1pm Walk with
Ease * (4)
1:30-2:30pm Tai Chi for
Arthritis and Fall
Prevention* (12)
6-7pm Yoga \$* (3)

16
10-11am Healthy Eating
Every Day * (12)



19
10-11am Healthy Aging:
Myths vs Facts
12-1pm Walk with
Ease * (5)
2-4pm Rope Baskets \$*

20
10-11am Healthy Eating Every
Day * (13)
1:30-2:30pm Tai Chi for Arthritis
and Fall Prevention* (13)
2-3:30pm Technology for Aging in
Place *
5:30-7pm Soups & Sandwiches \$*
6-7pm Yoga \$* (4)

21
10am-12pm Community
Resource Fair
2-3:30pm Tech for
Everyday Life * (1)



22
12-1pm Walk with Ease * (6)
1-3pm Happy Timers *
1:30-2:30pm Tai Chi for
Arthritis and Fall
Prevention* (14)
2-3:30pm Tech for Everyday
Life * (2)
6-7pm Yoga \$* (5)

23
10-11am Healthy Eating
Every Day * (14)

26
11am-1pm Operation
Christmas Child Shoebox
Packing
12-1pm Walk with
Ease * (7)
1-2:30pm Tasted it in a
Book

27
8:30am-4:30pm Painted Pumpkin
Drop Off
8:30-9:30am Better Balance \$* (1)
10-11am Cardio Drumming \$* (1)
10am Medicare Presentation
1:30-2:30pm Tai Chi for Arthritis
and Fall Prevention* (15)
6-7pm Yoga \$* (6)



28
9-11am Painted Pumpkin
Social & Judging
10:30-11:30am Stretch &
Shine \$* (1)
2-3pm Chair Yoga \$* (1)
2-3:30pm Tech for
Everyday Life * (3)

29
8:30-9:30am Better
Balance \$* (2)
10-11am Cardio Drumming \$* (2)
12-1pm Walk with Ease * (8)
1:30-2:30pm Tai Chi for Arthritis
and Fall Prevention* (16)
2-3:30pm Tech for Everyday
Life * (4)
6-7pm Yoga \$* (7)

30
2-3pm Chair Yoga \$* (2)



THOMASVILLE ACTIVITY CALENDAR

Davidson County Senior Services

07

October



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

WALKTOBER



Virtual or Hybrid Option 
Registration Required 
Program Fee 

1. 10:30-11:30 a.m. Blood Pressure Checks	2. 11 a.m. - 1 p.m. Pasta Party Cooking Class (\$10) 
5. 10 a.m. Walking Club	6. 11:30 a.m. - 1 p.m. Chili Cookoff (\$7) 
7. 9:30 -10:30 a.m. Bingocize 	8. 9 - 10:30 a.m. Fall Plaster Canvas (\$8) 
9. 9:30 -10:30 a.m. Bingocize 	
12. 10 a.m. Walking Club	13. 2 - 3 p.m. Bingo
	14. 9:30 -10:30 a.m. Bingocize  2 - 3:30 p.m. Disc Golf Clinic 
15.	16. 9:30 -10:30 a.m. Bingocize 
19. 10 a.m. Walking Club	20. 10 - 11 a.m. Medicare Presentation Cafe
	21. 9:30 -10:30 a.m. Bingocize 
	22.
23. 9:30 -10:30 a.m. Bingocize 	
26. 10 a.m. Walking Club	27. 12 - 3 p.m. Pirate Murder Mystery (\$12) 
	28. 9:30 -10:30 a.m. Bingocize  12 - 3 p.m. Pirate Murder Mystery (\$12) 
29. 12 - 3 p.m. Pirate Murder Mystery (\$12) 	30. 9:30 -10:30 a.m. Bingocize 
	

Davidson County
Senior Services,
Southmont

October

Southmont Civic Center
13424 Linwood Southmont Rd.
Lexington

Tuesday

Wednesday

Thursday

* - Registration is required \$ - Class has a cost To register, call 336.242.2290, email dcsslex@davidsoncountync.gov or visit the Southmont Civic Center.		1 12pm Bingo (Please bring 2 small prizes) 1pm Chair Volleyball
6 12pm Books and Banter Book Club 1:30pm Drums Alive \$* (WK 12 of 12) *NEW SESSION BEGINS 10/13 2:45pm Chair Yoga \$* (WK 12 of 12) *NEW SESSION BEGINS 10/13	7 12pm Crochet 101	8 12pm Bingo (Please bring 2 small prizes) 1pm Chair Volleyball
13 12pm Yarn Pumpkins * 1:30pm Drums Alive \$* (WK 1 of 12) 2:45pm Chair Yoga \$* (WK 1 of 12)	14 12pm Fall Busted Canvas Class \$*	15 12pm Bingo (Please bring 2 small prizes) 1pm Chair Volleyball
20 12pm Open Crafter's Table 1:30pm Drums Alive \$* (WK 2 of 12) 2:45pm Chair Yoga \$* (WK 2 of 12)	21 12pm Needle Felting - 2-D Picture Technique - GNOME \$*	22 12pm Bingo (Please bring 2 small prizes) 1pm Chair Volleyball
27 12pm Make & Take Paper Tea Cup * 1:30pm Drums Alive \$* (WK 3 of 12) 2:45pm Chair Yoga \$* (WK 3 of 12)	28 12pm Fall Cinnamon Spice Candle \$*	29 BOO BASH 3:00 - 6:00PM \$* SPECIAL TIME - TICKET & REGISTRATION REQUIRED

Davidson Medical Ministries is proud to house the Davidson County SHIP (Seniors' Health Insurance Information Program). NC SHIP is a state agency within the NC Department of Insurance that provides neutral, objective and unbiased counseling and assistance – related to Medicare – at no cost to the client.

The Medicare Open Enrollment Period is October 15–December 7 each year. This is the time to review and compare Medicare Prescription Drug Plans for the upcoming year. Medicare Advantage Plans (Part C) and Medicare Prescription Drug Plans (Part D) change every year, so it is important to compare your options each year during the Medicare OEP!

SHIP offers:

- Free Counseling: No-cost guidance on Medicare Parts A, B, C (Medicare Advantage), and D (Prescription Drug).
- No Sales: SHIP certified counselors are not insurance agents, and they do not sell or endorse specific plans or products.
- Additional Help: Assistance with Medicare supplements, long-term care insurance, and identifying Medicare fraud or billing errors.

To make an appointment with a certified SHIP Counselor, call Davidson County SHIP Coordinator Michelle Wood at 336.242.3232.



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10 FLU SEASON TIPS

Davidson County Senior Services

Flu season is just around the corner! Adults age 65 and older are at a higher risk for serious complications from the flu, so taking a few simple precautions can help you stay healthy.

Get Your Flu Shot

Getting vaccinated each year is one of the best ways to protect yourself from the flu. Talk with your doctor or pharmacist about the flu vaccine that is right for you.

Wash Your Hands

Wash your hands often with soap and water for at least 20 seconds, especially after being in public places. Use hand sanitizer when soap and water aren't available.

Take Care of Yourself

Get plenty of rest, eat nutritious foods, drink enough water, and stay active. Continue taking medications as prescribed and keep up with regular medical appointments. Try to avoid close contact with people who are sick. If you aren't feeling well, stay home when possible to prevent spreading illness to others.

Know When to Call Your Doctor

If you develop flu symptoms such as coughing, sore throat, body aches, chills, or unusual tiredness, contact your healthcare provider. Older adults may not always have a fever with the flu, and treatment works best when started early.

Did You Know?

Adults age 65 and older account for a large majority of flu-related hospitalizations and deaths each year. Taking preventative steps can help reduce your risk of serious illness.

Stay healthy, stay protected, and take care of yourself this flu season!



Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952





TICKETS ARE JUST \$10!!

Includes a GOULASHLY great meal!

Boo Bash

COSTUME CONTEST - MUSIC - BINGO - FOOD

OCT 29

SOUTHMONT CIVIC CENTER
13424 LINWOOD SOUTHMONT RD

3-6PM OPEN TO DAVIDSON COUNTY RESIDENTS AGE 55 & OLDER

Tickets must be purchased in advance by October 21.

Davidson County Senior Services, Southmont



PUMPKIN PAINTING CONTEST

DROP OFF:
TUESDAY,
OCTOBER 27
8:30 A.M. - 4:30 P.M.

SOCIAL & JUDGING:
WEDNESDAY,
OCTOBER 28
9 - 11 A.M.

555-B West Center Street Ext.

Davidson County Senior Services, Lexington

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DIFFERENCE MAKER OF THE MONTH

Davidson County Senior Services

For nearly six years, our Volunteer Services Coordinator, **Chris Bitterman**, has helped build and support an incredible team of 468 volunteers at Davidson County Senior Services. He recruits, trains, and schedules volunteers serving Meals on Wheels, our five Senior Cafés, Senior Games, special events, Senior Chorus, office support, classes, committees, and more. Just as importantly, he works to build relationships with volunteers, so they feel valued and connected to the difference they make.



One of his favorite parts of the job is hearing stories about how volunteers touch and sometimes save lives. Since joining Senior Services, he has recorded 78 stories of impact, ranging from simple acts of kindness to life-saving moments. One happened when Meals on Wheels volunteer Dee arrived at a client's home and heard her calling for help. First responders discovered the woman had fallen and had been on the floor for approximately 40 hours. After rehabilitation, she was able to return home because a faithful volunteer showed up with a meal in her hands and love in her heart.

Before joining Senior Services, he grew up working in his family's business, attended college and graduate school, and spent more than 20 years serving on staff at three different churches. He and his family have four adult children and five grandchildren. Outside of work, he enjoys building things and working outdoors.

His passion for serving older adults is grounded in his faith and a simple belief: we are here to help one another. "No one should be forgotten or neglected, and we have the joy of engaging and caring for some of those who are at risk every day." To him, making a difference means helping people through difficult situations and doing what we can to make their lives more pleasant.

Through the hundreds of volunteers he supports and encourages, his own impact is multiplied throughout Davidson County every day. That commitment to helping others and inspiring others to serve is what makes him our Difference Maker of the Month.

Thank you!
to our sponsors



MEDICARE



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