

THE NASH NEWS

A Message from the Supervisor:

Hi Senior Center Family! We are truly missing the sounds of laughter and fellowship that echo's the halls of our senior center. We hope each of you are staying healthy and safe during COVID-19. We understand that this has been a new and confusing time for all. The big question is when will our doors reopen?

Unfortunately, we will remain closed for the month of May as your safety and health are our first priority.

Although our doors are closed, please know that you can still call us if you need information, assistance or just to hear a familiar voice. We will get through this together. We will see you soon.

~Morgan Doughtie
Senior Center Supervisor

**Nash County
Senior Center**
103 N. Alston Street
Nashville, NC 27856

Contact Us

Main..... 252-459-7681
Fax..... 252-459-7118

SPRING
showers
BRING MAY
FLOWERS

ANNOUNCEMENTS

Census 2020

Make sure Nash County Counts in the 2020 Census. Over the next decade, lawmakers, business owners, and many others will use 2020 Census data to make critical decisions. The results will show where communities need new schools, new clinics, new roads, and more services for families, older adults, and children.

The results will also inform how hundreds of billions of dollars in federal funding are allocated to more than 100 programs, including Medicaid, Head Start, block grants for community mental health services, and the Supplemental Nutrition Assistance Program, also known as SNAP.

In other words, participating in the 2020 Census is a BIG deal! It takes ten minutes or less. Each household must be counted and doing it online or over the phone will prevent a census taker from visiting your home. Get counted today by visiting 2020census.gov or call Ashley Winstead at 252-459-1365 for assistance completing your Census information over the phone.



Facebook

Are you following along with us on Facebook? If not, be sure to “like” us on Facebook to stay up-to-date with all we are doing at The NASH while our doors are closed. Activities and programs are constantly being uploaded to our page to keep you active and engaged. We hope that you will visit our page and participate. You can find us at “www.facebook.com/nashseniorcenter” or type “The NASH & Southern Nash Senior Center in your Facebook search bar!

Billy Graham Library Trip

It is an honor and privilege that you entrust your travel plans with Nash County Senior Services. Unfortunately, due to the ever changing situation that we are currently faced with regarding COVID-19, we have cancelled the Billy Graham Library trip. We will be processing full refunds for this trip as soon as possible. Please remember to be patient with us as both The NASH & Southern Nash Senior Centers are closed.

If you have any questions, please feel free to contact Morgan Doughtie at (252) 462-2730.

Administrative Professionals Day

Each year, on April 22nd, business around the world celebrate Administrative Professionals Day. These special workers deserve more than a day of celebration for all they do. We could not do our daily operations without the hard work of our ladies who go above and beyond each day at the senior center to keep us afloat.

To Dollie, Frances, Marian, Delois and Sherry - THANK YOU! We appreciate each of you. Your hard work does not go unnoticed. We have the BEST of the BEST staff with Nash County Senior Services!

MESSAGES FROM STAFF

Please know that each of you are missed. From the sounds of talking and laughter in the lobby, to breaking of the cue ball, to the sounds of the machines working hard in the fitness room, the sudden shouts that come from the card room, and the interesting and sometimes comical conversations happening in the computer lab, we really do miss you all. Each of you is who the center is and is all about. Even though we are still hard at work, our days are empty without you here. Can't wait to spend some time catching up with you and see those smiles you guys wear every day. Hang in there, see you soon!

-Wendy Perry

We miss all of our Senior Family! I miss being greeted in the parking lot when I arrive at work. I miss the conversations in the front lobby with all of our wonderful participants. I do not like looking at all of the empty chairs! I miss seeing all of our seniors at their favorite spot whether in the large room for programs, at the pool tables, the fitness room, the card room, the computer lab, or the activity room outside my office. I look forward to the day when we open our doors and say: "WELCOME BACK, SO GLAD YOU ARE HERE!" Please stay safe until we meet again.

-Sherry Leonard

Just wanted to say we miss you all, the building is too quiet. I miss my workout buddies and the everyday laughs. We can't wait for everyone to return. Also, wanted to add a special Happy 93rd Birthday to Roy Taylor on May 15th!

-Ashley Winstead

Words cannot express how much I miss everyone. It has not been the same without you. I miss your smiles, your laughter, your hugs, but most of all your love. When you walk into the building, you all just brighten up this building. I cannot wait until we open the doors and see everyone again. I am counting the days. I miss you all dearly and love you all.

-Sandy Richardson

Our senior centers just aren't the same without seniors here to fill them with conversation and laughter. Over the past few weeks, it has become so apparent that you all are what makes coming to work so much fun and not just a "job", but something that brings joy and has purpose. I am so extremely thankful for the technology that allows us to keep in touch during these times, but I can't wait to be able to see you all in person and hear your voices throughout the Nash & Southern Nash Senior Centers. We all miss each of you so much! Stay healthy and remember... we're here for you!

-Allison Barrett

VIRTUAL PROGRAMS & ACTIVITIES

Monday Zoom

Zoom is an online video chat. Grab your phone, computer, or tablet and let's gather virtually! For assistance in setting up Zoom, be sure to call Morgan at 252-462-2730.

For computer users:

Simply type in <https://zoom.us/join> and enter in your meeting ID. The meeting will start as soon as you sign in.

For phone/tablet users:

Find the app store located on your phone or tablet and type in the search bar "Zoom Cloud Meetings". Download and open the app. Once downloaded, select "join a meeting" then type in the meeting ID.

Dates: May 4th and May 18th

Time: 10:30am

The NASH Meeting ID: 814-7622-4317

Monday Tele-Bingo



No computer? No problem! Let's play bingo over the phone. To participate, you will simply need a telephone to dial into the call to join other participants over the phone.

Each person received a bingo card in their newsletter. You will have to make your own way to cover your boards, but remember you only have one so we recommend not writing on them. The only prize that you will receive is the satisfaction of getting to gather with your senior center friends.

Dates: May 4th, May 11th, & May 18th

Time: 2:00pm

Phone Number: 919-375-6898

Tuesday Health & Wellness

Health and Wellness is much more than your physical health. It's a practical, holistic way of encouraging a lifestyle that not only enhances your body, but your mind and spirit. Join us on Facebook Live on Tuesdays as we will discuss different topics related to Health and Wellness. This is a great opportunity for you to keep active and engaged while at home!

Tuesday, May 5th at 10:00am

Topic: Smoothies

Tuesday, May 12th at 10:00am

Topic: Gardening Tips

Tuesday, May 19th at 10:00am

Topic: Benefits of Water & Fruit

Join US!

Wednesday Trivia

Let's virtually get together while also playing a round of trivia. Join us on Facebook Live for trivia and fellowship with your Senior Services Girls!

Wednesday: May 6th at 11:30am

Trivia Type: Name That Tune

Wednesday, May 13th at 11:30am

Trivia Type: Vintage Items

Wednesday, May 20th at 11:30am

Trivia Type: Local NC Trivia

Wednesday, May 27th at 11:30am

Trivia Type: Health and Wellness

VIRTUAL PROGRAMS & ACTIVITIES

Thursday Craft with Sandy

Join Sandy Richardson, Activities Specialist on Facebook Live as she teaches you simple do it yourself crafts that can be done at home. Be sure to post pictures of your finished products to our Facebook page so we can see what you created!

Thursday, May 7th at 10:00am

Craft: Canvas Cross

Thursday, May 14th at 10:00am

Craft: Windchime

Thursday, May 21st at 10:00am

Craft: Bow Making

Thursday, May 28th at 10:00am

Craft: Jewelry Making

Fitness Fridays

Join Allison Barrett, Senior Center Supervisor of the Southern Nash Senior Center, and Sandy Richardson, Activities Specialist of The NASH as they lead you in Fitness Fridays! Stay tuned to our Facebook page as a fitness video will be uploaded at 9am. Don't let our doors being closed and you being stuck at home become an excuse for you to not be active. Follow along with Allison and Sandy and lets be active even while at home!

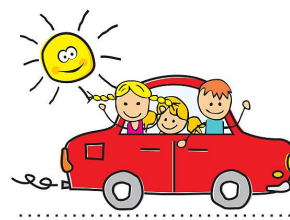
Dates & Time: May 8th, May 15th, May 22nd & May 29th at 9:00am

**FITNESS
FRIDAY**

Parade of Members

Wow, we miss you guys so much. We never knew that our doors being closed would affect us like it has. We miss the sounds coming from each room, the chatter amongst everyone and seeing your faces everyday. Each of you are the senior center and we are excited to host our first ever Parade of Members. Join us for a drive thru celebration and come mingle with us while we practice social distancing. All staff will be in the parking lot cheering you on as you ride through and briefly visit. We ask that everyone stays in their cars and to wear masks if available. We can't wait to see you all and hope you will join us!

Dates & Time: May 8th & May 22nd from 10:00am-12:00pm



Chat with Friends

We want you to have the chance to talk to your friends and us at the same time! Join us for an afternoon phone call as we check in with one another and spend time fellowshiping, even if it's on the phone! To participate, you will simply need a telephone to dial into the call to join. We are here for you. We know that sometimes all it takes is a familiar voice. Join us and lets chat!

Dates: May 8th, May 15th, May 29th

Time: 2:00pm

Phone Number: 919-375-6898

May Word Search

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

ARMY
 BRAVE
 CEREMONY
 CINCO DE MAYO
 FLOWERS
 GARDEN
 GRAVE
 HONOR
 KENTUCKY DERBY
 MEMORIAL DAY
 MILITARY
 MOTHERS DAY
 PARADE
 REMEMBER
 SOLDIER
 TROOPS

Recipe

Banana Pancakes

Items Needed:

- 1 Banana
- 2 eggs
- 1/4 tsp of Baking Soda
- Cinnamon (optional)
- Fruit topping (optional)



Instructions:

1. Mash the banana and then add the other ingredients.
2. Coat the pan with olive oil and pour a small amount to form your pancakes!
3. Top with your favorite fruit and melted peanut butter.
4. Makes about 5 pancakes. For more than 5, double the recipe!

May 2020

Mon	Tue	Wed	Thu	Fri
				1 9:00am Fitness
4 10:30am Zoom 2pm Bingo	5 10:00am Health & Wellness	6 11:30am Trivia	7 10:00am Craft	8 9:00am Fitness 10am-12pm: Parade of Members 2pm: Chat with Friends
11 2pm Bingo	12 10:00am Health & Wellness	13 11:30am Trivia	14 10:00am Craft	15 9:00am Fitness 2pm: Chat with Friends
18 10:30am Zoom 2pm Bingo	19 10:00am Health & Wellness	20 11:30am Trivia	21 10:00am Craft	22 9:00 Fitness 10am-12pm: Parade of Members
25 CLOSED: MEMORIAL DAY!!	26	27 11:30am Trivia	28 10:00am Craft	29 9:00am Fitness 2pm: Chat with Friends

103 North Alston Street,
Nashville, NC 27856
Phone: 252-459-7681
Fax: 252-459-7118

Accredited by 
National Institute of
Senior Centers



Presorted
Standard
U. S. Postage
Paid
Mailed From
Zip Code 27856
Permit No. 5

CORONAVIRUS MEDICARE SCAM ALERT:

North Carolina Insurance Commissioner and State Fire Marshal Mike Causey encourages Medicare beneficiaries and caregivers to be on the lookout for potential scams during this public health pandemic.

As a reminder:

- Protect your Medicare number and only provide it to your doctor and Medicare providers.
- Be cautious of anyone going door-to-door to offer free coronavirus testing, supplies, or treatments.
 - Don't fall for scare tactics or time sensitive offers.

Call the Seniors' Health Insurance Information Program (SHIIP) at 855-408-1212 to report scam related activities during this time.