

Nash County Senior Center

103 N. Alston Street ~ Nashville, NC 27856

Contact Us: 252-459-7681

THE NASH NEWS



Know Your W's!

Nash County continues to grow in numbers every day. Nash County Health Department continues to ask county citizens to practice preventative and safety measures that will help prevent the spread of the virus.

If you leave home, know your W's:

- Wear a cloth face covering if you are with others.
- Wait 6 feet apart. Avoid close contact.
- Wash your hands often with soap and water for at least 20 seconds.

Staff Directory

Nash County Senior Center

Morgan Doughtie

Senior Center Supervisor

Sandy Richardson

Activities Specialist

Ashley Winstead

Senior Services Supervisor

Wendy Perry

Senior Services Coordinator

Sherry Leonard

Accounting/Admin Specialist

Delois Burruss

Marian Jenkins

Dollie Parker

Reception/Support Staff

Southern Nash Senior Center

Allison Barrett

Senior Center Supervisor

Merredith Bulluck

Office Assistant III

ANNOUNCEMENTS

COVID-19 Update

As we enter into the ninth month of the COVID-19 pandemic, we also enter into the ninth month since our senior centers were last open. We miss our normal day to day operations and we miss seeing you all throughout the building. While our building has been closed to the public, we have noted several updates and renovations that need to take place while foot traffic is slow.

Due to these much needed renovations, there will be times that the senior center will be closed and inaccessible to not only the public but to our staff as well. For the month of November, the only programs that will continue in person at The NASH will be Tai-Chi & Zumba. Please note that bathrooms and the building may be inaccessible during the time of your program. No other in-person programming will happen at The NASH during the month of November.

Outdoor programming at the Southern Nash Senior Center will continue like normal and we encourage you to visit our friends out there. The Southern Nash Senior Center is located at 8180 Stoney Hill Church Road in Bailey. Facebook Live programs will also continue as normal. We thank all of our participants who have taken part in our programs and activities over the past months, and we encourage those who have not yet participated to give it a try and join us.

If you have any concerns, please don't hesitate to contact us.

Again, thank you so much for continuing to adapt to these ever changing times.

Home Delivered Meals

Due to the current pandemic, participation in delivering meals has declined. We are in need of volunteers. If you are without or may know of someone who is without chronic high-risk disease (lung disease, asthma, heart disease, compromised immune system, other underlying medical conditions that may be out of control such as: diabetes, renal failure or liver disease) and would be interested in volunteering for this much needed program, please contact: **Wendy Perry, Senior Services Coordinator at 252-459-1367** for more information.



STOCKINGS FOR SENIORS



The Nash County Senior Services is sponsoring its annual *Stockings for Seniors* program. The goal of this program is to provide Christmas stockings filled with various items to seniors in Nash County. We are in need of donations and help from the community in order to make this happen. Suggested items include: gift cards, travel size toiletry items, socks, snack items, hats, scarves, and any other small gift items. **Donations will be accepted in a box outside of The NASH from Nov. 2 through Nov 30.** Monetary donations will also be accepted and will go towards the purchase of stocking items.

If you would like to receive a stocking or for more information about this program, please call us at (252) 459-7681. **Applications will be accepted Nov. 2 through Nov. 30**

PROGRAMS

The Girls Talk Show



Join us for some chit chat and creative fun on Facebook Live. The Senior Services staff will be teaching you neat ways on how to decorate your Thanksgiving Table this year!

Date/Time: Mon, November 9th at 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Kitchen Gadget Class

Join us on Facebook Live to learn about some of the different kitchen gadgets that are out on the market. Regina Moseley from the N.C. Cooperative Extension will be discussing all things Air Fryers, Multi Cookers (Insta Pots), and Crock Pots.

Date: Thursday, November 19th at 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Coping Through the Holidays

Dawn Beddard, RN and Lisa Privette, RN with Amedysis will be joining us on Facebook Live to discuss the not so bright and cheery parts of the holiday season. Some of the highlights of their presentation will include the "Holiday Blues", identifying depression, and ways to cope with "Holiday Blues" during this season.

Date/Time: Tues, November 10th at 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Tai Chi



Tai Chi is an ancient, health enhancing exercise. This class will be in the parking lot. Please remember to socially distance and to bring your own water bottle. Cost is \$3.00 per class and is to be paid to the instructor. Please note no bathrooms may be available during this program.

Days: Tuesday & Thursdays at 9am

Location: The NASH Parking Lot

Instructor: Howard Tang

Thanksgiving Trivia



Join us on Facebook Live for a fun and competitive Thanksgiving themed game of trivia! To answer our trivia questions, you will need to comment your answer in the comment section of our Facebook Live. Get your brain juices flowing and get ready to play!

Date: Wednesday, November 18th at 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Zumba



Come and groove to a new beat and get ready to move your feet. This class will be in the parking lot. Please remember to socially distance and to bring your own water bottle. Cost is \$3.00 per class and is to be paid to the instructor. Please have exact change. Please note no bathrooms may be available during this program.

Days: Tuesdays at 10am

Location: The NASH Parking Lot

Instructor: Chrisie Tyson

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The Easiest Green Bean Casserole



Ingredients

- 2 (14.5oz) cans green beans, drained
- 1 (10.75oz) can condensed cream of mushroom soup
- 1 (6oz) can French fried onions
- 1 cup shredded cheddar cheese

Cooking Instructions

1. Preheat oven to 350 degrees F
2. Place green beans and soup in a large microwave-safe bowl. Mix well and heat in the microwave on HIGH until warm (3 to 5 minutes). Stir in 1/2 cup of cheese and heat mixture for another 2 to 3 minutes. Transfer green bean mixture to a casserole dish and sprinkle with french fried onions and remaining cheese.
3. Bake in a preheated 350 degree oven until the cheese melts and the onions begin to brown.