

OLDER
AMERICANS
MONTH



MAKE

YOUR

MARK MAY
2020

A VIRTUAL CELEBRATION



MAKE YOUR MARK PART II

SATURDAY, MAY 16- FRIDAY, MAY 29, 2020

DEKALB COUNTY HUMAN SERVICES & PUBLIC LIBRARY
VIRTUAL OLDER AMERICANS MONTH CELEBRATION

HOW TO ATTEND CLASSES

- 1. DOWNLOAD THE ZOOM APPLICATION**
by visiting <https://zoom.us/download>
- 2. JOIN A CLASS IN ONE OF TWO WAYS:**
 - On your computer or mobile device, click Join a Meeting. Then, enter the meeting ID number and your display name.
 - On your phone, dial the teleconferencing number provided. Then, enter the meeting ID number when prompted, using your dial-pad.

PLEASE NOTE:

- Each meeting has a unique 9, 10, or 11-digit number called a meeting ID that will be required to join a Zoom class.
- If you are joining via telephone, you will need the teleconferencing number provided. Please email us at lwsc@dekalbcountyga.gov if you need this number.

CLASSROOM RULES & ETIQUETTE:

- Whenever you're not talking, keep your microphone muted so as not to add back ground noise.
- Use reactions, including the raise hand, yes, no, go slower, and go faster buttons to engage with your class.
- When you need to ask a question live, use the raise hand option and/or send a chat message to request permission to speak.



Virtual WORKSHOPS & EVENTS

LUNCH & LEARN

ATLANTA LEGAL AID

Presented by Lou Walker Senior Center

TUESDAY, MAY 19, 2020 | 1:00PM- 2:30PM

Presentation on Will, Advance Directives, & Power of Attorney

Presenter: Jeremy Striegel, Staff Attorney

Platform: Zoom | <https://dekalbcountyga.zoom.us/j/96426908461>

Telephone: 8882709936 (US Toll Free) | Conference code: 919653

MEDICARE AND THE CORONA VIRUS

Presented by Central DeKalb Senior Center

WEDNESDAY, MAY 20 | 12PM

The World is experiencing a once in "100 year" virus pandemic. Medicare and Medicare plans have responded quickly to help you adjust, cope, and save money.

Presenter: Keith Nabb, Affordable Medicare Solutions

Platform: Zoom | <https://us02web.zoom.us/j/89016891131>

ISOLATION AND COVID-19

"HOW TO STAY WELL IN UNCHARTERED WATERS"

Presented by Central DeKalb Senior Center

TUESDAY MAY 26 | 12PM

Presenter: Jenny Barwick, LPC, CPCS

Platform: CDSC YouTube Channel

<https://www.youtube.com/watch?v=7wmnbuYNcs&feature=youtu.be>

COMMUNITY ENGAGEMENT

COMMUNITY CAREGIVER'S MEETING

Presented by Lou Walker Senior Center

WEDNESDAY, MAY 20, 2020 | 1:00PM-2:30PM

A Webinar to highlight the difference you can make living as an older adult. Free educational forum with clinicians that will share best practices for stress management, self-care, managing your household during the COVID-19 pandemic and the financial implications for caregiving and how to decrease your risk for dementia.

Presenter: Emory Goizueta Alzheimer's Disease Research Center

Platform: Zoom | **Platform ID:** https://us02web.zoom.us/webinar/register/WN_4XTb25RIQo-24JU0-zQQ8cg

Audio only: Dial 1-929-205-6099 | **Webinar ID:** 884 8051 9746

EDUCATION & EXPLORATION

THE SOLAR SYSTEM, SATURN AND ITS MOONS

Presented by Central DeKalb Senior Center

TUESDAY, MAY 19, 2020 | 12:00PM

Presenter: Bill Christian PhD

Platform: CDSC Youtube Channel

https://www.youtube.com/watch?v=YuK9_2a-jdE&feature=youtu.be

INTRODUCTION TO ESPIONAGE

Presented by Central DeKalb Senior Center

FRIDAY MAY 22 | 1:00PM

This course will take you beyond Bond...James Bond. We will explore the top intelligence agencies in the world, the instructor will make reading recommendations and award winning international television recommendations vetted by the CIA.

Presenter: Elizabeth Deschenes, MA, pending PhD.

Platform: CDSC Youtube Channel

<https://www.youtube.com/watch?v=jATbWmfP4AQ&feature=youtu.be>

THE ARMCHAIR TRAVELER: LEWIS & CLARK EXPEDITION

Presented by Central DeKalb Senior Center

THURSDAY MAY 28 | 12:00PM

This Armchair Travel will be on the Lewis and Clark expedition and how we can retrace their journey.

Presenter: George Brown, PhD

Platform: CDSC YouTube Channel

<https://www.youtube.com/watch?v=mmolOprlkV4&feature=youtu.be>

ARTS & CRAFTS

"NO SEW" FACE MASK

Presented by Lou Walker Senior Center

TUESDAY, MAY 19, 2020 | 2:30PM - 3:30PM

This no sew face mask is easy to make! The class is approximately 30 minutes. The class includes two demonstrations (1) Bandana face mask and (2) t-shirt face mask.

Materials Needed: bandana | long and regular rubber bands | black head ties [Goody's black hair ties] | One t-shirt, preferably small (plain color) | Pair of scissors

Presenter: Belinda Pedrosa

Platform: Zoom | <https://dekalbcountyga.zoom.us/j/97417206148>

Telephone: 8882709936 (US Toll Free) | Conference code: 486570

ENTERTAINMENT

ACTING UP

Presented by Lou Walker Senior Center - DRAMA CLUB

A presentation of comedy skits and monologues

MONDAY, MAY 18, 2020 | 1:00PM- 3:00PM

Presenter: Charleen Knox

Platform: Zoom | Platform ID: 913-2426-9239

COMEDY HOUR

THURSDAY, MAY 21, 2020 | 1:00 PM

Presented by Lou Walker Senior Center - Comedy Club

Presenter: Betty Martin

Platform: Zoom | <https://dekalbcountyga.zoom.us/j/96556488297>

Telephone: 8882709936 (US Toll Free) | Conference code: 919653

Read more. Think more. Play more. Make more.



DeKalb County Public Library

Older Americans Month Activities



MUSIC @ NOON WITH ANGELICA HAIRSTON

MONDAY, MAY 18 | NOON

Harpist, Angelica Hairston is known for her fiery performances. A sought after artist in the United States and abroad, Angelica is a native of Atlanta, GA. Angelica has performed concertos with the Atlanta Symphony Orchestra, Nashville Symphony Orchestra and Montgomery Symphony.

See you on Facebook Live @[dekalblibrary.org](https://www.facebook.com/dekalblibrary.org)
 For updates check [dekalblibrary.org/events](https://www.dekalblibrary.org/events) or Facebook:



INTERNATIONAL CAFE

Learning English or Spanish? Visit our virtual International Café class, meet new people, and practice your conversational English or Spanish skills. Meetings will be hosted in Zoom.

Saturday, May 16, 2020 | 10:00 – 11:30 a.m.
<https://us02web.zoom.us/j/89192241850>

Saturday, May 23, 2020 | 10:00 – 11:30 a.m.
<https://us02web.zoom.us/j/89191807313>



ALLERGY RELIEF WORKSHOP

Wednesday, May 27 | Noon

For seasonal allergy sufferers, Spring-Fall can mean stuffy noses, sneezing, headaches, itchy eyes, and coughs or wheezing. Join Selima Harelston Lust, Herbalist and find ways to relieve your allergies. Disclaimer: All information given is for informational purposes only and are not intended to serve as a substitute for the consultation, diagnosis, and/or medical treatment of a qualified physician or healthcare provider.

See you on Facebook and YouTube! For updates check [dekalblibrary.org/events](https://www.dekalblibrary.org/events) or Facebook: **Facebook @dekalblibrary.org**

YouTube: DeKalb County Public Library (Subscribe)
<https://www.youtube.com/user/DCPLeBranch>