May 2022

OUR TIMES

Durham Center for Senior Life Monthly Newsletter
CONTACT US! info@dcsInc.org | (919) 688-8247 | 406 Rigsbee Avenue Suite 202 Durham, NC 27701

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Durham Center for Senior Life
A Message From Our Executive Director

According to Dementia Alliance of North Carolina, more than 180,000 people in North Carolina are affected by all forms of dementia, and these numbers are expected to increase to 210,000 by the year 2025. It is estimated that more than 7,600 people over the age of 65 in Durham County are experiencing dementia.

The impact of dementia on our community is immeasurable, and DCSL is dedicated to making a positive impact in the lives of those affected. Many of our programs, classes, and events are focused on offering support, education, and assistance to those living with or caring for individuals throughout all stages and types of dementia in Durham County.

Our Adult Day Health Program provides compassionate care to individuals living with dementia, while also providing respite to caregivers. Our Dementia Care Management Program provides numerous services and supports to those impacted by dementia. Our new Caregiver Support Group is an excellent resource for family caregivers seeking community and support. In addition, we have upcoming trainings and presentations on brain health and aging, and much more.

This month, DCSL will host our first annual conference, Age My Way: Educating and Empowering Caregivers and the Community around Dementia. Our aim is to increase our positive impact in the community and further support those impacted by dementia. The conference will include workshops, presentations, and a panel of speakers all focused on topics related to brain health, dementia, and caregiving. To ensure the conference is accessible to family caregivers, we are offering free respite care during the conference in our Adult Day Health Center. If you would like to attend, please see page three of the newsletter for more details.

In our April newsletter, I shared a piece of my personal experience as a caregiver of my Mother. The Age My Way Conference would have benefitted my family greatly during that time in our lives. Our hope is that we can provide much needed education and support to those who need it today.

Wishing you all the best,

Seanyea Rains Lewis
Executive Director
2022 CONFERENCE

AGE MY WAY
Educating and Empowering Caregivers and the Community around Dementia

SATURDAY, MAY 21ST, 2022, 9AM-3:30PM
TICKETS: $15 – LUNCH INCLUDED
Free respite care provided!

OUR SPEAKERS:

WILLETHA BARNETTE, BA
Co-Founder and CEO
Institute for Family Caregiving

HENRY EDMONDS, MED.
Program Coordinator, Duke-UNC
Alzheimer’s Disease Research Center

ELEANOR MCCONNELL, PHD, RN
Associate Professor
Duke University School of Nursing

MILTA OYOLA LITTLE, DO, CMD
Associate Professor of Geriatric Medicine, Duke University

NOAH PENNY, BS
Health Promotions & Dementia
Durham Center for Senior Life

GUY G. POTTER, PHD
Associate Professor, Psychiatry & Behavioral Sciences, Duke University

KEY DISCUSSIONS:

Caregiver Track:
• Empowered caregiving
• Caregiver skills
• Financial planning
• Navigating resources
• Legal authority
• Plus more!

Community Track:
• Brain Health & dementia
• Medications & dementia
• Brain Health Registry
• Plus more!

Register today!
DCSLconference.eventbrite.com

DURHAM CENTER FOR SENIOR LIFE
406 RIGSBEE AVE DURHAM, NC 27701
**DCSL Shop & Grab**

Low on groceries? Register for DCSL's Shop & Grab!

**This month's dates:**
Tuesday, May 3rd, 9am-2pm
Tuesday, May 17th, 9am-2pm

Please call to register:
919-688-8247 ext. 104

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**DCSL FRUIT & VEGGIE GRAB BAG**

**Location:** DCSL Support Services Office

**Thursday, May 12, 10am-11am**

WHILE SUPPLIES LAST

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**Ensure Handout**

**EVERY FIRST FRIDAY**

**NEXT DATE:**

**MAY 6TH, 2022**

10am–12pm (while supplies last)

DCSL Support Services Office

*Eligibility: Individuals 55+ who live in Durham County*

Preference given to those who provide a doctors note

*Made Possible by Durham Congregations in Action (DCIA)*
Adult Day Health offers a safe and enriching environment for seniors and adults with disabilities who are unable to live independently. As part of DCSL’s main center, Adult Day Health offers peace of mind to family caregivers, who can be assured their loved one is being cared for by experienced staff.

Our staff includes the Adult Day Health Director, Registered Nurses, Licensed Practical Nurse, Certified Nursing Assistants, and Certified Program and Activities Coordinator.

CONTACT ADULT DAY HEALTH

We have openings! Contact us to sign up!

(919) 682-0215
sconyers@dcsInc.org
dcsInc.org/adult-day-health

Get Affordable Life Insurance

• Leave your family up to $30000 to pay for your final expenses
• The rate never increases
• The benefit never decreases
• Ages 0-85 are accepted regardless of health
• No medical exam required.

Call 919-307-6656 for more information
Melissa Hall
Special/Monthly Events

Hats and Tea Mother's Day Celebration, Friday, May 6th, 3:00PM - 4:00PM Put on a fancy hat and come celebrate Mother's Day with tea and a treat in the Lower Commons. Please call to register 919-688-8247 ext. 110.

Duke Live for Life Presents Prostate Cancer Screening and Patient Navigation in Cancer Care, Tuesday, May 10th, 12:30 – 1:30 PM. Staff from the Duke Cancer Institute will discuss the importance of cancer screenings, how to work with patient navigator teams and a FREE men's health screening event in June. Theater. No registration necessary.

Virtual "Understanding Grief and Loss" from Transitions Life Care. Wednesday, May 11th 2:00PM - 3:00PM. Transitions Life Care helps facilitate conversations concerning difficult issues with people who matter most. Please call to register 919-688-8247 ext. 110 and receive Zoom link.

Equitable Community Engagement Our Community Stories Project: Braggtown. Thursday, May 19th, 2022 12:30PM - 1:30PM – Join us in the Theater for a screening of another documentary from the Community Stories project. Theater. No registration necessary.

Book Signing with DCSL Member Edna Vann's book Light in Darkness, Tuesday, May 24th, 11:30AM - 1:00PM. Meet the author and learn about her book which tells stories of the author and other women overcoming adversities. Listen to a reading from the book and join a Q&A session. Lower Commons. No registration necessary.

Durham Public Library Digital Navigators Fridays, 9:00AM - 11:00AM. Have a technology question? The Durham County Library Digital Navigators is here to help. Lower Commons. No registration necessary.

Virtual Broadway Showtunes from Concerts in Motion. Wednesdays, 12:00PM - 1:00PM. Watch live Broadway Showtunes from professional musicians. Theater. No registration necessary. Zoom link: https://us02web.zoom.us/j/83560353700

Member Check-In Wednesday, May 25th, 11:30AM - 12:30PM. You are invited to join us every 4th Wednesday to stay connected with news and updates with center staff and fellow members. Share your thoughts and give us feedback on how we are doing. 406 Cafe. No registration required.

New Members Tour and Orientation - Every Monday & Friday 10:00AM and 12:30PM. All members must complete orientation to participate in any indoor programming. Please call 919-688-8247 ext. 110 to schedule your tour.

Health Promotions Programs

Walk with Ease, Mondays, Thursdays and Fridays starting May 2nd, 3:00PM - 4:00PM. This 6-week evidence based program can teach you how to safely make physical activity part of your everyday life. The program includes a guidebook and a walking schedule to get you safely moving towards better health. Please call to register 919-688-8247 ext. 110.

VIRTUAL Living a Healthy Life with Chronic Conditions, Thursdays April 7th - May 12th, 10:00AM - 12:30PM This 6-week evidence-based health promotions program is designed to build participants' confidence in managing their health and keeping them active. Learn to set and meet goals related to mental and physical health. Please call to register 919-688-8247 ext. 110.

VIRTUAL Powerful Tools for Caregivers, Wednesdays April 20 - May 25, 2:30PM - 4:00PM. Participate in an evidence-based health promotions program designed to help you learn skills to take care of yourself while caring for someone else. Instruction focuses on strategies to help reduce stress, make tough decisions, manage time and locate resources. Participants are required to attend all 6 classes. Please call to register 919-688-8247 ext. 110.
Weekly Program Calendar

Legend
AR - Activity Room
AS - Art Studio
BR - Board Room
CR - Classroom
ER - Exercise Room
FC - Fitness Center
RR - Rec Room
LC - Lower Commons
THTR - Theatre
TR - Tech Room
VR - Volunteer Room
V - Virtual
C-Cafe
Broadcast on DCSL Facebook page

Monday-Friday
9:00AM - 4:00PM
Daily Drop Ins
Fitness Center
Billiards Room
Computer Room

Monday
8:45am-9:45am
Muscle Pump
(Max Capacity 25) ER

10:00am - 11:00am
Total Body Workout
(Max Capacity 25) ER

10:00am - 12:00pm
Ping Pong AR

10:00am - 11:00am
Strong & Steady V

11:00am - 12:00pm
Meditation Class
(Max Capacity 10) CR

1:00pm - 2:00pm
Bible Study
(Max Capacity 10) CR

1:00pm - 2:30pm
Multimedia Card Making
(Max Capacity 10) AS

Tuesday
8:45am - 9:30am
Seniors on the Move
(Max Capacity 25) ER

9:00am - 12:30pm
Ceramics AS

9:30am - 10:55am
Take Off Pounds Sensibly
(Max Capacity 10) CR

10:00am - 11:00am
Yoga Your Way
(Max Capacity 15) ER

11:00am - 12:00pm
American Sign Language BR

11:30am - 12:30pm
Belly Dance
(Max Capacity 20) ER

12:00pm - 4:30pm
Pinochle RR

12:15pm - 1:00pm
Energy Art AS

1:00pm - 3:00pm
Quiltmaking AS

3:00pm - 4:00pm
Life Line Dancers ER

DCSL's JFK Towers location is currently closed for daily programming. Curbside meal deliveries are available. DCSL's Little River location is open from 8:30AM - 1:30PM Monday-Friday.

Technology Classes: Senior Planet

DCSL is excited to team up with OATS (Older Adults Technology Services) and its flagship program, Senior Planet, to offer FREE class sessions on health & wellness, technology, socialization, and more. Supported by The Forest at Duke.

May Offerings (Please call to register 919-688-8247 ext. 110):
Google Workspace Lecture, Thursday, May 5th, 1:00PM - 2:15PM VR
Smartphones Lecture, Thursday, May 12th, 1:00PM - 2:15PM VR
Google Photos Workshop, Thursday, May 19th, 1:00PM - 2:15PM TR
Shopping on Amazon Workshop, Thursday, May 26th 1:00PM - 2:15PM TR
**Weekly Program Calendar**

**Wednesday**
- 8:45am - 9:45am
  Muscle Pump
  (Max Capacity 25) ER
- 10:00am - 11:00am
  Total Body Workout
  (Max Capacity 25) ER
- 10:00am-12:00pm
  Ping Pong AR
- 11:30pm
  Member Check In
  4th Wed LC/V
- 12:00pm - 1:00pm
  Concerts in Motion:
  Broadway
  (Max capacity 25) THTR
- 1:00pm - 3:00pm
  El Club de Oro
  (Max capacity 10)
  (1st and 3rd Wednesday) BR

**Thursday**
- 8:45 am - 9:30am
  Seniors on the Move
  (Max Capacity 20) ER
- 9:00am-12:30pm
  Open Arts AS
- 9:30am - 10:30am
  Breakfast Bingo C
- 10:00am - 11:00am
  Strong & Steady V
- 10:00am - 11:00am
  Yoga Your Way
  (Max Capacity 15) ER
- 12:00pm - 4:30pm
  Pinochle AR
- 12:00pm - 4:30pm
  Kings in the Corner CR
- 1:00pm - 2:15pm
  Senior Planet Technology Classes (VC/ TR)
- 2:00pm - 2:30pm
  Curls and Waves BR
- 3:00pm - 4:00pm
  Life Line Dancers ER

**Friday**
- 8:45am - 9:45am
  Muscle Pump
  (Max Capacity 25) ER
- 9:00am - 11:00am
  Digital Navigators LC
- 9:00am-12:30pm
  Ceramics AS
- 10:00am -11:00am
  Total Body Workout
  (Max Capacity 25) ER
- 10:00am-12:00pm
  Ping Pong AR
- 11:00am -12:30pm
  Book Club
  (1st & 3rd Friday) BR
  Zoom Meeting ID: 952 0568 6451
  Passcode: bookclub
- 12:30pm - 2:30pm
  Movie Matinee
  (Max Capacity 16) THTR

**May Matinee Series**

Friday, May 6th - A Dog's Way Home
Friday, May 13th - Awakenings
Friday, May 20th - Night at the Museum
Friday, May 27th - Annie (1982)

Starting at 12:30pm - Popcorn for all (Limited Capacity) - Movies subject to change
**Class and Program Descriptions**

**Meditation Class, Mondays, 11:00AM - 12:00PM.** Learn the benefits of meditation, the effects of meditation on the brain and body, and how we can use meditation to help others. **Classroom. Please call to register 919-688-8247 ext. 110.**

**Multimedia Card Making, Mondays, 1:00PM - 2:30PM. (Limited to 10 people)** Learn to use India ink, stamps, watercolors and other media on transparencies to design beautiful cards. Beginners welcome. **Please call to register 919-688-8247 ext. 110.**

**El Club de Oro/ The Golden Club, Wednesday May 4th and Wednesday May 18th, 1:00PM - 3:00PM. (Limited to 10 people)** Oportunidades de socialización, recreación, educación y apoyo para tu bienestar. Opportunities for socialization, recreation, and education to support your well-being. For Spanish speaking seniors. **Boardroom. Favor de llamar para registrar/ Please call to register 919-688-8247 ext. 124.**

**Curls and Waves, Thursdays, 2:00PM -2:30PM (starting May 12th)** Come join a roundtable discussion regarding care for our natural hair. **Boardroom. No registration necessary.**

**Life Line Dancers, Tuesdays and Thursdays, 3:00PM - 4:00PM.** Work up a sweat with us as we have fun dancing to great music. We will get in our cardio and stimulate our brains, learning steps and building up a repertoire of line dances we know by heart! **Exercise Room. No registration necessary.**

**Little Garden Club, second Wednesday (May 11th), 11:00AM - 1:00PM.** Come discuss all things plants and gardening. Newcomers welcome. **Classroom. No registration necessary.**

**Energy Art, Tuesdays 12:15PM -1:00PM** Energy Art is a free form meditative art form using pencil and/or sharpie pens on paper. Each piece is original. Supplies provided. **Art Studio. Please call to register 919-688-8247 ext. 110.**

**Yoga Your Way, Tuesdays and Thursdays, 10:00AM - 11:00AM (Limited to 15 people).** Stretch, balance, breath, build strength, and improve flexibility. Beginner level class. **Join virtually via Facebook live. Exercise Room. No registration necessary.**

**Muscle Pump: Mondays, Wednesdays, and Fridays 8:45AM - 9:45AM (Limited to 25 people).** Work your muscles with dumbbells to tone your abs, legs, and arms in this fun class designed for any ability level. **Join virtually via Facebook live. Exercise Room. No registration necessary.**

**Arthritis Foundation Exercise Program: Tuesdays and Fridays, 2:00PM - 3:00PM** is an evidence based health promotion class that includes range-of-motion and endurance-building activities. **Exercise Room. Please call to register 919-688-8247 ext. 110.**

**Virtual Strong & Steady: Mondays and Thursdays, 10:00AM - 11:00AM** Build strength and balance using exercise bands, hand weights, and ankle weights. Led by a licensed physical therapist who will help to modify the exercises as needed in the comfort of your home. All levels welcome. **Zoom Meeting ID: 464 379 5852, Passcode: 9196141923**

**Total Body Workout: Mondays, Wednesdays, and Fridays 10:00AM - 11:00AM (Limited to 25 people).** High-energy class with cardio and weight training for those who want to sweat! **Exercise Room. Join virtually via Facebook live. No registration necessary.**

**Breakfast Bingo Thursdays- 9:30am -10:30am (Limited to 25 people)** BINGO is back onsite here at the 406 Café. Enjoy a light breakfast option, socialize with peers, and win free prizes. **406 Cafe. No registration necessary.**
Nutrition Today: Nutritional Trivia, Sampling, and Information.

Where are Mama's recipes when you need them? Oh wait, how can I change them to work with my new way of eating? Can I replace the sugar, butter, or milk and the recipe still taste good? For May’s class, please bring recipes to swap and share. We will talk about how to adapt the recipes for less calories and fat intake and still have it taste great.

If you need copies made, please give Jackie Johnson the recipes by May 18, 2022.

The class will be held on May 20th 9:30 am, in the Cafe. Please call 919-688-8247 ext. 110 to register.
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**LITTLE RIVER SENIOR CENTER IS OPEN!**
# May 406 Café Lunch Menu

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<tr>
<td>2 Hamburger Steak</td>
<td>3 Chicken Stroganoff</td>
<td>4 Lemon Pepper Chicken</td>
<td>5 Cheese Ravioli with Marinara</td>
<td>6 Fried Chicken Drummie</td>
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<tr>
<td>Rice</td>
<td>Noodles</td>
<td>Navy Beans</td>
<td>WG Noodle</td>
<td>Baked Beans</td>
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<td>Broccoli</td>
<td>Seasoned Greens</td>
<td>Green Beans</td>
<td>Glazed Carrots</td>
<td>Beans</td>
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<tr>
<td>Mandarin Cup</td>
<td>Fruit Cobbler</td>
<td>Banana</td>
<td>Fruit Compote</td>
<td>Spiced Cabbage</td>
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<td>Roll</td>
<td>Roll</td>
<td>Sourdough</td>
<td>Roll</td>
<td>Apple Juice</td>
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| 9 Mini Corndogs   | 10 Beef Spaghetti | 11 Orange Chicken | 12 Kielbasa & Cabbage | 13 Glazed Ham    |
| Boiled Potatoes  | Spaghetti Noodle  | Fried Rice        | Potatoes (Cabbage)  | Sweet Potatoes   |
| Spinach           | Mixed Veggies     | Stir Fry Veg      | Spiced Apples      | Green Bean       |
| Mandarin         | Spiced Pears      | Applesauce        | Roll               | Almondine        |
| No bread         | Roll              | No Bread          | Milk               | Apple Juice      |
| Milk             | Milk              |                   |                   | Hawaiian Roll    |

| 16 Beef Chili     | 17 Southern Chicken | 18 Cheeseburger  | 19 BBQ Chicken    | 20 Vegetable Lasagna |
| (Beans in Chili) | Mashed Potatoes    | Baked Beans       | Black Eyed Peas  | Green Beans       |
| Mixed Vegetables  | Green Beans        | Corn              | Seasoned Greens  | Spiced Pecans     |
| Fruit Compote    | Peach Cup          | Orange            | Banana            | Garlic Bread      |
| Roll             | No bread           | Burger Bun        | Cornbread         | Milk              |
| Milk             | Milk               | Milk              | Milk              |                   |

| 23 Jerk Chicken  | 24 Chicken Chow Mein | 25 Mac n Cheese | 26 Mushroom Swiss Burger | 27 Cheesy Chicken & Broccoli Casserole |
| Jamaican Brown Rice | (Noodles)     | Broccoli      | Sweet Potatoes    | (Rice in Casserole) |
| Peas & Carrots   | Sesame Green Beans | Spiced Peaches & Pears | Spinach          | Seasoned Greens   |
| Apple Sauce      | Green Beans       | Sourdough      | Banana            | Fruit Cobbler    |
| Wheat Roll       | Spiced Pineapple  | Milk           | Rye Bread         | Roll              |
| Milk             | Roll              | Milk           | Milk              | Milk              |

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<th>30 Center Closed for Memorial Day</th>
<th>31 Chicken Stroganoff</th>
<th>32 Macaroni Cheese</th>
<th>33 Mushroom Swiss Burger</th>
<th>34 Cheesy Chicken &amp; Broccoli Casserole</th>
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<tr>
<td>Noodles</td>
<td>Noodles</td>
<td>Macaroni Cheese</td>
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<td>Cheesy Chicken &amp; Broccoli Casserole</td>
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Options Counseling at DCSL

Options Counseling provides guidance to individuals as they make choices about long-term services and supports. This service helps people navigate their options while taking into consideration their situation, values, resources and preferences. Options Counseling is available to individuals who are 60 years of age or older or someone acting on behalf of a person age 60 or older.

Contact Joseph Barnes to learn more:

(919) 688-8247 ext. 103
jbarnes@dcsln.org.

We are hiring! Join the DCSL Family!

DCSL is hiring! We are seeking a Licensed Practical Nurse or Registered Nurse to join our Adult Day Health program. The applicant must have current licensure in North Carolina. To apply, email your resume to Shaun Cosby: scosby@dcsln.org. You can also visit our website for more details: dcsln.org/employment

GROW YOUR BUSINESS
BY PLACING AN AD HERE!

Contact Anita Aguilar to place an ad today!
aaguilar@lpicommunities.com
or (800) 950-9952 x2677
NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com
**DCSL New Hires:**

- **Modupe Akinlosotu**
  Adult Day Health Certified Nursing Assistant

- **Cheniqua Shearin**
  Adult Day Health Certified Nursing Assistant

---

**DCSL Administration**

- **Seanyea Rains Lewis**
  Executive Director
  srains@dcslnic.org

- **Jacqueline Johnson**
  Interim Senior Director of Programs
  jjohnson@dcslnic.org

- **Vonda Richey**
  Director of Finance
  vrichey@dcslnic.org

- **Shaun Cosby**
  Human Resources Generalist
  scosby@dcslnic.org

- **Sharon Conyers**
  Adult Day Health Director
  sconyers@dcslnic.org

- **Melissa Black**
  Dementia and Care Service Program Director
  mblack@dcslnic.org

- **Joseph Barnes**
  Support Services Manager
  jbarnes@dcslnic.org

- **Thomas Vanhook**
  Facilities Operations Manager
  tvanhook@dcslnic.org

- **Mika Bukowski**
  Marketing & Communications Specialist
  mbukowski@dcslnic.org

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**Thank you to our Community Supporters!**

- **Durham Congregations in Action**

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- **Oak Street Health**

- **Triangle J Council of Governments**

- **Durham County Social Services**

- **Duke Health**

- **Blue Cross Blue Shield of North Carolina**

- **Duke Office of Durham & Community Affairs**