


Durham Center for Senior Life

Family Caregiver Support Program

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www.dcsln.org



DCSLNC



DCSLNC



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Greetings,

As we dive into September, it is very important to acknowledge that this month is "World Alzheimer's Month". Beginning in 2012, every September has been a month full of spreading awareness of Alzheimer's disease. The decision of having a full month focusing on Alzheimer's was made so that Alzheimer's associations could extend their awareness programs, events, and campaigns beyond "World Alzheimer's Day"; September 21st.

According to Alz.org, **48% of all caregivers** who provide help to older adults do so for someone living with Alzheimer's or another Dementia. The role of being a caregiver can cause a huge toll on the caregiver's physical and emotional well-being. Compared with caregivers of people without Alzheimer's, **twice** as many caregivers of those with Alzheimer's report physical and emotional difficulties.

It is extremely important that all caregivers understand ways to preserve their health and wellbeing while completing their role as a caregiver. Having support, education and resources while taking on the role of a caregiver is essential in dealing with future problems. Below you will find information about an upcoming event that provides all three of the previous topics mentioned.

Duke Caregiver Community Event: Duke Health will be hosting a caregiver summit on **Thursday September 7, 2023 from 8:00am- 4:30pm**. This will take place at the Durham Sheraton Imperial Hotel, located at 4700 Emperor BLVD, Durham, NC 27703.

This event will offer six concurrent educational sessions for general attendees and special track of educational sessions for professionals. There will also be many other activities to participate in throughout the course of the event. These activities include mini pop up sessions, art gallery, a health clinic, and demonstration area.

Lunch will be included for all attendees. The admission to this event is \$10.00 for each caregiver and \$75.00 for professionals. For any professionals that attend the event, six Continuing Education Credits will be rewarded.

To register for this event visit: <https://rsvp.duke.edu/event/2c175aa9-5b23-4cd0-94f4-bb4a762cedd1/summary>.



DukeHealth

Niya Carrington, Support Services Manager
Ragan McCall, NCSU Social Work Intern



Upcoming Events

Alzheimer's Association Male Caregiver Support Group

Meets every 1st Monday of the month.

Cancelled due to Labor Day

Onsite in the DCSL Classroom

DCSL Family Caregiver Support Group

Meets every 2nd Thursday of the month.

Thurs. September 14, 2023

12:30PM - 1:30PM

Onsite in the DCSL Boardroom

DCSL & Dementia Inclusive Durham Webinar Series

You are invited to join the next DCSL webinar scheduled for **Wednesday September 13, 2023** at 12:00pm. This month's topic will focus on "Advanced Care Planning & Dementia".

If you are interested in this webinar, use the link to register & attend the ZOOM

<https://us06web.zoom.us/join/register/tZctc-mpqTgqHdD2nQf-iatyzCY3OXibPJZh>

Questions, contact Melissa Black at 919-688-8247 x 113.

"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters –Amy Leigh Mercree

Upcoming Community Opportunities

Graced Presents September 2023 VIP Brunch

On **Saturday September 9, 2023** from **12:00pm – 1:00pm** the Weaver Street Recreational Center will be hosting a meet & greet with Mr. Akeem Judd, a former NFL football player and Allstate Sugar Bowl Champion who was also a former Cornwallis Housing resident.

This event is open to the public and created to inspire, empower, and ignite the dreams of youth and rekindle the spirit of the Cornwallis Housing community. To learn more or for questions call 919-817-4480 or info@gracedinc.com.

Skills Trainings for Family Caregivers of People Living with Dementia

This training is scheduled for **Saturday September 9, 2023 from 10:00am-1:00pm** onsite at the Durham Center for Senior Life. Free respite care will be available for those attending with their loved one.

For any additional questions and to register, call Melissa Black at 919-688-8247 ext. 113 or email mblack@dcsInc.org.

Dementia Inclusive Forum

On **Thursday September 21, 2023** from **9:30AM-4:00PM** in honor of World Alzheimer's Awareness day, Dementia Inclusive Inc. will be hosting a forum at the Durham Convention Center, located at 301 W. Morgan Street Durham, NC 27701.

The topic of the forum is "Understanding Dementia". The forum will focus on dementia as a global and local issue that requires our support as a community and the need to address stigma against dementia.

The admission to this event is free of charge to participants.

To register for this event visit: dementiainclusiveinc.org/rsvp

For any questions, please contact 919-724-5596 or visit www.dementiainclusiveinc.org.



Upcoming Workshop at Geer: Preserving your Harvest 101

Geer Street Learning Garden is hosting the Preserving your Harvest 101 Workshop on **Tuesday September 26th from 5:00pm-7:00pm**. The rain date will be scheduled for Tuesday October 3, 2023 from 5-7pm.

If you are interested in attending, please sign-up through this link: <https://www.eventbrite.com/e/preserving-your-harvest-101-tickets-710642730537?aff=oddtcreator>

Description: Come out to Geer Street Learning Garden to learn more about the basics of food preservation and food safety. This workshop will cover food preservation basics including drying, freezing, and making simple acidified foods such as pickles and hot sauces. Questions call Mikey Cristiano at 980-253-0663 or email mikey@foodshuttle.org.

Location: Geer Street Learning Garden, 110 E. Greer St. Durham, NC

Our Mission

"To enrich the lives of Durham seniors 55+ by promoting healthy, active, and independent lifestyles."

External Resources

Dementia Alliance of North Carolina

Dementia Alliance of North Carolina seeks to improve the lives of North Carolinians impacted by Dementia as well as empower their caregivers through support, education, Assistance, Resources and Education for individuals and families living with dementia.

They provide dementia navigation, education, music & memory at home, and local research.

To learn more about this resource see below contact information,
(P) 919-832-3732
(W) <https://www.dementianc.org>
(A) 9131 Anson Way, Suite 206 Raleigh



NC Registry for Brain Health

- For adults 18 and over
- People interested in learning about dementia prevention
- People interested in getting involved in brain health research

This includes people who do not have memory problems and those who do.

There is no cost to take part in the registry. When you join, you receive news, resources, and updates to help improve brain health and support caregivers.

You can also get information about local research studies you may be able to take part in.

To learn more contact,
(P) 919-613-8633
(W) <https://ncbrainhealth.org>

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