

Durham Center for Senior Life

Family Caregiver Support Program

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www.dcslinc.org



DCSLNC



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Upcoming Events

Alzheimer's Association Male Caregiver Support Group

Meets every 1st Monday of the month.

Onsite in the DCSL Classroom

Monday November 6, 2023

10:00AM – 11:30AM

DCSL Family Caregiver Support Group

Meets every 2nd Thursday of the month.

Onsite in the DCSL Boardroom

Thursday November 9, 2023

12:30PM - 1:30PM

Senior PharmAssist (SPA)

Medicare's Open Enrollment Period is here. Now is the time to review your health and drug plan options & make changes for 2024.

Open enrollment counseling is free and by Appointment Only

Call 919-688-4772 for more information.

Located in DCSL

Greetings Caregiver Community,

We are almost at the end of year, let's take a moment to reflect on the beauty of November. What's your favorite thing about this month? Think back to a time when you felt truly happy, healthy, or completely at ease. Visualize that moment, down to the smallest details—the perfect lighting, faces, even faint scents, sounds, tastes, or sensations that bring the memory to life. Take your time with this exercise, and when you're ready, return to the present moment.

Revisiting fond memories can bring us joy and comfort when we need it most. To prolong the positive effects, consider connecting with someone who shares that memory, give them a call, or plan a visit to reminisce together. It's a powerful antidote to negative thoughts and feelings. In this newsletter, we have some delightful events to enjoy and stress reducing tips to share. Here are three, challenge yourself to try at least one. We'd love to hear about it!

1. **Wish List:** Let your friends and relatives know exactly what you'd like for the holidays. This not only benefits you but also makes it easier for them to show their support to the one you care for. Be assertive.
2. **Decline When Necessary:** It's perfectly fine to say "thanks, but not this time". Prioritize maintaining your routine as a caregiver.
3. **R&R:** Consider scheduling a short getaway for yourself, either during or immediately after the holidays. Plan an enjoyable outing or a weekend retreat to the beach or mountains. Knowing you have some time to relax, and recharge will strengthen your spirit.

We hope these tips help you navigate the holiday season with ease and joy. Take care of yourselves and each other!



Warm Regards,

N. Carrington, Support Services Manager
Sequoya Snow, DU Social Work Intern

Upcoming Community Activities

Organ Demonstration

Want to have a standing musical date? This free organ demonstration is an opportunity to stop in to hear a Duke Chapel organ or Bösendorfer grand piano played in the informal atmosphere of an open rehearsal.

Typically held on: Tuesdays, Wednesdays, and Thursdays from 1:00 to 1:45 p.m.

To confirm rehearsal is happening on a given day, email dukechapel@duke.edu. Paid parking in Bryan Center Garage, 125 Science Drive

New Radio Program: Aging Well Together

Join each week for an interview with special guests to share information, resources, insights, and stories about the opportunities for Aging Well Together! This weekly radio program is brought to you by the Orange County Department of Aging.

Every Thursday at 2 p.m. on WCOM-LP 103.5 FM; OR stream online at WCOMFM.ORG

Southern Supreme Fruitcake Factory

Mature Adults Trips Group with Durham Parks and Recreation will gather to tour the Fruitcake factory in Bear Creek, NC, taste delicious fruitcake and a multitude of other holiday goodies!

Departing from Campus Hills Recreation Center, on Thursday, Nov. 17th, 9:00 a.m. to 3:15pm.

Grab a buddy and go! For more information and to register, visit <https://www.dprplaymore.org/calendar.aspx?EID=2895>

19th Annual American Tobacco Tower Lighting

Celebrate the season with the lighting of the iconic American Tobacco Water Tower! Can't join in person? You can catch the lighting on Capital Broadcasting Company (CBC) and WRAL-TV.

Wednesday, Nov. 29th from 7:00 to 8:00 p.m. Free event.

Our Mission

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

External Resources:



Book Club: 'Outlive: The Science and Art of Longevity'

Saturday, Nov. 18, 2023 at 11 a.m.,
Online Event: ZOOM

For more information, visit
<https://rb.gy/jrp2l>



Mindfulness Mondays

Set aside 30 minutes to take care of your mental health and overall wellbeing. During this time, an expert speaker leads you in a guided relaxation technique to boost brain power and reduce stress. Classes are through December.

November dates: 6th, 13th, & 27th at 1:30 p.m.

For more information, visit
<https://rb.gy/mubbm>

Caring for Your Winter Garden Workshop

At Geer St. Learning Garden,
Saturday 11/11 from 10a- 12p.

Learn more at: <https://rb.gy/dos99>