

January 2024 Caregiver Newsletter

Durham Center for Senior Life

Family Caregiver Support Program

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Greetings Caregiver Community,

Welcome to 2024! Whether you mark a new year on January 1st or another day, the essence lies in the opportunity for fresh starts and personal growth.

How can we make this year better than the last?

One often neglected method is seeking support and help proactively, not just when it becomes overwhelming. We may feel like we shouldn't have to ask for help. We may feel like we should be able to do everything perfectly and right on our own. Or we may feel like we will inconvenience someone else by asking for what we need.

Whichever reason you have is valid, but is it helpful?

To make this year better, consider proactively seeking support and help, a practice often neglected. Advocating for ourselves is crucial to prevent overwhelm and burnout. If asking for help feels challenging, it's an excellent opportunity to explore why and create a plan for proactive support with Caregiver Wellness Coaching offered free at DCSL! For more information email intern@dcsln.org. To get you started, consider these tips:

- **Start Small** This allows you and the person you're asking to get more comfortable with the idea of offering and receiving help
- **Use Different Communication Methods** If face-to-face is uncomfortable, try text, email, or even a handwritten letter
- **Deal Productively with Rejections** You may get a "no". Try not to take it personal. Instead, follow up with curiosity and find a common ground or ask if there's another way they can assist.

Let's explore the idea that seeking support is not a sign of weakness but a proactive step towards personal well-being and increased ease in the caregiving journey.



Niya Carrington, Support Services Manager
Sequoya Snow, MSW Intern



Alzheimer's Association Male Caregiver Support Group

January 1st Session is Cancelled, DCSL will be closed on New Year's Day.

DCSL Family Caregiver Support Group

Meets every 2nd Thursday of the month.

Thurs. Jan. 11th, 2024, 12:30PM
Onsite in the DCSL Boardroom

DCSL Living Healthy-Chronic Disease Self-Management Program

Provided at no cost, this 6-week, evidence-based program supports participants in learning and applying skills to manage their conditions on a day-to-day basis: incorporating healthful living and communication skills. Register by Jan. 12th

Mondays, Jan. 22 – Feb. 26, 2024, 1-3:30PM

Call 919-688-8247 ext. 110

I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back. – Maya Angelou

Upcoming Community Activities:

Durham Farmers' Market (DFM) - Winter Hours

The DFM brings people together to celebrate the unique food and culture of downtown Durham and the farms that sustain it.

Saturdays from 10AM-12PM (through March). Located at Durham Central Park, 501 Foster Street.

Restorative Yoga

This class is designed for adults who would like to slow down, connect with the body, and calm the mind. For beginners and experienced yogis. Registration required. Bring your own mat/towel.

For more information call 919-560-7192 or go to www.durhamcountylibrary.org

Jan. 2nd, 10th, 19th & 24th, 2:00-2:50PM at Southwest Regional Library, 3605 Shannon Rd.

Nasher Presents Durham Medical Orchestra Performance

Thursdays at the Nasher brings visitors a night of classical music. Under the leadership of Conductor and Artistic Director Verena Mösenbichler-Bryant, this orchestra is made up of volunteer health professionals who promote the benefits of music to wide audiences throughout the Triangle.

Thursday, Jan. 25, 2024, 7-8 PM at the Nasher Museum of Art at Duke, 2001 Campus Drive.

Organ Recital Series: Nathaniel Gumbs, Director of Chapel Music, Yale University

New York Times described his playing as "mature, lyrical, accurate, and energetic", judge for yourself by joining Duke Chapel for a recital that will include music by Buxtehude, Bach, Mendelssohn, Hailstork, and others, on the Flentrop organ.

For more information visit <https://rb.gy/rgme3y>

Saturday, Jan. 28, 2024, 5-6 PM at Duke Chapel, 401 Chapel Dr.

Medicare Basics: A Free & Comprehensive Intro to Medicare

Are you turning 65 or new to Medicare? Join Senior PharmAssist for an introduction. For more information, contact Katrina knesmith@seniorpharmassist.org or call 919-688-4772.

Tuesday, Jan. 9, 2024, 6 PM at Durham Center for Senior Life

Our Mission

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

External Resources:



Problem Solving with Teepa & PAC

Wed., Jan. 3rd, 2024, 7-8:30 PM

In this free webcast you can ask Teepa anything about dementia brain changes. In each session focus is on three or four cases after an initial consultation occurs.

For more information visit <https://rb.gy/5xlma0>

DANC Raleigh Caregiver Conference with Teepa Snow

Thurs., Feb. 1st, 2024, 8:30-3PM; Cost: \$75 for family caregivers

Teepa Snow, occupational therapist, and founder of Positive Approach to Care will lead a five-hour workshop for families and professional caregivers. Hosted by Dementia Alliance of NC.

For more information, visit <https://rb.gy/pvnaz5>



Resilience Workshop: Building Coping Skills

Wed., Jan. 3, 2024, 3-4 PM

A virtual workshop, the focus will be on finding joy. For more information visit

<https://rb.gy/na333g>