

Durham Center for Senior Life

Family Caregiver Support Program

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DCSLNC



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Alzheimer's Association Male Caregiver Support Group

Meets every 1st Monday of the Month

Mon. Feb. 5th, 2024, 10 AM

Onsite in the DCSL Classroom

DCSL Family Caregiver Support Group

Meets every 2nd Thursday of the month.

Thurs. Feb. 8th, 2024, 12:30 PM

Onsite in the DCSL Boardroom



SAVE THE DATE 75th Anniversary Gala

Celebrate 75 years with Durham Center for Senior Life. Prepare to dazzle and shine in formal cocktail attire.

Sat., Apr. 27th, 2024, 6-9PM
\$75 for one | \$140 Per Couple

Contact Liz for more info or to purchase tickets at 919-688-8247 ext. 131

Greetings Caregiver Community,

As we embrace February, a month filled with reminders to love and show appreciation, we want to highlight insights for self-care during American Heart Month, Valentine's Day and National Caregivers Day on February 16th. This day honors the range of caregivers—family, professionals, independent, private-duty, and informal—who selflessly provide personal care and support across various sectors. We at DCSL see your hard work and thank you for your dedication!

In the spirit of American Heart Month, we share 3 essential tips for Caregivers.

1. **Diet Matters:** Opt for heart-healthy choices like fresh fruits, vegetables, and protein snacks to avoid fast foods, sweet, or processed snacks when on the go.
2. **Incorporate Activity:** Engage in at least 30 minutes of aerobic exercise and strength training a few days a week. Dance—to a high energy song i.e. Diana Ross "Work That Body" or look up an archived Richard Simmons video. Whatever you can enjoy that will increase strength and heart rate, have fun!
3. **Manage Stress:** Find moments for focused deep breathing or mindful movement to cope with daily stressors. Even 5 minutes can make a difference.

Lastly, as we approach Valentine's Day, remember love transcends romantic relationships, especially those caring for loved ones with dementia, celebrating love may bring unique challenges. Consider appealing to the senses—share the smell of their favorite flowers, cologne, or baked cookies, read past cards aloud, or share your favorite photographs.

May this February be filled with appreciation, warmth, and meaningful experiences!



Warmest Wishes,
Niya Carrington, Support Services Manager
Sequoya Snow, MSW Intern

**"Have patience with all things, but chiefly have patience with yourself."
-Saint Francis de Sales**

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.

Brett Chambers Open Mic

Going strong for 25 years and counting, the Open Mic night's only rule is to "Have Fun!". Arrive 1 hour before show time with your party to avoid a wait.

Wed. Feb. 7th, 2024, 7-9 PM at the Blue Note Grill, 709 Washington St. Durham. Admission \$5

The Handcrafted DURM Seasonal Market

Take a stroll through the market for crafts, beauty, apparel, gifts and treats. There will also be a table to learn more about NC Medicaid at some markets!

Sat. Feb. 10th, 2024, 1-5 PM at Durty Bull Brewery, 206 Broadway Street, Suite 104, Durham.

Integrity Strings: Bach to Beyoncé

Gracing the concert halls locally and as far as Sydney, Australia; Integrity Strings presents an engaging classical crossover experience from classical to pop! This is an interactive experience for the entire family.

Sat. Feb. 17th, 2024, 11 AM at Carolina Theatre of Durham, Inc. Admission \$4.62

Adult Game Day

Looking for an afternoon filled with board games and fun conversation? Bring your loved one and play some old favorites and maybe try something new as well.

Thurs. Feb. 22nd, 2024, at 2-4 PM at Southwest Regional Library in the Southwest Meeting Room.

Our Mission

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

External Resources:



Maintain Your Brain: Reducing the Risk of Dementia Webinar

Wed., Feb. 7th, 2024, 1PM

Research indicates there is plenty we can do to keep our brains sharp and reduce the risk of cognitive decline. Explore the steps you can take informed by this webinar.

For more information visit <https://rb.gy/ee6kmc>



VA Caregiver Support Line is a toll-free number for caregivers, family members, friends, Veterans, and community partners. Supportive counseling among other benefits is available.

1-855-260-3272 (toll-free)

Mon.- Fri. 8 AM- 10 PM ET

Sat. 8 AM- 5 PM ET



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