

# Durham Center for Senior Life

## Family Caregiver Support Program

406 Rigsbee Avenue, Suite 202, Durham, NC 27701

 919-688-8247 x 103

 ncarrington@dcsln.org



[www.dcsln.org](http://www.dcsln.org)



DCSLNC



DCSLNC



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### Alzheimer's Association Male Caregiver Support Group

Meets every 1<sup>st</sup> Monday of the Month

**Monday April 1, 2024, 10AM**

Onsite in the DCSL Classroom

### Stroke Peer Support Group

Meets every 1<sup>st</sup> Monday of the Month

**Monday April 1, 2024 1PM**

Onsite in the Volunteer Room

### Grief Peer Support Group

Allows people experiencing grief to share their stories and a meal.

**Tues. April 9, 2024 1PM**

Call 919-688-8247 x 110

Onsite in the DCSL Classroom

### DCSL Family Caregiver Support Group

Meets every 2<sup>nd</sup> Thursday of the month.

**Thurs. April 11, 2024 12:30PM**

Onsite in the DCSL Boardroom

Greetings Caregiver Community,

As April unfolds, we embark on a month dedicated to honoring the selfless contributions of volunteers worldwide. Amidst this celebration, it's crucial to acknowledge the often overlooked army of unpaid family caregivers. These individuals, driven by love and duty, provide around-the-clock care for their loved ones without any financial compensation. Their dedication and sacrifices are the embodiment of volunteerism at its core, as they tirelessly tend to the physical, emotional, and practical needs of their family members. While their efforts may go unnoticed by many, the impact of their care reverberates deeply within their families and communities.

During National Volunteer Appreciation Month, it's imperative to extend our gratitude to unpaid family caregivers, recognizing their invaluable role in our society. Their steadfast commitment and unwavering support provide a lifeline for those in need, fostering a culture of compassion and solidarity. Let us celebrate these unsung heroes, whose acts of kindness and sacrifice exemplify the true essence of volunteerism. In honoring their selflessness, we acknowledge the profound impact of their care, which serves as a cornerstone of resilience and unity in our communities.

Providing resources, respite care, and emotional support for family caregivers is not only an act of gratitude but a crucial step towards ensuring their well-being. By championing policies and initiatives that prioritize the needs of family caregivers, we can create a more inclusive and supportive society where their invaluable contributions are fully acknowledged and appreciated. Let us stand in solidarity with unpaid family caregivers, recognizing them as integral members of our communities and extending our unwavering support in their noble endeavor.



*May this April be a time of gratitude, renewal, and boundless compassion, where the warmth of appreciation envelops every volunteer and unpaid family caregiver, inspiring hope and resilience in all.*

**Heart Felt Wishes,  
Niya Carrington, Support Services Manager**

**"The best preparation for tomorrow is doing your best today."**

**- H. Jackson Brown Jr.**

## Upcoming Community Activities:

### NC MedAssist: Mobile Free Pharmacy Program

NC MedAssist and Alliance Health are partnering to offer a mobile free pharmacy to give away free over the county medicine.

Event occurs: **Friday April 5, 2024 from 9:00am to 2:00pm.**

These over the counter medications will include items such as allergy, cough & cold, pain relief, vitamins, children's medicines and more.

No appointment or registration required. No income eligibility. No identification is required. However, you must be 18 years or older to receive medicines.

### Respite Morning Caregivers Morning Off

Providence Church is in partnership with Dementia Alliance of NC and Sunrise Senior Living to offer caregiver's in the community a morning off.

On **Saturday April 13, 2024 from 10:15am – 1:00pm** at the Providence Church located on 6339 Glenwood Ave, Raleigh, NC 27612.

This offer will be free of charge and include:

- Professional trained staff to care for your loved one
- Fun activities, arts/crafts, exercise, and lunch provided
- Caregivers will have an opportunity to speak with professionals about senior care resources

To register and for additional information contact Karen Fiorini, Local Outreach Director, at Providence Church at 919-326-3000 ext. 115.

### Best Programs for Caregiving (BPC)

This program is a newly launched resource for caregivers. It is a free, first-of-its kind caregiver directory that provides resources to family and friend caregivers of individuals living with dementia. It provides detailed information about proven support programs available to them in their own communities. Connects caregivers with the right support by:

Using the [BPC home page](#), caregivers will enter their zip code to:

- Find programs offered in-person and/or via web or phone.
- Identify programs to reduce caregiver stress & improve well-being.
- Learn skills & techniques to gain confidence in caregiving.
- Find programs in multiple languages and/or that serve caregivers of diverse races, ethnicities & sexual orientations.

Additionally to access the toolkit please click on the below link <https://bpc.caregiver.org/pro/index.html#promotionToolkit>

To visit the website visit <https://bpc.caregiver.org/>

### **Our Mission**

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

### **External Resources:**

#### Senior PharmAssist (SPA)



Join SPA for Medicare Basics, a free and comprehensive introduction to Medicare. Sessions are one hour with time for Q & A.

The next session is held on Tuesday **April 23, 2024 at 6:00pm**

In-Person at the Durham Center for Senior Life (DCSL)

To register or for more information contact Katrina Nesmith at

919-688-4772 or [knesmith@seniorpharmassist.org](mailto:knesmith@seniorpharmassist.org)

#### Durham County Veteran Services



The mission of Veterans Services is to actively provide effective counsel to veterans and or their family members on veterans' benefits offered by the federal, state, and local government.

This service will be onsite at DCSL starting in April on the following:

Monday, Tuesday, and Fridays  
9:00am – 1:00pm

Wednesday and Thursdays  
1:00pm – 3:00pm

For more information call  
919-688-8247 ext. 103

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