

March 2024 Caregiver Newsletter

Durham Center for Senior Life

Family Caregiver Support Program

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DCSLNC



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Greetings Caregiver Community,

As we set foot into March, we celebrate and honor the invaluable contributions of caregivers who selflessly dedicate their time and effort to support individuals in need. As we reflect on the importance of caregiving, it becomes evident that caregivers play a crucial role in maintaining the health and well-being of our communities. Whether it's providing assistance to the elderly, individuals with disabilities, or those facing health challenges, caregivers exhibit compassion, patience, and resilience. This month serves as an opportunity to recognize and appreciate their tireless work, acknowledging the sacrifices they make to enhance the quality of life for those under their care.

On **March 3rd, Caregiver Appreciation Day** takes center stage, providing a dedicated moment to express gratitude and recognition towards caregivers worldwide. This special day emphasizes the selfless dedication of these individuals and underscores their immense impact on the lives of those they care for. Communities and organizations come together, organizing events, sharing stories, and offering tokens of appreciation to caregivers. It is not just a time for expressing thanks but also an opportunity to raise awareness about the challenges caregivers face. By shining a spotlight on their specific needs and concerns, society can work towards implementing supportive policies and resources that foster a more sustainable caregiving environment.

Caregiving revolves around empowerment and advocacy for caregivers. As we celebrate Caregiver Appreciation Day on March 3rd, 2024, let us collectively recognize, applaud, and support caregivers for their unwavering commitment to enhancing the well-being of others.

May this March be filled with renewed hope, warmth, and moments of kindness.



Heartfelt Wishes,
Niya Carrington, Support Services Manager

"The best way to find yourself is to lose yourself in the service of others"
Mahatma Gandhi



Alzheimer's Association Male Caregiver Support Group

Meets every 1st Monday of the Month

Mon. March 4, 2024, 10 AM

Onsite in the DCSL Classroom

DCSL Family Caregiver Support Group

Meets every 2nd Thursday of the month.

**Thursday March 14, 2024,
12:30 PM**

Onsite in the DCSL Boardroom

DCSL 75th T-Shirt Sale



Short Sleeve		Long Sleeve	
S – 2XL	\$25	S – 2XL	\$35
3XL – 5XL	\$27	3XL – 5XL	\$37

All proceeds are used to support the DCSL Mission!

On sale until Mar. 15th, 2024

Contact Liz Merritt for more information at
919-688-8247 ext. 131

Upcoming Community Activities:

Survey Study for Family Caregivers of People with Dementia

The purpose of this study is to explore the role of psychological flexibility and self-compassion in the mental health of family caregivers of persons living with dementia. Insights gained from this survey will contribute to a better understanding of how to provide further support to family caregivers. Any family caregivers of persons living with dementia are eligible to participate, and participants will receive a \$35.00 compensation (ClinCard) upon survey completion.

Please find the link to the survey below. Additional information regarding the study and compensation is available within the link, prior to beginning the survey.

https://uab.co1.qualtrics.com/jfe/form/SV_1T7IMii6oUh23hl

For any questions, please contact Areum Han at ahan@uab.edu

The Alzheimer's Family – Caring, Coping, Connecting

Join Mary Ann Drummond, RN, for a conversation focused on the special needs of the "family" and how roles change when someone is diagnosed with Alzheimer's disease along with how to maintain family connections for as long as possible.

Thursday March 7th, 2024, 1 – 3 PM at 4214 Guess Rd, Durham. Space is limited please RSVP by email to thedurhamteam@calyxseniorliving.com or by calling 919-471-0091.

Geer Street Learning Garden: Planning Your Spring Garden

Interfaith Food Shuttle's Geer Street Learning Garden is hosting a four-part introduction to spring and Summer Vegetable Gardening workshop series. The first Workshop of this series is "Planning Your Spring Garden" to discuss value based planning, crop seasonality, plant spacing, and crop rotation. Register at the below link:

<https://www.eventbrite.com/e/planning-your-spring-garden-tickets-838545069877>

Wed. March 13th, 2024, 5-7 PM at 110 E. Geer St. Durham, NC 27701; Reinvestment Partners Community Room

Flu and COVID Vaccines for Homebound Clients

Durham Co. Community Paramedics with Durham Co. Public Health provide influenza and COVID vaccines for anyone who cannot easily leave their home to get these vaccines elsewhere. Vaccines are administered by the Durham Co. Community Paramedics in your home. There is no charge for anyone who is homebound. Appointments are offered Monday, Wednesday, and Fridays between 10am – 4pm.

Call to schedule an appointment at 919-475-3991

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.

Next Session is held on Tuesday
March 12, 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

Duke Elder Family/Caregiver Training (DEFT) Center



This center works to develop, implement, and evaluate an innovative model for teaching and supporting caregivers who assist and care for elders at home following a hospital or rehabilitation discharge.

Their mission is to prepare and empower individuals in their role as caregivers of homebound older adults especially during challenging transitions.

For more information please contact Doreen Matters, Program Director, at 919-668-5102