

Durham Center for Senior Life

Family Caregiver Support Program

406 Rigsbee Avenue, Suite 202, Durham, NC 27701

 919-688-8247 x 103

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 www.dcsln.org



DCSLNC



DCSLNC



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Alzheimer's Association Male Caregiver Support Group

Meets every 1st Monday of the Month

Monday May 6, 2024 10AM

Onsite in the DCSL Classroom

Stroke Peer Support Group

Meets every 1st Monday of the Month

Monday May 6, 2024 1PM

Onsite in the Volunteer Room

Grief Peer Support Group

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

2nd & 4th Tuesdays at 1PM

Call 919-688-8247 x 110

Onsite in the DCSL Classroom

DCSL Family Caregiver Support Group

Meets every 2nd Thursday of the month.

Thurs. May 9, 2024 12:30PM

Onsite in the DCSL Boardroom

Greetings Caregiver Community,

As we welcome the vibrant blossoms of May, we also extend our heartfelt gratitude to the unsung heroes behind our brave servicemen and women – the military caregivers. May marks the month of the Military Caregiver in the United States (U.S.), a time to honor and recognize those who selflessly dedicate themselves to caring for our nation's veterans and active-duty military personnel. Did you know that there are over 5.5 million military caregivers in the U.S. providing vital support to those who have served our country?

In celebrating the Month of the Military Caregiver, let us not only express our gratitude but also explore ways to support these invaluable individuals. One way to do so is by advocating for policies that provide resources, financial assistance and access to healthcare services specifically tailored to meet the needs of the military caregivers. Additionally, offering respite care programs, mental health support services, and educational opportunities can help alleviate some of the challenges faced by these caregivers.

If you are a military caregiver in Durham, NC, the Durham VA Medical Center stands as a beacon of assistance. The Durham VA offers a range of caregiver support programs, including counseling services, caregiver training, and respite care options. They also provide information and assistance with accessing benefits and resources available to caregivers. By reaching out to the Durham VA, the caregivers can find a supportive community and tailored assistance to help them navigate their caregiving journey with greater ease and confidence.

With these resources and community empowerment, together let's care for this group of extraordinary individuals who give so much of themselves in service to our nation's heroes, as we reunite resources and community to provide the unwavering support that is well deserved.



"Today, This Month, and Always We Celebrate Heroes Who Care for Heroes!"

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

"Behind every soldier is an unsung hero, and that hero is you."

- John Smith

Upcoming Community Activities:

Powerful Tools for Caregivers (PTC)



Powerful Tools for caregivers is a free six-week evidence based program that offers 90-minutes of practical training to provide family caregivers with the tools, skills, and strategies to cope with the daily challenges of caregiving.

This is open to family caregivers who are caring for a loved on 55+ in Durham County. This program will be offered in-person at the Durham Center for Senior Life on every **Wednesday from May 22nd – June 26th at 3:00pm – 4:30pm.**

Registration opens Wednesday May 1st to Friday May 17th. Please call 919-688-8247 ext. 103 to register. The class is **limited to 12 participants.**

National Caregiver Summit 2024

On **Thursday May 2nd, 2024**, the National Caregiver Summit is a free interactive half-day virtual event with caregivers from different backgrounds to focus on education, collaboration, advocacy, financial sustainability, self-care, and much more.

This event creates a space for attendees to **Connect, Advocate, Rejuvenate, and Educate.**

To RSVP and learn more about this event, click on the below link: https://whova.com/portal/registration/natio4_202311/

Managing Changing Symptoms “Advances in Technology”

On **Saturday May 18th, 2024 from 10:00am – 2:00pm** at Five Points Center for Active Adults, there will be a presentation offered to learn how Parkinson's symptoms may change over time and what new strategies are available for managing them.

Featured speakers and panelists are experts that can discuss technology used in the diagnosis and treatment of Parkinson's disease, including: advances in DBS and focused ultrasound, wearable devices to help track PD symptoms, latest in tremor technology, and speech and communication aids.

Attendance is free, but registration is required at Parkinson.org/Raleigh or by calling 984-364-2030. Lunch will be served.

Shred A-thon: Medication Take Back

This event is presented by Senior PharmAssist to welcome individuals to drive-through and bring documents for free and safe disposal. You will also be able to bring prescriptions or over-the-counter medications, syringes, inhalants, and ointments for secure disposal. Education materials and popcorn will be provided for all attendees.

For any questions or additional information please call 919-688-4772.

Location: Durham Center for Senior Life Parking Lot
406 Rigsbee Avenue, Durham, NC 27701 **Friday June 7th 1:00 – 4:00pm.**

Our Mission

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

External Resources:



Durham County VA 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 is onsite at DCSL:
Mondays 9:00am – 1:00pm
Wednesdays 1:00pm – 3:00pm
When offsite call 919-560-8387

Questions call 919-688-8247 ext. 103



This program is for caregivers of enrolled veterans of the Veteran's Healthcare Administration for enrollment into two caregiver programs. Supportive counseling is among other benefits available.

Caregiver Support Line

1-855-260-3274 (toll-free)

Monday- Friday 8 AM- 10 PM ET
Saturday 8 AM- 5 PM ET

<http://www.caregiver.va.gov>

[Department of Veterans Affairs
Program of General Caregiver
Supports Services \(va.gov\)](http://www.va.gov)

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- John Smith