


July 2024 Caregiver Newsletter

Durham Center for Senior Life Family Caregiver Support Program

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 www.dcsln.org  DCSLNC  DCSLNC  DCSLNC

Greetings Caregiver Community,

As we embrace the warmth and sunshine of July, it's the perfect time to highlight and celebrate the dedication and compassion of caregivers. This is a time to honor the selfless individuals who provide essential support and care to their loved ones. Whether they're caring for aging parents, children with special needs, or partners facing health challenges, caregivers embody resilience, empathy, and unwavering commitment.

Below you will find valuable tips, a heartfelt testimonial and examples of the how caregivers benefit helping their loved one(s).

Tips:

- **Take Breaks:** Regular breaks are essential for preventing burnout.
- **Seek Support:** Reach out to support groups. Connecting with others in similar situations can provide much-needed emotional support.
- **Prioritize Self-Care:** Make time for activities you enjoy and that renew you.
- **Stay Organized:** Keep a detailed schedule of appointments and other responsibilities to reduce stress and ensure nothing is overlooked.

Caregiver Testimony:

"Caring for my mother with Alzheimer's has been a journey filled with both challenges and rewards. While it can be overwhelming at times, the moments of clarity and connection we share are priceless. I've learned to cherish the small victories and seek support from fellow caregivers who truly understand my experience." — Jane D.

Examples of How Caregivers Benefit Their Loved Ones:

- **Emotional Support:** Providing a source of comfort and companionship.
- **Daily Living Support:** Assisting with activities of daily living such as bathing.
- **Safety:** Ensuring a safe living environment and preventing accidents or injuries.
- **Social Interaction:** Facilitating social activities to prevent isolation.
- **Financial Management:** Helping with budgeting and managing financials.

Remember, every act of care, no matter how small, makes a world of difference.

SUPPORT CAREGIVERS

Heart Felt Wishes,
Niya Carrington, Support Services Manager



Alzheimer's Association Male Caregiver Support Group

Meets every 1st Monday of the Month

Monday July 1, 2024 10AM

Onsite in the DCSL Classroom

Stroke Peer Support Group

Meets every 1st Monday of the Month

Monday July 1, 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. July 11, 2024 12:30PM

Onsite in the DCSL Boardroom

"In the tapestry of life, the caregivers are the threads that hold everything together, weaving love, support and hope into every moment". - Anonymous

Upcoming Community Activities:

DurhamEats 2024 Summer Distribution

Durham's Mutual Aid Collective will be working together to pick-up and distribute food to the community this summer. Come join us for food!

Every Saturday at 9:30am at the Farmer Foodshare located on 902 North Mangum Street Durham, NC 27701.

Dates: July 6, July 13, July 20, and July 27, 2024.

Every second & fourth Sunday from 9:30am – 12:00pm at the Fayetteville Street Elementary school on 2905 Fayetteville St. Durham, NC 27707.

Dates: July 14 and July 28, 2024.

Fynergy for Women

Come join us every week for our Sister Circle Virtual Meetup where we connect, share, and support each other in a safe and empowering space. Whether you're looking for advice, a listening ear, or just good vibes, this is the place to be!

The next meetup will be held on **Tuesday July 2, 2024 from 8:00pm – 9:30pm** online.

Link to register: <https://www.eventbrite.com/e/sister-circle-weekly-virtual-meetup-tickets-934415551067?aff=ebdssbdestsearch>

45th Annual EnoFest

The festival for the Eno at West Point Park returns for 2024. In celebration of Independence Day weekend at the Festival for the Eno with great music, crafts, food and river activities.

This event helps to raise awareness and funds to protect and restore exceptional places that provide our region with clean water and healthy forests, wildlife, natural areas and open space. For more information about the festival visit www.enofest.org.

This event will occur on **July 4- 6th from 10:00am – 6:00pm** at 5101 N. Roxboro Road Durham, NC 27704.

Parking and shuttle from Durham County Stadium located on 750 Stadium Drive, Durham, NC 27704.

Children 4 and under are free. Discounted tickets for kids age 5-17 are available for purchase.

Inclusive Dance and Movement for Veterans

Get moving and connect with other veterans from the Durham VA! This is a free event for attendees.

For more information contact ComMotionNC@gmail.com

This event will occur on **Monday July 22, 2024 from 2:00pm – 3:00pm** at the Jewish Community Center located on 1937 West Cornwallis Rd. Durham, NC 27705.

For more upcoming local July events, visit www.eventbrite.com.

Our Mission

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

External Resources:

NC Department of Health and Human Services

Reach out. Help is here.

If you are struggling with feeling sad or worried or even angry, you do not have to keep the hurt inside. Talk to someone.

Find people and resources that can help at ncdhhs.gov/OpenToCare

Durham AARP Chapter #189

If you are looking for a way to use your experience, expertise, talent and creativity to make your local community a better place to live – join your local chapter.

Chapter community service activities range from participation in national AARP programs to local mentoring and tutoring projects, food and clothing drives, friendly visit and much more.

For more information contact: Durhamaarp189@yahoo.com

Chapter meetings are held every 3rd Wednesday of the month, except for June, July and August, at 2:00pm at the Durham Center for Senior Life.

Durham Network of Care

This is an online resource for individuals, families, and agencies. This online community provides critical information, communication, and advocacy tools with a single point of entry.

Visit www.durhamnetworkofcare.org to learn more and find local resources for support and assistance.