

August 2024 Caregiver Newsletter

Durham Center for Senior Life Family Caregiver Support Program

406 Rigsbee Avenue, Suite 202, Durham, NC 27701

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 www.dcsln.org  DCSLNC  DCSLNC  DCSLNC

Greetings Caregiver Community,

As we move through August, we want to take a moment to recognize an important observance, National Grief Awareness Day on August 30th. This day is dedicated to raising awareness about the many facets of grief and the importance of supporting those who are grieving.

Grief is a natural response to loss, and it can manifest in many ways, including emotional, physical, and behavioral changes. For older adults, grief can be complex due to the cumulative losses they may have experienced over their lifetime, including the loss of loved ones, health, independence, or a home.

As caregivers, your role in supporting grieving individuals is invaluable. Here are some ways to provide compassionate care during this time:

- **Listen with Empathy:** Be present and listen to their feelings and memories.
- **Encourage Expression:** Allow them to express their grief, whether through talking, writing, art, or other activities to process emotion.
- **Monitor for Signs of Complicated Grief:** This is prolonged or more intense grief. Be attentive to signs such as persistent sadness or withdrawal from activities.

Grieving is not limited to those directly experiencing loss; caregivers can also experience grief. Here are some tips for your own self-care:

- **Acknowledge Your Grief:** Give yourself permission to grieve and recognize that your feelings are valid.
- **Seek Support:** Connect with other caregivers to share your experiences.
- **Take Time for Yourself:** Care for your own physical and emotional needs.

Resources for Grief Support:

- **Grief Counseling:** Professional counselors can provide specialized support.
- **Support Group:** Allow caregivers to share their experiences and find comfort.
- **Educational Materials:** Books, articles, and online resources can offer insights and coping strategies for dealing with grief.

Thank you for your unwavering dedication and compassion. Your support is a lifeline for those navigating the difficult journey of grief. As we observe National Grief Awareness Day, let's commit to being there for each other and those we care for, offering understanding, patience, and kindness.

Heart Felt Wishes,
Niya Carrington, Support Services Manager

"Grief is not a sign of weakness, nor a lack of faith. It is the price of love".
- Unknown



Alzheimer's Association Male Caregiver Support Group

Meets every 1st Monday of the Month

**Monday August 5, 2024
10AM**

Onsite in the DCSL Classroom

Stroke Peer Support Group

Meets every 1st Monday of the Month

Monday August 5, 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. August 8, 2024
12:30PM**

Onsite in the DCSL

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: August 3, August 10, August 17, August 24, and August 31, 2024.

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

Dates: August 11 and August 25, 2024.

Medicare Basics: Comprehensive Introduction to Medicare

Join Senior PharmAssist for a free and comprehensive introduction to Medicare. Whether you are turning 65 years old or are just new to Medicare these sessions are one hour and allow time for Q & A.

To register go to SeniorPharmAssist.org/events or call 919-688-4772.

This event will occur in-person on **Tuesday August 20, 2024 at 6:00pm** at the Durham Center for Senior Life located on 406 Rigsbee Avenue, Suite 202, Durham, NC 27701.

Duke Caregiver Community Event

Join health professionals and family caregivers to attend this event to hear from experts, connect with support programs and services, and find answers and resources to help you navigate this journey.

Family caregivers can attend for \$15.00, which include lunch and all event day activities are included or you may opt to not indulge in the provided lunch and attend for \$10.00.

This event will be held in-person on **Thursday September 5, 2024 from 8:00am – 4:30pm** at the Sheraton Imperial Hotel in Durham, NC on 4700 Emperor Blvd. Durham, NC 27703.

Link to register: <https://rsvp.duke.edu/event/7ab0b665-a8f5-4bb5-8a9a-d2042f036c8c/summary>.

WOE Wellness Ministry Caregivers Luncheon

Join the Wings of Eagles Christian Church Mental Health and Wellness Ministry for a time of motivation, mediation, fun and relaxation to gain tips on finding balance.

This free event will be held on **Saturday September 14 from 11:00am – 1:00pm** at 406 Rigsbee Avenue, Suite 202, Durham, NC 27701.

To register for this event visit <https://www.eventbrite.com/e/woe-wellness-ministry-caregivers-luncheon-tickets-972967350537?aff=ebdssbdestsearch>

For more information email addison.yvonne@woechristianchurch.com .
(FYI- this was a previously shared event that was postponed to the above new date.)

Our Mission

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

External Resources:

Duke Health Grief Support Services

Offers a safe and healing grief process for adjusting to loss after the death of a loved one, including children and adults.

There is individual counseling and grief support groups.

Learn more about the services by calling **919-644-6869**.

Transitions GriefCare

Adult grief support and bereavement resources include educational and support groups, individual counseling, specialty groups for distinct types of loss, and programs incorporating the arts. Yoga, nature, and much more.

Services are offered in the below eight counties: Durham, Franklin, Harnett, Johnston, Orange and Wake counties; with limited services in Chatham and Granville counties.

To learn more about the services and programs offered call **919-828-0890** or **888-900-3959** (toll-free).

Also visit www.transitionslifecare.org

National Call Centers

Lap of Love Pet Loss & Bereavement Resource Line 855-352-5683

Crisis Text Line: Text HOME to 741-741

The Substance Abuse & Mental Health Services Admin. 800-662-4357

National Crisis Hotline 800-273-8255

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