

October 2024 Caregiver Newsletter

Durham Center for Senior Life Family Caregiver Support Program

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DCSLNC



DCSLNC



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Greetings Caregiver Community,

As the autumn season begins, we want to express our deep gratitude for your ongoing dedication and compassion. With the cooler weather settling in, we are going to discuss items to look out for in order to help keep your loved one healthy.

As the seasons change, it's important to be mindful of how it may impact your loved one's health and well-being. Here are a few things to keep in mind:

- **Colder Temperatures:** Some older adults are more sensitive to cooler weather, which can increase the risk of colds, respiratory issues, or joint pain. Make sure they dress warmly and keep living areas comfortably heated.
- **Seasonal Affective Disorder (SAD):** Shorter days and reduced sunlight can lead to symptoms of depression or lethargy. Encourage exposure to natural light.
- **Allergies:** Fall brings allergens, like mold and ragweed, which can aggravate allergies or asthma. Keep windows closed on high pollen days and use air purifiers.
- **Dry Skin:** The drop in humidity can cause skin to dry out more easily. Keep skin moisturized and ensure adequate hydration to combat the effects of dry air.
- **Risk of Falls:** Wet leaves, frost, and slippery conditions can increase the risk of falls. Be mindful of walkways and consider using non-slip footwear or mobility aids.
- **Changes in Routine:** With the end of daylight saving time and the seasonal shift, some individuals may experience disrupted sleep patterns or confusion. Maintaining a consistent daily routine can help ease this transition.

Fall Health Tips:

- **Flu vaccinations:** this is a great time to get the flu shot to protect those you care for, especially older adults and individuals with compromised immune systems.
- **Boost Immunity:** Encourage a balanced diet rich in fruits and vegetables. Seasonal favorites like apples, squash, and pumpkins are packed with vitamins.
- **Hydration:** As the weather cools, people tend to drink less water. Keep an eye on fluid intake and encourage sipping throughout the day.
- **Stay Active:** Gentle, regular exercise helps boost energy and mood.

We appreciate all that you do. Please do not hesitate to reach out if you need assistance, have questions, or simply need someone to talk to. Let's continue to take care of ourselves as well as care for others.

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



Alzheimer's Association Male Caregiver Support Group

Meets every 1st Monday of the Month

Mon. Oct. 7th, 2024 at 10AM

Onsite in the DCSL Classroom

Stroke Peer Support Group

Meets every 1st Monday of the Month

Mon. Oct. 7th, 2024 at 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

Onsite in the DCSL Classroom

DCSL Family Caregiver Support Group

Meets every 2nd Thursday of the month.

Thurs. Oct. 10th, 2024 at 12:30PM

Onsite in the DCSL Boardroom

"Do not regret growing older. It is a privilege denied to many."

- Maurice Chevalier

Upcoming Community Activities:

Dementia Basics: What Can We Expect?

Join the Orange County Department on Aging for a four-part series to provide basic information about dementia to persons living with memory concerns and care partners.

Held on Mondays, starting **October 7 – October 28, 1:00pm – 3:00pm.**

Series includes:

Part 1: Monday, October 7 - Brain Health

Part 2: Monday, October 14 - Types & Stages of Dementia

Part 3: Monday, October 21 - Communication

Part 4: Monday, October 28 - Preparing for the Journey Ahead

For more information and to register, email

agingtransitions@orangecountync.gov or call (919) 968-2087.

Alzheimer's Disease and Dementia Care (ADDC) Seminar

This online offering is recommended for any formal or informal caregiver of a person with dementia. It is to help gain valuable insights and knowledge about caring for individuals with Alzheimer's and dementia.

The seminar will provide informative sessions, interactive discussions, and expert advice to learn more about the conditions and how to support those affected by them. There is a fee for this event.

This online seminar will be held on **Saturday October 12, 2024** from **8:00am – 4:30pm.** To learn more and to register, visit

<https://www.eventbrite.com/e/alzheimers-disease-and-dementia-care-addc-seminar-tickets-1028626779387?aff=ebdssbdestsearch>

Upcoming Medicare's Open Enrollment

Join Senior PharmAssist with their Medicare Open Enrollment period that is scheduled to occur **October 15-December 7, 2024.** This is the time to review your health and drug plan options and make changes for 2025.

Open Enrollment Counseling is by appointment only. Please call 919-688-4772 to setup an appointment.

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 October 22, 2024** at **6:00pm** at the Durham Center for Senior Life.

Caregivers Gathering 2024

Join Kingdom N Motion and Whit the Multipreneur for a free event for caregivers to come together, share experiences, and learn from each other. This gathering is a chance to recharge and connect with others.

This event will be held on **Saturday October 26, 2024** from **7:00pm – 10:00pm** at the Hilton Durham near Duke University.

To register for this event, visit [Caregivers Gathering 2024 Tickets, Sat, Oct 26, 2024 at 7:00 PM | Eventbrite](https://www.eventbrite.com/e/caregivers-gathering-2024-tickets-1028626779387?aff=ebdssbdestsearch)

Our Mission

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

External Resources:

Triangle Mobile Dentistry

Serves Durham, Chapel Hill and surrounding areas. Provides emergency evaluative, cleaning, extraction and repair of broken and ill-fitting partials or dentures.

Learn more about the services by calling **919-799-2770** or visit www.trianglemobiledentistry.com

Available 8:00am – 5:00pm
Monday - Thursday

Cleancut Toenail Care

Mobile service serving the Durham and surrounding areas to transform senior toenail care, offering convenient, professional, and compassionate services in the comfort of their homes.

To learn more about the services call **919-885-4513** or visit www.cleancuttoenailcare.com

Available 8:00am – 5:00pm
Monday - Friday

Local Access to Coordinated Healthcare (LATCH)

This program is ran by Duke Health's population Health Management office that helps underinsured people in Durham County get access to healthcare services.

To learn more about the service call **919-613-6509** or visit [Local Access To Coordinated Healthcare \(LATCH\) | Duke Health.](https://www.duke.edu/health/latch)

"Do not regret growing older. It is a privilege denied to many."

- **Maurice Chevalier**