


Durham Center for Senior Life

Family Caregiver Support Program

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Greetings Caregiver Community,

This November, we honor National Family Caregivers Month, a time to celebrate, support, and recognize the tireless efforts of caregivers who provide dedicated care for loved ones facing a variety of health challenges, including cognitive impairments.

Your commitment helps create a supportive, loving environment that ensures quality of life for those who depend on you. This month, remember to take time for yourself, acknowledge your own needs, and recognize the value of your role.

Taking care of yourself is essential to maintain your well-being. This month, consider setting aside a few minutes each day for something that brings you relaxation, whether that's a quiet moment with a favorite book, a walk, or listening to calming music. Remember, small acts of self-care add up and can make a difference.

With the holiday season approaching it can be a joyful time but it can also add extra stress to your responsibilities. Here are some ideas for creating enjoyable, stress-free holiday experiences that bring comfort and joy to you and your loved ones, making it easier to engage meaningfully together.

- **Create a Calm Holiday Space:** use soft lighting, familiar holiday scents like cinnamon or pine, and cozy blankets to make a calm space for your loved one.
- **Look through Family Photos:** sharing photo albums or holiday cards from past years can spark some positive memories and encourage light-hearted conversation.
- **Listen to Familiar Holiday Music:** holiday songs can bring nostalgia and warmth; try singing along to holiday classics or playing familiar tunes in the background.
- **Decorate Together:** set up familiar holiday decorations and invite your loved one to join you in tasks like hanging ornaments or arranging centerpieces.
- **Holiday Crafting:** get creative together to make easy crafts like decorating pinecones or baking to prepare favorite recipes and allowing your loved one to complete simple tasks like mixing the ingredients.
- **Engage in Gentle Exercise:** a short walk outside, light stretching, or chair exercise can be refreshing and uplifting.

We're here to support you in any way we can. This month, explore online resources, caregiver support groups, and holiday programs tailored to caregivers. Reach out if you have questions or need additional support this holiday season. Wishing you a peaceful, joyful November and a wonderful start to the holiday season!

Heart Felt Wishes,
Niya Carrington, Support Services Manager

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." – John F. Kennedy



Upcoming Events

Alzheimer's Association Male Caregiver Support Group

Meets every 1st Monday of the month

Mon. Nov. 4, 2024 at 10AM

Onsite in the Boardroom

Stroke Peer Support Group

Meets every 1st Monday of the month

Mon. Nov. 4, 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 Classroom

Family Caregiver Support Group

Meets every 2nd Thursday of the month.

Thurs. Nov. 14, 2024 at 12:30PM

Onsite in the Boardroom

Upcoming Community Activities:

The Black Men's Health Symposium

This event will bring together a diverse group of health professionals, researchers, faith leaders, and community members to address health needs of black men. The session will focus on addressing the most prevalent medical conditions affecting black men while incorporating discussions on systemic issues.

Held on **Saturday, November 2, 2024 from 9:30am – 12:00pm** at Central Pines Conference Center, 4307 Emperor Blvd. Suite 110, Durham, NC 27703.

For more information call Reverend Edmonds at 919-668-2676 or email henry.edmonds@duke.edu

Register soon while space lasts at <http://tiny.cc/dukeunc> .

A Festival of Fabulous Mums

Enjoy this festival of mums at Duke Gardens. This exhibition will create a floral display outdoors at the Ruth Mary Meyer Japanese Garden in the Culberson Asiatic Arboretum. Central Carolina Chrysanthemum society members will highlight the 13 classes of mums and answer any questions.

This will be a free event offered from **10:00am – 3:00pm on Saturday November 2, 2024 and Sunday November 3, 2024** at 420 Anderson Street, Durham, NC.

Caregiving during the Holidays

Join the Alzheimer's Association and the Durham County Library as they share advice for caregivers during the holidays.

This virtual program will be held on **Saturday November 16, 2024 from 2:00 – 3:00pm.**

Registration is required to receive a link to the program. To register please visit the caregiving during the holidays registration page at the following link: [Meeting Registration - Zoom](#).

For any questions please contact Mara at mplantholt@dconc.gov or call 919-560-0207.

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 November 19, 2024 at 6:00pm** at the Durham Center for Senior Life.

North Carolina Chinese lantern Festival

Join this festival that visits a handful of spots around the country each year. This event is presented in Cary in partnership with Tianyu Arts & Culture, Inc.

This event opens **Saturday November 16, 2024 and runs through Sunday January 12, 2025** with hundreds of lanterns on display and a friendly family adventure.

Tickets range from \$11.00 - \$ 36.00. Purchase your tickets now on [Event Guide: North Carolina Chinese Lantern Festival in Cary, N.C.](#)

Our Mission

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

External Resources:

Durham County Community Paramedics & Durham County Public Health

Flu and COVID vaccines are offered for homebound individuals who are not at all able to leave their homes.

Vaccines are administered by the Durham County Community Paramedics in your home at no charge to the homebound client.

Appointments are offered on Monday, Wednesday and Fridays from 10:00am – 4:00pm.

Supplies are limited, please call **919-475-3991** to make an appointment.

Dementia Alliance of NC

This organization offers a Music & Memory At Home program that supports caregivers and their loved one with a diagnosis of Dementia. This free program uncovers the favorite genre of music for your loved one by creating a personalized list based on their chosen.

The program provides an mp3 player, headphones, Bluetooth speaker and a "go bag".

The proven benefits are reduced anxiety, depression, sparked memories and enhanced relationships.

To learn more about the program visit

www.dementianc.org/Music

or email

musicandmemory@dementianc.org

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