

Durham Center for Senior Life Family Caregiver Support Program

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Greetings Caregiver Community,

As we step into January 2025, it's the perfect time to reflect on the past year and set intentions for the year ahead. For caregivers, this is an opportunity to recharge and re-energize, setting goals that prioritize your well-being alongside the care you provide. Whether it's carving out time for self-care, learning something new, or seeking support from your community, remember that taking care of yourself is just as important as taking care of your loved one.

As we move into the new year, it's important to remember that caregiving is not a journey you have to take alone. There are countless resources, tools, and communities designed to help caregivers like you. Whether it's learning about new medical options, finding financial assistance, or simply having a space to vent and share experiences, don't hesitate to seek out what's available to support you. In 2025, let's focus on building a strong network of support and finding new ways to stay empowered in our caregiving roles.

Starting the year with a fresh mindset can help you navigate the challenges ahead with confidence. This is a time to explore new resources, attend support groups, and connect with others who understand your journey. By setting small, manageable goals, you can build a sense of accomplishment throughout the year while staying focused on both your needs and those of your loved one. Together, we can embrace the opportunities that this new year brings, empowering ourselves and each other for what lies ahead. Here's to a year of growth, resilience, and renewed energy for both you and your loved ones.

Tips to Start the Year Off Right:

- **Set Realistic Self-Care Goals:** Make time for regular breaks, exercise, and rest, even if it's just for a few minutes each day.
- **Ask for Help:** Don't be afraid to reach out to family, friends, or professionals for support when needed. You don't have to do it all alone.
- **Stay Organized:** Use calendars, planners, or apps to keep track of appointments, medications, and caregiving tasks.
- **Join a Support Group:** Connecting with others who understand your experiences can provide valuable advice and emotional support.
- **Learn Something New:** Whether it's a new caregiving technique or a self-care practice, continuing to learn can help you feel more empowered in your role.

Let's make 2025 a year filled with progress, connection, and well-deserved moments of self-care!

Heart Felt Wishes,
Niya Carrington, Support Services Manager



Alzheimer's Association Male Caregiver Support Group

Meets every 1st Monday of the month

Mon. Jan. 6, 2025 at 10AM

Onsite in the Boardroom

Stroke Peer Support Group

Meets every 1st Monday of the month

Mon. Jan. 6, 2025 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. Jan. 9, 2025 at 12:30PM

Onsite in the Boardroom

"Caregiving often means sacrificing your own needs in favor of someone else's. But the new year is a time to remember that you deserve care too." – Zelda Williams

Upcoming Community Activities:

Master Your Emotions | A Transformative Introductory Workshop

Join this one-hour virtual session to shift your emotional center and responses. This workshop will equip you with a practical tool to navigate and transform challenging emotions. This workshop will:

- Help you discover techniques to shift your emotional response
- Foster a healthier relationship with your feelings
- Empower yourself and enhance your emotional resilience

This event will occur on **Tuesday January 14, 2025 from 2:00 – 3:00pm.**

To sign-up and for any questions, please email nathanardaiz@gmail.com

Visit this event at [Master Your Emotions | a transformative introductory workshop Tickets, Tue, Jan 14, 2025 at 8:00 PM | Eventbrite](#)

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 January 14, 2025 at 6:00pm** at the Durham Center for Senior Life.

Duke Dementia Family Support Program Connections

The Duke Dementia Family Support Program (DDFSP) offers an educational webinar series with experts. This month the topic is "Managing Chronic Disease in People with Dementia", which is presented by Collin Burks, MD, Duke Geriatrics.

This will be a virtual offering at 2:00pm **on Wednesday January 15, 2025.**

Please join at the below link with meeting ID: 965-7747-1018, password: 3513 or call into the meeting at 646-876-9923. Link: [Launch Meeting - Zoom](#)

The Psychology of Money Accountability Group

If you are ready to take your financial goals seriously, this accountability group is right for you. This free 4-week group will transform the way that you think about wealth and create real change in your financial life.

This group will start on **Thursday January 16, 2025 from 7:00pm – 8:00pm.** It will occur virtually. To learn more and register please visit the below link:

[The Psychology Of Money Accountability Group Tickets, Thu, Jan 16, 2025 at 4:00 PM | Eventbrite](#)

Raleigh Caregiver Conference 2025

Join this care partner conference hosted by the Dementia Alliance of North Carolina with hosts Teepa Snow and Melanie Bunn as this five-hour workshop for family and professional caregivers will focus on the progression of dementia using the GEMS states, including practical tips and skills caregivers can use for each state.

This event will occur on **Thursday February 6, 2025** from 9:00am – 3:00pm at the North Ridge County Club located in Raleigh, NC.

To learn more and to register **by January 31, 2025** at the following link: <https://secure.ggiv.com/for/caregiverconferences/event/rcg25/>

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 client.

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

Call **919-475-3991** to make an appointment.

Durham Low-Income Homeowners Relief Program

The Durham Low-Income Homeowners Relief (LIHR) Program provides complete property tax relief for extremely low-income elderly homeowners.

The state Elderly or disabled property tax homestead exclusion (Homestead Exclusion) reduces tax payments by excluding the greater of \$25,000 or 50% from the appraised value of the home property.

Applications are accepted through the **middle of 2025** when your new tax bill is issued.

Apply in-person by calling **919-560-8000** or apply online at DCONC.gov/DSS

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