

Durham Center for Senior Life Family Caregiver Support Program

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Greetings Caregiver Community,

September marks the beginning of fall and is the perfect time to focus on keeping our loved ones safe and strong. Falls are a leading cause of injury among older adults, but many are preventable. Encourage clear walkways at home by removing clutter and securing loose rugs, ensure adequate lighting in hallways and stairways, and remind loved ones to use assistive devices if recommended. Regular exercise, especially activities that build balance, strength, and flexibility can greatly reduce fall risks. Scheduling routine vision and hearing checks, wearing well-fitted footwear, and reviewing medications for side effects such as dizziness are additional steps that support safety and independence.

This month also highlights **National Self-Care Awareness Month**, **Healthy Aging Month**, and **World Alzheimer's Day** on September 21. These observances remind both caregivers and older adults to prioritize well-being, memory health and compassionate support. Self-care isn't selfish, it's essential. Take moments to recharge by maintaining healthy sleep habits, staying hydrated, practicing relaxation techniques, and seeking support when needed. Healthy aging goes beyond physical health; it includes staying socially connected, eating a balanced diet, nurturing cognitive wellness, and recognizing the importance of early memory screening when concerns arise. Together, by making small, mindful choices, caregivers and older adults can build resilience, reduce risks, and embrace the season ahead with vitality and confidence. Every step you take toward safety, self-care, and brain health today is an investment in a healthier, brighter tomorrow.

Quick Tips for September

- **Fall Prevention**
 - Keep floors clear of cords, shoes, and loose rugs.
 - Install handrails on both sides of stairs and grab bars in bathrooms.
 - Encourage balance exercises like tai chi, gentle yoga, or short daily walks.
 - Have regular vision and hearing check-ups to stay alert to surroundings.
- **Self-Care Awareness Month**
 - Schedule brief breaks for deep breathing/stretching throughout your day.
 - Stay hydrated and aim for balanced meals to maintain your own energy.
 - Reach out to a friend/support group to share challenges and successes.
- **Healthy Aging Month**
 - Support a diet rich in fruits, vegetables, lean proteins, and whole grains.
 - Encourage social connections through club meetings volunteer work, etc.
 - Keep the mind active through puzzles, reading, or learning a new hobby.

Let's welcome this new season by choosing safety, self-care and positive steps toward healthy-aging together.

Heart Felt Wishes,

Niya Carrington, Support Services Manager

"Caring for others is an expression of what it means to be fully human."

—H. Clinton



Stroke Peer Support Group

Meets every 1st Monday of the month

September 8, 2025 at 1:00PM

Onsite in the Volunteer Room

Family Caregiver Support Group

Meets every 2nd Thursday of the month.

Sep. 11, 2025 at 12:30PM

Onsite in the Boardroom

Powerful Tools for Caregivers

Registration Sep. 2nd-30th

Onsite in the Volunteer Room
3:00-4:30pm starting Oct. 1st.

6-week evidence based program offering practical training to provide tools and skills for caregivers.

Call 919-688-8247 ext. 103 to learn more and register.

Introvert's Social Group

Opportunity to make new friends and connections.

Sep. 22, 2025 at 11:30AM

Onsite in the Classroom

Upcoming Community Activities:

6th Annual Caregiver Summit

The Durham VA Caregiver Support program presents their annual caregiver summit. This will be held on **September 9th & 10th 10:00am – 1:30pm** virtually.

Topics that will be shared are:

- Strength-powered recovery for severe mental illness
- Promoting rest & recharge through whole health
- Medicare basics
- Veteran financial health

For any questions please reach out to durhamcaregiversupport@va.gov or 919-286-0411 ext. 176068.

Liberty Home Care & Hospice: Complete Care Continuum Event

Join Liberty Homecare & Hospice and Executive Homecare is offering an informational session where light refreshments are going to be provided, free resource packets and private consultations available. This will occur on **Wednesday September 10, 2025 6:00pm – 8:00pm** at Proximity Brewing Company – 491 S. Driver Street Durham, NC.

Conversations will cover:

- Understanding non-medical home care vs. medical hospice care
- When daily living support becomes comfort care
- Palliative Care: Medical support while you're still active
- Discover financial assistance options
- Get personalized care planning guidance
- Connect with local family support resources for local counties
- Social work support and administrative insight in hospice care

2025 Dementia Inclusive Community Forum

Dementia Inclusive, Inc. presents Empowered Minds: Boost Brain Health, Lower Dementia Risks and Find Support. This forum will be held on **Wednesday September 17, 2025 9:00am – 2:00pm** at the Durham Convention Center on 301 W. Morgan Street, Durham, NC.

Learn and discover:

- How lifestyle & proactive strategies may help reduce cognitive decline
- What to do and where to turn after a diagnosis
- How faith, purpose and community can support your brain

Lunch will be served and a Spanish interpreter will be present. Free registration can be found at www.dementiainclusiveinc.org/rsvp. If you have any questions email info@dementiainclusiveinc.org.

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.

This event will occur on **Tuesday September 23, 2025 at 6:00pm** in-person. To register go to SeniorPharmAssist.org/events or call 919-688-4772.

2025 Assistive Technology Expo

Join AT IN ACTION – Advancing Accessibility and Independence. The main expo is a free event that is open to the public will offer:

- Innovative tools and solutions
- Connect with AT vendors and community organizations
- Learn from experts in the field
- Enjoy interactive exhibits

This will occur at the McKimmon Conference and Training Center in Raleigh on **October 2, 2025 8:45am – 5:00pm**. Register at [Assistive Technology Expo](http://AssistiveTechnologyExpo.com).

Our Mission

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

External Resources:

MiFi Hotspots

The Durham Digital Inclusion Services team is offering free MiFi hotspots and free internet service for a limited time. This initiative is to bridge the digital divide and ensure all residents have access to essential digital resources and services.

For questions or to learn more about the program contact digitalinclusion@durhamnc.gov. To complete the survey for eligibility visit durhamnc.gov/5354

Durham Low-Income Homeowners Relief Program (LIHR)

This program will provide property tax help on current taxes for eligible homeowners.

To Apply or learn more about eligibility of the program visit DCONC.gov/DSS or call 919-560-8000 for an appointment.

Harvest your Future Fall Job Fair

A job fair will be hosted by Local Reentry Council, ReCity Network, NCWorks, City of Durham and StepUp Durham on **Thursday September 18 from 1:00pm – 4:00pm**.

Location: ReCity Networking Hub 112 Broadway St. Suite B Durham, NC 27701.

To learn more or for any questions call 919-813-0207.