

Durham Center for Senior Life Family Caregiver Support Program

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Greetings Caregiver Community,

November is a special time at the Durham Center for Senior Life as we join the country in observing **National Family Caregivers Month**. This year's theme, **"Plug Into Care,"** highlights the importance of connection, reminding caregivers that support, trusted networks, and educational resources are available to help navigate the challenges and joys of caregiving. Caregiving is deeply meaningful, yet it often comes with physical, emotional and mental demands. Recognizing this month is our way of honoring your dedication and encouraging you not only to care for others but also to make caring for yourself a priority. (Source: Caregiver Action Network.

The journey of caregiving is rarely meant to be walked alone. "Plugging in" can look like joining a peer support group, attending a free webinar, accessing online educational tools, or simply connecting with others who understand what you are going through. Reaching out and leaning on available resources strengthens your resilience, which in turn enhances the care you provide to your loved ones. We encourage you this month to explore the support systems around you, know that your efforts are truly valued, and embrace opportunities to nurture your own well-being as you continue this meaningful work.

To make it easier for you to connect with the right resources, we've compiled a list of local and statewide programs, organizations, and online tools designed specifically for caregivers. These options offer education, support, and practical assistance so you don't have to navigate caregiving on your own.

Helpful Websites:

- **Family Caregiver Alliance:** www.caregiver.org
- **Caregiver Action Network:** www.caregiveraction.org
- **AARP Caregiving:** aarp.org/caregiving
- **Trualta:** www.trualta.com

Local Supports:

- **Dementia Alliance of North Carolina:** 919-832-3732 | dementianc.org
- **Alzheimer's Association Eastern NC Chapter:** 800-272-3900 | alz.org/nc
- **VA Caregiver Support Program:** 855-260-3274 | caregiver.va.gov
- **Durham Social Services In-Home Aide:** 919-560-8588 | dconc.gov/home
- **Duke Dementia Family Support:** 919-660-7510 | dukefamilysupport.org

We hope this month serves as a reminder that your efforts matter and that support is always within reach. Take time to connect, recharge, and celebrate the incredible work you do every day. From all of us at the Durham Center for Senior Life, thank you for your dedication, compassion, and heart. You are seen, appreciated, and never alone on this journey.

Heart Felt Wishes,

Niya Carrington, Support Services Director

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." –**Malcom X**



Stroke Peer Support Group

Meets every 1st Monday of the month

November 3, 2025 at 1:00PM

Onsite in the Volunteer Room

Grief Support Group

Experiencing loss is emotional and challenging, but you do not have to go through it alone. Join us for a free peer support group and learn about how to help process your grief.

Nov. 4 & 18, 2025 at 12:30pm

Onsite in the DCSL classroom

Family Caregiver Support Group

Meets every 2nd Thursday of the month.

Nov. 13, 2025 at 12:30PM

Onsite in the Boardroom

Senior Legal Advisor

Join certified Senior Legal Advisor, to learn about various legal topics to help make safe and informed choices.

Nov. 24, 2025 at 12:30pm

Onsite in the DCSL Classroom

Upcoming Community Activities:

Social Security Workshop: Maximize your benefits

This educational workshop will provide you with much needed information to help you understand the system, coordinate spousal and survivor benefits, minimize taxes and maximize your personal benefits.

This event will occur on **Monday November 3, 6:00pm – 7:00pm** at the Main Library, on 300 N. Roxboro Street. Registration is required at the below link:

<https://adultfinancial.ed.org/event/maximizing-social-security-mchdcl1103/>

For more information please contact ausdaniels@dconc.gov.

Habitat for Humanity of Durham: Homeownership Info Session

This program is designed for people looking to purchase their first home. Find out what it takes to become a habitat homeowner. You can expect:

- Overview of Durham Habitat's mission and homeownership program
- Step by step guide to the application. Income and credit requirements
- Expectations for sweat equity and homeowner education

The information session will occur on **Saturday November 8, 10:00am – 12:00pm** at the Durham County Library at 1201 Fayetteville Street Durham, NC 27707. As well as **Tuesday November 18 5:30pm – 7:30pm** at the Southwest Regional Library on 3605 Shannon Road Durham, NC 27707.

This session is free and open to the public. Registration is required at www.durhamcountylibrary.libcal.com. For more information please call 919-682-0516 extension 0 or visit www.durhamhabitat.org.

Durham County Veteran Services: Veterans Day Celebration

Durham Co. Veteran Services will be hosting their 14th annual Veterans Day celebration on **November 10th from 11:00am – 1:00pm** in the Human Services Building 414 E. Main Street 2nd floor Conference rooms.

To RSVP or learn more about the event call 919-560-8387 or email veteranservices@dconc.gov.

Living a Healthy Life with Chronic Diseases

Durham County Library and Durham County Public Health is offering a 6-week workshop that focuses on skill-building activities that help participants with chronic diseases become more confident in their ability to manage their disease. Topics to be discussed will be:

- Dealing with frustration, fatigue, pain, isolation and decision making
- Maintaining and improving strength, flexibility and endurance
- Managing medications and food choices
- Communicating effectively with family, friends and health professionals

This will occur **November 12 – December 17th 10:00am – 12:00pm** at the East Regional Library on 211 Lick Creek Lane.

Register by contacting Eva at emiles@dconc.gov or 919-560-0208 or at this link: durhamcountylibrary.libcal.com/event/15095646.

2025 World Day of Remembrance

The 2025 North Carolina World Day of Remembrance will be held at Durham Central Park **on Sunday, November 16, at 2 p.m.** ITRE is partnering with the City of Durham, Bike Durham, and the NC Families for Safe Streets to host the [7th annual memorial exhibit](#). The exhibit will feature pairs of shoes to represent the 1,732 people killed on North Carolina roads last year. A press event at 2 pm will honor North Carolina crash victims and feature remarks from transportation leadership.

All are welcome to the shoe memorial exhibit and press event. We invite everyone to wear the color yellow, the official color of the global World Day of Remembrance. There is free weekend parking along Foster St., W Seminary Ave, and Rigsbee Ave next to the park.

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 ensuring 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

2025 Caregivers Summit Empowering Caregivers to Thrive

This free virtual event will occur on November 6 11:00am – 2:00pm EST

Register at [2025 Caregiver Summit: Empowering Caregivers to Thrive Tickets, Thu, Nov 6, 2025 at 10:00 AM | Eventbrite](#)

Kerr- Tar Family Caregiver Conference

This conference will occur on **Thursday November 13 at 10:00am – 1:00pm** at the Vance Granville Community College Civic Center.

Presentations will occur from the Director of Dementia Alliance, Pharmacist consultant at GeriatrX and Chief Behavioral Offer and Senior Financial Advisor at Family Legacy Financial Solution.

The Family Caregiver ticket price is \$10.00 and a professional caregiver ticket is 25.00. Register now at www.dementiamc.org/2025henderson

For any questions please call Michael Patterson at 252-436-2040 ext. 6072 or email mpatterson@kerrtarco.org