



# Durham Center for Senior Life

## Family Caregiver Support Program

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DCSLNC



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### Greetings Caregiver Community,

As we embrace this month of care and compassion, we take time to honor and celebrate the incredible caregivers who make a difference in the lives of others.

February is a meaningful month as we recognize and celebrate the incredible dedication of caregivers in our community. National Caregivers Day is observed on the third Friday in February, February 20 this year. This day honors individuals who selflessly provide personal care, as well as physical and emotional support, to those who need it most. Caregivers play an essential role in enhancing quality of life, promoting dignity, and ensuring safety for older adults and individuals with disabilities. Their compassion and commitment often make a profound difference not only in the lives of those they care for, but also in the well-being of entire families.

There are many different types of caregivers, and they are not limited to the healthcare sector. Caregivers include family caregivers, professional caregivers, independent caregivers, private duty caregivers, and informal caregivers. Each type serves a unique and valuable role. Family and informal caregivers often support loved ones at home, while professional, independent, and private duty caregivers may provide structured services in homes or care facilities. Regardless of title or setting, all caregivers contribute meaningful support that helps individuals remain safe, comfortable, and connected.

It is important to recognize that many caregivers are unpaid and provide care out of love, responsibility, and commitment. The physical, emotional, and financial demands of caregiving can be significant, and caregivers frequently balance these responsibilities alongside work, family, and personal obligations. Because of this long-term dedication, taking time to express appreciation is not only thoughtful but essential. A simple thank you, a note of encouragement, or an offer of support can go a long way in reminding caregivers that their efforts are seen and valued.

As we observe National Caregivers Day this month, we encourage everyone to pause and acknowledge the caregivers in their lives. Whether you are a caregiver yourself or know someone who provides care, know that your dedication matters. Our community is stronger because of the compassion, patience, and resilience caregivers demonstrate every day. Thank you for all that you do to uplift and support those who need it most.

**Thank you for your service,  
Niya Carrington, Support Services Director**

### Stroke Peer Support Group

Meets every 1<sup>st</sup> Monday of the month

**February 2, 2026 at 1:00PM**

Onsite in the Volunteer Room

### Family Caregiver Support Group

Meets every 2<sup>nd</sup> Thursday of the month.

**February 12, 2026 at 12:30PM**

Onsite in the Boardroom

### Grief Support Group

Join this peer support group to learn about how to help process your grief.

**Feb. 3 & 17, 2026 at 1:00PM**

Onsite in the DCSL classroom

### Living While Dying: A Support Group for Those Terminally III

This group will offer a safe space to share with and hear from others who are navigating a terminal illness.

**Feb. 10, 2026 at 9:00AM**

**Feb. 25, 2026 at 10:00AM**

Onsite in the Boardroom

## Upcoming Community Activities:

### My Care to Take Care Research Study

Are you a care partner for someone with Parkinson's disease? The Parkinson's Foundation is an offering for a 4-week music therapy and mindful movement program delivered online. The program is supported by a community grant.

Qualifications are:

- Provide care/assist an adult who is 18+ diagnosed with Parkinson's disease, for at least 5 hours/week for the past 3 months
- Have access to a device with audio/video capabilities and a reliable internet connection for videoconferencing.
- Resident anywhere in North Carolina

To learn more please email [mycaretotakecare@gmail.com](mailto:mycaretotakecare@gmail.com)

### 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 February 17, 2026 at 6:00pm** in-person. To register go to [SeniorPharmAssist.org/events](https://SeniorPharmAssist.org/events) or call 919-688-4772.

### Durham Central Park Events & Activities

These below upcoming events are held at Durham Central Park for the month of February. It is located at the pavilion on 501 Foster Street, Durham, NC 27701

- Saturday February 14<sup>th</sup> & 21<sup>st</sup> 9:00am – 12:00pm: Durham Farmers Market
- Saturday February 14<sup>th</sup> 5:00pm – 9:00pm: My Bloody Valentine Night Market
- Saturday February 21<sup>st</sup> 3:00pm – 8:00pm: Melanted Creatives Market
- Sunday February 22<sup>nd</sup> 12:00pm – 4:00pm: Winter Food Truck Rodeo

### Trualta: NC Caregiver Portal

Trualta is an online education and support platform designed to assist caregivers in managing the care of individuals at home. It has a variety of educational modules, practical resources, live events, and community support to empower caregivers with the skills and confidence they need. Trualta provides access to clinically validated resources and practical tutorials making it a valuable tool for caregivers.

To join this platform please follow this link: <https://www.trualta.com/home/>

Upcoming for the month of February they have a listing of online events that you may find to be helpful with your journey of caregiving. Such as:

- February 13<sup>th</sup> at 2:00pm: Anonymous Support Group: Finding Fulfillment
- February 23<sup>rd</sup> at 5:00pm: Webinar – Navigating the healthcare system

You can register for these events and more at [www.nc-caregivers.com](http://www.nc-caregivers.com)

### Heart Health Month Community Wellness Event

Join the Durham County Department of Public Health, Durham Parks and Recreation, and Alliance Health for a Heart Health Month Community Wellness Event. The event will take place on **Saturday, February 28, from 11 a.m. to 3 p.m.**, at the Holton Career and Resource Center, 401 N Driver Street.

This free, family friendly event will connect community members with local organizations and resources focused on heart health, physical activity, nutrition and overall wellness. Attendees can explore exhibit or tables, learn about available health and wellness services, and discover practical ways to support a healthy lifestyle. For more information contact Javonna Rozario at 919-560-7767.

### Women's Health Awareness Conference 2026

The National Institute of Environmental Health Sciences will be hosting this event on **Saturday April, 11 2026** at Hillside High School on 3727 Fayetteville Rd. Registration is now open and ends on Monday March 30, 2026. Open to the public 8:00am – 5:00pm. There will be health screenings, mammograms, and educational sessions.

To register visit: <https://cru.niehs.nih.gov/redcap/surveys/?s=RFDC4PWTJMWMMDP9>

## Our Mission

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

### External Resources:

#### Dco LIEAP Program

Starting on December 10, the Durham Co. Department of Social Services will begin accepting applications to assist with paying energy payments. Applicants aged 60+ who receive services through DCoDSS Aging and Adult services are eligible to apply. Along with those with disabilities or received SNAP benefits.

Starting January 2, 2026 all other residents can apply.

Call 919-560-8192 to make a virtual appointment with a specialist. The program ends on March 31, 2026.

#### AARP Tax-Aide Prep Assistance

Taxpayers of all ages, with a special emphasis on seniors are eligible for this service. Assistance can be provided for federal and North Carolina state income taxes.

Beginning January 30 through April 13, 2026 on Mondays, Wednesdays, and Fridays at the Durham Main Library appointments can be scheduled.

The location address is 300 North Roxboro Street Durham, NC 27701

Appointment assistance can be completed by leaving your name and call-back number at:

calling 919-695-7548 or emailing [durhamtaxaide@gmail.com](mailto:durhamtaxaide@gmail.com)

Please do not call the library for an appointment.

Bring all documents needed to submit your taxes.