


Durham Center for Senior Life Family Caregiver Support Program

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 www.dcsln.org  DCSLNC  DCSLNC  DCSLNC

Greetings Caregivers,

April is a meaningful time to recognize the dedication and compassion of caregivers everywhere. During Care Workers Recognition, we take a moment to honor the individuals who provide essential support, comfort, and advocacy for those in need. Caregivers, whether professionals, family members, or volunteers, play a critical role in enhancing quality of life and ensuring dignity for older adults and individuals with disabilities. Their work often goes unseen, yet its impact is immeasurable. This month, we celebrate their resilience, empathy, and unwavering commitment to caring for others.

In addition, **Caregiver Action Week, observed April 20–24, 2026**, serves as an opportunity to uplift caregivers by raising awareness, sharing resources, and encouraging community support. Each day of the week highlights a unique way to recognize and support caregivers:

Monday, April 20 – Awareness Day: Highlighting the vital role caregivers play in supporting individuals and strengthening our community.

Tuesday, April 21 – Education Day: Sharing resources, tools, and information to empower caregivers in their roles.

Wednesday, April 22 – Appreciation Day: Recognizing and thanking caregivers for their dedication and hard work.

Thursday, April 23 – Advocacy Day: Encouraging support for policies and programs that uplift and protect caregivers.

Friday, April 24 – Self-Care Day: Promoting rest, wellness, and the importance of caregivers taking time for themselves.

Together, these efforts remind us to not only say “thank you,” but to actively support and uplift caregivers in our community every day. Caregiving can be both rewarding and challenging, and no one should have to navigate it alone. Whether you are new to caregiving or have been supporting a loved one for years, access to the right resources and a supportive network can make a meaningful difference.

The Durham Center for Senior Life (DCSL) is here to support you every step of the way. We offer a variety of caregiver resources, including support groups, educational workshops, and connections to community services designed to ease the caregiving journey. If you or someone you know could benefit from these services, we encourage you to reach out to our team. To learn more, please contact us at 919-688-8247 or visit us in person.

*Cheers to a new month,
Niya Carrington, Support Services Director*

“Caregiving is not for the faint of heart. It requires strength, patience, and a deep well of compassion.” – **Michelle Obama**



Upcoming Events

Stroke Peer Support Group

Meets every 1st Monday of the month

April 6, 2026 at 1:00PM

Onsite in the Volunteer Room

Family Caregiver Support Group

Meets every 2nd Thursday of the month.

April 9, 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.

April 7 & 24, 2026 at 1:00PM

Onsite in the DCSL classroom

Aging in Place: Truths about Communicating with Adult Children

Join in on this candid conversation with Certified Senior Housing Professional, Tracy Drakeford-Pierce.

April 13, 2026 at 12:30PM

Onsite in the Classroom

Upcoming Community Activities:

3rd Annual Parkinson's Art Gallery & Auction

Join this event for a night featuring art, music and creative expression by people living with Parkinson disease. This event is hosted by the Parkinson's Foundation Center of Excellence, Duke Health, Duke P4P and Move More. This event will be held on **Friday April 10th 6pm-8pm** at the Durham Arts Council located on 120 Morris Street Durham, NC 27701.

This event is free and all are welcome to attend. No RSVP is required. To learn more or share your work, please reach out to allison.m.allen@duke.edu.

Prostate Health Nutrition & Prevention for Black Men

Join Eatwell Exchange for a free powerful and informative virtual session designed to break the silence, provide knowledge and equip men with the tools they need to take control of their health with confidence. The speakers will be Gregory LaFortune, MS, RDN, LD and Dr. Joseph Acquaye, MD. Together they will discuss:

- Understanding prostate health and risk factors in Black Men
- The role of nutrition in prevention and long-term wellness
- Practical lifestyle changes you can start today
- Breaking stigma and empowering informed decision-making

This virtual event will occur on **Saturday April 11, 12pm – 1pm** eastern time. Register at the below link: [Men's Health and Prostate Education Session | eatwellexchange](#)

Durham Central Park: Spring Food Truck Rodeo

Join this food truck rodeo event at the Durham Central Park at 501 Foster Street on **Sunday April 12 from 12pm – 4pm** for a solar New Year celebration. There will be a variety of food trucks for your choosing to taste and enjoy the cultural food options offered locally in the area.

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 April 21, 2026 at 6:00pm** in-person. To register go to SeniorPharmAssist.org/events or call 919-688-4772.

Shred-A-Thon

Senior PharmAssist is hosting this free event at the Durham Center for Senior Life in the parking lot on 406 Rigsbee Avenue, Suite 202, Durham on **Saturday August 25th 10:00am – 2:00pm**. This event provides a drive-through setup for you to drop-off documents for free and safe disposal. You can also bring prescription or over the counter medications, syringes, inhalers, ointments for secure disposal. There will also be local agencies attending to provide information on local resources.

For any questions or to learn more about this event, please call 919-688-4772.

Walk to Defeat Dementia

Join Dementia Alliance of North Carolina on **Sunday April 26th** for their annual walk to defeat dementia with a celebration and remembrance as people take action and provide hope to those living with Dementia.

Registration to walk starts at 1:00pm and the walk will begin at 2:30pm at 201 Fenton Gateway in Cary North Carolina. To learn more about this event visit DementiaNC.org/TriangleWalk26.

(Upcoming) Aging Gracefully Resource Fair

EARLY PROMOTION! SAVE THE DATE!

Durham County Department of Social Services will host their 2nd Aging Gracefully Resource Fair on **Saturday June 13, 2026**. The time is to be determined soon.

This event is free to the community for caregivers, individuals who are about to retire and professionals that want to learn more about what the Durham Community offers for aging adults. More details are to come closer to the event date.

Our Mission

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

External Resources:

DCSL Young at Heart Annual Gala & Silent Auction

You are cordially invited to the "Young at Heart" annual gala that focuses on bringing together local business leaders, community partners and supporters who believe in investing in a healthy, connected Durham. This is also a time to make a donation in loving memory or on behalf of a loved one who is receiving services at DCSL in appreciation to keep the services thriving.

This will occur on Saturday **April 25, 2026 from 6:00pm – 9:00pm** at 406 Rigsbee Ave. Durham, NC 27701.

Tickets can be brought at dcsinc.org/gala.

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

Please do not call the library for an appointment.

Bring all documents needed to submit your taxes.