



AUGUST 2026

CAREGIVING +

*Caring for Your Loved Ones with Compassion,
Supporting Caregivers with Confidence.*



INSIDE THIS ISSUE

ADH

Important Date & Reminders
ADH Employee of the Month
A Letter from the Director

FAMILY CAREGIVER SUPPORT PROGRAM

A Message for Caregivers
Essential Supply Drive

WELLNESS CORNER

Safety Checklist
Coloring Page



August 21st is National Senior Citizens Day!

Our Support Services Manager's
Message for Caregivers on
honoring our loved ones



Discover 6 Ways to Reduce Stress as a Caregiver

Sharon's Tips on Reducing
Caregiver fatigue.

ADULT
DAY HEALTH



CARING FOR YOUR LOVED
ONES WITH COMPASSION

ADH – Durham Center for Senior Life

Our center offers peace of mind to family caregivers, who can be assured their loved one is being cared for by trained staff.

📍 406 Rigsbee Avenue Suite 202 Durham, NC 27701

☎ (919) 688-8247 x 125

✉ sconyers@dcsInc.org

🌐 www.dcsInc.org



AUGUST 2026

IMPORTANT DATES & REMINDERS

Please ensure your loved one is picked up on time by 5:00 p.m.
.....

A **\$25 late pick-up fee** will be charged at 5:05 p.m. An additional **\$1.50 per minute** will be charged beginning at 5:06 p.m.

Thank you for helping us ensure a smooth and timely pick-up process.



ADULT DAY HEALTH EMPLOYEE OF THE MONTH

.....

Yaquelin Tejada Peraza

Certified Nursing Assistant

Yaq is fair, hard-working, super friendly, and pays close attention to all of our participants.



CAREGIVER SUPPORT GROUP THURSDAY, AUG. 13 • 12:30 PM

This group offers guidance, support, and a therapeutic outlet for those caring for loved ones.



Inclement Weather Notice

DCSL Adult Day Health (ADH) will follow the Durham Public Schools (DPS) weather schedule:

-
- **DPS is closed:** DCSL/ADH will be closed.
 - **DPS operates on a delayed schedule:** DCSL/ADH will open on a delayed schedule.
 - **DPS operates on a regular schedule:** DCSL/ADH will operate on its regular schedule, unless otherwise communicated.

Any schedule changes/updates that differ from DPS will be communicated via the DCSL website, robocall, and email.

Celebrate Older Adults. Support Their Future.

At DCSL, older adults can find connection, care, and meaningful opportunities in a welcoming community. Your gift helps us keep these services accessible and affordable for the families who rely on them.

www.dcsln.org/donate



A Letter from the Director of Adult Day Health



Greetings Caregivers,

I hope you're enjoying your summer! It's been a *hot one* and here in ADH, we're doing our best to stay cool, hydrated, and well. I also want to remind our caregivers to take care of yourselves, too.

Caregiving can be deeply rewarding, but it can also be physically and emotionally demanding. Please remember to give yourself grace and take time to recharge, whether that means taking a short break, practicing mindfulness, connecting with others, or asking for help. Your well-being matters, and caring for yourself helps you continue caring for those you love.

I know how difficult it can be as your loved one's health changes and caregiving becomes more challenging. Small moments of self-care can make a big difference, so give yourself the same care and compassion you give to others.

I also encourage you to take advantage of the many resources and support services available through the Durham Center for Senior Life. We are all family here, and you don't have to navigate this journey alone. As we continue through the year, I look forward to caring for your loved one. Thank you again for choosing Adult Day Health.

Sincerely,
Sharon Conyers
ADH Director

“Almost everything will work again if you unplug it for a few minutes, including you.”
– Anne Lamott”

A FEW WAYS TO REDUCE STRESS AS A CAREGIVER

TAKE A BREAK



Even 10–15 minutes of quiet time can help you reset.

BREATHE & RECHARGE



Try deep breathing, meditation, or a few moments of mindfulness.

STAY CONNECTED



Lean on family, friends, or caregiver support groups for encouragement.

REST & NOURISH



Prioritize sleep, healthy meals, and staying hydrated.

KEEP MOVING



A short walk or gentle stretching can lift your mood and ease tension.

ASK FOR HELP



It's okay to share responsibilities or seek respite care when you need it.

Honoring Older Adults With Care & Connection



Caregiver
support for you

Dear Caregivers,

Each year on August 21, National Senior Citizens Day gives us an opportunity to honor the wisdom, resilience, accomplishments, and lifelong contributions of older adults, while also recognizing the families, friends, and caregivers who help them live with dignity, purpose, and independence.

If you care for an aging parent, spouse, family member, friend, or neighbor, thank you. Caregiving is a meaningful act of love, but it can also be challenging. Your patience, sacrifice, and encouragement make a difference every day.

Celebrate your loved one by keeping it simple: share a meal, take a walk, look through old photos, listen to their stories, reconnect them with someone they love, or simply remind them that they are valued and appreciated. These small moments can become treasured memories and help preserve the legacy they continue to build.

And caregivers, remember to care for yourselves, too. Rest, ask for help, and take time to recharge. Your well-being matters.

At the Durham Center for Senior Life, we are honored to support older adults and the caregivers who walk alongside them. Together, we can help every older adult feel respected, connected, and celebrated. Let's carry that spirit beyond August 21 and celebrate them every day.

With heartfelt appreciation,
Mars Gunn
Support Services Manager

AUGUST ESSENTIAL SUPPLY DRIVE

Support Older Adults. Support Caregivers.

What We Need

- Personal Hygiene Products
- Toothbrush / toothpaste
- Soap / Bodywash
- Shampoo / Conditioner
- Deodorant
- Cleaning Supplies
- Multi-purpose Sponges
- Paper Goods
- Non-Perishable Food Items
- Ensure
- And More!

We're collecting items for the entirety of August.

DCSL Support Services at 919-688-8247 x 104

*All items **must be unopened and within date.** Please drop off at DCSL on 131 Hunt Street at our Support Services Office. Donation receipts are available*

Wellness Corner

A little care can go a long way. Find simple tips and helpful reminders to support the health, comfort, and well-being of those you care for.



Quick & Healthy Meal:

One-Pan Lemon Herb Chicken

- 2 chicken thighs, 1 cup broccoli, 1 sliced lemon
- Toss with olive oil, garlic, rosemary, salt & pepper
- Bake at 400°F for 25 minutes
- Serve with brown rice or whole wheat bread

A nourishing meal in under 30 minutes – perfect for busy caregivers!

Home Safety Checklist for Caregivers

- ☐ Remove loose rugs and clear walkways of clutter
- ☐ Install grab bars in the bathroom near the toilet & shower
- ☐ Ensure adequate lighting in hallways and stairways
- ☐ Keep emergency numbers posted in a visible location
- ☐ Check smoke detectors & carbon monoxide alarms monthly
- ☐ Secure medications in a locked or high cabinet
- ☐ Use non-slip mats in the kitchen and bathroom



FREQUENTLY ASKED QUESTION

"When is it time to consider adult day services?"

.....
If your loved one needs daytime supervision, experiences loneliness or isolation, or you need time to work, rest, or manage personal responsibilities, adult day services may be a great fit.

Durham Center for Senior Life provides a safe, engaging environment with trained staff, structured activities, meals, and socialization. Families gain peace of mind while their loved ones benefit from greater connection and quality of life.

Learn more: Contact our Support Services team at 919-688-8247 x 104.

We'll answer a new wellness question each issue! Email your questions to kallmond@dcsInc.org and look for it next issue.

“ You are not alone in this journey. Every moment of care you give is a gift of love – and you deserve that same love in return. – Unknown ”

A Little Sunshine for ADHD!

Print this month's coloring page and let your creativity shine! Bring your finished masterpiece to ADHD and we'll hang it up for everyone to enjoy.

