

December 2021



OUR TIMES

CONTACT US! info@dcsinc.org (919) 688- 8247

Durham Center for Senior Life Monthly Newsletter

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REMINDER

DCSL will be closed on December 24th, 27th, 28th & January 3, 2022, and will be closing at 12pm on December 16th



DCSL's three locations: **(Main Center)** 406 Rigsbee Ave., Durham, NC 27701; **(Little River Senior Center)** 8305 N. Roxboro St., Bahama, NC 27503; **(JFK Towers)** 4900 N. Roxboro St., Durham NC 27704

"Our Times" newsletter is published by the Development Department of the Durham Center for Senior Life



@DurhamSeniors



@DCSLNC



@DCSLNC



Durham Center
for Senior Life

A Message from Our Executive Director

One of the highlights of my childhood holiday memories was the arrival of the Sears and JC Penny's Catalog the week before Thanksgiving. My sister and I would flip through the toy section, dog-earing the pages to which we wanted to draw Santa's attention. One year in particular, I was determined to highlight through any means necessary the full family Barbie doll collection with the doll house and family car. In those days, the art of subtlety was discarded for the hinting- turned asking- turned pleading—of my "desperate" seven-year-old self. Needless to say, my mom came through, as she always did. My parents sacrificed greatly throughout the year to make the holidays a time of joy. And boy, did I love that Barbie doll family collection! Although my sister and I had these huge Christmases full of toys and everything a child could ever hope for, my parents still taught us that the art of gift-giving is truly discovered in the heart behind the gift.

I try to live that legacy as a parent and as a "gift-giver." Over the last several years, my family has taken on the gift-giving tradition. We provide meals and gifts to those sleeping on the streets on Christmas morning, we show random acts of kindness throughout the year feeding people we pass on the streets or gifting a small token to a chosen family.

As a family, it has been our goal each holiday season for the last several years to match our holiday spending on gift-giving with charitable donations to nonprofit organizations. As you consider your gift giving this holiday season, I'd like to invite you to consider a special gift to the Durham Center for Senior Life (DCSL). Perhaps you would like to give an extra gift in someone's honor or memory that will empower our mission to enrich the lives of Durham seniors 55+ by promoting healthy, active and independent lifestyles. We are in the midst of our annual fundraising appeal, and a gift to DCSL goes a long way to support seniors in the community. While many senior centers are municipal offices, DCSL is a community nonprofit that relies on the generosity of individuals, businesses, and community partners for over 80% of our budget. Your gift truly does make a difference.

This year, I have had a blast shopping for my own children. There may even be a Barbie doll family collection under our tree this year! At the same time, there will be great joy in our family sharing our charitable gifts including one to DCSL as my family's gift-giving legacy. I hope you can find the same joy and I'd love for DCSL to be a part of that for you and your family. May your holiday season be filled with love and light.

Wishing you all the best hoilday wishes,



Seanyea Rains
Executive Director



DCSL Administration

- **Seanyea Rains:**
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○ srains@dcslncc.org
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Seasonal Affective Disorder Awareness Month (SAD)

During the month of December, awareness is being built around *Seasonal Affective Disorder* (SAD). SAD is a type of depression said to occur due to changes in the body's internal clock, and changes in brain and body's chemical balance. People who have SAD, experience mood changes and symptoms similar to depression during seasonal changes. However, it is more common to occur during the winter months, hence it sometimes being called winter depression or seasonal depression.

It is more common in ages 15-55 and in women, however, SAD roughly affects 11 million people in the U.S. each year. Twenty-five million more may have a milder form called the "winter blues".

Symptoms of SAD:

- Feeling sad or depressed
- Loss of interest or pleasure in activities; increased energy or increased fatigue
 - Change in appetite and sleeping patterns
- Difficulty thinking, concentrating, or making decisions



Treatments: Light therapy, medication, and psychotherapy .

Prevention and Self-care Tips:

- Keep your house well lit
- Sit closer to bright windows both at home and in office
- Take a walk outside each day and exercise regularly

Durham County Resources:

Healing with CAARE Inc.: 214 Broadway Street Durham, NC 27701 919- 683-5300

MindPath Care Centers: 5475 Lumley Rd., Suite 103, Durham NC 27703 919-354-0830

- Support Services NCCU Intern: Alexandria Mumford

Support Services Volunteer Recognition



Celatene Evans has been an active member of the Durham Center for Senior Life (DCSL) since 2005. During her time with DCSL, she has volunteered with the DCSL Food Pantry, Shop & Grab, Congregate Meals, and helped as Greeter & Information assistance. In her free time, she likes to watch Dancing with the Stars, attending church, singing, and traveling. When asked why she likes to volunteer she stated, "I like to help and be a support system for other people. As well as learn more on how I can best help the staff at DCSL". Celatene, Support Services would like to thank you for all of your hard work and dedication.

If you are interested in becoming a Support Services volunteer, please contact the Volunteer & Programs Coordinator, Daniel Lightheart, at 919-688-8247 ext. 124.

Financial Holiday Planning



As we turn our thoughts towards the holidays, everyone's may not be joyful and full of excitement. For some, it means added stress due to additional financial strain, complicated relationships among family, or a heightened sense of sadness & loneliness due to the loss of those that once brought so much joy and happiness to our holidays.

In order to eliminate – or at least minimize – those anticipated stressors, the best antidote is to plan ahead.

Setting realistic expectations is vital. To help ease the financial strain of additional expenses related to giving during the holidays, the key is to make a plan, and stick to it! Here are a few ideas to keep in mind when planning financially for the holidays:

- **Begin** with a list of anticipated holiday expenses, then decide on what you can realistically afford. Prioritize, and assign a dollar value on each expense.
- **Don't** spend more than you have; relying on credit cards for holiday expenses only carries the financial stress into the new year!
- **Create** a list for everyone on your gift list. Assign a price range for each person. Stick to that budget!
- **Purchase** as many items as you can online. This will save you time, gas, and impulse spending! Look out discounts and free shipping!

If you find yourself alone during the holidays, plan to spend time with someone you know who is also alone. You can share a holiday meal, watch holiday movies, & spend time sharing special holiday memories.

Planning will allow us to be more relaxed as we enter the holiday season. The goal is to have fun and spend precious quality time with those we hold dear. I wish each of you a joyous and blessed holiday season!

Sincerely,



Vonda Richy

Vonda Richy, MBA, CPA
Director of Finance



DCSL New Hires: Welcome!!!



Jasmine Smith
Development Associate



Helen Carrington
Site Coordinator
(Little River/IEK)



Danny Lightheart
Volunteer/ Program
Coordinator

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Melissa Hall



SPECIAL/MONTHLY EVENTS

Join us for the Red and White Holiday Celebration on Friday, December 17th from 2:00pm - 5:00 pm in the Lower Commons. This event is in partnership with the *Tony Cozart Experience*. There will be live music, food, dancing and lots of holiday spirit. Wear your fancy or funky red and white attire. This event has a limited capacity of 120 so remember to register by **December 3rd to reserve your spot!** **Please call to register 919-688-8247 ext.110.**

COVID-19 101 VIRTUAL Presentation Tuesday, December 7th at 1:00 pm

We invite you to a virtual event providing information on COVID-19. This will be a ZOOM presentation . **Please call to register 919-688-8247 ext. 110.**

Frauds and Scams Internet Safety VIRTUAL Presentation Thursday, December 9th at 2:00pm.

The NC Department of Justice will provide via ZOOM a presentation on Frauds and Scams.

Please call to register 919-688-8247 ext. 110.

Bingocize® is a 10-week, evidence-based health promotion program. Bingocize® combines exercise and health information with the game of bingo. This program will be held on Tuesdays and Thursdays from 1:00 pm - 2:00 pm. We ask that all registrants commit to the full 10-week program. Come and join in the fun! **Please call to register 919-688-8247 ext. 110.**

Arthritis Foundation Exercise Program is an evidence based health promotion class that includes range-of-motion and endurance-building activities, relaxation techniques, and health education topics. This is an 8-week program that will be held on **Tuesdays and Fridays from 2:00 pm - 3:00pm**. We ask that all registrants commit to the full 8-week program. **Please call to register 919-688-8247 ext. 110.**

Volunteer Orientation - 2nd Thursday 11:00am-12:00pm

Are you interested in learning more about volunteer opportunities at our main center and satellite sites? Join us every 2nd Thursday to learn about volunteering at DCSL. **Call 919-688-8247 ext. 124** to sign up.

New Members Orientation - Every Monday & Friday 10:00 am or 12:30 pm

All members must complete orientation to participate in any indoor programming. **Please call 919-688-8247 ext. 110** to schedule your tour today!

Member Check every 4th Wednesday- 11:30pm-12:30pm

You are invited to join us every 4th Wednesday to stay connected with news and updates with center staff and fellow members. Share your thoughts and give us feedback on how we are doing. Join us in the lower commons and virtually Face Book live ! No registration is required.

Zoom Meeting ID: 932 9981 2145



WEEKLY PROGRAM CALENDAR

Legend

AR - Activity Room
AS - Art Studio
BR - Board Room
CR - Classroom
ER - Exercise Room
FC - Fitness Center
RR - Rec Room
LC - Lower Commons
THTR - Theatre
TR - Tech Room
V - Virtual
C-Cafe



Monday

8:45am-9:45am
 Muscle Pump
 (Max Capacity 20) **ER**

9:00am-4:00pm
 Fitness Center Drop in
 (Max Capacity 8) **FC**

9:00am-12:30pm
 Ceramics **AS**

9:00am - 4:00pm
 Pool Drop In **RR**

9:00am - 4:00pm
 Computer Drop In **TR**

10:00am -11:00am
 Total Body Workout
 (Max Capacity 20) **ER**

10:00am-12:00pm
 Ping Pong **AR**

10:00am-11:00am
 Strong & Steady **V**

1:00pm - 2:00pm
 Bible Study
 (Max Capacity 10) **CR**

Tuesday

8:45 am -9:30am
 Seniors on the Move
 (Max Capacity 20) **ER**

9:00am-4:00pm
 Fitness Center Drop in
 (Max Capacity 8) **FC**

9:00am - 4:00pm
 Pool Drop in **RR**

9:00am - 4:00pm
 Computer Drop In **TR**

9:30am-10:55am
 Take Off Pounds Sensibly
 (Max Capacity 10) **CR**

10:00am - 11:00am
 Beginning Yoga
 (Max Capacity 15) **ER**

11:00am - 12:00pm
 American Sign Language **BR**

11:30am - 12:30pm
 Belly Dance
 (Max Capacity 20) **ER**

12:30 - 2:30
 ReRun Tuesday Movie

12:00pm -4:30pm
 Pinochle **RR**

1:00pm-2:00pm
 Sudoku **CR**

1:00pm-3:00pm
 Quiltmaking **AS**

DCSL's JFK Towers & Little River locations are currently closed for daily programming. Alternative programs are available at DCSL Main Center. Curbside meal deliveries are available at satellite locations.



WEEKLY PROGRAM CALENDAR

Wednesday

8:45am - 9:45am
Muscle Pump
(Max Capacity 20) **ER**

9:00am-12:30pm
Open Arts **AS**

9:00am-4:00pm
Fitness Center Drop in
(Max Capacity 8) **FC**

9:00am - 4:00pm
Pool Drop In **RR**

9:00am - 4:00pm
Computer Drop In **TR**

10:00am - 11:00am
Total Body Workout
(Max Capacity 20) **ER**

10:00am-12:00pm
Ping Pong **AR**

11:00am-12:00pm
Gentle Yoga **V**

11:30pm
Member Check In
4th Wed **LC/V**

1:00pm - 2:00pm
Bible Study
(Max Capacity 10) **CR**



Thursday

9:00am-4:00pm
Fitness Center Drop in
(Max Capacity 8) **FC**

9:00am - 4:00pm
Pool Drop in **RR**

9:00am - 4:00pm
Computer Drop In **TR**

9:30am - 10:30am
Breakfast Bingo **C**

10:00am - 11:00am
Strong & Steady **V**

10:00am - 11:00am
Beginning Yoga
(Max Capacity 15) **ER**

12:00pm - 4:30pm
Pinochle **AR**

1:00pm-2:00pm
Sudoku **CR**

2:00pm - 4:00pm
Kings in the Corner
(2nd and 4th Thursday) **CR**



Friday

8:45am -9:45am
Muscle Pump
(Max Capacity 20) **ER**

9:00am-12:30pm
Ceramics **AS**

9:00am-4:00pm
Fitness Center Drop in
(Max Capacity 8) **FC**

9:00am - 4:00pm
Pool Drop In **RR**

9:00am - 4:00pm
Computer Drop In **TR**

10:00am -11:00am
Total Body Workout
(Max Capacity 20) **ER**

10:00am-12:00pm
Ping Pong **AR**

11:00am -12:30pm
Book Club
(1st & 3rd Friday) **BR**

12:30pm - 2:30pm
Movie Matinee
(Max Capacity 16) **THTR**



Friday Matinee
Starting at 12:30pm Popcorn for all (Max Capacity 16)

December 3, 10, 24, and 31
SURPRISE holiday movies!

(12/17 MOVIE CANCELLED FOR EVENT)

PROGRAM & CLASS DESCRIPTION

Beginning Yoga: Tuesdays and Thursdays, 10:00am - 11:00am (Limited to 15 people)

This class is gentle on the body and focuses on stretching, balance, breathing, strength, and improving flexibility. You can be on the floor or in a chair during this beginner level class. Please be sure to arrive to class a few minutes early prior to the class to have time to prepare. No entry once the class begins!

Virtual Gentle Yoga: Wednesdays 11:00am - 12:00pm

Gentle Yoga offers the enjoyment of moving through gentle yoga poses in a rhythmic flow. Focus on fun, strength, flexibility and enhancement of physical and mental well-being. All are welcome to this beginner level class.

Zoom Meeting ID: 945 9272 6959

Passcode: YOGA

Muscle Pump: Mondays, Wednesdays, and Fridays 8:45am - 9:45am (Limited to 20 people)

Work your muscles with dumbbells to tone your abs, legs, and arms in this fun class designed for any ability level.

Virtual Strong & Steady: Mondays and Thursdays, 10:00am

This class focuses on full body strengthening and balance exercises using exercise bands, hand weights, and ankle weights. It incorporates exercises that are reviewed and recommended by A Matter of Balance, Fit and Strong, and the OTAGO balance programs. Strong and Steady is guided by a licensed physical therapist who will help to modify the exercises as needed in the comfort of your home. All levels welcome

Zoom Meeting ID: 464 379 5852

Passcode: 9196141923

Total Body Workout: Mondays, Wednesdays, and Fridays 10:00am - 11:00am (Limited to 20 people)

This is a high-energy class with cardio and weight training for those who want to sweat! This class is for people who really want to move!

Seniors on the Move: Tuesdays 8:45am - 9:30am (Limited to 20 people)

Are you ready to get back in the groove? Are you interested in learning the basics to line dancing? Join us for the opportunity to glide across the floor to a few classic line dance hits and a few new grooves.

Breakfast Bingo Thursday- 9:30am -10:30am (Limited to 20 people)

BINGO is back onsite here at the 406 Café. Enjoy a light breakfast option, socialize with peers, and win free prizes.



Nutrition Today: Nutritional Trivia, Sampling, and information.

Please join us for a presentation from Dr. Jenny Horton on the TOPS (Take Pounds Off Sensibly) program. Dr. Horton will explain the program and talk about the benefits of living a healthy life.

Dr. Jenny Horton is head of the TOPS chapter at DCSL and offers a weekly meeting at DCSL. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization. In an industry filled with quick fixes and fad diets, TOPS is an affordable and evidence-based program that encourages members to make small, steady lifestyle changes that provide lasting weight loss and better health.

The TOPS program motto is real people, real weight loss. The program has helped millions to take off pounds sensibly since 1948. TOPS offers the program in person or virtually. You will learn about a variety of health and wellness topics, and words of encouragement for you to stay focused.

This program is being held on December 17th, at 9:30 am, in the 406 Café .

Call 919-688-8247, ext. 110 to register.



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406 Café Lunch Menu

MON

TUE

WED

THU

FRI



*Wishing you and yours
the very best of the
Holiday Season*

6

Beef Chili

Beans in Chili
Mixed Vegetables
Fruit Compote
Wheat Bread

Milk

7

Tusan Chicken

Roasted Potatoes
Zucchini
Mandarin Cup
Breadstick

Milk

1
Crab Cake
Cream Corn
Broccoli
Banana
Roll

Milk

2
Mac N Cheese
Peas
Spiced Pears
Breadstick

Milk

3
Southwest Smothered Chicken
Rice
Black Beans
Peaches
Roll
Milk

10

Chicken & Dumpling

(Dumplings)
California Blend
Veggies
Spiced Pears
Wheat Roll

Milk

13

Cheesy Baked Ziti
Zucchini & Tomatoes
Spiced Peaches
Breadstick

Milk

14
BBQ Chicken

Roasted Root Veg
Broccoli
Banana
Roll

Milk

15
Beef Spaghetti
Noodles
Mixed Veggies
Spiced Peaches
Breadstick

Milk

16
Meatball Stroganoff
Noodles
Mixed 5 way Veg
Applesauce
Roll

Milk

17
Country Fried Steak
Mashed Potatoes
Seasoned Greens
Mandarins
Roll

Milk

20

**Hamburger Steak w/
Gravy & Onions**
Rice
Green Beans
Mandarin Oranges
Wheat Roll

Milk

21
Sliced Turkey

Sweet Potatoes
Green Bean Casserole
Peaches

Milk

22
Glazed Ham
Mac n Cheese
Broccoli Casserole
Banana
Cornbread

Milk

23
Beef Stew
Rice
Carrots
Mandarin Oranges
Wheat Roll

Milk

**CENTER
CLOSED**

27

**CENTER
CLOSED**

29
Baked Chicken

Wild Rice Pilaf
Carrots
Banana
Roll
Milk

30
Meatloaf

Mashed Potatoes
Green Beans
Banana Roll
Milk

31
**Chicken Corn
Chowder**

(Potatoes & Corn in
Chowder)
Carrots
Spiced Apples
Roll Milk





Enjoy a Taste of the Holidays

Durham Center for Senior Life

Angel Tree Donations

"The Gift that Keeps on Giving"

Donations are accepted
December 1st - 15th

Drop-off Monday - Friday
8:30am - 5:00pm

406 Rigsbee Avenue, Suite 202,
Durham, NC 27701

Lotion	Body Wash / Soap	Toothpaste
Hat/Gloves/Scarves	Blankets	Toothbrush
Deodorant	Laundry/Dish Detergent	Cleaning Supplies
Ensure	Kleenex	Cleaning Solutions

*These products will help to support seniors
in the Durham Community during the
winter holidays for Angel Tree Gift Bags.*

All products must be new and
unopened

For More Information
(919) 688-8247 ext. 104
ncarrington@dcslncc.org

Dementia Care Program

DCSL has started a new program for individuals living with dementia or cognitive impairment and who live alone in Durham. *The Dementia Care Management & Support Services program* is for adults 60 and older with unmet needs and who need help identifying, accessing, and coordinating services that will make it easier for them to safely live in their own home. Dementia Care Management & Support Services are free and available at no cost to the participant.

If you are interested in learning more about this program, or you would like to refer someone, please contact Neikya Mumford, Dementia Manger at **(919) 688-8247 ext. 116** or at nmumford@dcslnc.org.

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WINTER

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Respite Care Program

DCSL is excited to start a new program for caregivers of individuals living with dementia or cognitive impairment in Durham. Through a grant awarded by the *Administration for Community Living*, DCSL is now able to offer **free** respite care at DCSL on the weekend at **no cost** to the participant.

Eligibility requirements are:

- Individual must be living in Durham with dementia or a cognitive impairment.
- Does not require any nursing services, such as medication administration or monitoring of any complex medical condition(s).
- Caregivers will need to agree to answering a short survey at the beginning of the service and every month they receive services.

Saturdays: 10:00 AM – 2:00 PM

Sundays: 9:00 AM – 1:00 PM

Caregivers will need to provide a bag lunch for their participant. This lunch needs to be ready to eat as items cannot be reheated. DCSL will provide a brain-healthy snack.

If you are interested in learning which days DCSL will offer Weekend Respite Care or learning more about this program, please contact Melissa Black, Dementia Care & Services Director, **at (919) 688-8247 ext. 113 or at mblack@dcsln.org**

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