Join us as we continue to celebrate our 10th Anniversary and honor our Founders!

Legacy Breakfast 2017
In Celebration of our 6th Annual
Legacy Awards Breakfast
By Invitation Only

Connecting with a generation through “Living Stories”

This will be a time to honor our founders and celebrate the great impact and accomplishments that DCSL has made in our area.

Thursday, March 2, 2017
Registration/Breakfast 8:00am
Program 8:30-9:30am
Hilton Durham
3800 Hillsborough Road
Durham, NC 27701
Durham Center for Senior Life Celebrates National Hispanic Heritage Month

National Hispanic Heritage Month is observed September 15th through October 15th and Durham Center for Senior Life (DCSL) is joining the celebration by honoring the Hispanic and Latino Americans who have positively enriched our community. This month long national celebration started out as Hispanic Heritage Week in 1968 under President Lyndon Johnson and then was expanded to a 30-day by President Ronald Reagan in 1988.

DCSL Board Member Nora Herrera-Olivieri started a Latino Seniors Club at DCSL in November of 2015. The club is open to anyone, though it is conducted on Spanish. The focus is on the Latino culture, socialization, exercise and to learn something new while having fun. The club displayed their culture by recently bringing in items from Mexico, and Central and South America such as native dolls, instruments, and artifacts. They also shared a game similar to Bingo called Loteria.

DCSL is also offering Zumba on Fridays from 11:45 am – 12:45 pm. Nora is also teaching a Spanish class on Mondays from 10:30 am – noon and an evidence-based health promotion class called Tomando Control de su Salud in conjunction with Durham County Department of Public Health, on Wednesdays from 9:30am – noon.
Participants at WD Hill enjoy a fish fry.

**Congregate Sites Wish List**

- Paper Towels
- Dishcloths
- Tissues
- Soap
- Shampoo
- Hats
- Men’s/Women’s Socks
- Men’s/Women’s T-shirts
- Puzzle Books
- Decks of Cards
- Combs
- Picture Frames
- Plastic Containers
- Cologne
- Perfume
- Yarn for Looms
- Nail Kits
- Lotion
- Calendars
- Men’s/Women’s Slippers
- Nail Polish
- Wallet
- Men’s Belts
- Change Purse
- Pill Containers
- Coaster Making Materials
Bull City Golden Riders Visit Ackland Art Museum

The Americans with Disabilities Act of 1990 (ADA) prohibits discrimination and ensures equal opportunity and access for person with disabilities. The New Freedom Program grew out of the New Freedom Initiative introduced by the Administration under Executive Order 13217, “Community-Based Alternatives for Individuals with Disabilities,” on June 18, 2001. Individuals who are transportation-disadvantaged face different challenges in accessing services depending on whether they live in urban, rural, or suburban areas. The geographic dispersion of transportation-disadvantaged populations also creates challenges for human service programs hoping to deliver transportation for their passengers. The New Freedom grant aims to provide additional tools necessary to overcome barriers facing people with disabilities. Seniors can become isolated once they are no longer able to drive and public transportation can help to alleviate this barrier.

Bull City Golden Riders (BCGR) is a group here at Durham Center for Senior Life (DCSL) who participates in the travel training program. Individuals receive awareness, knowledge, and skills of public and alternative transportation options available in their communities. Recently, BCGR attended the North Carolina State Fair and seniors really enjoyed the flower and garden show. On Thursday, December 8th, 2016 BCGR took a travel training trip to the Ackland Art Museum. It was eye opening to see the diverse paintings, drawings, and sculptures from African, Eastern, and Western traditions. We then ended our trip by enjoying the wonderful food from Top of the Hill Restaurant. According to data from the U.S. Administration on Aging, Transportation Services provided nearly 25 million rides to doctor’s offices, grocery stores, pharmacies, senior centers, meal sites, and other critical daily activities. We hope that transit will continue to receive funding to support programs that will help seniors overcome challenges.

BCGR group discussing the collection of paintings and sculptures.
**DCSL’s Adult Day Care/Health Program**

One of Durham’s best kept secrets is nestled deep in the heart of downtown, in the Durham Center for Senior Life (DCSL). Within the Senior Center’s walls, is the DCSL’s Adult Day Care/Health program, where a talented staff of professional caregivers currently assist over 50 of Durham’s adults and senior citizens, who need personal care assistance and supervision throughout the day.

Our participants may have different needs, come from different backgrounds, and have diverse life experiences, but the one thing they all have in common is the shared love of music. Music is where the magic happens in Adult Day Health. When Duke Ellington plays through our stereo, the old are young again.

Most of us have experienced the power of music personally. We have felt music lift our spirits, transport us back to an earlier time, or get our toes tapping. To see music impact our participants though, is another thing altogether. Many of our participants live with dementia and fight every day to not lose themselves to the disease. Some days the fight is easier than others. Music helps our participants regain their identities by tapping into their emotional memories. Music helps to calm their anxieties, and enables them to better connect to others. It is miraculous thing to watch.

We play music every day at Adult Day Care/Health. We have personalized Ipods loaded with music specifically chosen for each participant as part of our Music in My Mind Program. Our music therapist plays guitar and sings with us each week. A member of DCSL’s choir shares her love of music with us twice a month in our “Songs for the Soul” sing-a-longs. We also have weekly karaoke sessions, complete with a microphone for our participants to use when “taking the stage.” Music gets our participants moving too which is good for the body and the soul. Our weekly dance parties get our participants to their feet, walkers are “thrown” to the walls, and aches and pains are forgotten.

This year we have added a Zumba Gold Chair exercise class and it is hard to keep our participants in their seats. Many end up dancing through the class. This is this kind of magic we try to harness every day in Adult Day Health.

We are the only Adult Day Care/Health program of its kind in Durham and have been an innovative leader in caregiver programs since 1957. Our program is a licensed, community-based day health program that provides a variety of therapeutic and social services to seniors at-risk of being placed in long term care. We receive referrals from the Veteran’s Administration and the Durham Department of Social Services, as well as providing services for individuals in the community. All participants are assessed in compliance with the NC Division of Health and Human Services guidelines for all referrals.
DCSL’s Adult Day Care/Health Program (continued)

Families play a very important role in our program. Our staff works closely with caregivers to meet the needs of our participants and to build a sense of community and teamwork for all involved. We provide a monthly Caregiver Support Group to offer education, fellowship, and support. Without the Adult Day Care/Health program, many of our caregivers would not be able to maintain their employment outside the home or be forced to place their loved one in a skilled nursing facility due to caregiving concerns and safety.

We, at Durham Center for Senior Life Adult Day Care/Health, are committed to the comfort and happiness of our participants and their caregivers. We love our work and are privileged to be of service to our participants. If your loved one needs our services, please contact us at 919-682-0215. We no longer want to be the best kept secret in Durham.

DCSL Celebrates Veterans Day

Sponsored by Transition Life Care
DCSL’s Halloween Disco Ball

Our Seniors dressed up for a Disco-themed Halloween at DCSL
Durham Center for Senior Life
Board Members

John Beyer - President
Craven Lowe - Vice President
Patrick Lyons - Treasurer
Susan Cotter - Chair, Governance
Robert Brame - Chair, Development & Marketing
Wendy Jacobs — Member

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Claire M. Long - Member
Christina Adkins - Member
Nora Herrera-Olivieri - Member
Edward Nandlal Rampersaud, Jr., M.D - Member