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From the Office of Development and Marketing

Beverly Stevenson, Development and Marketing Officer, and Cathy Stallcup, Executive Director of DCSL, would like to extend a heartfelt thanks to all of the donors who contributed to our Annual Spring Campaign. Thank you, thank you, thank you for your support. We exceeded our financial goal of $10,000.00. All proceeds go to support the programs and services for seniors at DCSL.

Alongside our financial goal was the goal of completing our Donor Recognition Wall. And for that, we are also happy to report there are limited spaces that remain available for purchase. There are seven spaces for the commemorative engraved doves, ten spaces for the commemorative engraved stones and several spaces for bronze, silver and gold leaves for the Donor Recognition Tree. Please visit our website at www.dcslnc.org for more information or call the center, at 919-688-8247 x124. We look forward to hearing from you!

Our summer calendar of events holds many opportunities for everyone to become involved at Durham Center for Senior Life (DCSL). Our exercise classes are the most popular, with special attention to every level, but if that doesn’t suit your summer appetite for activity, then please check out our quilting, arts and crafts classes or even our DCSL Gospel Choir.

Volunteers are always welcomed in the capacity where you would like to serve most. We are currently looking for community volunteers that would like to assist in planning our Annual Legacy Breakfast of 2015, scheduled for later this fall, in October at the beautiful Cotton Room in Golden Gate in downtown Durham.
From the Desk of the Executive Director

Happy Summer!

As a non-profit we thrive on donations and grants provided by friends. Below we recognize those friends who provided $500 or more during the Spring Campaign or for the upcoming 2015-2016 fiscal year:

United Way of the Greater Triangle: Congregate Meals Program: $10,000
Family Caregiver Program: $20,000

The Forest at Duke: $20,000
AARP: $1,000
North Carolina Mutual: $500

Alpha Zeta Omega Chapter of Alpha Kappa Alpha Sorority: $500, Music in My Mind, Adult Day Health
Harvey & Sandra Cohen: $1,000
Dr. Larry Cramer: $1,000
Anne H. McMahon: $1,000
Dr. Jenny Horton, $600

Thomas Hillers/Susanne Blasi: $555
Gracie Johnson-Lopez: $500
James Sanders, Jr.: $500

Of course, our community partnerships with Triangle J Area Agency on Aging, Durham County, including also Department of Social Services, and the City of Durham, allow seniors to live independently as long as possible through the funding provided annually towards our programs.

As always, I send out a big THANK YOU to our volunteers and to our staff for being the glue that holds us together!

See you in the Commons!

What has happened behind the scenes? Take a peek!
(July 2014 through May 2015):

Education:
104 participants enrolled in arthritis classes
257 participants joined Fit for Life
154 participants obtained travel training

Recreation:
1,271 participants took exercise classes

Nutrition:
10,390 congregate meals served to 171 participants at our satellite sites (through 4/2015)
766 weekend meals and 527 individuals were served through the food pantry

Social Services provides:
44 participants with transportation for 5,768 trips
2,893 contacts for information and assistance
71 participants with adult day health services

Adult Day Health Program:
Currently Serving 47 participants in daycare
Welcome, Mary Tyler Fore, Director of Adult Day Health!

A little about me – I am a North Carolina native, spending most of my childhood in Greenville and Little Washington. I went to college in Bellingham, Washington State, earning a degree in Environmental Education and Journalism. I then spent the next 10 years working in outdoor education centers across the country, having great adventures leading at-risk youth and teachers on trips in the great outdoors. I moved back to North Carolina 16 years ago to work as a coordinator of statewide education programs for the NC Museum of Natural Sciences. My career shifted to the field of social work after acting as a caregiver for my mother, as she battled cancer, and I proudly earned my Masters of Social Work in 2010. I am now a Licensed Clinical Social Work Associate (LCSWA). I have had the wonderful opportunity to work as a medical social worker in a free medical clinic in Wake County, as a volunteer with Duke HomeCare and Hospice, and as Community Services Director at Senior PharmAssist, here in Durham. I have the heart of a social worker, the mind of an educator, the skill set for running programs, and a passion to be of service, so it is truly a privilege to be the Director of the Adult Day Health program.

Please feel free to pop in to say hello! My door is always open. I am happy to be part of such an awesome DCSL staff and I look forward to working with you all.

Emoni’ Battle joins the DCSL Social Work Team!

Emoni’ Battle is the Information and Assistance (I&A) and Transportation Coordinator at Durham Center for Senior Life. Emoni’ began working at Durham Center for Senior Life in April, after completing a year-long internship here. She oversees the Food Pantry, Information and Assistance, Telephone Reassurance and the Transportation programs. Information and Assistance (I&A) services empower adults age 60 and over to find resources, information and solutions for problems they face at the right time. Assistance is provided by a social worker and is completely confidential.

The I&A staff is able to share information about the following resources with seniors:

- Housing
- Emergency assistance
- Transportation options
- Job training and employment assistance
- Mental health options
- Neglect and exploitation assistance
- Home repair
- Legal services
- Food and nutrition services
- Medical equipment
- Elder abuse
- Financial Assistance
- Safety and fraud prevention assistance

DCSL is able to directly provide Telephone Reassurance calls to homebound seniors, a Food Pantry Program that includes finance and nutrition classes, weatherization application assistance, and direct referrals to Legal Aid for Last Will and Testament, Durable Power of Attorney, Living Will, and Health Care Power of Attorney.

Emoni’ has a Bachelor’s of Social Work degree from North Carolina Central University. She comes to DCSL with a background of helping seniors with mental and health issues. Her true passion is contributing appropriate resources to seniors so they have the tools to maintain and live healthy and active lives. Please feel free to contact her at 919.688.8247 X 103.
First Impressions

When it comes to first impressions, Durham Center is starting at a surplus! First impressions are based on everything you see, hear, smell, and the energy you feel. Our First Impressions are three women who exude volumes in regards to our organization’s values, achievements, work ethic, and professionalism. Whether you are walking into our Senior Center or into Adult Day Health, you are greeted by one of our receptionists who sets the golden tone!

Barbara Algood: After retiring from North Carolina Mutual Life Insurance Company in 2007, completing thirty five years of service, I stopped by the Durham Center for Senior Life for a cook-out and asked about part-time employment. I was introduced to NCBA-National Caucus and Center on Black Aged and was hired part-time for four years. DCSL then hired me full-time.

I am right where I want to be, because in my retirement speech from NC Mutual I stated I wanted to work with seniors, not knowing at the time that I would be hired at Durham Center for Senior Life. This is my passion and that is why working here is so important to me.

Katherine Tutson was born in Indianapolis, Indiana, but moved with her family to Washington, DC, at the age of 8. As an adult, she moved to Los Angeles to care for her ailing mother. At the encouragement of friends, the two of them moved to Durham, where Katherine became secretary/receptionist at Duke University, first in the Special Event Management Department in Bryan Center, and later in the Political Science Department.

In 2009, after much thought, Katherine took early retirement, and it wasn’t until two years later, while picking up a fan for her mother, that she heard about a part-time position as receptionist in Adult Day Health. Katherine just completed her fourth year and states: “I am proud to be of service to this wonderful department, and I have nothing but respect for all my co-workers and our newly appointed director. I hope I make each of our participants feel welcome always by greeting them by name, good morning, and with a smile.”

Carolyn Moore grew up in Chapel Hill, North Carolina. Carolyn was her mother’s caregiver until her passing in June 2011, at which time she became a member of Durham Center for Senior Life, finding a balance of health, exercise and fun. She volunteered in the telephone reassurance program and then acquired an internship in Adult Day Health. She accepted her part-time receptionist position in August 2011, and shares: “I value my position by providing support to the overall administrative duties that are important in ensuring that the program operates effectively on a daily basis. I can identify with some of the challenges that our participants and their caregivers face. Therefore, I am glad to be able to offer compassion, encouragement and support as well.”

Our most heartfelt thanks to Katherine, Carolyn, and Barbara, who brighten our lives on a daily basis.
**DCSL Gospel Choir brings joy to our community!**

Olga Smith, a senior participant at our downtown center, is a true model of one giving back to the community. As a volunteer for Durham Center for Senior Life, she brings quite a few skills to the table! Her most recent contribution is organizing a gospel choir appropriately dubbed “DCSL Gospel Choir”.

To date the choir has performed an Easter Concert at Durham Center for Senior Life’s downtown center and a concert for the participants and staff in DCSL’s Adult Day Health Program. On June 11, Olga and her group sang and ministered to people at Brian Center and June 25th at Trayburn Rehabilitation Center. If you have ever been in the audience for one of their concerts or practice sessions, you feel the joy and passion shared through their music.

We look forward to more concerts in the fall! We thank all of the choir for their powerful contribution!

**DCSL’s Golden Genies**

The Genies are looking for a few good women! We are a diverse group of senior women, ages 55-70+ who are affiliated with the Durham Center for Senior Life. We offer Middle Eastern dance classes, otherwise known as belly dance, twice a week at the Center. In 2014 the Genies won the Silver Arts for Durham County and placed 3rd at the State Senior Games. We need a few more members to make sure we have adequate numbers of dancers for our performances. If interested come to dance class Tuesday or Thursday at 12:45 or email our troupe leader, Vonda Feamster, at vondabelldance@gmail.com.

**DCSL’s Motown Prom**

All who attended grooved to the Motown Sound during an afternoon of food, festivities and dance at Durham Center for Senior Life. A big Thank-You to the Alpha Zeta Omega Chapter of Alpha Kappa Alpha Sorority for supporting the event!

**Little River’s Spring Fling**

During Little River’s annual Spring Fling, good food and fun was had by all. From an overflowing room full of seniors to our visitors and guests from the downtown center, it can be said that everyone had a fabulous time. There were lots of games and activities that were enjoyed by the seniors and staff as well as the great food. Everyone enjoyed great conversation with those that they may not get to see or talk to that often and it was great to see the staff getting to know the newer seniors and catching up with the others. SPECIAL THANKS goes to one of Little River’s own seniors for cooking all of the wonderful food…..Mozell Long….Most Valuable Senior of the Spring Fling.
**Options Counseling**

Durham Center for Senior Life is excited to offer Options Counseling. Options Counseling is meant to help individuals who are at high risk for institutionalization as a result of a transition make informed choices about long-term supports and options using a strengths-based approach that is person-centered. Our onsite Options Counselor is Kim Swanson. Kim has her Masters of Social Work and has completed over 50 hours of training in order to serve seniors and family caregivers in Durham County.

**What is Options Counseling?**

A decision-support process that includes:

- Listening to expressed preferences, values, and needs
- Connecting the individual to services
- Talking about options based on needs and preferences
- Following up with the individual

**Who can benefit from Options Counseling?**

A person who is:

- Having increased difficulty managing household tasks such as cooking, cleaning, shopping, but wants to remain at home.
- No longer driving due to a chronic health condition and lives alone in an area without readily available public transportation.
- Planning to retire and wants to discuss options to sustain health, wellness, and independence.
- Trying to decide whether to move in with family, move to an apartment or move to an assisted living facility.
- Returning home from a rehabilitation center following spinal cord injury.
- Relocating and exploring available housing and other support options.
- Supporting an adult with a disability and wants to make plans in the event of being unable to continue providing care.
- Unsure about how to begin planning for future personal and family needs after a recent diagnosis of early-onset Alzheimer’s disease.
- Concerned about the well-being of an aging parent living alone and making contact on behalf of the parent to learn about available supports.

**How do I get started?**

Call Kim Swanson at 919-688-8247 x115 or email her at kswanson@dcslnc.org to set up an appointment.

**THANK YOU, COSTCO!**

Durham Center for Senior Life would like to thank Costco for generously donating food for the last two years.
As Durham Center for Senior Life moves into the 2015-2016 fiscal year, as of July 1, we must acknowledge several of our board members who are transitioning.

Gracie Johnson-Lopez has served in the role of Senior Vice President of Administration and HR at North Carolina Mutual since November 2007. Gracie is passionate about serving and giving back, and currently holds several board seats on non-profits focused on the concerns of women, education, and the aging community. Gracie has served not only as a board member for DCSL, she has been our Board President for the last two years.

“To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity.” (Douglas Adams)

As stated by Gracie Johnson-Lopez:
“The last six years of serving on the Board for DCSL has been both a privilege and opportunity to honor and give back to our seniors on whose very shoulders we stand. It is an exciting time for DCSL's passionate Board to explore the unlimited opportunities to champion the needs of seniors and convene community partnerships in carrying out its entrusted mission.”

Dr. John Beyer, a geriatric psychiatrist with Duke University, has served on the DCSL Board for 3 years, most recently serving as our Board Vice-President. He moves into the position of President of DCSL Board as of July 1.

Retired from Duke University June, 2004, with 42 years of service, Earl Kirby became involved in the Senior Center in January 2005, after his 99 year old mother had been at the satellite center at Northgate Presbyterian Church for over 18 years, then merging with the West Durham satellite and opened at Edison Johnson Park and Recreation Center. He volunteered at Edison Johnson and then Preiss-Steele Senior High Rise. Earl was appointed to the DCSL Board in July 2005 and served for a total of 8 years. He has served on the Durham County Adult Care Home Community Advisory Committee, and still serves on the Board of the Duke Retirees, volunteers at the Ronald McDonald House Family Room at Duke Hospital, Urban Ministries of Durham, and, last but not least, monitors 3 bluebird houses at the Good Samaritan Inn recording the activity of the nests, eggs, and birds.
Durham Center for Senior Life

Board Members

Gracie Johnson-Lopez, President  David Johnson
John Beyer, Vice President  Craven Lowe
Earl Kirby, Secretary  Brieanne G. Lyda-McDonald
Wendy Jacobs  Travis Maloy
Patrick Lyons  Eloise Jordan
Susan Cotter  Jeanine Mitchell