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Honoring the legacy of seniors

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From staff reports

DURHAM -- A philanthropist, longtime educator, former mayor, pillar in the business community and inspirational caregiver all were honored last week at the Durham Center for Senior Life's first legacy awards breakfast.

Sara Meggett received the Inspiration Award. Meggett was her mother's full-time caregiver for three years. Shortly before her mother died, Meggett's husband began to act oddly and was diagnosed with Alzheimer's disease in 2002. She takes care of her husband, who is a participant in DCSL's Adult Health program. The program helps give caregivers like Meggett a break from full-time caregiving responsibilities.

"You find yourself doing things you don't ordinarily do," she said.

Meggett said her faith has helped her. And she's learned to take care of herself. Meggett says she's "thankful for the day care center," although her husband's diagnosis has changed, and it may be time now for nursing home or hospice.

The winner of the Champion for Seniors Award was Sun Trust Bank, which supported the capital campaign for the Durham Center for Senior Life Senior Center.

Philanthropist Mary Duke Biddle Trent Semans, former Hillside High School Principal John Lucas and former Durham mayor Sylvia Kerckhoff were named Legacy Award winners.

"It is a great honor for the Durham Center for Senior Life to be able to recognize seniors and champions for seniors who have contributed so much to making Durham such a great place to live," according to Gail Souare, executive director of the center.

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