



A Night for the Stars



**2010
Gala**

Sunday, October 17th

Welcome

Welcome to the Durham Center for Senior Life's Second Annual Gala. During the past year, we have experienced many changes – from our new name and new logo to all the many new programs we offer.

During this past year, we have experienced tremendous growth, increasing enrollment at the main senior center by almost 50% - demonstrating the need to have a dedicated center for older adults in our community. But we have also seen increased need among many older adults who are struggling due to layoffs or shrinking retirement funds. Just at the age when they are almost ready to retire, these older adults are finding themselves without health insurance or financial stability. As a result, we have also increased our efforts to meet their needs.

Our organization has grown from being just the place where seniors come to play to a lifeline for those in need, and we are committed to do all we can to meet the needs in the Durham community.

On behalf of the Durham Center for Senior Life, as well as our clients and their families, we appreciate your attendance and generous support. We could not do our work without you.

Lastly, I would like to recognize all the sponsors that made tonight possible. Each one has demonstrated their support to helping older adults to be healthy, active and independent.

I hope you enjoy the wonderful evening we have planned for you.

Sincerely,



Gail Souare, Executive Director



This evening's events

Bucky Waters, Emcee

Mix, mingle and sample treats prepared by Durham's best chefs	5:00 P.M.
Welcome - Larry Holt, Board President	5:30 P.M.
Tribute to Honorary Chairs Trish and Robbie Robertson A few words from Gail Souare, Executive Director	6:00 P.M.
Drawing for Caribbean Cruise Silent Auction closes	7:30 P.M.

Music by Chuck Alford



Photography

To commemorate tonight's event, get your photo taken by Zeb Starnes Creative Photography. For a donation of \$20.00, your 5x7 photograph will be mailed to your home. All proceeds will benefit the Durham Center for Senior Life.

Caribbean Cruise Raffle

January 3 - 8, 2011

Presented by Caregiver Cruises

Tickets: \$10 each, 3 for \$25

- Miami to Honduras and Cozumel
- Cruise departure date: January 3, 2011 (date subject to change)



Event Sponsors

Star:

UniHealth Post-Acute Care-Carolina Point

Producer:

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Committee Members:

Trish and Robbie Robertson, Honorary Co-Chairs

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Gail Souare, Executive Director

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Gail Souare, Exec. Director



Durham Center for Senior Life

OUR MISSION

To enhance the lives of older adults through education, recreation, nutrition, and social services in welcoming community settings.

OUR STORY

The Council began as a Committee on Successful Aging in 1949. In 1951, the Golden Age Society was created and admitted to membership in the Durham United Way, bringing informative speakers into the community, conducting surveys, and scheduling a crafts teacher in nursing homes. In 1966, the Board of Directors received a grant of \$10,000 from Older American Act Title III funds for the coordination and development of services for older adults.

In 1968, the name was officially changed to Coordinating Council for Senior Citizens, now commonly shortened to Council for Senior Citizens. This past year, the name was changed again to the Durham Center for Senior Life. We currently operate five senior centers in Durham County.

OUR SERVICES

SENIOR CENTERS PROGRAMS offer exercise and educational classes, activities, special events, nutrition, and socialization. Congregate Meals are also served at four satellite centers.

ADULT DAY HEALTH CARE provides a caring and supportive environment for older adults that allows seniors to remain in their homes with family members and delays institutionalization.

CAREGIVER SERVICES including in-home respite, education and support services for full-time caregivers of older adults.

HEALTH PROMOTION offers a variety of activities and learning opportunities, including chronic disease self-management, weight loss support, arthritis exercise and falls prevention.

INFORMATION, REFERRAL AND CASE ASSISTANCE serves as the gateway for senior resources and supportive services, including the Durham Senior Resource Directory, Health Insurance Counseling, Depression Prevention and Education Program, and assistance with housing, utilities, non-emergency medical transportation and food.



Adult Day Health Care

The Durham Center for Senior Life offers many opportunities for older adults to remain Healthy, Active and Independent. One of those programs is our Adult Day Health Center.

Ms Clara, age 95, has been participating in the program since 2004. Each morning she comes to the Center to be with her friends, and each evening she returns home to her family. She loves music so much that she hums favorite songs all day long, and sometimes she'll even break into a "chair jitterbug". However, her mind has slowly declined. She can no longer feed herself. She needs to be guided wherever she goes, or she becomes confused. With the consistent support of program staff and her caregiver, she is happy, and she enjoys a good quality of life.



Ms Clara's story is only one of many.

One caregiver tells us that she believes her husband is content, which is so important to her. She states, "His contentment comes from being in the Adult Day Health program which sets a good, consistent pattern during the day. The staff is also patient with him, kind and understanding."

Another caregiver states, "(my mother) is so alive when she is interacting within the program, when otherwise she was despondent and did not even want to get out of bed."

Without this program, many of these caregivers would have to choose between leaving their jobs or placing their loved ones in senior care facilities.

When you decide what you will support this year, please consider the impact that the Durham Center for Senior Life makes in the lives of older adults, their families and your community.

Silent Auction Donors

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Zeb Starnes Creative Photography

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Always Best Care Senior Services

Bennett Point Grill and Bar

Sanders Florist

Thank you for your support

