

一、US-HHS Healthy People 2020 文宣



## Healthy People in Healthy Communities

### What Is *Healthy People*?

*Healthy People* is a set of goals and objectives with 10-year targets designed to guide national health promotion and disease prevention efforts to improve the health of all people in the United States.

Released by the U.S. Department of Health and Human Services each decade, *Healthy People* reflects the idea that setting objectives and providing science-based benchmarks to track and monitor progress can motivate and focus action. *Healthy People 2020* represents the fourth generation of this initiative, building on a foundation of three decades of work.

*Healthy People* is used as a tool for strategic management by the federal government, states, communities, and many other public- and private-sector partners. Its comprehensive set of objectives and targets is used to measure progress for health issues in specific populations, and serves as (1) a foundation for prevention and wellness activities across various sectors and within the federal government, and (2) a model for measurement at the state and local levels.

### What's New in *Healthy People 2020*?

*Healthy People 2020* is committed to the vision of a society in which all people live long, healthy lives. This decade, several new features will help make this vision a reality:

- Emphasizing ideas of health equity that address social determinants of health and promote health across all stages of life
- Replacing the traditional print publication with an interactive Web site as the main vehicle for dissemination
- Maintaining a Web site that allows users to tailor information to their needs and explore evidence-based resources for implementation



## The Mission, Vision, and Goals of Healthy People 2020

**Vision**—A society in which all people live long, healthy lives.

**Mission**—*Healthy People 2020* strives to:

- Identify nationwide health improvement priorities
- Increase public awareness and understanding of the determinants of health, disease, and disability, and the opportunities for progress
- Provide measurable objectives and goals that are applicable at the national, state, and local levels
- Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge
- Identify critical research, evaluation, and data collection needs

### Overarching Goals

- Attain high quality, longer lives free of preventable disease, disability, injury, and premature death
- Achieve health equity, eliminate disparities, and improve the health of all groups
- Create social and physical environments that promote good health for all
- Promote quality of life, healthy development, and healthy behaviors across all life stages

### Foundation Health Measures

*Healthy People 2020* includes broad, cross-cutting measures without targets that will be used to assess progress toward achieving the four overarching goals.

Overarching Goals of <i>Healthy People 2020</i>	Foundation Measures Category	Measures of Progress
Attain high quality, longer lives free of preventable disease, disability, injury, and premature death	General Health Status	<ul style="list-style-type: none"> <li>• Life expectancy</li> <li>• Healthy life expectancy</li> <li>• Physical and mental unhealthy days</li> <li>• Self-assessed health status</li> <li>• Limitation of activity</li> <li>• Chronic disease prevalence</li> <li>• International comparisons (where available)</li> </ul>
Achieve health equity, eliminate disparities, and improve the health of all groups	Disparities and Inequity	Disparities/inequity to be assessed by: <ul style="list-style-type: none"> <li>• Race/ethnicity</li> <li>• Gender</li> <li>• Socioeconomic status</li> <li>• Disability status</li> <li>• Lesbian, gay, bisexual, and transgender status</li> <li>• Geography</li> </ul>
Create social and physical environments that promote good health for all	Social Determinants of Health	Determinants can include: <ul style="list-style-type: none"> <li>• Social and economic factors</li> <li>• Natural and built environments</li> <li>• Policies and programs</li> </ul>
Promote quality of life, healthy development, and healthy behaviors across all life stages	Health-Related Quality of Life and Well-Being	<ul style="list-style-type: none"> <li>• Well-being/satisfaction</li> <li>• Physical, mental, and social health-related quality of life</li> <li>• Participation in common activities</li> </ul>

## New to Healthy People 2020: Leading Health Indicators

Healthy People 2020 includes a small set of high-priority health issues that represent significant threats to the public's health. Selected from the Healthy People 2020 objectives, the 26 Leading Health Indicators (LHIs), organized under 12 topic areas, address determinants of health that promote quality of life, healthy behaviors, and healthy development across all life stages. The LHIs provide a way to assess the health of the Nation for key areas, facilitate collaboration across diverse sectors, and motivate action at the national, State, and local levels.

### Leading Health Indicators

12 Topic Areas	26 Leading Health Indicators
Access to Health Services	<ul style="list-style-type: none"> <li>Persons with medical insurance</li> <li>Persons with a usual primary care provider</li> </ul>
Clinical Preventive Services	<ul style="list-style-type: none"> <li>Adults who receive a colorectal cancer screening based on the most recent guidelines</li> <li>Adults with hypertension whose blood pressure is under control</li> <li>Adult diabetic population with an A1c value greater than 9 percent</li> <li>Children aged 19 to 35 months who receive the recommended doses of diphtheria, tetanus, and pertussis (DTaP); polio; measles, mumps, and rubella (MMR); Haemophilus influenzae type b (Hib); hepatitis B; varicella; and pneumococcal conjugate (PCV) vaccines</li> </ul>
Environmental Quality	<ul style="list-style-type: none"> <li>Air Quality Index (AQI) exceeding 100</li> <li>Children aged 3 to 11 years exposed to secondhand smoke</li> </ul>
Injury and Violence	<ul style="list-style-type: none"> <li>Fatal injuries</li> <li>Homicides</li> </ul>
Maternal, Infant, and Child Health	<ul style="list-style-type: none"> <li>Infant deaths</li> <li>Preterm births</li> </ul>
Mental Health	<ul style="list-style-type: none"> <li>Suicides</li> <li>Adolescents who experience major depressive episodes (MDEs)</li> </ul>
Nutrition, Physical Activity, and Obesity	<ul style="list-style-type: none"> <li>Adults who meet current Federal physical activity guidelines for aerobic physical activity and muscle-strengthening activity</li> <li>Adults who are obese</li> <li>Children and adolescents who are considered obese</li> <li>Total vegetable intake for persons aged 2 years and older</li> </ul>
Oral Health	<ul style="list-style-type: none"> <li>Persons aged 2 years and older who used the oral health care system in the past 12 months</li> </ul>
Reproductive and Sexual Health	<ul style="list-style-type: none"> <li>Sexually active females aged 15–44 years who received reproductive health services in the past 12 months</li> <li>Persons living with HIV who know their serostatus</li> </ul>
Social Determinants	<ul style="list-style-type: none"> <li>Students who graduate with a regular diploma 4 years after starting ninth grade</li> </ul>
Substance Abuse	<ul style="list-style-type: none"> <li>Adolescents using alcohol or any illicit drugs during the past 30 days</li> <li>Adults engaging in binge drinking during the past 30 days</li> </ul>
Tobacco	<ul style="list-style-type: none"> <li>Adults who are current cigarette smokers</li> <li>Adolescents who smoked cigarettes in the past 30 days</li> </ul>

## Leading Health Indicators Framework

The Healthy People 2020 LHIs were selected and organized using a health determinants and health outcomes by life stages conceptual framework. This approach is intended to draw attention to “upstream” determinants that affect the public’s health and contribute to health disparities from infancy through old age, thereby highlighting strategic opportunities to improve health and quality of life for all Americans. Collectively, the LHIs support Healthy People 2020’s overarching goals.

- **The LHIs, Health Determinants, and Health Disparities**

Recognizing that factors related to social and physical environments, multi-sector policies, individual behaviors, health services, and biology and genetics influence the ability of individuals and communities to make progress on these indicators, the LHIs will be examined using a health determinants perspective. Addressing determinants is key to improving health disparities and overall population health.

- **The LHIs Across the Life Stages**

The LHIs will also be examined using a life stages perspective. This approach recognizes that specific disease outcomes, risk factors, and health determinants need to be addressed at various stages across the lifespan and highlights the importance of tailoring strategies to fit a particular age group.

## Taking Action To Improve Everyone’s Health

The LHIs are intended to motivate action at the national, State, and local levels, as well as among individuals, families, and communities. The indicators can help us best focus our energies—at home and in our communities, worksites, businesses, or States—to live better and longer.

Visit [www.healthypeople.gov](http://www.healthypeople.gov) to learn more about the LHIs and what action is being taken to address them.



## Topic Areas

The Topic Areas of *Healthy People 2020* identify and group objectives of related content, highlighting specific issues and populations. Each Topic Area is assigned to one or more lead agencies within the federal government that is responsible for developing, tracking, monitoring, and periodically reporting on objectives.

1. Access to Health Services
2. Adolescent Health
3. Arthritis, Osteoporosis, and Chronic Back Conditions
4. Blood Disorders and Blood Safety
5. Cancer
6. Chronic Kidney Disease
7. Dementias, Including Alzheimer's Disease
8. Diabetes
9. Disability and Health
10. Early and Middle Childhood
11. Educational and Community-Based Programs
12. Environmental Health
13. Family Planning
14. Food Safety
15. Genomics
16. Global Health
17. Healthcare-Associated Infections
18. Health Communication and Health Information Technology
19. Health-Related Quality of Life and Well-Being
20. Hearing and Other Sensory or Communication Disorders
21. Heart Disease and Stroke
22. HIV
23. Immunization and Infectious Diseases
24. Injury and Violence Prevention
25. Lesbian, Gay, Bisexual, and Transgender Health
26. Maternal, Infant, and Child Health
27. Medical Product Safety
28. Mental Health and Mental Disorders
29. Nutrition and Weight Status
30. Occupational Safety and Health
31. Older Adults
32. Oral Health
33. Physical Activity
34. Preparedness
35. Public Health Infrastructure
36. Respiratory Diseases
37. Sexually Transmitted Diseases
38. Sleep Health
39. Social Determinants of Health
40. Substance Abuse
41. Tobacco Use
42. Vision



**U.S. Department of Health and Human Services**  
Office of Disease Prevention and Health Promotion  
ODPHP Publication No. B0132  
November 2010  
[www.healthypeople.gov](http://www.healthypeople.gov)



## 二、Fairfax 郡衛生局文宣

**Community Health Dashboard**

[livehealthyfairfax.org](http://livehealthyfairfax.org)

- View Priority Issues
- Find Resources
- Explore Data
- Build Reports

**LiveHealthy FAIRFAX**

**LiveHealthy FAIRFAX**

The **Live Healthy Fairfax Community Health Dashboard** is a web-based data resource center available to everyone in the Fairfax community. The Community Health Dashboard provides online access to population data on a broad range of topics, allows users to build customized reports and highlights promising practices to promote community health and well-being.

*License fees are supported by the Fairfax County Health Department. Start-up funds for the site were provided through a Community Transformation Grant awarded to Fairfax County by the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention under cooperative agreement DP11-1103PPHF11. The views expressed in written materials or publications do not reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices or organizations imply endorsement by the U.S. Government.*

**QUALITY OF LIFE**

**HEALTH INDICATORS**

- Economy
- Social Environment
- Health
- Demographics
- Education
- Government
- Politics
- Public Safety
- Transportation

[livehealthyfairfax.org](http://livehealthyfairfax.org)

Learn more about the Live Healthy Fairfax Initiative at [fairfaxcounty.gov/livehealthy](http://fairfaxcounty.gov/livehealthy)

A Fairfax County, Va., publication, May 2015.  
For more information or to request information in an alternate format, call the Fairfax County Health Department at 703-246-2411, TTY 711.



# LiveHealthy FAIRFAX

Partnership for a  
Healthier Fairfax

Transforming our communities together





**The Partnership for a Healthier Fairfax** is a community coalition of public, nonprofit, faith and business organizations that have joined forces to improve public health by increasing awareness of causes of poor health, advocating change and mobilizing resources. We envision an engaged and empowered community working together to achieve optimal health and well being for all who live, work and play in our community.

Good health is not something to take for granted. As a community, we all have a vested interest in our own health as well as the health of our families, friends, neighbors and co-workers. A healthy community is a thriving community.

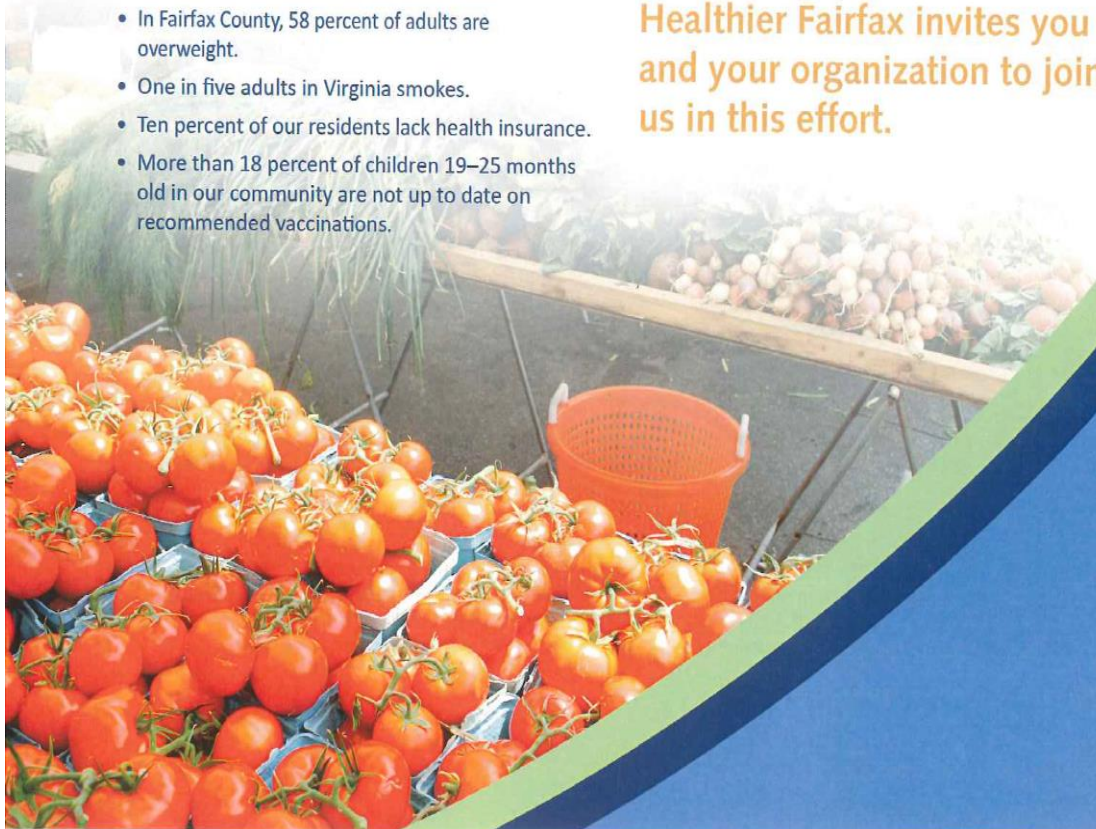
However, too many children and adults in the Fairfax community face preventable health risk factors such as inadequate physical activity, poor nutrition, heart disease, obesity, and tobacco, alcohol or drug use. Consider the following statistics:

- Chronic diseases account for 7 of the 10 leading causes of death and are responsible for 75 percent of health care costs in the United States.
- In Fairfax County, 58 percent of adults are overweight.
- One in five adults in Virginia smokes.
- Ten percent of our residents lack health insurance.
- More than 18 percent of children 19–25 months old in our community are not up to date on recommended vaccinations.

The statistics are sobering, but they only tell part of the story. Some people in our community can't get proper health care because of cultural or language barriers. Others might not have access to services, or live outside environments that could prevent disease or improve their health.

Whether you know it or not, you play a role in the health of your communities. Whether through your work, your school, your faith community or your neighborhood, you can make a difference because you are, in fact, part of the public health system.

**The Partnership for a Healthier Fairfax invites you and your organization to join us in this effort.**





## Initiatives

The Partnership for a Healthier Fairfax has identified five strategic issues:

### 1 Access to Health Services

Obtaining good primary, oral and behavioral health care is a challenge for some people in our community. Cultural and language barriers make navigating the complex health care system difficult. Improved coordination of health care delivery within our community will help everyone navigate the system. Implementing strategies to achieve social and emotional wellness will improve the well-being of many within our community.

### 2 Data

We can make smarter decisions about improving the health of our community if we can see the big picture. While many organizations collect health-related data, not all of it is openly shared. The Partnership for a Healthier Fairfax recognizes the value of a coordinated approach to data management, analysis and reporting across the local public health system. Data sharing through a viable network allows us to identify health threats sooner and in the process of evaluating individual populations.

### 3 Environment and Infrastructure

The health of our community is determined in part by our environment. We must implement policies to create the physical environments that support active living. The Partnership for a Healthier Fairfax is focusing on the need for health considerations in environmental policy, urban planning, development and transportation. We must support policies and environments that prevent chronic diseases.

### 4 Healthy Lifestyles

Leading a healthy lifestyle means making the healthy choice the easy choice. As a community, we must understand what environments affect positive health outcomes. For example, we encourage restaurants to offer healthy menu options and for people to utilize walking paths, parks and other recreation.

### 5 Health Workforce

The Fairfax community faces a challenge: our healthcare workforce is aging at a rate faster than we are turning out new graduates in the field. In addition to a shortage in medical and other professions, our population needs a diverse workforce that can meet the needs of everyone in our community. The Partnership for a Healthier Fairfax is working to engage various sectors to help us identify and implement strategies to ensure a robust health workforce in the future.

## Join the Partnership for a Healthier Fairfax

A healthy community means more than good medical care. It involves giving everyone the opportunity to make healthy choices.

As a member of the Partnership for a Healthier Fairfax (PFHF), you will join a diverse coalition working together to strengthen the local public health system and to improve community health by mobilizing resources, increasing awareness and advocating change. PFHF includes a broad range of sectors such as health care business, nonprofits, schools, faith communities and government agencies.



As an agent of change, PFHF and its members derive mutual benefits from the coalition's diversity, perspectives, knowledge, resources, leadership and commitment.

It will take each of us, doing our part, to transform our community into a healthier community.



**Please join us in this effort.**

For more information, visit our website at [www.fairfaxcounty.gov/LiveHealthy](http://www.fairfaxcounty.gov/LiveHealthy) or call 703-246-8856, TTY 711.

*Fairfax County was awarded a Community Transformation Grant by the U.S. Department of Health and Human Services. The views expressed in written materials or publications and by speakers and moderators do not reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*



A Fairfax County, Va., publication. September 2012



*Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable ADA accommodations will be provided upon request. For more information, call 703-246-8856, TTY 711.*

### 三、Durham 社會局文宣



**RAISE HOPE. FOSTER DREAMS.**

**Requirements:**

- Be at least 21 years of age.
- Be a resident of Durham County or surrounding counties.
- Have a stable home and income.
- Be single or married.
- Consent to a criminal background check.
- Complete 30 hours of Foster Parent Training.
- All household members must have a basic physical exam.

**DCo**  
Human Services Building  
414 East Main Street  
Durham, North Carolina 27701

fosterdreams@dconc.gov  
(919)-560-8092  
dconc.gov/dss

**DCo**  
fosterdreams@dconc.gov  
(919)-560-8092  
dconc.gov/dss



**RAISE HOPE. FOSTER DREAMS.**

**Expectations:**

- Care for children in place of their parents.
- Make a commitment to help children through a difficult time.
- Encourage positive relationships.
- No corporal/physical punishment is allowed.
- Work as a part of our team!

Do you have a safe and nurturing home?

Can you collaborate with others?

Help change the life of a child.

**Give us a call!**  
**(919)-560-8092**

Director of Programs  
 Locations & times  
 Phone: 688-8247 ext. 120  
 Email: llahti@dcsln.org



[www.dcsln.org](http://www.dcsln.org)

- Older adults are a growing valuable community resource and will be appreciated and respected.
- Older adults are entitled to quality services to maintain a healthy and active life.
- Older adults contribute a wealth of knowledge and skills; we will engage them to share their wisdom and experience.
- The Durham Center for Senior Life believes in treating everyone fairly, respectfully and with the highest ethical standards.

**Mission**

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

**Vision**

The Durham Center for Senior Life is the Gateway to health, friendship and personal fulfillment for older adults.



**Programs**



Durham Center For Senior Life (DCSL)  
 406 Rigsbee Avenue, Suite 202  
 Durham, NC 27701

Phone: 919-688-8247  
 Fax: 919-683-3406

Email: llahti@dcsln.org  
 Hours of Operation: 8:30am-5:00pm



**Arthritis Foundation Exercise Program**

Exercise is good for arthritis. This much you know. Regular physical activity keeps your joints lubricated, which makes movement easier; it produces endorphins, which contribute to your overall sense of well-being and help control pain; it improves your overall health and even helps you sleep easier at night. Sessions will be 2 x a week for 6 weeks.

**Walk with Ease Programs**

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk-With-Ease program can teach you how to safely make physical activity part of your everyday life.

- Reduce the pain and discomfort of Arthritis.
- Increase balance, strength and walking pace.
- Build confidence in your ability to be physically active.
- Improve overall health.

**GERI FIT Program**

**Strength training for seniors... the next generation of fitness!**

Geri-Fit® is a group strength training exercise program for older adults of all ages and fitness levels. Geri-Fit is recognized by the National Council on Aging as a Title IIID health promotion program. The Geri-Fit exercise program incorporates stretching, stability and balance training as well as gait exercises. The classes are lead by a Physical Therapist certified in teaching the Geri-Fit class. The program is geared towards those 75 or older, but all fitness levels and older adults are welcome!! The classes are offered on Tuesdays and Thursdays at the DCSL.



**OTAGO Program**

**ElderFit in Home Rehab Client's home or DCSL Clinic**

**The Otago Exercise Program reduces falls among older adults!**

Muscle weakness and impaired balance are risk factors underlying many falls and fall injuries experienced by older people. The OTAGO program has been scientifically proven to reduce falls. Physical Therapists certified in the program will assess you and develop an individualized program to help you gain strength and feel more confident with your balance, either at home or at the ElderFit Clinic at DCSL. This is covered by Medicare with approval from your doctor!!



k of institutionalization as a result of transition. Our certified Options or will learn about the desires and of the individual and present s from which the individual can 1 order to make informed choices ng-term supports and options.

who might benefit from Options ng are those who are:

ncreased difficulty managing ld tasks like cooking, shopping, etc. t to stay at home.

g to retire and want to discuss to sustain health, wellness, and dence.

o decide whether to move in with nove to an apartment or to an living facility.

ng and exploring available housing port options.

about how to begin planning for ersonal and family needs after a iagnosis of early-onset Alzheimer's

e information or to schedule your Counseling session, please call McNeil at 919-688-8247 x 115

The Durham Center for Senior Life (DCSL) is an independent non-profit organization. DCSL is designated by the State of North Carolina as a Center of Excellence. With four senior centers, including the downtown Durham Center for Senior Life, DCSL offers a wide array of programs and services for older adults. Services include congregate meals, transportation, adult education, exercise classes, options counseling, health promotion, caregiver support, information referrals, and case assistance. In addition, the DCSL operates the oldest Adult Day Health Center in Durham.

#### Contact US

Emoni' Battle, BSW

Information & Assistance and Transportation Coordinator

Phone: 919-688-6247 ext. 103

Web: www.dcsln.org



**DURHAM CENTER FOR SENIOR LIFE**  
406 Rigsbee Ave, Suite 202  
Durham, NC 27701



## DURHAM CENTER FOR SENIOR LIFE

*Senior Support Services*



### Family Caregiver Support

According to AARP and the National Alliance for Caregiving, 65.7 million caregivers make up 29% of the U.S. adult population providing care to someone who is ill, disabled, or aged. At DCSL, we strive to provide care for the Caregiver through these resources:

**Support Group at Spring Arbor meets at 1pm on the third Tuesday of each month.**

**Respite Care at no cost to the Caregiver.**

**Lending Library of books related to aging and caregiving.**

**Information and referral to caregiver support agencies.**

For more information, please call Laurie McNeil at 919-688-8247 ext. 115.

### Information and Options Counseling

**Food Pantry**

**Fan and A/C Program**

**Telephone Reassurance Program**

**Legal Aid onsite once a month**

**Turkey and Holiday Drives**

**Speakers about resources at all four centers**

**Options Counseling\***

**Social Services provided at Maplewood Square Apartments**

**Weatherization application assistance**

**Onsite social workers from the Department of Social Services**

**Annual Resource Directory**

**Information about and referrals to community resources**

**Housing search assistance**

\*Please see back of brochure for more information



### Transportation

For seniors who are unable to drive, DCSL provides transportation to our congregate meal sites and to our Adult Day Health Center.

Bull City Golden Riders (BCGR) is a free club for seniors to learn how to travel using public transportation in the Triangle area. Travel training is provided monthly through educational and social trips.

DCSL also provides Job Access Reverse Commute (JARC) to seniors 65 years and older who are employed and in need of transportation assistance to and from work.

For more information regarding transportation, please call Emoni' Battle at 919-688-8247 ext. 103.



Volunteers make a difference!



The Congregate Program provides well balanced, nutritious meals to help seniors lead healthier lives.



406 Rigsbee Avenue,  
Suite 202  
Durham, NC 27701

### CONGREGATE NUTRITION

Available to anyone 60 years of age or older.



#### Congregate Locations

**W D Hill**  
1308 Fayetteville Rd,  
Durham, NC 27707

**JFK Towers**  
4900 N Roxboro St,  
Durham, NC 27704

**Little River**  
8307 N Roxboro Rd



#### THE COST

Individuals 60 years of age or older and their spouses, regardless of income, are eligible to enjoy a hot, well balanced meal with others. Donations for the meals are encouraged and help offset the cost of the meal. Come join us soon!!



#### SENIOR EVENTS

Activities include board games, exercises, health promotions, other social activities and lunch.

Activities vary from month to month, but leisure-time programs are always a hit!





**PEACE OF MIND for caregivers and families...**

- We offer a dedicated staff of professional caregivers.
- Enriching activities, exercise classes, games, and fellowship.
- Assistance with personal care
- Assistance with mobility.
- Medical supervision and monitoring.
- Person-centered plans of care.
- Meals and snacks provided.
- Bathing services available.

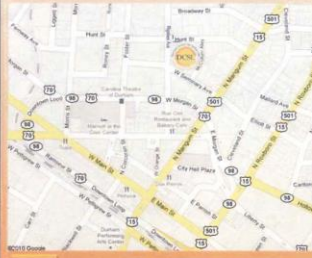


www.dcsinc.org 919-688-8247



*"Enhancing the lives of older adults through education, recreation, nutrition and social services in welcoming community settings."*

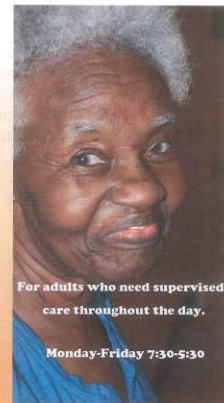
The Durham Center for Senior Life  
a nonprofit organization  
406 Rigsbee Ave. Suite 202  
Durham, NC 27701  
PH: 919-688-8247  
Fax: 919-683-3406  
www.dcsinc.org  
info@dcsinc.org



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**Durham Center for Senior Life  
ADULT DAY CARE / HEALTH**



For adults who need supervised care throughout the day.

Monday-Friday 7:30-5:30

The Durham Center for Senior Life  
a nonprofit organization  
406 Rigsbee Ave. Suite 202 Durham, NC 27701  
919-688-8247



**Making every day count!**

Located in the heart of downtown Durham, the Adult Day Care/Health Program is an integral part of the Durham Center for Senior Life. We are a community based non-profit that offers a therapeutic program for senior citizens and adults with special needs. Our participants need supervised care and benefit from socialization throughout the day. Our program is dedicated to providing a safe, joyful, creative, and productive environment for adults with dementia, cognitive impairment, or physical frailties.

We are staffed by a team of caring professionals, including our Registered Nurse, Certified Nursing Assistants, Social Worker, Program Assistants, and a variety of talented and dedicated volunteers.

Contact us for more information!

*Thank you so much for the love and care you shower on my mother. She is blossoming so beautifully at a stage in life when she could easily be withering. You all are a blessing to her"*  
-Caregiver



**Our participants enjoy...**

- Music in My Mind
- Arts and Crafts
- Bingo
- Cognitive Games
- Daily Chair Exercises
- Chair Yoga
- Senior Center Programs
- Karaoke
- Sports
- Rest and Relaxation
- Movies
- Dancing
- Theater Arts
- Nature Programs
- Gardening
- Reading
- Reminiscing
- Singing
- Intergenerational programs

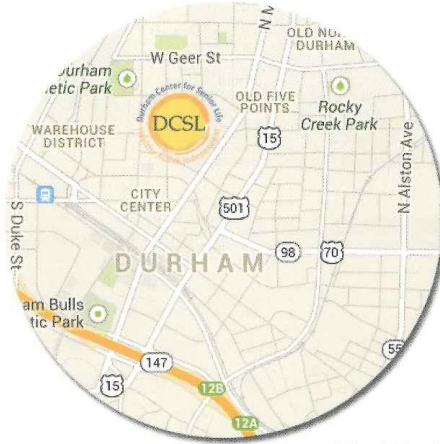
\*\* Activities change daily and seasonally, and participants have choices. Activities will be tailored to fit your loved one's physical and cognitive abilities.

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 > food bank  
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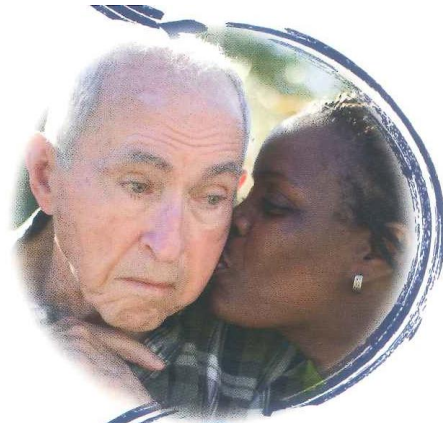


credit Google Maps 2013



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Durham Center for Senior Life is a 501(c)(3) organization. Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 1-888-830-4989.



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

## Services and Programs offered by Durham Center for Senior Life

### Adult Day Health

A therapeutic service where the participants enjoy a safe and comfortable surrounding and are provided stimulating activities designed to meet the physical, social, emotional, and mental needs of the adults. The activities include arts and crafts, discussion groups and light exercise designed for functionally impaired individuals.



### Caregiver Support

The Family Caregiver Support Program,

provides caregivers with assistance in obtaining information, making decisions and solving problems related to their responsibilities in caring for loved ones.

Caregivers are provided information regarding services and resources,

assistance with obtaining services, caregiver counseling, support groups and training and in-home respite.



### Congregate Meals



The Congregate Meal Program provides a nourishing meal five days a week to seniors over the age of 60. The program provides an atmosphere of socialization and fellowship. To supplement congregate nutrition, the seniors are provided with a "grocery bag" once weekly containing 8 meals which enables them to have weekend meals.

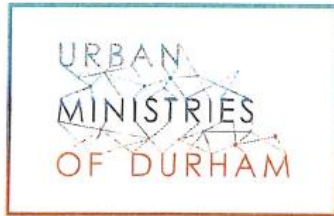
### Social and Senior Center Services

Offers programs and activities, such as exercise and educational classes, special seasonal events, games, computer lab, and other socialization



activities to keep seniors active and engaged. Seniors participating in the centers report an increased level of physical activity, improved management of weight, increased stamina and balance, and enhanced mood. Many reported progress in controlling symptoms of chronic health issues.

#### 四、北卡州德罕市聯合援助與收容所文宣



410 Liberty Street, Durham, NC 27701  
 919-682-0538  
[www.umdurham.org](http://www.umdurham.org)

#### FOOD, SHELTER AND A FUTURE

Our mission is to connect with the community to end homelessness and fight poverty by offering food, shelter and a future to neighbors in need. Established in 1983, Urban Ministries of Durham depends on the help of some 4,000 volunteers annually. Their help and private donations provide nearly 90% of the resources we use to assist more than 6,000 people per year.

**THE COMMUNITY CAFÉ**  
 Provides three meals a day, 365 days per year  
 ~ more than a quarter-million meals per year

**THE COMMUNITY SHELTER**  
 Offers emergency shelter for 148 men, women, and children per night  
 ~ 899 people stayed here last year  
 ~ 52,506 nights of shelter last year

**THE FOOD PANTRY & CLOTHING CLOSET**  
 Share groceries, clothing and hygiene supplies with 487 households per month

**JOURNEY PROGRAMS**  
 Guide shelter residents with common needs toward income, housing, and stability. There are six tracks: Family, Forward, Outreach, Recovery, Tech, and Vets.

**WORKFORCE DEVELOPMENT**  
 Using our campus as a training ground, UMD teaches commercial kitchen, facility maintenance, and retail skills. Specialized staff help clients prepare for, find, and keep good-paying jobs so that they can afford to move into apartments of their own.

**UMD ENDED HOMELESSNESS FOR 237 PEOPLE OVER THE PAST YEAR.**

Your neighbors need you — share now to help.  
 Click the "Donate Now" button at [WWW.UMDURHAM.ORG](http://WWW.UMDURHAM.ORG)



## FAST FACTS ABOUT URBAN MINISTRIES OF DURHAM



Toilet paper, towels, and tampons...it's all just "stuff" until you or your kids don't have it. We've launched *NamesForChange.org*, an innovative web experience that lets neighbors turn "just stuff" into tools fearlessly fighting homelessness in the Triangle.

Our clinical social work program draws interns from Shaw, NCCU, Duke, UNC, and NC State.

We're an independent 501(c)3 non-profit with a staff of 36 and 4,000 volunteers and interns.

More than 200 communities of faith, colleges and universities, schools, civic groups, and businesses donate items and time worth \$1.2 million/year.

We're Durham's only emergency shelter for single adults.

We've just renovated and made critical improvements to our grounds, restrooms, kitchen, and program space.

We get support from diverse communities of faith, but we're not a religious organization. We serve clients without regard to religious beliefs or non-beliefs.



**Executive Director, Sheldon Mitchell**

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**Director of Marketing & Development, Bryan Gilmer**

bgilmer@umdurham.org (919)682-0538 ext. 135

## BOARD OF DIRECTORS

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Will you connect now with your neighbors in need?  
Click the "**Donate Now**" button at [WWW.UMDURHAM.ORG](http://WWW.UMDURHAM.ORG)

7.18.16