

Resources for Older Adults in Durham

Durham Center for Senior Life

406 Rigsbee Ave.

www.dcsInc.org

(919) 688-8247

Hours: 8:30am-5:00pm, Monday through Friday.

The Senior Center has a computer lab, exercise equipment room, arts & crafts area, TV lounge and game room with a Wi, pool table and ping pong table. In addition, there are several rooms for classes, meetings and exercise space.

Adult Day Care: provides a structured day for older adults who may have difficulty managing on their own because of frailty or the effects of disease.

Congregate Meals: offered at three Satellite Senior Centers in Durham.

The Congregate Meal Services are intended to promote social, emotional, and physical well-being in older adults age 60 years plus. We do this by providing a nutritional lunch 5 days a week as well as socialization activities.

Caregiver: The Family Caregiver Support Service for Durham residents, provides caregivers with assistance in obtaining information, making decisions and solving problems related to their responsibilities in caring for older adults.

Health Promotion: Living Healthy-Chronic Disease Self Management Program, Arthritis Foundation Exercise Program, A Matter of Balance Program

Information and Case Assistance

Information and Assistance (I&A) services empower adults age 60.

Seniors are connected with community resources for several critical areas, including housing, home repair, emergency assistance, legal services, transportation options, telephone reassurance, job training and employment assistance, medical equipment, mental health options, elder abuse, neglect and exploitation assistance and crime, safety and fraud prevention assistance.

Social and Senior Center Services: Offers a wide range of physical activity classes, educational courses, health and wellness seminars, computer classes, special events, and more.

Food Pantry

Monday-Friday 9:00-5:00 by appointment only.
For ages 60 and older. Must have a photo ID and proof of income.
Call Phone 919-688-8247 Ext. 103

Durham EATS

Provides rides to the grocery store for seniors without transportation.
Call (919) 688-8247 Ext. 103



Satellite Sites of Durham Center for Senior Life:

All serve lunch. Call ahead to reserve.

Little River

8305 Roxboro Road
(Little River Community Complex) Corrie Smith, Manager
Monday – Friday 08:30am - 1:30pm
Ph: 919.477.6066

Little River has many programs including exercise classes, health education seminars, holiday activities, special events in partnership with local businesses, a daily lunch program, a gymnasium, quilting room and ceramics studio.



JFK Towers

4900 North Roxboro Road
JFK Towers offers a multitude of classes, health education programs, holiday activities, special events, a daily lunch program, as well as an environment rich with socialization and fun!

WD Hill Senior Center

1308 Fayetteville Street (W.D. Hill Recreation Center)
Lawanda Lewis, Manager
Monday - Friday
8:30am - 1:30pm
Ph: 919.688.9158

WD Hill is a Durham Parks and Recreation facility and offers a wealth of programs and services. Older adults here participate in exercise classes, arts & crafts instruction, walking groups, games, and guest lecturers. Additionally, older adults enjoy a lunch program, holiday events, community performers, and much, much more!

Meals on Wheels

2522 Ross Road
Durham, NC 27703
Fax: 919-667-9458
Phone: 919-667-9424

Meals on Wheels of Durham delivers a nutritious meal, a safety check and a smile that serves as a lifeline to seniors of limited mobility.

Meals are delivered 5 days a week, between 10:00 am and 12:30 pm, by volunteer drivers. The hot, nutritious, low-fat meals each contain 1/3 of the minimum daily nutritional requirements.

You can complete an application on-line or by phone. You will need the following information:

- Name of client
- Address
- Phone number
- Date of birth
- Medical diagnosis
- Emergency contact information

Community Health Coalition

Saturday Community Empowerment Clinics: In partnership with the Durham Academy of Medicine, Dentistry and Pharmacy (DAMDP), Community Health Coalition provides FREE health clinic services, educational materials, consultation and healthy snacks to seniors and their families every 3rd and 4th Saturday of the month at Moreene Road and Morning Glory Senior Village Housing Communities.

PharmAssist

Phone (919) 688-4772

Email: info@seniorpharmassist.org

406 Rigsbee Avenue (Located in the Durham Center for Senior Life.)
Suite 201
Durham, NC 27701-2186

Hours of Operation

Call for an appointment. Sometimes our staff can provide meaningful assistance over the telephone. Senior PharmAssist is open:

- Monday, Wednesday, Thursday & Friday, 8:30 a.m. to 5 p.m.
- Tuesday, 11:30 a.m. to 8 p.m.

Seniors & Medicare Beneficiaries

Provides four primary services to support the well-being of Durham residents 60 and older:

1. Direct financial assistance to help Medicare-eligible seniors pay for medicines when their income is at or below 200% of the federal poverty level (monthly income of \$2,010/single; \$2,707/couple).
 2. Medication management with clinical pharmacists trained in geriatrics.
 3. Tailored community referral and care management linking seniors to other valuable community and governmental resources, such as medical transportation, in-home aide services and Medicare subsidies.
 4. Medicare insurance counseling to ensure individuals have access to straightforward, accurate information that leads to good medical and prescription coverage decisions.
-

Transportation

Access-County

Durham County **ACCESS** Transportation Program Manager

721 Foster Street Durham, NC 27701

Linda Thomas Wallace 919 560-8757

Toni Glover 919 560-0520

aglover@dconc.gov

For additional information see www.dcatransit.org.

Durham County ACCESS provides transportation to residents using a fleet of vans including many that are equipped with lifts. DCA provides transportation for employment and medical purposes as well as other personal needs.

Durham County ACCESS operates 364 days per year between the hours of 5:00 am and 12:00 midnight from Monday through Saturday, and on Sunday from 7:00 am – 7:00 pm. Service is not provided on December 25th - Christmas Day.

DATA Access-City

For doctor's appointments only.

Provides curb to curb transportation to residents with disabilities that prevent them from using a fixed route bus service. Monday-Saturday from 5:30a.m-12:30am and on Sunday's and holidays 6:30-7:30 p.m. The cost of DATA Access is \$2/ride.

To enroll call 919.485.7433 or visit <http://DATA.durhamnc.gov>

Customers are also eligible to use taxicab service for their mobility needs. Call the taxi service during the hours.

Durham EATS

Provides rides to the grocery store for older adults 55+ without transportation as well as access to the food pantry and congregate meals of Durham Center for Senior Life. Call (919) 688-8247 Ext. 103

Food Resources for Older Adults in Durham

SNAP Benefits



You may qualify for SNAP and receive an EBT card loaded monthly with money to buy food. Call **More In My Basket** at 1-855-240-1451 or visit online MoreFood.org.

You can also enroll directly at the Durham County Department of Social Services at 414 E. Main St., in Durham. For full information, call 919-560-8000.

Boost Your Benefits with Medical Deductions

If you are **60 or older or have a disability** and you are paying at least an average of \$35/month out-of-pocket for medical-related expenses, you may be able to increase your SNAP benefits. To reach the average \$35/month you can include a wide range of expenses including transportation to and from the doctor or pharmacy, over-the-counter medicines, medically-related equipment, eyeglasses, incontinent supplies, dental services and more. Call More in My Basket at 1-855-240-1451 for details and start saving your receipts.

Stretch Your SNAP Benefits to buy more healthy food

[Double Bucks at Durham Farmers Market](#) accepts SNAP/EBT benefits and matches dollar for dollar up to \$10 for SNAP recipients. *Double Bucks* are available at

- **Durham Farmers Market** at the Pavilion at Durham Central Park, 501 Foster St and
- **South Durham Farmers' Market** at Greenwood Commons Shopping Center, 5410 NC Highway 55,

How does Double Bucks work?

You receive a dollar to dollar match for up to \$10 off your SNAP EBT card

1. Bring your EBT card.
2. Find the Information Table at the market. A staff person will use a card reader to take money off the EBT card.
3. You will receive tokens to use at the market in the amount taken off of the EBT card plus the additional Double Bucks tokens.

Each token is worth \$1 and tokens never expire. (Change will not be given for tokens, but farmers will add a little extra to make up to a whole dollar amount.)

At Durham Farmers' Market in Central Park ONLY:

Cash Match Program: For SNAP customers (even if your EBT card is spent), WIC participants, and anyone living in public housing, or who have Section 8, the Market will match your cash up to \$10.

Bring a Friend Program offers \$5 extra to each customer to spend at the market when using SNAP (or our other food program options) if they bring a friend or family member with them who also qualifies for one of the food programs.

Questions? Contact:

Nasim Youssefi at 919.560.7890 or the Durham Farmers Market at (919) 667-3099.

Durham Food Pantries and Programs for Older Adults

[Healing with CAARE](#): 214 Broadway Street, Thursdays at 10:30 am for seniors. For full information, call 919-683-5300.

[Urban Ministries of Durham](#): 410 Liberty Street. Serves adults 62 years + and disabled individuals and families with children. Monday, Wednesday & Friday – 1:00 to 3:00 PM, Tuesday & Thursday, 9:00 to 11:00 AM and 5:00-6:30 PM. For full information, call 919-683-0538, ext.170.

[Durham Center for Senior Life](#): M-F 9:00-5:00, 60+ by appt. only. Offers a food pantry, congregate meals, and drivers to help older adults get to grocery stores. Many other services for older adults are available. For full information, call 919-688-8247, ext. 103

[Meals on Wheels of Durham](#): Delivers a nutritious meal, a safety check to seniors and disabled of limited mobility. For full information, call 919-667-9424.

[Church of Philadelphia](#): Delivers groceries to elderly and disabled residents of West End. For full information, call 336-350-2843.

[Mature Adults Farmers' Market for ages 55+](#): Holton Career Center, 401 N. Driver St. 1st and 3rd Thursdays, 9:00 a.m. for chair exercise and to get your name on the list early. 10:00 am for food distribution. For information contact Christian.Dixon@durhamnc.gov or call (919) 560-2219.

See Resources for Older Adults in Durham for full descriptions of Durham Center for Senior Life services and Meals on Wheels.

Food Pantries Serving All Durham Residents

For a full list of these facilities, their locations, and their hours of operation, visit www.endhungerdurham.org page on Food Resources.



End Hunger Durham Coordinates a collaborative **Healthy Seniors** program to document and address the special needs of seniors at risk of food insecurity.

If you need additional help, please contact End Hunger Durham at (919) 381-5969 or at www.endhungerdurham.org.