

January 2026



Seniors Serve Durham



The official newsletter of Durham's
Retired Senior Volunteer Program

From the Desk of Amanda

Happy New Year! I hope you had a wonderful holiday season. I look forward to continuing to work with the RSVP program and helping connect volunteers to the RSVP stations. Thank you for your service and supporting the Durham community in so many ways.

Monday, January 19 is Martin Luther King, Jr. Day and there are many service events and other activities happening around the Triangle. [Click here](#) for a list of events happening over the next couple of weeks to honor Dr. King.

Did you know that volunteering for 100 hours or more per year is associated with a 16% reduced risk of mortality, with the strongest mediating effects observed through social factors such as increased contact with friends and helping others. Using data from nearly 10,000 participants in the U.S. Health and Retirement Study, researchers explored 57 [potential pathways through which volunteering may lead to lower mortality risk in older adults](#). So you are not only helping your community but you are helping yourself through volunteering!

RSVP Group Volunteer Opportunity

Join fellow RSVP volunteers as we work together to help sort and bundle children's clothes. No heavy lifting and tasks may be completed sitting or standing. The next one is:

Welcome Baby Wednesday, January 21 from 10-12 [Sign up here!](#)

If you have not connected with one of our 40+ stations and would like to learn more about volunteering with one of them, please reach out to me or visit [HandsOn Triangle](#). There are many volunteer opportunities out there and I would be happy to help you find a good place to serve!

Reach me by email at amanda@thevolunteercenter.org or by phone at (919) 321-6932. Amanda Stoen



Community Opportunities

El Futuro

El Futuro is a community-based nonprofit organization that seeks to transform Latino-serving mental health care in North Carolina and beyond. They provide bilingual and culturally-responsive mental health services including therapy, psychiatry, substance use treatment, and case management in a welcoming environment of healing and hope. Their mission is to nurture stronger *familias* to live out their dreams. Their vision is that all Latino families who seek mental health support can access appropriate services and function at their most vibrant at home, work, and school, strengthening our entire community.

El Futuro is having an MLK Day of Service on Saturday 18th in collaboration with Keep Durham Beautiful. [Sign up here](#) or click the image below.

Community Care Day

MLK Day of Service

Join us in El Futuro's Green Space and help make our community a better place

**Saturday,
January 18th
11am - 2 pm**

2020 Chapel Hill Rd,
Durham

Want to be a volunteer for
our next events?

Please send an email to
dgomez@elfuturo-nc.org

El Futuro 

 Garden Cleanup &
Planting Seeds

 Trash Pick-Up

*Register via
SignUp Genius*



Volunteer!



Questions? Email Amanda at amanda@thevolunteercenter.org

Augustine Literacy Project

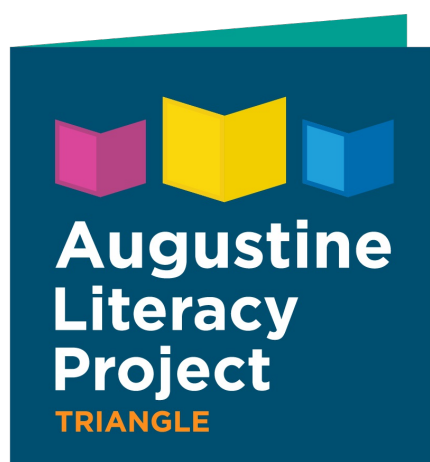
Augustine Literacy Project creates a brighter future by improving the literacy skills of children from low-income households. ALP envisions a community where *all* children can read, write, and spell—the building blocks for success in school and life. Through training and supporting volunteer tutors in the Triangle Area, ALP prepares students to make a positive impact on the world.

Augustine Literacy Project trains and supports volunteer tutors who provide free, one-to-one instruction in reading, writing, and spelling to children of low-income households in the Triangle region of North Carolina. Their programs are based on the Orton-Gillingham approach: multisensory, direct, explicit, structured, and sequential phonics instruction.

The need for more volunteer tutors is great. Many of the children they serve begin Kindergarten behind their peers for reasons that often include a lack of exposure to print and enriched vocabulary in the home, a language other than English primarily spoken in the home, and undiagnosed learning disabilities.

Volunteer tutors are needed Tuesday and Thursday morning from 8am-9am at Hope Valley Elementary School. ALP provides training before volunteers begin tutoring. For more information, visit their [website](#).

Volunteer!



Questions? Email Amanda at amanda@thevolunteercenter.org

Inter-Faith Food Shuttle

2026 Backpack Buddy Packing

Join the Inter-Faith Food Shuttle Durham team to help pack Backpack Buddies! We are

looking for volunteers to assemble BPB for our monthly school distributions. This is a great opportunity for individuals or a group of up to 14 members.

Shifts are typically 9:30-11:30 Mondays, Wednesdays, and Thursdays. Some afternoon shifts also available.

BackPack Buddies are designed to provide children experiencing food insecurity with nutritious, kid-friendly, pre-packed meals on the weekends—a period when they do not have access to a free school lunch and breakfast. The Food Shuttle works with school guidance counselors and social workers across our seven-county service area to help identify students with the greatest risk of food insecurity to receive BackPack Buddies.

Volunteer!



Questions? Email Amanda at amanda@thevolunteercenter.org

Durham Public Schools Foundation

The Durham Public Schools Foundation (DPS Foundation) unites the DPS school communities, public-and private-sector resources and community leaders around strategies to strengthen Durham Public Schools for all students. They provide grants and scholarships, foster innovation through school pilot programs, build leaders to support all students and connect the community to Durham Public Schools. They do more than provide funds - they're innovators, working with partners across the community to develop, pilot and scale strategies that will accelerate the transformation of public education.

Be a LEAP Literacy Tutor!

In-person opportunities every Monday and Tuesday from 5:00-7:00 pm at the downtown Durham County Library (300 N. Roxboro St). Training, all materials and ongoing support are provided. Visit Durham Leap to learn more!

Volunteer!



Questions? Email Amanda at amanda@thevolunteercenter.org

Community Events

“Men on the Move” Community Walk

Hosted by - Men’s Health Council, Durham County Dept of Public Health



Only half of adults get enough aerobic physical activity to improve their health. People who are physically active live longer, have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers.

January’s Message – “Two Struggles, One Fight” Co-Occurring Mental Health and Addiction in Our Community”

Before a brief walk, join an empowering conversation about how mental health challenges and substance use - especially alcohol - often occur together.

Session will explain co-occurring disorders in plain language, identify common warning signs, and offer practical steps toward support, healing, and recovery.

Everyone is welcomed to better understand and support the struggles of men in our communities.



Speaker

Rev. Jacqueline Dowdy, PhD
Transformational leader,
strategist, pastor, entrepreneur.

- Saturday, January 17, 2026
- 9 AM – 10:15 AM
- Weaver Street Recreation Center
3000 E Weaver St, Durham, NC 27707

Contact: Joyce Page, ipage@dconc.gov, 919-560-7109



Public Health

January Events:

1/26-2/1 - [Triangle Restaurant Week](#)
1/17 - Men on the Move Community Walk
1/30 - [Reality Ministries Cafe](#)

Mark your calendars:

2026 - [Retro Film Series](#)
2/5 - [Mary Ann Black Distinguished Health Equity Symposium](#)
4/20-5/7 - [Durham Senior Games](#)



We want to hear from YOU!

The next time you volunteer, take a photo and send it to Amanda Stoen amanda@thevolunteercenter.org.

Thank you for all you do!

