



Jacquelyn Blackwell Feeds Durham, One Food Pantry at a Time

Jacquelyn Blackwell has a long history of leading and working to get food to Durhamites through a variety of agencies. She is currently the Executive Director of Feed My Sheep, a food pantry, "that offers Hope, Healing and Hospitality by providing groceries and a hot meal to those who suffer from food insecurity." She also manages the food pantry at JJ Henderson

Housing Center.

Older Adult Hunger and Nutrition is a crucial domain in the 2025-2030 Durham Comprehensive Aging Plan. Mrs. Blackwell is involved with several lead agencies for the Older Adult Hunger and Nutrition domain including End Hunger Durham, Feed My Sheep and the Golden Life Partnership. She seems to be feeding people everywhere at all times. She made room to chat with Aging Well Durham about her work.

[To read the interview, click this sentence.](#)



EatWell Exchange's Jasmine Westbrooks Shares the Importance of Culture in Nutrition

EatWell Exchange is a Durham-based nonprofit designed to “empower lower socioeconomic communities with the access, knowledge and confidence they need to eat a nutritious diet within their own food culture.” Aging Well Durham spoke with Jasmine Westbrooks, a registered dietitian at a Diabetes Outpatient Facility about EatWell Exchange’s (EWE) efforts in supporting more people of color to work in nutrition and to help folks eat healthier food from their cultural traditions, using the food of their

cultures: personal, traditional, religious, or national. The Durham Aging Plan's vision is that Durham has "a regionally appropriate food system actively addressing the unique circumstances and challenges that older adults face in meeting their nutritional needs." Jasmine is one of three women with EWE.

[To read the interview, click this sentence.](#)

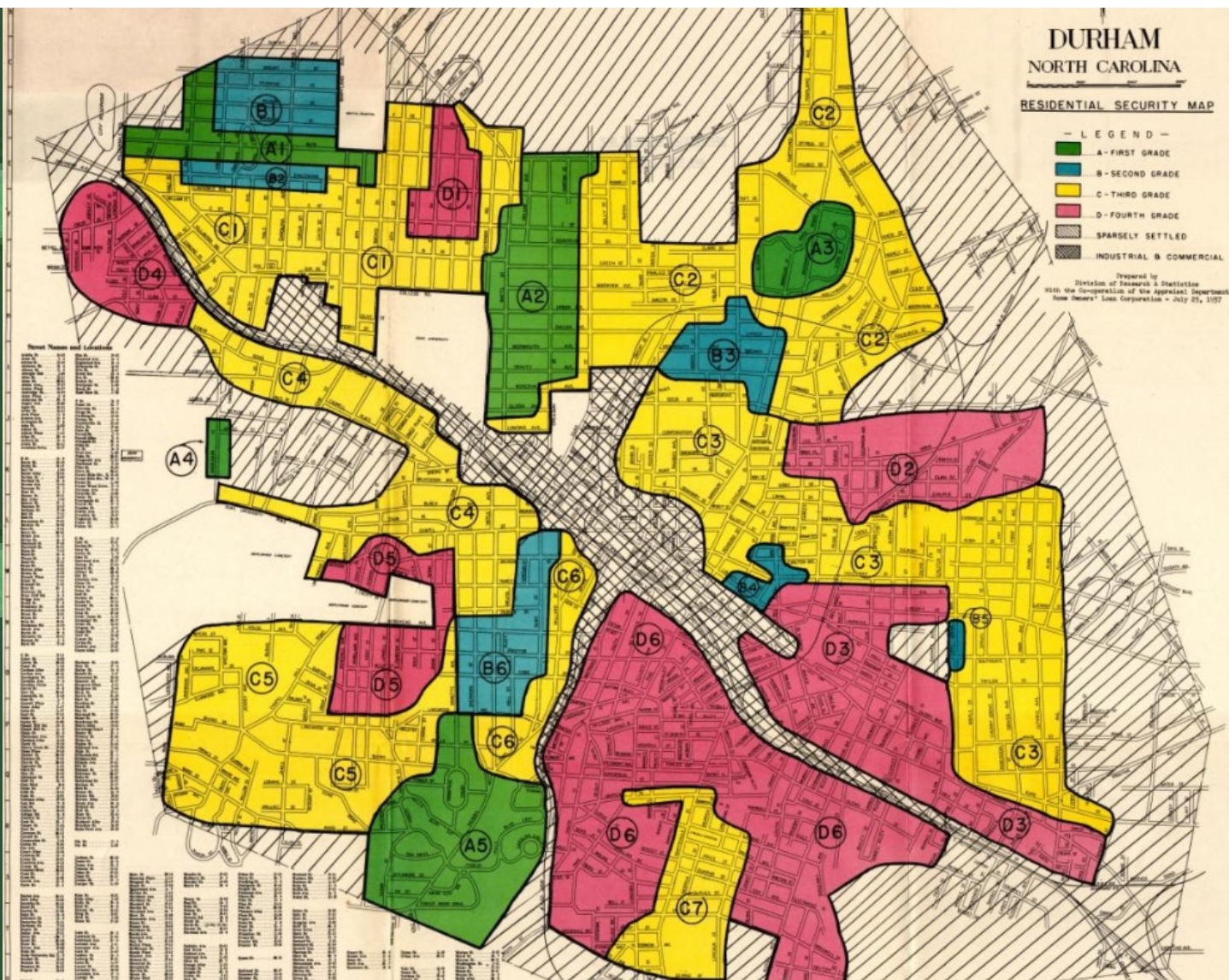


Take BIKE DURHAM'S Survey on Transit for Older Adults

Bike Durham is a lead agency for the Transportation Domain in the Durham Aging Plan. They believe that mobility is essential to living a vibrant, healthy life, both physically and mentally. Bike Durham has also been making inroads into the aging adult community.

Starting this January, Bike Durham, together with GoDurham, is hosting a set of Transit Travel Trainings on Wednesdays from 10 am. to noon at the Durham Center for Senior Life. Their goal is to create greater awareness of the transportation options available to members of the Durham Center for Senior Life and to support older adults with using digital devices and phones to access transit. The sessions include Bike Durham staff teaching participants how to plan transit travel by using a phone, how to safely download and use apps to sign up for services. Bike Durham will provide step by step, hands-on tutorials during the sessions.

Bike Durham is also interested in connecting with other older adults to provide similar support. If your community, neighborhood, place of worship or social group wants to participate in a Transit Training Training, click on this [link](#). It will take you to an online form.



The Gentrification of Food in Downtown Durham

As Durham becomes more and more urbanized, food equity is finding new challenges as the city continues to valorize those with class and race privilege. Durham, while garnering attention for being a "foodie town," has done so by displacing marginalized communities for restaurants and expensive real-estate. As the Duke Sanford World Policy Food Center says on its website: The foundation of gentrification today was built through decades of chronic racialized disinvestment in the central city.

[To read more about the "gentrification of food justice" click this sentence.](#)



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Participate in Black History Month in Durham

Black History Month celebrates the history, the lives, and the culture of Black-Americans and their significant contributions to the United States. Join Aging Well Durham and our partners in celebration of Black History Month. Durham is home to an abundance of Black history, and will continue to be forever enriched by Black culture and community.

Volunteer at historic [Geer Cemetery](#), one of the first Black cemeteries in Durham.

Take a [guided tour](#) at the Pauli Murray Center for History and Social Justice on Feb 7.

Join the Museum of Life & Science for [Black Excellence in Science](#) on Feb 7.

Check out Black History Month events at [Durham County Libraries](#).

Visit Historic Stagville on Feb. 7 for a free [guided tour](#).

Take the [Field & Factory: Tobacco's Laborers Tour](#) every Saturday in February at the Duke Homestead.

Volunteer at the [Catawba Trail Farm](#) with Urban Community Agrinomics.

Visit [Book Harvest Celebration](#) for their community celebration 1-4pm Feb. 19th

Support black-owned businesses and creative talent at the [Melanated Creatives Market](#) on February 21.

Take a tour of the [Confronting Change](#) exhibit at Carolina Theatre of Durham.

[Black Genius Fest](#), on Feb. 28th, is an all-ages event, with music, food, and more.

Check out more Black History events in Durham [here](#) and throughout the Triangle [here](#)!

AGING WELL DURHAM
looks forward to
partnering with you in

2026

Click
agingwelldurham.org/contact/

If you are using a device with a small screen,
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in landscape mode



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[FOR UPCOMING COMMUNITY EVENTS, CLICK THIS SENTENCE.](#)

[CLICK THIS SENTENCE TO READ THE 2025-2030 DURHAM COMPREHENSIVE AGING PLAN.](#)

