



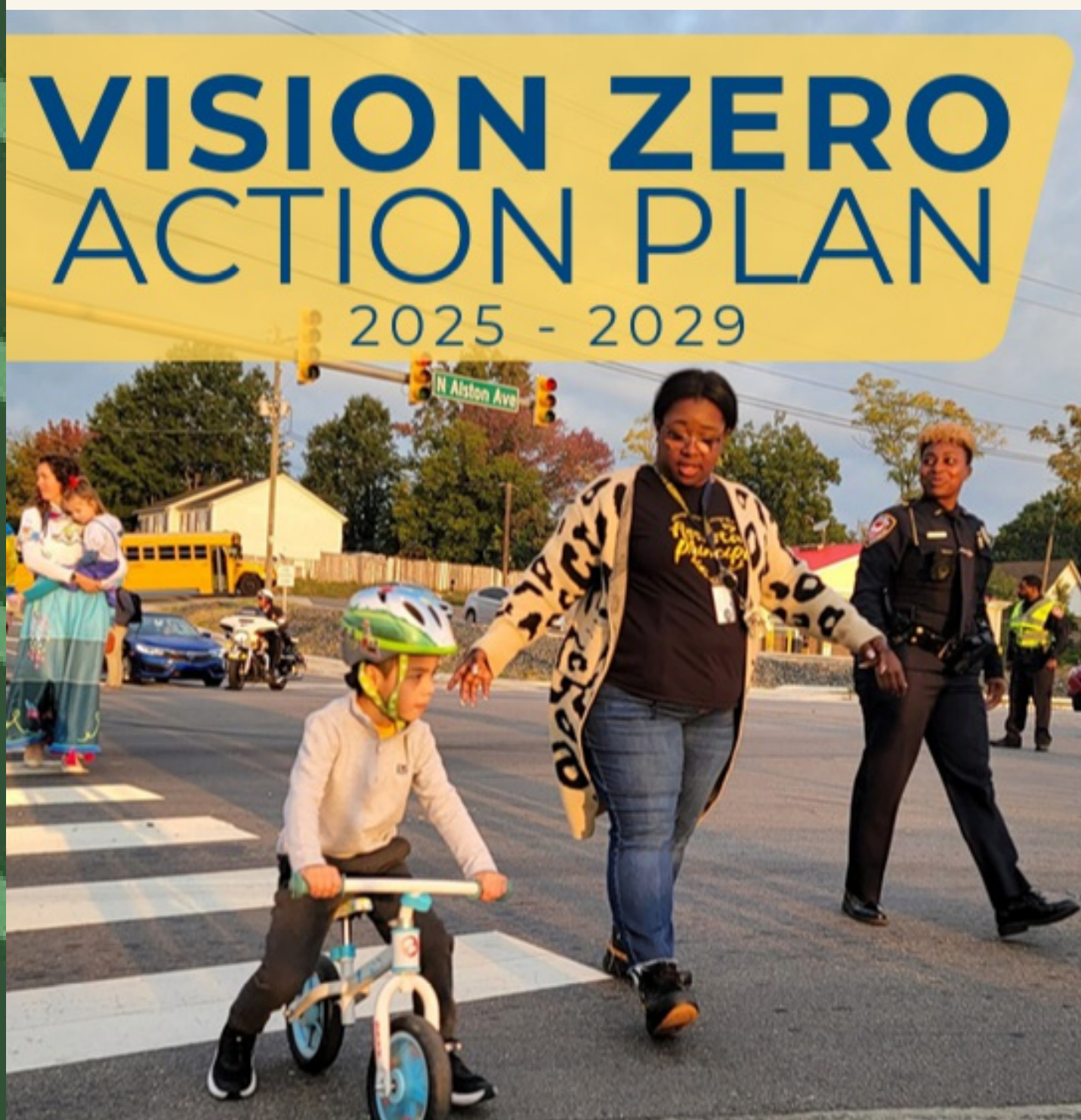
## **Easing Out of Driving, a Conversation with Duke's Dr. Eleanor McConnell**

January's domain focus is on transportation, and for that AWD invited Dr. Eleanor "Ellie" McConnell to speak to us about how to help a family member,

friend, etc. transition out of driving. She gave some very thoughtful, helpful responses and talked about aging generally.

Dr. McConnell's area of research is aging; more specifically, how do factors (social, physical) influence functional decline in older people.

[Click this sentence to read AWD's Interview of Dr. McConnell.](#)



## **VISION ZERO: AWD Learns about Durham's Traffic Safety Plan with Lauren Grove**

Vision Zero is a project to end traffic deaths. In September 2017, Durham joined a [global network](#) and became one of the first cities in North Carolina to officially adopt a Vision Zero program. On average, 23 people die in crashes in Durham each year. The City of Durham and its partners have worked to implement projects and programs aligned with Vision Zero, such as traffic calming guidelines, improved transit infrastructure, sidewalks, and bicycle facilities.

Aging Well Durham spoke with Vision Zero Coordinator, Lauren Grove, about the work and its connection to

aging adults. Transportation is a domain in the Durham Comprehensive Aging Plan.

[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.

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## **The Transportation Origins of Durham, NC**

In keeping with the theme of the Comprehensive Aging Plan's domain of "Transportation" this month, did you know that Durham started as a railroad station in the 1840's? During the 19th century trains were wood-burning steam locomotives that had to make frequent stops for wood and water. The North Carolina Railroad needed a depot between the already existing towns of Raleigh and Hillsborough, to refuel.

The new station was named for land donor Dr. Bartlett S. Durham, the only resident who apparently wasn't resistant to the new technology. Most of the residents (of what is now downtown Durham) had businesses catering to cattle drivers, and were not excited about a locomotive where they lived.

A small village began to grow around the station, and in 1853 a post office was built. This marked the official birth year of Durham, NC, which grew rapidly after the Civil War, becoming a city of significance.

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**Aging Well Durham  
looks forward  
to partnering with you!**

**2026**

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**Click this box to read the 2025-2030  
Durham Comprehensive Aging Plan**

