



What Matters Most: A Geriatrician's Approach to Aging Well

Geriatrician Yoon Hie Kim spoke with AWD about older adults, how we age, how we age differently, and what may lie in the future of geriatric medicine. This interview is to underscore the Durham Comprehensive Aging Plan's domain of Community Support and Health Services domain vision of an age-

friendly Durham providing a fair and just opportunity to achieve wellness and well-being for all older adults.

What was it that got you into geriatrics? That's a very specific direction to study.

My grandmother lived with us growing up so I've always had a strong appreciation for older adults. Then I worked in business for a couple years in DC, and during that time, I volunteered at a retirement community. I found myself enjoying my time there, finding more meaning in that work and that environment-more so than my desk job. So after some introspection, I was motivated to go into medicine, and specifically geriatrics.

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



Betsy Barton and Palliative and Hospice Care

This March, AWD uplifts the Community Support and Health Services Domain of the Durham Comprehensive Aging Plan and Women's History Month by focusing on an overlooked part of healthcare and community service - palliative and hospice care. One of the Community Support and Health Services goal is "support aging adults and their families in preparing for decisions about goals of care, including end-of-life care."

As the Director of Special Projects under the

Community Engagement Department at Transitions LifeCare, Betsy Barton's focus is on educating marginalized communities about hospice and palliative care. She does this by building relationships, listening carefully, and respecting cultural mores and traditions. Betsy views death as a "constellation" created by the person with an illness, their friends, their family, their church - whoever is engaged with helping the person on their journey.

AWD spoke with Betsy Barton, a woman who is unafraid of tough conversations.

[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.



Women's History Month Celebrates Ann Atwater, a Fierce Fighter for Social Justice

Ann Atwater decided to co-chair the Durham charrette about public school desegregation because her co-chair was the Exalted Grand Cyclops of the Durham Ku Klux Klan. Neither C.P. Ellis, the Klansman, nor Atwater wanted the other to have full control of the meeting.

She was reluctant at first, but her long history of fighting for the dignity of Black people receiving welfare, for access to housing, working with Head Start, and more made her reconsider.

Over time, after fighting and even yelling at one another, the two combatants began to recognize that each wanted school safety from violence for their children, and respect for children from lower income homes.

Initiatives were put in place to give the students a bigger voice in decision making, with major changes to the curriculum, adding education around handling racial violence and more. The two famously became good friends.

Ann Atwater would claim that her greatest weapon for injustice fighting was to “holler.” She was a powerful presence and a

fierce fighter for racial justice in Durham.

[To read more about Ann Atwater, click this sentence.](#)

Aging Well Durham

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2026

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