



Building Health Literacy in Durham: A Conversation with Edeia Lynch of Bull City Strong

Bull City Strong grew out from an Office of Minority Health grant to enhance Durham's response to COVID-19 by improving health literacy. The program is five weeks long, with a cohort of 15 participants. The Community Health Promoters (which is what participants are called) learn about health literacy, with the curriculum crafted to meet their particular experiences. Many of Bull City Strong's Community Health Promoters are older adults. Aging Well Durham spoke with Edeia Lynch, Community Health Worker Coordinator with the Durham County Department of

Public Health. Edeia leads Bull City Strong. In this interview, she shares about the program's history, outcomes and what she has learned.

[To read more about Bull City Strong and Ms. Lynch's interview, click this sentence.](#)



BULL CITY STRONG

Confidence in Care: James Russell's Story of Health Literacy Success

James Russell is the current president of the Durham Council for the Blind. He has also participated in Bull City Strong's health literacy classes and workshops since their beginning in 2021. Although Mr. Russell is not a Community Health Promoter, he has experienced a change in the way he advocates for himself with his doctors and even his pharmacy.

Aging Well Durham spoke with him over the phone.

[To read James Russell's interview with AWD, click this sentence.](#)



Thanksgiving Food Resources

End Hunger Durham has a printable, searchable food pantry map in English and in Spanish. [Click this sentence to go to their map.](#)

Parktown Food Hub has food, non-specific to Thanksgiving. [Click this sentence to see their calendar.](#)

Durham Food Bank has pop-up markets on a variety of days. [To see when they're coming near you, click this sentence.](#)

[To view more information on our website, click this sentence.](#)



Thanksgiving Volunteer Opportunities

AWD spoke with Amanda Stoen of Triangle Nonprofit & Volunteer Leadership Center about their holiday program. "A few days before Thanksgiving our volunteers deliver cooked and uncooked meals to those in need. DSS provides the names/families for receiving the meals and we match them with sponsors. Here's a [link](#) to our program. Let me know if

you would like more information about it.” They need sponsors, says Amanda, as well as volunteers. [To participate in any way click this sentence.](#)

[To view more information on our website, click this sentence.](#)



Holiday Health Resources

For emergencies and crisis, dial or text 988 to reach the Suicide and Crisis Hotline. For veteran specific services, press 1. For Español press 2.

NAMI NC (National Alliance on Mental Illness) shares a general resource page plus a helpline. Call 800-950-NAMI (6264) from 10a to 10p ET. [Click this sentence for their website.](#)

[For more holiday help information, click this sentence to be taken to our website.](#)

If you are using a device with a small screen, the best way to view the newsletter may be in landscape mode



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Did You Know? Facts About Durham Bull Athletic Park

Wonderful "Terrific" Mounds hit the opening home run at Durham Bulls Athletic Park in 1995.

The original stadium was wood and concrete, and burnt down in 1939. It was called El Toro Park.

In August 10, 1951, Percy Miller Jr. made his minor league debut there, becoming the first Black player in the Carolina League and a critical moment in the Civil Rights Movement.

The 1988 hit film, Bull Durham, helped revitalize interest in the team, the town, and in baseball at large.

**FOR UPCOMING COMMUNITY EVENTS
CLICK THIS BAR**

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

