



Wednesday, May 15th
10:00am - 2:00pm

Sunset Avenue Church of God



The Nurturer



A Newsletter for Family Caregivers in Randolph County

Issue 1

Support Groups

Caregiver Support Group

Second Wednesday in Jan, Sept and May
3:00-4:30
The Harry and Jeanette Weinberg Adult REC
Margie DiDona – 336-625-3389

Diabetes Support Group

Third Monday each month – 4:00-5:00pm
Randolph Health
336-625-9400

Alzheimer's Support Group

Second Wednesday each month – 1:00pm
The Harry and Jeanette Weinberg Adult REC
Linda Luther – 336-629-7619 or
Joan Wilson – 336-629-8155
Last Monday of each month – 5:30pm
Brookdale Asheboro
Emma Lambe – 336-672-6600

Support Services for the Blind

Third Wednesday each month – 2:30pm
(March-October)
The Harry and Jeanette Weinberg Adult REC
Christina Sterling – 336-683-8107

Marilyn Usher Parkinson's Support Group

First Tuesday of each month – 10:30am
Episcopal Church of the Good Shepherd
Annette Caughron – 336-629-6397

Aphasia Puzzle Program

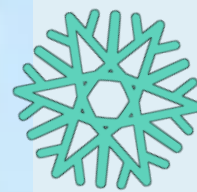
(Stroke & Brain Injury)
Second Thursday of each month – 11:00am
Randolph Health – 336-625-5151 x5109

Alzheimer's Association

Caregiver Telephone Support Group
First Tuesday of each month – 12:30-1:30pm
1-866-316-2054
Enter Code 5894744516

DID YOU KNOW RSAA CAN ASSIST YOU OR YOUR LOVED ONE WITH THE FOLLOWING SERVICES?

- Home-delivered & Congregate Meals
- Information & Options Counseling
- Health Screenings
- Medical/General Transportation
- Fitness & Health
- Medical Insurance Counseling
- Support Groups
- Medical Equipment Loan Program
- Sitter's List
- Income Tax Preparation
- Recreation
- Prescription Assistance
- Craft Classes
- Healthy Aging Classes
- Senior Movie Day
- Senior Heat Relief - Fan Program
- Adult Day Care
- Legal Services
- Family Caregiver Services
- Travel Club



Remember
look for
Randolph
Senior Adults
Association!

For Winter Weather Updates Check:

- WFMY News 2
www.wfmynews2.com
- TWC News 14
www.closingstwcnews.com
- WGHP Fox 8
www.myfox8.com
- WXII 12
www.wxii12.com
- WKXR radio
- WZOO radio

Randolph Senior Adults
website
www.senioradults.org

Randolph Senior Adults
Association



Welcome to our first issue of **The Nurturer**, a newsletter for family caregivers in Randolph County! By definition a nurturer is “someone who provides food or care for another”. We thought this would be the perfect name for our newsletter because it best describes your role as a family caregiver.

We have found that family caregivers in Randolph County have difficulty getting the needed information or resources to help them on their caregiving journey. Many times caregivers are unaware of the programs or services that may help to lighten their load. We thought what better way to reach out to family caregivers than through a quarterly newsletter mailed (or emailed) directly to them.

This newsletter is **your** newsletter, and we welcome any ideas or suggestions of what you would like it to be, or information that you would like us to include. Please share with us any ideas or tips you may have. Many times whatever struggles you are going through, there are others experiencing these struggles as well, and would benefit from any solutions shared.

We hope you will find this quarterly newsletter helpful, fun and informative.

- Margie DiDona
Information & Options Counseling Director
Randolph Senior Adults Association

Copies of **The Nurturer** can be picked up at all Randolph Senior Locations, Randolph Health, Regional Consolidated Services and other Community locations.

To receive a copy of **The Nurturer** in the mail or via email, call 336-625-3389 or email: rcaa2@senioradults.org to add your name to our mailing list.





RANDOLPH SENIOR ADULTS LOCATIONS

ASHEBORO—MAIN OFFICE

The Harry and Jeanette Weinberg Adult Resource & Education Center
347 W. Salisbury Street
Asheboro, NC 27203
336-625-3389 or 1-800-252-2899

ARCHDALE CENTER

108 Park Drive
Archdale, NC 27263
336-431-1938

RANDLEMAN CENTER

144 W. Academy Street
Randleman, NC 27317
336-498-4332

LIBERTY CENTER

128 S. Fayetteville Street
Liberty, NC 27298
336-622-5844

OUR PLACE ADULT DAY CARE

714 Farr Street
Asheboro, NC 27203
336-629-3787

RCATS TRANSPORTATION

347 W. Salisbury Street
Asheboro, NC 27203
Randolph County - 336-629-7433
Montgomery County - 910-572-3430

Check out our Facebook Page



DEMENTIA RESOURCES

Alzheimer's Association

1-800-272-3900 (24 hours/7 days)
alz.org

Dementia Alliance of NC

1-800-228-8738
dementianc.org

Positive Approach to Brain Change

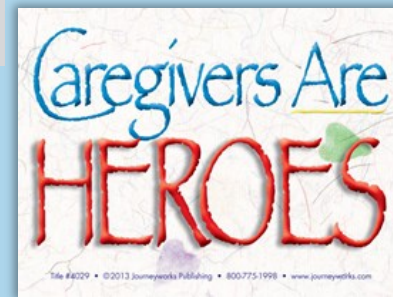
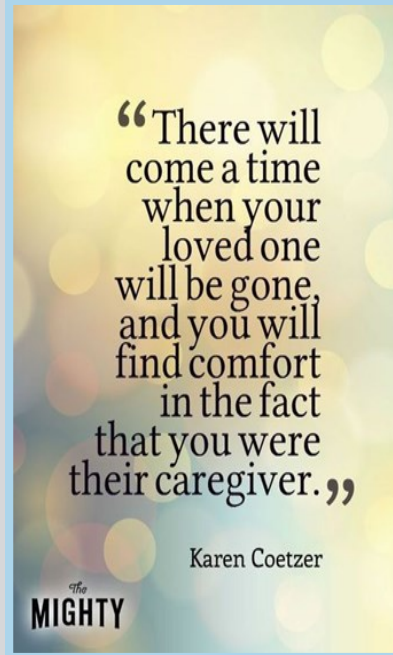
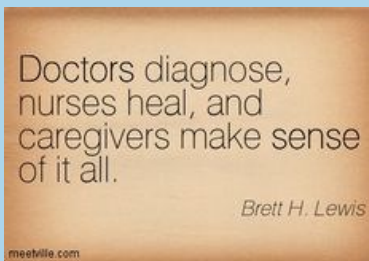
1-877-877-1671
teepasnow.com

Lewy Body Dementia Association

LBD Caregiver Link: 800-539-9767
www.lbda.org

Duke Family Support Program Project CARE

(Dementia and Alzheimer's)
1-800-646-2028
dukefamilysupport.org



VETERAN'S CORNER

Thank You for your Service!



Randolph County Veterans Service Office

158 Worth Street
Asheboro, NC 27203
336-318-6909

Are you having trouble getting paperwork approved by the VA? HMHY Veteran's Service Group may be able to help.*

Contact Justin Tucker at:

HMHY Veteran's Service Group
220-3 S. Swing Road
Greensboro, NC 272409
(336) 935-9172
jtucker@hmyveteransservicesgroup.com

* Fees may apply

Managing Priorities for Caregivers

Caregivers often struggle with maintaining a sense of priority. It is hard when there are so many needs in front of you to know what is truly the most important to take care of. By the time you are done with your "to do" list, the day is often almost over. Then, what about caregivers who work? Working caregivers often report the most stress because the demands on your time and attention can seem endless. The most valuable thing to do in these situations is to **Remember to Breathe**, and then figure out what is the most important thing to do right now is. So start by writing down your top three long term priorities. Whether it is your health, a relationship, a parent, a child, your career, choose **your** top three.

Next, what are three tasks (you can add more later) that you can do today that relate to your top three priorities. Pick one of the three tasks and start your day there. If you can get more than three done, great, if not that is okay too. The key is to realize that you can't do it all and in fact you should not do it all! When you find yourself at the end of a non-rewarding day, it is often because you have lost sight of what is truly important. Breaking down your tasks also helps, so instead of three large tasks, break it down into six smaller steps. Remember it is okay to ask for help too. *(Taken from SageMind.com)*



Senior Resources Website - A new, free, online directory of current resources in Randolph County tailored to the needs of Seniors. www.randolphlibrary.org/SeniorResources/

**This site is provided only as an updated reference. Users should check credentials before committing to use a service. The groups who assembled the listings assume no responsibility for business and organizations listed.*

Listed Categories of Interest: Housing, Medical Care, Support Groups, Transportation, In-Home Care, Pharmacies, Financial Assistance, information & Options Counseling, Insurance Counseling, Emergency Needs, Meals and Personal Care, Social Events for Seniors, Nutritional Information, etc.

Family Caregiver Support Program provides a range of supports that assist family caregivers



Eligible family caregivers are:

- A caregiver of any age providing care for an older adult age 60 or older or providing care for a person with Alzheimer's disease or related brain disorder.
- A caregiver (Who is not the birth or adoptive parent), age 55 or older, raising a related child age 18 and younger or an adult with a disability.

In Randolph County these funds are currently used in the following agencies:

Randolph Senior Adults which provides Care Planning Assistance, The Powerful Tools for Caregivers Workshop, Caregiver Skills Class, Caregiver Support Group and The Nurturer Newsletter. **Call Margie DiDona or Lisa Alley at 336-625-3389 for more information.**

Randolph Health which provides caregiver respite to provide temporary relief for the family caregiver. This allows the caregiver to attend appointments, run errands, go to a support group or attend one of the family caregiver programs in the community. **Contact Karen Martin at 336 628-4210**

Regional Consolidated Services which also provides caregiver respite to provide temporary relief for the family caregiver. **Contact Teri Mabry at 336 629-5141**

WINTER WORD SEARCH



WORDS TO FIND:

BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

Amy Mascott of teachmama.com for Scholastic

Severe Weather Tips for Caregivers

1. Tell your power company if you or your loved one is oxygen dependent to receive priority service or the loan of a generator.
2. Have the phone numbers of the patient's physician and hospice handy as well as the numbers of the local fire department and EMT.
3. Make sure prescriptions are filled prior to the arrival of inclement weather.
4. Make sure cell phones, laptops and tablets are fully charged in the event you cannot use your landline.
5. Make sure you have flashlights with working batteries. Have extra batteries on hand.
6. Make sure all smoke alarms have working batteries.
7. If you use alternative heating such as kerosene, have a working carbon monoxide alarm.
8. Keep lots of bottled water on hand for drinking and fill the bathtub with water for toilet flushing in case the power goes out.
9. Have a battery-powered radio to stay up to date on the weather conditions in your area.
10. Fill your car's tank with gas and maintain good winter tires.

~From Vitas' Healthcare

One Day
at
a Time

Guideposts

Another great way to get regular breaks is to enroll your older adult into an Adult Day Program. It may take them some time to adjust, but after a little while, most seniors enjoy the interaction and engagement they experience in these programs.

(From dailycaring.com)

In Randolph County:

Our Place Adult Day Care

Chris Smith, Director
714 Farr Street
Asheboro, NC 27203
336-629-3787

Randolph Health StayWell Senior Care

Karen Martin, Director
809 Curry Drive
Asheboro, NC 27205
336-628-4200

Do you need help with a living will, Power of Attorney, etc.?

Through Central Carolina Legal Services, free legal help is provided for those 60+. **Contact (877) 579-7562** to set up an appointment with an attorney who can meet you here at The Harry and Jeanette Weinberg Adult Resource & Education Center.



The Medicare Annual Election Period which ran from October 15-

December 7 has just passed. But did you know that Medicare has added another enrollment period for those who have Medicare Advantage plans? Those who do, can also switch plans January 1-March 31. So if you forgot to check your Medicare plan in the fall, you can do so until March 31st.

For Assistance Contact

Randolph County SHIP Coordinators
336-625-3389

Caregiver Tip of the Day

Be kind to yourself and don't give in to feelings of guilt. Remember that you can't do it all, you can only do your best.

Do you know someone who is on Medicare and needs assistance in paying for their prescription drugs? Medicare beneficiaries may be eligible for Part D Extra Help who have monthly income below \$1,581 for an individual (\$2,134 for a married couple living together). Additionally, their total resources must be limited to \$14,390 for an individual (\$28,720 for a married couple living together). The resources do not include primary residence or vehicles. If you believe someone you know may qualify for Extra Help, please contact Margie DiDona or Lisa Alley, SHIP Coordinators at Randolph Senior Adults 336-625-3389 to apply.

Coloring Corner

(from Joanne's Journals)



25 Things To Do To Prevent Caregiver Burnout

- Read a book
- Take a bath
- Eat chocolate
- Go to a movie
- Order takeout
- Get a pedicure
- Have a glass of wine
- Go to church
- Hike
- Listen to a podcast
- Play a board game
- Scrapbook
- Visit a friend
- Take a coffee break
- Have a picnic
- Get a massage
- Watch the sun set
- Go to the gym
- Read a magazine
- Paint
- Color
- Mediate
- Swim
- Get a haircut

Join Randolph Senior Adults!

Caregiver Moment #12

Arguing for 30 minutes to get your loved one to wear matching socks...

Then realizing you went out with your own shirt on backwards.

visit eldercareissues.blogspot.com for more caregiving articles and graphics.

RESOURCES

NC Stroke Association
336-713-5052
ncstroke.org

National Stroke Association
1-800-STROKES (787-6537)
stroke.org

American Diabetes Association
1-800-DIABETES (1-800-342-2383)
diabetes.org

The Foundation for Peripheral Neuropathy
877-883-9942
www.foundationforpn.org

National Kidney Foundation
1-800-622-9010
kidney.org

Arthritis Foundation
1-404-872-7100
arthritis.org

Anxiety & Depression Association of America
1-240-485-1001
adaa.org

National Alliance on Mental Illness (NAMI)
1-800-950-6264
www.nami.org

Caregiver Action Network
Online Instructional Videos for Caregivers
caregiveraction.org

AARP Foundation Tax-Aide offers free, individualized tax preparation at Randolph Senior Adults at The Harry and Jeanette Weinberg Adult REC, 347 W. Salisbury Street in Asheboro. Assistance is available until April 15 on Saturdays 9:00am-2:30pm and Mondays 9:00am-3:30pm. Walk-ins are welcome until 1:30pm or call 336-625-3389 to schedule an appointment.

ARE YOU IN NEED OF INCONTINENT SUPPLIES?

Randolph Senior Adults receives donated disposable briefs and underwear from time to time. Call Margie DiDona or Lisa Alley (336-625-3389) if you are in need. If none are available at the time of your call, we'll be happy to add you to the waiting list for when the item you need may come in.

UPCOMING EVENTS AND PROGRAMS

Coming in the Spring of 2019.....

Powerful Tools for Caregivers is an interactive workshop that helps family caregivers reduce stress, improve self-confidence, communicate better, balance their lives, and increase their ability to make tough decisions. When caregivers take care of themselves it benefits their care recipient. This workshop consists of six sessions held once a week. All participants receive *The Caregiver Helpbook*, developed specifically for this program.

During the two-hour **Caregiver Skills Class**, therapists will train family caregivers how to physically care for the older adult they care for; such as the correct way to transfer someone from a bed to a wheelchair, personal care, fall prevention, how to properly use medical equipment, etc. Each participant receives a free copy of *The Caregiver's Handbook*, a practical, visual guide for the home caregiver.

Contact Margie DiDona or Lisa Alley (336-625-3389) if you would like to be notified when either of these programs are scheduled.

Thursday Movie Corner



FREE
Over 50*

Senior Movies . . .

. . . at the SUNSET THEATRE

February 7

The Courtship of Eddie's Father (1963)

March 7

RV (2006)

April 4

Top Hat (1935)

Doors open at 12:00 - Movie starts at 1:00

**Free admission, popcorn & small soda for those 50+*

Caregiver Stories

The Personal Attendant

My mother came to live with us in 2013 because she needs 24-hour care. I get her up in the morning, help her shower and get her dressed, make sure she's fed and her medications are taken, and get her on the bus for day care. She usually comes home before I do, so my family helps her get settled. We try to squeeze in some evening activities before feeding her dinner and giving her medicine, and then I help her get ready for bed. Basically, I wait on her hand and foot, and give her what she needs. I also keep her engaged with card games or dolls, doing her nails or her hair, or taking her out on the weekends.

We've come a long way since she first moved in. One of the biggest challenges occurred in 2015, when she was fighting us on everything. She was paranoid and angry and physically aggressive toward people. This was shortly after we had taken the car away from her because she would leave it stranded if it wasn't working right. That happened three times, and the last time it took four weeks to find it. Also, she wasn't eating, sleeping or taking care of herself — so we knew we had to get her some medicine to help her calm down. Mom also suffers from diverticulitis, which landed us in the hospital several times and presents another set of challenges

I'm not sure how I do it all while still having a full-time job, being a wife and mom to two kids in elementary school, and keeping up with household chores. I know for sure I wouldn't be able to do it without help from my tribe and strength from God. We're very blessed to have a system that works for us. My mom and I have always had a good relationship, and I wouldn't want her anywhere else. I feel good knowing that she's well taken care of and still has some dignity. — *As told to Stacey Colino (AARP, Caregiver Roles)*