

SALT

Seniors And Law Enforcement Together

Meets on the 3rd Wednesday at 2:00 pm in

- * January - (Asheboro)
- * April - (Archdale)
- * July - (Liberty)
- * October - (Randleman)

The public is invited to hear information on safety and scams that seniors need to be aware of. Our new Sheriff, Gregory Seabolt, is the speaker at each of the meetings this year.

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



SUPPORT GROUPS

Diabetes Support Group

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

Alzheimer's Support Groups

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

Second Thursday of each month - 6:30 pm

Cross Road Retirement Center
1302 Old Cox Road, Asheboro
Joyce - 336-610-1221

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

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

Central Carolina Legal Services offers free legal help for those 60+. Call (877) 579-7562 to schedule an appointment with an attorney who can meet you at

The Harry and Jeanette Weinberg
Adult Resource & Education Center.

The Nurturer



A Newsletter for Family Caregivers in Randolph County

Issue 3



Enjoy the Outdoors!

We hope you and your loved ones are taking advantage of the beautiful weather! After being cooped up all winter it is nice to sit outside and get some fresh air. Depending on your loved ones capabilities, sit outside and listen to the birds, watch the squirrels, blow bubbles, or take a walk in the park. Or do like you did as a child and find animal shapes in the clouds. Whatever you decide on, don't forget to stay hydrated with water or a nice refreshing lemonade!

Free copies of The Nurturer can be picked up at all Randolph Senior Adult Association centers, Randolph Health, Regional Consolidated Services and other community locations. Available online at www.senioradults.org.

To receive free quarterly copies 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
Association
Facebook page



Information & Options Counseling

Information & Options Counseling (I&OC) Services are available to persons age 50+ or persons acting on their behalf. Medicare assistance is provided to Medicare beneficiaries of any age. I&OC services include:

Senior Information Line serves as a "one-stop shopping place" for senior adult services over the telephone, through office visits or via email. Questions are answered and referrals to appropriate resources are given.

Case Assistance is available to help when more assistance is needed. We help complete forms, read letters received, provide referrals, follow-up and advocacy activities on behalf of the older adult to ensure that needed assistance is received.

Options Counseling is available to assist in creating an Action Plan to help a person accomplish their goals. A follow-up call is given to ensure decisions and supports are to their satisfaction.

Family Caregiver Support Program helps caregivers understand care options, research appropriate services, and develop a plan to help meet the needs of the care recipient. Funds also provide this newsletter and the Powerful Tools for Caregivers workshop and Caregiver Skills Class (see page 3 for more information on workshop and class).

Prescription Assistance helps locate free or discounted prescription medication through pharmaceutical company programs. Assistance is given in completing applications.

Senior Heat Relief Program distributes fans donated by local power companies to seniors 60+ or those on disability in need of heat relief. Limits apply.

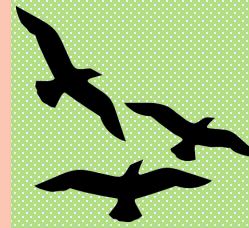
Sitter's List is made up of caring people who can sit, assist with homemaker chores, personal care, errands, etc. This is an option for someone needing in-home assistance who is able to pay out of pocket.

SHIIP (Seniors' Health Insurance Information Program) – Staff are SHIIP Coordinators trained by the NC Department of Insurance to provide assistance to Medicare beneficiaries. Coordinators educate and assist in choosing and enrolling in a Medicare Part D or Medicare Advantage Plan, screen and help apply for Extra Help and Medicare Savings Programs, or assist in solving problems that arise. These certified counselors also give guidance in selecting Medicare Supplements. Problem solving may include changing plans, resolving claim issues, or help with issues getting medication at the pharmacy.



I Am A Caregiver.

I Try.
I Do.
I Hope.
I Care.



eldercareissues.blogspot.com

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

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](#)



Do you know someone who is on Medicare who 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, SHIIP Coordinators at Randolph Senior Adults 336-625-3389 to apply.**



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

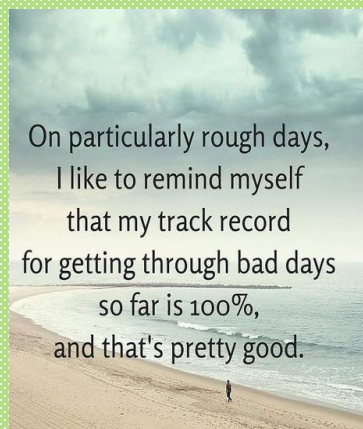
Duke Family Support Program Project CARE

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

life hacks

Laughing for 15 minutes has the same health benefits as getting two extra hours of sleep.

#365



On particularly rough days, I like to remind myself that my track record for getting through bad days so far is 100%, and that's pretty good.



BEACH WORD SEARCH

DRNEAMESMLSBTBE
RRTAHBAELSIUN
SSACCIUERERKUEE
NEXULIHCLZFISBG
LBSBGSLSSTSSBNGSH
BAOSAESEAI OINCI
MACEAAFNPJAZIKY
TJSICLDIWGRCHLG
LNWD PAGVLQDZTAV
XLNTLOWNPVPRAWN
GAUSXIRWUHVXBDT
SKLGFMLTXSHEVRM
NOITACAVWAVESAN
PCDNS EBT PYXWSOJ
Q BDCGRS ZWL BDRBL

Bathing Suit
Bikini
Boardwalk
Lifeguard

Pelican
Sailboat
Sandals
Sand Castle

Scuba
Seagull
Seashell
Sunglasses

Surfboard
Tropical
Vacation
Waves

© ClassroomJr.com. All Rights Reserved.

DID YOU KNOW . . .

That Randolph Senior Adults Association has a medical equipment loan closet? We accept gently used walkers, canes, shower benches or stools, manual wheelchairs, and bedside commodes. If you would like to borrow or donate any of these items, please call 336-625-3389. RSAA also accepts donations of adults diapers and pads to share with those in need.

*Items other than those mentioned above can be donated to Christians United Outreach Center at 930 S. Fayetteville Street, Asheboro or call 336-625-1500.



Senior Resources Website

A free online directory of current resources in Randolph County tailored to the needs of Seniors.

www.randolphlibrary.org/SeniorReources/

**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.*



life hacks #2171

When an elderly person can't hear you, speak deeper not louder. When you start to lose your hearing the first thing to go is high tone frequencies.

@1000LifeHacks
1000LifeHacks.com

5 CAREGIVING TIPS

1. Communication
2. Organization
3. Health
4. Help
5. R+R

Mimi Kate Lips
WWW.MIMIKATELIPS.COM

Portrait of a Caregiver

Smiles that are caring,
words that are wise,
A world that is seen
with compassionate eyes,
A heart made to comfort
and truly believe
It really is better
to give than receive.



Seniors & Heat Illness

Heat illnesses are of special concern to senior citizens, because older adults are much more affected by summer heat. For instance, from 1999-2009, roughly 40 percent of all heat-related deaths in the U.S. (nearly 3,000) were adults over 65 years old.

Why Are Seniors More Prone to Heat Illnesses? When we age, our bodies become less efficient at regulating temperature for a couple of reasons. Seniors over 65 don't sweat as much as younger adults, which unfortunately is one of the body's most important heat-regulation mechanisms. Also, seniors store fat differently, which complicates heat-regulation in the body further.

There are a variety of lifestyle and health factors that increase the risk of developing a heat-related illness:

- Dehydration
- Chronic illnesses (heart and kidney diseases; blood circulation conditions)
- Prescription medications that reduce sweating
- Salt-restricted diets
- Overdressing
- Lack of airflow or access to air-conditioning

Signs and Symptoms of Heat-Related Illnesses in Elderly Adults Early warning signs of heat exhaustion, which may precede the more serious heat stroke, include excessive sweating, tiredness, weakness, dizziness, headache and muscle cramps. Then as exhaustion progresses, symptoms may progress to nausea, vomiting and fainting. Heat stroke, though, is more serious, and it can set in within 10-15 minutes.

Heat stroke is caused when internal body temperature rises much faster than it's lowered naturally. If the symptoms of heat stroke are present, call 911. They include extremely high body temperature, the absence of sweating, confusion, seizure and coma.

Here's what you can do to help those suffering from these symptoms: First have the person lie down in a cool place, and if you can put a fan directly on that person even better. Then take steps to lower body temperature. Air-conditioning, offering cool fluids, or providing access to a cool bath will also help.

Why Preventing Dehydration Is Important Studies have shown that when you feel thirsty (just 2 percent dehydration) your ability to regulate heat begins to decline. For seniors, who already struggle to manage internal heat, dehydration can deter the body's natural cooling processes even more. During heat waves, seniors should be drinking water and juices regularly, and a good rule of thumb is to drink fluids at every meal, as well as sipping fluids throughout the day rather than drinking them quickly. (Drip Drop Blog, 2014)

EVENTS AND PROGRAMS

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.

Wednesday, August 21 - September 25
From 10:30am - Noon

Caregiver Skills Class - During this two-hour class therapists will train family caregivers on how to provide physical care; 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.
This class is scheduled twice a year.

Contact Margie DiDona or Lisa Alley at 336-625-3389 to register or to get more information on either of these programs.

Join us at the movies!

FREE Over 50*

Upcoming Movies . . .
. . . at the SUNSET THEATRE

July 11
Soul Surfer (2011)

August 1
Grease (1978)

September 5
October Sky (1999)

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

***Free Admission, Popcorn & Small Soda for those 50+**



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.
- A caregiver age 55 or older (including parents) who provides care for a related adult with a disability.

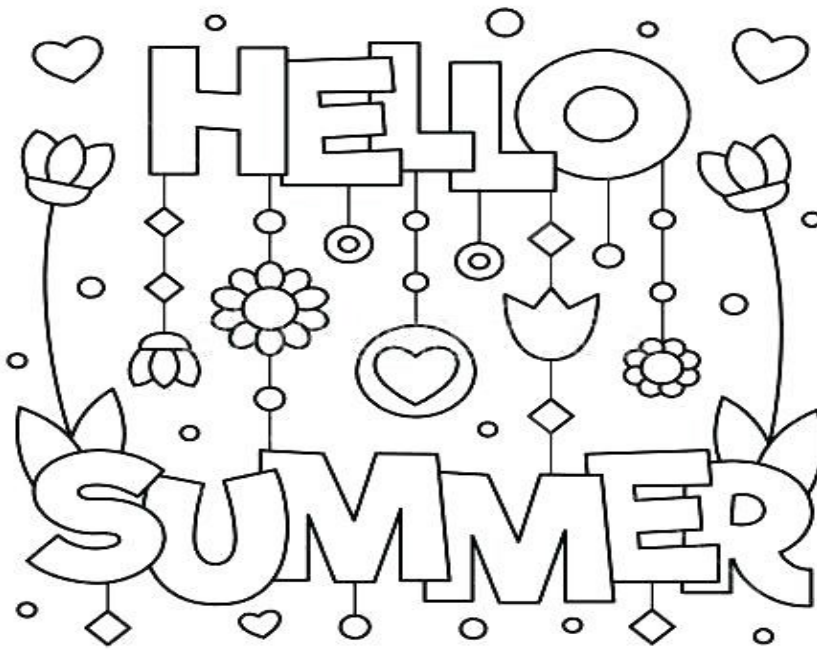
In Randolph County these funds are currently used by the following agencies:

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

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



Coloring Corner



www.shutterstock.com 647582611

CAREGIVING TIP

Use rubber bands to make cups easier to grip

Simple rubber bands can be wrapped around cups and mugs to make them easier for weak, shaky, or arthritic hands to grip. This trick could work for thinner objects like toothbrushes or pens as well.



CAREGIVER TIP #103

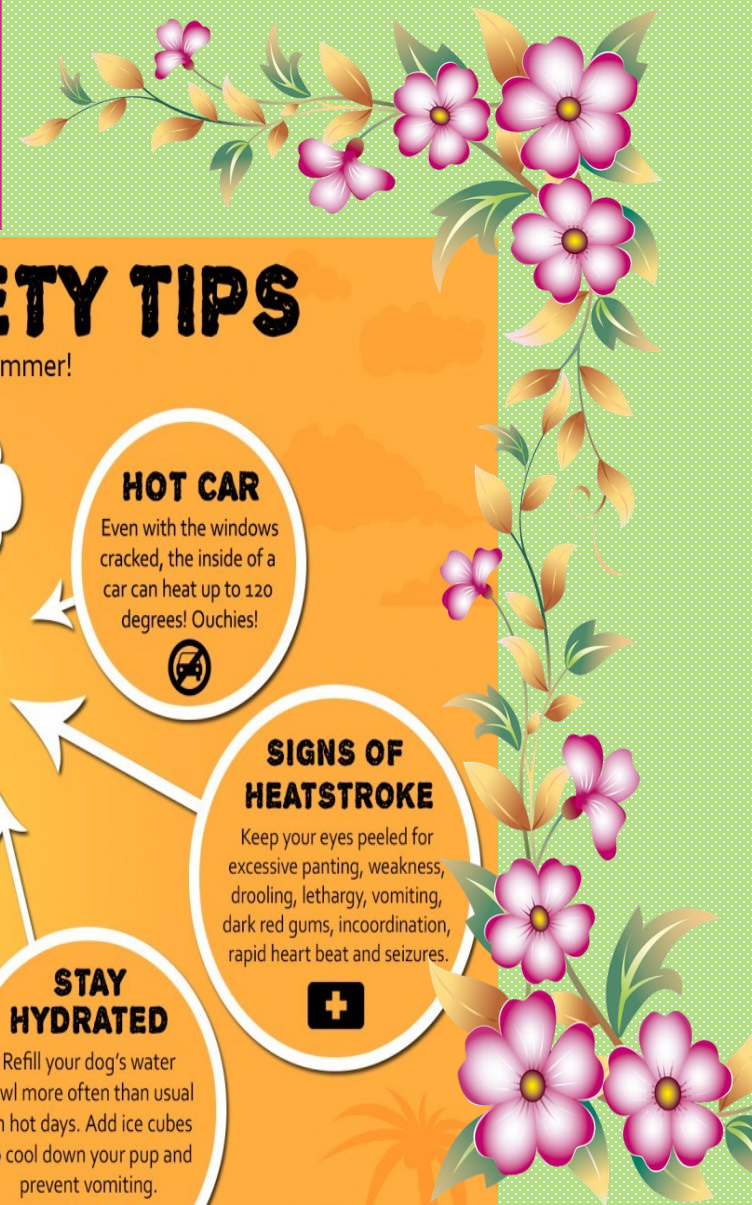
"Plan something fun for yourself regularly, to balance out the task at hand."

- Sylvia S.

MEDICATION SAFETY

You can dispose any unused medications at one of the drop box locations below:

- Archdale Police Dept. - 305 Balfour Drive, Archdale
- Asheboro Police Dept. - 205 E. Academy Street, Asheboro
- Liberty Police Dept. - 451 W. Swannanoa Avenue, Liberty
- Randleman Police Dept. - 101 Hilliary Street, Randleman
- Randolph Co. Sheriff's Dept. - 727 McDowell Road, Asheboro



Summer Insect Safety Tips

Don't apply perfumes and avoid the use of scented soaps.
The sweet scents of soaps and perfumes attract some insects.

Stay away from stagnant water and heavily wooded areas.
Insects, especially mosquitoes, congregate around pools of water. Deer ticks, which carry Lyme disease, are more likely to be in areas with lots of trees and brush.

Avoid wearing bright clothing.
Bright flowery prints also attract insects, including honey bees and hornets.

Check DEET concentrations on insect repellents before use.
Higher concentrations of DEET protect for longer lengths of time. Choose a concentration based on how long you need to protect yourself and be sure to avoid contact with your mouth and eyes.

Dress appropriately
If you plan to be in a wooded or grassy area. Pants and long sleeves are best, and are an excellent way to limit your skin exposure. Once you're back inside it's a good idea to shower. Not only will this wash away the repellent, but it may also wash away any ticks that haven't yet latched onto your body. You'll also want to be sure to check your entire body thoroughly for ticks (especially your ears, waist, head, belly button, arms and legs).

Treat your bites.
If you do get bitten and develop a bite that is red or raised try: 1) applying an ice pack for 10-15 minutes 3-4 times a day and 2) taking Benadryl for relief from itching. Bites rarely develop into a skin infection (cellulitis), but this usually takes several days. If there is any question, call your doctor to have it evaluated.

Know the signs of having a potentially dangerous anaphylactic (rapidly progressing allergic) reaction to a bite.
Reactions are most commonly associated with stings by bees, wasps or hornets. Hives, swelling (of the face, eyes, tongue and lips), throat tightness, difficulty breathing, vomiting or feeling faint/lightheaded are all signs of potentially dangerous anaphylaxis, and you should contact your doctor immediately or call 911.

(NorthShore University, 2019)

SUMMER PET SAFETY TIPS

Beat the heat and keep your pets safe this summer!



Sources:
<https://suite.io/adrienne-farricelli/61qzq5>
http://www.akc.org/public_education/summer_safety.cfm

Want more pet paw-some info?
Visit BLOG.FURLOCITY.COM **FURLOCITY**

Methods To Experience Happiness



Keep A Sense Of Humor

Practice Meditation Regularly

Go for Nature Walks

Let Go Of Things You Can't Control

Keep Your Home Clean And Organized

Show Gratitude

Don't Compare

Always Look At The Bright Side

Be Confident In Who You Are

Enjoy Every Little Thing In Your Life

getwellforever.com

They say what doesn't kill you makes you stronger. At this point, I should be able to bench-press a Buick.

