

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, Sheriff Seabolt, is the speaker at each of the meetings this year.

SUPPORT GROUPS

Caregiver Support Group

May 8, 2019 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



OUR PLACE ADULT DAY CARE

Our Place Adult Day Care is designed to aid in the care and quality of life for adults who live at home, yet require assistance with their daily living. Our Place provides care during the day so that family members or caregivers can work, run errands, and get some rest. Caregivers can have peace of mind knowing that their loved one is being well cared for in a safe place. Our Place contributes to a richer, more enjoyable life by offering socialization and activities that promote mental and physical well-being, such as:

- **Discussion groups** (current events, weather, hobbies, etc.)
- **Exercise** (chair yoga, stretches, Jogging Thru the Jungle, etc.)
- **Arts and Crafts** (watercolors, sun catchers, drawing, etc.)
- **Games** (BINGO, bean bag toss, UNO, corn hole, etc.)
- **Music** (piano and singing, music therapy, etc.)
- **Educational programs** (gardening, cooking, trivia, etc.)

Our Place helps our participants to maintain or regain a responsible level of independence. Many of our participants see an improvement in mental and physical health while attending our program.

Our Place Adult Day Care is a non-profit organization and a part of Randolph Senior Adults Association. We serve adults, age 18 and over and are open Monday through Friday, 7:00am-5:15pm. We are located at 714 Farr Street, at the end of East Pritchard St. in Asheboro. Our Place is certified by the NC State Division of Aging and Adult Services. For more information or to apply please contact us at 336-629-3787.



The Nurturer



A Newsletter for Family Caregivers in Randolph County

Issue 2



YES, SPRING IS FINALLY HERE!

We hope you enjoyed our first issue of The Nurturer this past winter. We have received wonderful feedback, and we always appreciate hearing from you!

In this second issue we would like to invite Randolph County family caregivers to a Family Caregiver Cookout on June 22nd. This cookout will give family caregivers like you time off from caregiving to relax and have fun with other caregivers. To register, please call Randolph Senior Adults Association at 336-625-3389 x214

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



All participants will receive a tote bag filled with goodies to enjoy at home.

Family Caregiver Cookout

We want to treat you to an afternoon off!

Caregivers will enjoy pampering, such as massages, crafts, games and more relaxing activities.

In-home care for your loved one is available with a two week notice.

Saturday, June 22nd

11:00 am - 2:00 pm Event Hall

Pre-registration required!

Call for more details

336-625-3389 extension 214

RSVP by June 14th

The Harry and Jeanette Weinberg
Adult Resource & Education Center
347 W. Salisbury St. Asheboro



North Carolina Family Caregiver Support Program



RANDOLPH
SENIOR
ADULTS
ASSOCIATION





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



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

To Care For
Those Who
Once Cared
For Us Is One
of The Highest
Honors.

The Fresh Quotes

“Caring for our seniors is perhaps the greatest responsibility we have. Those who walked before us have given so much and made possible the life we all enjoy.”

- John Hoeven



VETERAN'S CORNER

Thank you for your service!



Randolph County Veterans Service Office
158 Worth Street
Asheboro, NC 27203
336-318-6909



Eye On Veterans

Sundays on 680 AM Radio from 2:00-3:00 pm
Hosted by: Eric Dehm

75th Anniversary of D-Day Remembrance Lunch

Presented by Trellis Supportive Care
Richard Childress Racing Special Event Center
Wednesday, June 5, 2019
Doors Open at 11:00 am - 2:30 pm

For more information, email: dtimmons@trellissupport.org
or call: 336-403-1964

Don Timmons
Community Partnership and Veterans Support Coordinator
Trellis Supportive Care

Are There Rewards to Being a Family Caregiver?

I have noticed an abundance of articles about the stress and burden that goes with the role of being a caregiver. I have to assume responsibility for writing and speaking about this topic. It occurred to me we don't spend enough time highlighting the positive and rewarding aspects that can come from being a caregiver for a family member. I recognize that all caregiver experiences are unique to the caregiver and the person being cared for. There are always good moments and times of feeling frustrated or overwhelmed. I had these during my role as a caregiver as well. The quality of the caregiver experience is influenced by a multitude of factors including the type of relationship between the caregiver and person being cared for, the nature and frequency of the help that is needed, the ability of the caregiver to do what is needed and be available, and the sense of appreciation the caregiver feels.

Enhances or Repairs Personal Relationships

Your role as a caregiver for a family member offers the opportunity to spend more time together. It can create moments for more talks, increased intimacy and candor, and repairing relationships that may have had past unresolved issues.

Personal Satisfaction

Many of us feel good about ourselves when we believe we have made a difference in the lives of people that we love or care about. It also can be personally affirming when you feel you are helping someone who has helped you in the past.

Self Reflection and Growth

The process of caring for someone who is incapacitated in some way or dying and needs help can cause the caregiver to reflect on his/her own beliefs about many things. This may include questions regarding what or who brings quality and meaning to your life? What are your beliefs about death and what happens when you die? Some people also surprise themselves in terms of how they face their role as caregiver finding physical and emotional reserves they had not realized they had.

(The Caregiving Space, 2018)



Senior Resources Website

A 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.*

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.*



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 .

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.





 13th Annual
**Ms. SENIOR RANDOLPH COUNTY
 PAGEANT**
Randolph Senior Adults Association

Save the Date!

2019 MS. SENIOR
 RANDOLPH COUNTY PAGEANT
JUNE 15, 2019
 SUNSET THEATRE · ASHEBORO


Tickets on sale May 1

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.

Tuesday, May 7—June 11 from 9:30-11:00 am

Caregiver Skills Class - During this two-hour class therapists will train family caregivers on 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. **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**

May 2
Operation Pacific (1951)

June 6
High Noon (1952)

July 11
Soul Surfer (2011)

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

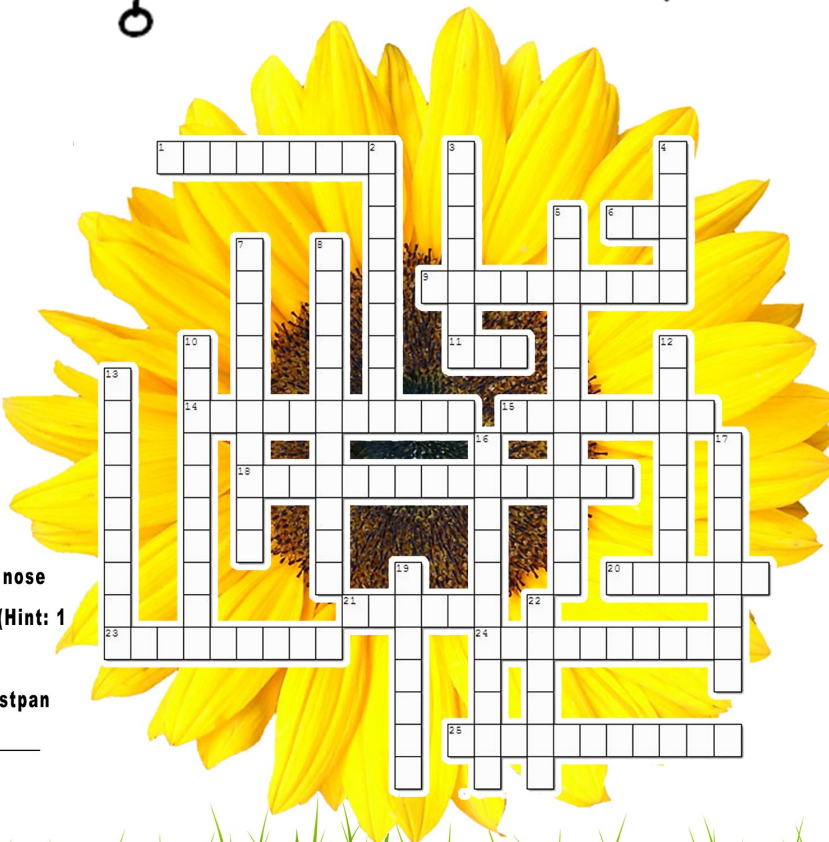
*Free admission, popcorn & small soda for those 50+

Spring Crossword Puzzle



Down

2. Flower that follows the sun
3. Rabbits eat these
4. Floppy and hops
5. Basketball (2 words)
7. Mom (2 words)
8. Dance (2 words)
10. Hunt for these (2 words)
12. On this holiday, Jews go without bread
13. Coughing, sneezing, stuffy nose
16. Girls wear these (2 words) (Hint: 1 piece, 2 piece)
17. Grab your mop and your dustpan
19. April showers bring May _____
22. Holiday



Across

1. Footwear used for the beach
6. **WARNING:** May cause skin cancer!
9. Holy Thursday, _____, Holy Saturday (2 words)
11. Freshmen and sophomores take the PSAT, while juniors and seniors stress over this
14. A blessing to students (2 words)
15. Before seniors graduate, they go to this (Hint: Bash)
18. Time to save time (2 words)
20. Jump into _____
21. With this in the air, you'll start to sneeze
23. Used to protect the skin
24. Cap and gown
25. Animals come out of this deep sleep

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, 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**

Coloring Corner



RANDOLPH COUNTY
Boomer Senior Caregiver EXPO

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

NEW LOCATION!!

SUNSET AVENUE CHURCH OF GOD
900 Sunset Avenue, Asheboro

FREE HEALTH SCREENINGS ~ ENTERTAINMENT
40+ Information Booths
Door Prizes and \$50 Visa Card Giveaway!

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



May We Have This Conversation....

Join us in **MAY** for a very important, and frank, four-part conversation about end-of-life issues and what is legally needed after a loved one passes. Learn about the choices and issues associated with death, whether for yourself or a loved one. Topics on details surrounding the choices and difficult decisions that need to be considered will be discussed, such as:

Legal Issues (wills, trusts)

Hospital Stays (DNR, what hospital provides)

Hospice (when they come in, what they do, dispelling common myths)

Funeral Services (pre-planning benefits, who is out there, what happens)

Aftercare (where to donate belongings and medical supplies, grief counseling resources)

Don't wait until you're exhausted and emotionally drained to make decisions. Now is the time to have this conversation. Make informed choices and your wishes known to your loved ones and caregivers while you are still able to.

Randolph Senior Adults has partnered with Hospice of Randolph, Ridge Funeral Home, Pugh Funeral Home, Attorney Scott Eggleston, Legal Aide and others for these discussions. **Tuesday evenings, beginning May 7, 6:30 pm**, at The Harry and Jeanette Weinberg Adult Resource and Education Center, 347 W. Salisbury Street, Asheboro. Come to one or all of the sessions. Bring your family and loved ones to learn together because dying matters.

Free and open to the public. For more information, contact:

Ginger Flynt at 336-625-3389 ext. 211 or by email at education@senioradults.org

To Do List For New Caregivers

Determine housing options and preferences:

Have a discussion with your loved one about where they want to continue care, in their home or would they consider living elsewhere. Depending on their health and well-being, they can either stay in their home with some changes and additional help or consider other options such as an assisted living residence or a continuing care retirement community.

Research helpful services:

Consider home care, adult day services, meal delivery and help with everyday activities such as preparing meals and doing laundry

Learn Medical History:

Ask your loved one about any medical conditions or health problems and get a list of their doctors and medications. If your loved one is unclear about the details, ask if you can go with them on their next visit to the doctor.

Assemble Contact List:

Gather names and contact information for those in their personal support system. This should include close relatives and friends, neighbors, friends from their place of worship, clergy, housing managers or apartment front-desk staff, and even the local pharmacist.

Create Financial Profile:

While this information may be difficult to obtain, it is critical to have. Make a list of income sources such as Social Security and pensions, monthly and yearly income and expenses, bank accounts and investments, and a statement of net worth.

Review Legal Needs:

Work with your loved one to determine what relevant legal documents they have or want to have (wills, living wills, health care proxy forms, trusts and powers of attorney). Locate important documents, including their birth certificates, deed to home and insurance policies, and find out if they are up to date and express their current wishes.

Make a List of Important Accounts:

Include Social Security numbers, bank accounts, credit cards, health and life insurance policies, and driver's license.

(Family Caregiver Basics, AARP)

MEDICATION SAFETY

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

Archdale Police Dept. - 305 Balfour Drive, Archdale, NC (336) 434-3134

Asheboro Police Dept. - 205 E. Academy Street, Asheboro, NC (336) 636-1300

Liberty Police Dept. - 451 W. Swannanoa Avenue, Liberty, NC (336) 622-9053

Randleman Police Dept. - 101 Hilliary Street, Randleman, NC (336) 495-7516

Randolph Co. Sheriff's Dept. - 727 McDowell Road, Asheboro, NC (336) 819-3699