

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

Parkinson's Foundation
1-800-473-4636
parkinson.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

Family Caregiver Alliance
Online information and resources for caregivers
caregiver.org

Family Caregiving
aarp.org/caregiving/

Caregiving IS A BALANCE BETWEEN
HOLDING ON AND LETTING GO.



CaregiversCaregiver.com

The SCOOP on Managing Stress

- S Stay connected to family and friends.** Social connections build resiliency.
- C Compassion for yourself and others.** Self-compassion decreases trauma symptoms and stress.
- O Observe your use of substances.** Early intervention can prevent problems.
- O Ok to ask for help.** Struggling is normal. Asking for help is empowering.
- P Physical activity to improve your mood.** Exercise boosts mood and lowers anxiety.

HOPE 4 NC HELPLINE 1-855-587-3463



Online Tai Chi and Yoga Classes on the Randolph Senior Adults Website www.senioradults.org/ClassesEvents.html



Video Classes
are FREE!



The Nurturer



A Newsletter for Family Caregivers in Randolph County

Issue 10



Six More Weeks of Winter

Mr. Groundhog has seen his shadow and has predicted we will have six more weeks of winter. This will coincide with when we switch to Daylight Savings Time on March 14th! We are going to have to hunker down for a few more weeks before we start to see daffodils and hyacinth pop up out of the ground. We may even see a snowfall or two. So we still have time to enjoy a few more mugs of hot chocolate and bowls of soup before we start opening windows, sitting outside and having longer days of sunshine!

Free copies of *The Nurturer* can normally be picked up at all Randolph Senior Adult Association locations, Randolph Health, Regional Consolidated Services and other community sites. However, due to COVID-19, the newsletter may be more easily 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 be added to our mailing list.

Follow Randolph Senior Adults Association
On Facebook



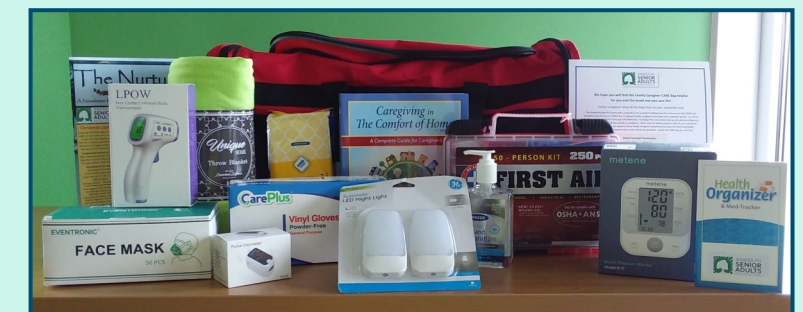
FAMILY CAREGIVER SUPPORT PROGRAM CARES ACT SUPPLIES AVAILABLE TO RANDOLPH COUNTY FAMILY CAREGIVERS

More than 65 million people in the US are considered family caregivers. Being a family caregiver is a hard job, but during a pandemic it is especially difficult. Without support, many family caregivers experience burnout and declining health, particularly during this stressful time of the COVID-19 pandemic.

With funds from The Administration for Community Living (ACL), Randolph Senior Adults Association is making available CARE Bags and Incontinence Supplies to eligible family caregivers through the Family Caregiver Support Program CARES Act.

CARE Bags

These CARE Bags are full of items to help caregivers care for their loved one during this time of COVID-19 and beyond. Included in each CARE Bag is: a digital forehead thermometer, blood pressure monitor, pulse oximeter (to check oxygen level), box of 50 disposable masks, hand sanitizer, box of 100 disposable gloves, first aid kit, packet of 60 disinfecting wipes, night-lights, batteries, throw blanket, health organizer booklet, and *Caregiving in The Comfort of Home* book. All these items will help family caregivers tremendously while sheltering at home.



Incontinence Supplies

Incontinence supplies can be an expensive burden when you are a family caregiver. Purchasing these items week after week, or month after month, can add up. Eligible caregivers can receive incontinence supplies such as: pullup disposable underwear, taped disposable briefs, bladder pads, or disposable bed pads. A monthly supply will be provided through the end of September 2021, or until funds are exhausted.

For more information, or to register to receive these Family Caregiver Support Program CARES Act items, contact Margie DiDona or Lisa Alley from Randolph Senior Adults Association to see if you qualify at 336-625-3389.

APPRECIATE

HOW SPECIAL GIVING
OTHERS CARE IS.



CaregiversCaregiver.

RANDOLPH SENIOR ADULTS LOCATIONS

(Centers are closed to the public due to COVID-19,
but services are available by phone)**

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



You can't pour
from an empty
cup. Take care
of yourself first.

#TAKECONTROL



ALZHEIMER'S COMMUNICATION

1. Never ARGUE, instead AGREE
2. Never REASON, instead DIVERT
3. Never SHAME, instead DISTRACT
4. Never LECTURE, instead REASSURE
5. Never say "REMEMBER," instead REMINISCE
6. Never say "I TOLD YOU," instead REPEAT/REGROUP
7. Never say "YOU CAN'T," instead do what they CAN
8. Never COMMAND/DEMAND, instead ASK/MODEL
9. Never CONDESCEND, instead ENCOURAGE
10. Never FORCE, instead REINFORCE



Did You Miss Medicare Open Enrollment?

It may not be too late for you to review your plan!

January 1 through March 31 is the Medicare Advantage Plan Open Enrollment Period. People with a Medicare Advantage plan have the chance to make one change during the first quarter of the year. With so many changes to plans and your needs, it is always good to review your options.

SHIP Coordinators at Randolph Senior Adults can assist you all year long with your Medicare needs. Just complete a Plan Finder Tool Form and return it to Randolph Senior Adults. This form can be found on our website, picked up at our Asheboro location at 347 W. Salisbury Street, or one can be mailed to you, call 336-625-3389.



Information & Options Counseling Office
SHIP Medicare Help
Family Caregiver Support Program
Options Counseling
Information & Assistance

Although Randolph Senior Adults is closed to the public during the Covid-19 pandemic, Margie and Lisa are still available to help you by phone with your various needs, questions, and Medicare assistance.
Available Monday-Thursday
Call 336-625-3389



Happy
St. Patrick's
Day!



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



Home Delivered Meals

Meals-on-Wheels volunteers deliver nutritionally balanced meals to homebound eligible seniors age 60 and over. For more information, contact your local senior center:

Asheboro	336-625-3389
Archdale	336-431-1938
Liberty	336-622-5844
Randleman	336-498-4332

***Currently due to the pandemic,
10 frozen meals are provided every 2 weeks**

INCONTINENCE SUPPLIES

Randolph Senior Adults receives donations of incontinence supplies that we can offer to you at no charge.

If you are in need of disposable underwear, briefs, or bed pads, please give Margie or Lisa a call at 336-625-3389.

Coloring Corner



SITTERS LIST

Randolph Senior Adults maintains a list of sitters willing to sit, assist with personal care, homemaker chores, errands, etc. This is an option for someone needing in-home help and able to pay out-of-pocket. It is up to the individual or family to check references and conduct interviews.

A copy of the Sitters List can be mailed or emailed to you.

Please contact:

Margie DiDona or Lisa Alley
at 336-625-3389 or rcsaa2@senioradults.org



65+? Lonely? Need to talk?

NCBAM's Hope Line
is here for you!

866-578-4673

NCBAM NORTH CAROLINA BAPTIST AGING MINISTRY

Duke Dementia Family Support Program

SUPPORT GROUPS

We're still here for you! Our team is working remotely during this time of Covid-19 to offer education, consultation and support. Don't hesitate to contact us by phone at 919-660-7510 or via email.

All of our support groups are meeting using Zoom, where participants can connect by video or telephone on a smartphone, tablet, laptop, or PC. We will email support group participants with details about meetings, including directions for using Zoom and increased frequency of monthly meetings. If you have not previously participated in a support group, but are interested in joining now, please contact the appropriate staff member listed below.

Long-Term Care Community Support Group

(for family care partners of someone living in long-term care)

2021 Dates: Every 3rd Tuesday from noon-1:15 p.m.

Contact: Natalie Leary, MSW, LCSW, 919-660-7542

Duke Dementia Evening Care Partner Support Group

2021 Dates: Every 2nd & 4th Thursday from 6:30-8:00 p.m.

Contact: Natalie Leary, MSW, LCSW, 919-660-7542

Daughters Concerned for Aging Relatives Support Group

2021 Dates: Every 1st & 3rd Wednesday from noon-1:30 p.m.

Contact: Bobbi Matchar, MSW, MHA, 919-660-7509

Duke Dementia Morning Care Partner Support Group

2021 Date: Every 2nd Tuesday at 10:30 a.m.

Contact: Bobbi Matchar, MSW, MHA, 919-660-7509

Younger-Onset Support Group

The group is open to both persons living with memory loss and care partners. Simultaneous support group meetings for each. Sponsored by the Alzheimer's Association, Duke Neurology, and Duke Dementia Family Support Program.

2021 Dates: Every 2nd & 4th Tuesday at 7:00 p.m.

Contact: Janeli McNeal, MSW, 919-660-7565

Person Living with Memory Loss Diagnosis (PLWD) Group

2021 Dates: Every 3rd Monday at 11:00 a.m.

Contact: Natalie Leary, MSW, LCSW, 919-660-7542, OR
Janeli McNeal, MSW, 919-660-7565

Memory Makers: An Early-Stage Memory Loss Education & Support Group

A six-week education and support program for people with early-stage dementia and their care partners. Fall, Spring, and Summer Groups. For more information, contact Bobbi Matchar, MSW at 919-660-7510 or bobbi.matchar@duke.edu.

For information about other support groups throughout North Carolina, please call the Duke Dementia Family Support Program at 919-660-7510; or email DukeFamilySupport@duke.edu.

SUPPORT GROUPS

In-person groups

may be cancelled or virtual due to COVID-19

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

"Try to be a rainbow in someone's cloud."
-Maya Angelou

GPS Tracking for Seniors: Best Bracelets and Devices

Older adults with cognitive conditions sometimes feel lost or disoriented and leave their room or home in search of something familiar. This is called wandering — a common but potentially dangerous symptom of memory conditions in seniors. When this happens, a GPS tracking bracelet or device can help prevent emergencies and dangerous situations.

For more information go to:

www.aplaceformom.com/caregiver-resources/articles/gps-trackers

A Place for Mom: 1-866-333-2174

Do you care for someone with memory loss?

A free workshop may help you!

The Rural Dementia Caregiver Project seeks to help caregivers of people with memory loss learn new skills and improve their health. It is a research study of the University of California, San Francisco

If you join the study, you will receive:

- Access to an 6-week online workshop—any time, day or night (no Zoom or video required)
- Workbook to keep—on skills and resources for caregivers
- Support from trained staff and other caregivers
- Up to \$80 in cash for completing 4 surveys

Am I eligible?

- You may be eligible if you:
- Are 18 years of age or older
 - Able to access the internet
 - Provide care for at least 10 hours per week

By "care" we mean assistance with dressing, meals, transportation, medications, appointments, or similar support

Check if you are eligible! caregiverproject.ucsf.edu

For other questions call toll free at 1-833-636-0603

CONSIDER THE LIVING HEALTHY AT HOME PROGRAM

This no-cost program includes:

- A mailed tool kit containing a *Living a Healthy Life with Chronic Conditions* book, *Relaxation for Mind and Body* CD and an exercise CD
- One-hour weekly phone meetings with an instructor in small groups for six weeks

Register: Contact MaryLou White at agewell@ptrc.org, 336-497-5610 or fill out this interest form: <https://forms.gle/FtqTcAfdL95p9zebA>

A staff member will be in touch within 5 business days with more details and class time options.

PROGRAM TOPICS INCLUDE:

- NUTRITION
- EXERCISE
- MEDICATION USE
- COMMUNICATION
- AND MORE!



What is Respite Care?

Respite care is planned or emergency temporary care provided to family caregivers. Even though many families take great joy in providing care to their loved ones so that they can remain at home, the physical, emotional and financial consequences for the family caregiver can be overwhelming without some support, such as respite.

Respite provides a break for the family caregiver, which may prove beneficial to the health of the caregiver. Sixty percent of family caregivers age 19 to 64 surveyed recently by the Commonwealth Fund reported fair or poor health, one or more chronic conditions, or a disability, compared with only 33% of non-caregivers.

Respite has been shown to help sustain family caregiver health and well being, avoid or delay out-of-home placements, and reduce the likelihood of abuse and neglect.

Contact Margie or Lisa at
Randolph Senior Adults Association
for more information on
Family Caregiver Respite Options
336-625-3389

CELEBRATING ST. PATRICK'S DAY WITH DEMENTIA

St. Patrick's Day is approaching, and one of the most challenging things for seniors with dementia is the inability to do things or celebrate the holiday like they used to. The following creative St. Patrick's Day activities give your senior loved one the chance to have fun and feel like he or she has accomplished something.

1. Singing Irish Songs

Have fun belting out familiar Irish songs with your loved one. Don't ask your loved one if he or she remembers the songs. Just begin singing and you'll be amazed at his or her ability to sing along with you. Research suggests that singing songs or listening to music can reduce stress, anxiety and depression for those living with dementia or Alzheimer's disease. While other key areas of the brain are damaged from the disease, musical memories remain relatively intact. Even if singing isn't for you, leverage technology to stream music from your tv or mobile device. Some well-known Irish songs include "Wild Irish Rose," "When Irish Eyes are Smiling," "I'm Looking Over a Four Leaf Clover," and "Danny Boy."

2. Playing Shamrock Bingo

Get your loved one in the St. Patrick's Day spirit by hosting a themed bingo game. You can find free printable paper holiday cards online. Avoid cards with intricate designs, words, or numbers because they can confuse your loved one. Pick cards with just a few squares and recognizable pictures such as rainbows and a pot of gold. Write the object featured in each square on separate pieces of paper, then fold them and put them in a basket. Seniors can use pens or coins to mark their squares. Ask someone to assist your loved one in case he or she needs help recognizing the objects on the cards as they are called out. A helper or professional caregiver can prevent your loved one from experiencing frustration if he or she is unable to identify an object. After the game, serve everyone green ice cream or cupcakes. Playing an exciting game of holiday-themed bingo can activate your loved one's brain and enhance his or her hand-eye coordination.



3. Making Irish Food

Bond with your loved one by spending time in the kitchen making delicious Irish soda bread on St. Patrick's Day. This activity can enhance your loved one's sense of touch and smell. While the bread is in the oven, entertain your loved one by reading a story about the history of Irish soda bread. Reading to your loved one can stimulate the imagination and help him or her relax. Another way to celebrate is by making corned beef and cabbage for dinner.

4. Playing Green Basket Toss

This Irish-themed game can help seniors with dementia get some exercise and get their heart rate up while celebrating St. Patrick's Day. Cover a basket with green tissue paper, and purchase or borrow a few fuzzy green balls. Depending on your loved one's physical abilities, he or she can either try to put the balls into the basket by kicking or throwing them while listening to bagpipe music for the full Irish effect. Your loved one can try this activity either standing up or seated in a chair. Playing this game can also help your loved one manage his or her blood pressure and give his or her arms and legs a workout.

5. Rainbow Snack Activity

Line up colored Froot Loop cereal to create a rainbow. Then eat! Create a sample first, that the person can follow.

6. St. Patrick's Day Parade

Watch the St. Patrick's Day Parade on TV. It is usually filled with bright colors and fun bagpipe music.

<https://www.certusseniorliving.com>, mind-start.com and www.homecareassistanceeldorado.com

GIVE THEM THE FREEDOM TO FORGET

Caregiver Lori says, "Do not assume your family member remembers even the simple parts of life they've always known. Do not assume they like what they've always liked: music, television, current events, travel, past favorite foods, visiting in large groups of people. Do not assume they remember the person in church greeting them, or the neighbor next door, or even you. Allow them the space to remember and forget at their own pace."

caregiverstress.com



ST. PATRICK'S DAY WORD SEARCH

c i r e l a n d s i p
j s w e u m a r c h t
p f p a c u h s d a r
f a o i k a c p s r a
a o t u y h e a h t i
l e p r r e c h a u n
u m a a i t r r m w b
i e r r o c e s r x o
r r a s d l k p o t w
i a d g g o l d c h n
s l e a r v l l k t d
h d s c h e s a i n t
k w e e r r e f r i e
h c g o h o l n t f k

Irish	Parade	Pot
Emerald	Leprechaun	Shamrock
Clover	Patrick	Green
Lucky'	Gold	Saint
Ireland	Rainbow	March

HELPING YOUR LOVED ONE LOOK GOOD CAN HELP THEM FEEL GOOD, TOO!

Caregiver Theresa says, "Washing their hair, getting a trim or a haircut can vastly improve how they feel and see themselves. Update their clothes as their size changes or they lose a lot of weight. Purchasing two or three brightly colored, patterned 'senior bibs' or 'painting smocks' that can be put on and washed every day can also extend the life of their clothes."

caregiverstress.com

DID YOU KNOW . . .

That Randolph Senior Adults 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 adult diapers and bed 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.



Only Another Caregiver Understands

... that going to the grocery store is like a mini-vacation

... what "running on empty" really means

... the resentment, frustration, love, loneliness, anxiety and fear

... how much you feel depended upon

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, *The Nurturer* newsletter, and CARES Act CARE Bags and Incontinence Supplies.

Call Margie DiDonna 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.**