



### What is Assistive Technology?

Assistive technology is any item, piece of equipment, or product, whether acquired commercially, modified, or customized, that is used to increase, maintain, or improve functional capabilities of an individual with a disability.

**The NC Assistive Technology Program** works with people of all ages and abilities, providing assessments, equipment demos, short-term device loans, training and referrals to funding sources.

**Activities of Daily Living Devices:** Adapted Knife, Cut Resistant Safety Gloves, Extension Fork & Spoon, Universal Cuff, Recordable Magnetic Label, Wireless Electronic Locator, Talking Pill Bottle, Door Knob Lever Adapters, Door Stop Alarm, Sock Aids, Reachers, etc.

**Blind & Low Vision Aids:** Lighted Magnifiers, Enlarged Playing Cards, Braille Uno, Talking Wrist Watch, Intel Reader Capture Station, Talking Projection Clock, Talking Scientific Calculator, Talking Book and Accessories, Zoomtext (Computer Software), Magic (Computer Software), etc.

**Recreation:** Handy Easy Grip Ball, Wheelchair Umbrella, Telescoping Trowel, Talking Bible, Jumbo Checkers, Fishing Pole Holder, Kindle, etc.

**Deaf/Hard of Hearing:** Speech Adjust-A-Tone, Voice Amplifier w/ Headset, Silent Call Doorbell, Cell/Telephone Flasher, Neck Microphone, Boostaroo, Sonic Alert Universal Sound Signaler, TV Ears, etc.

These and many other items and services are available through the NC Assistive Technology Program. Contact them at 336-487-0550 or 336-716-8030 for more information.

## INCONTINENCE SUPPLIES

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

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



## 8 Winter Safety and Wellness Tips for Senior Caregivers

- 1. Create a Warm Winter Wardrobe** - Provide well-insulated clothing for your senior to wear if they are venturing outside. Watch for signs of overexposure to the cold, such as heavy breathing or coughing.
- 2. Stock up Before Storms Hit** - Stockpiling emergency supplies can help you and your senior ride out the storm safely. Bottled water, nonperishable foods, warm clothing, medication and flashlights are all essential for winter preparedness.
- 3. Prevent Carbon Monoxide Poisoning** - Space heaters, fireplaces, and other heating devices can create dangerously high levels of carbon monoxide, a toxic, odorless gas. Because the elderly are more susceptible to carbon monoxide poisoning, you must make sure the carbon monoxide detectors in your senior's home are functioning properly.
- 4. Minimize Chances for Slips and Falls** - Falls are the leading cause of injuries for seniors. This danger increases during winter, with frozen walkways posing major slip-and-fall hazards. Make sure your senior wears sturdy, high-traction shoes, and fit canes with new tips before heading outside in slippery conditions. Elbow and knee pads can also help minimize the risk of injury to sensitive joints in case a fall occurs.
- 5. Keep the Flu at Bay** - The CDC has documented that people over the age of 65 are at greater risk for serious flu complications than the rest of the population. Pharmacies provide a "high-dose vaccine" for the elderly with four times as much flu-fighting antigen as the regular shot.
- 6. Ensure Sufficient Vitamin D Intake** - Foods such as salmon, shrimp, and fortified dairy products can help the elderly meet their vitamin D quota, as can vitamin D supplements. Consult with your senior's doctor or dietician for professional advice on a winter diet.
- 7. Encourage Regular Exercise** - Because exercise stimulates the production of endorphins that can improve a senior's mood, those who stick to a healthy routine tend to have more energy and feel better during the cold winter months.
- 8. Keep in Touch** - Winter can create feelings of isolation and depression for seniors, especially those who live alone. Visit your senior often and, if possible, arrange visits with their family and friends.

Taken from integrityinc.org

### MEDICATION SAFETY

**Dispose of any unused medications at 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

# The Nurturer

A Newsletter for Family Caregivers in Randolph County

Issue 5



## Have Some Indoor Fun!

When the cold weather gets here we tend to hunker down inside and almost hibernate until it gets warm again.

Turn off the TV and do some fun indoor activities. Play a board game, look at old family photos and go down memory lane, give your loved one a manicure, or cook a simple recipe together.

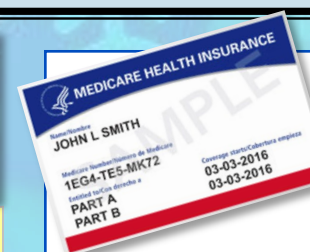
You can even have a snowball fight with white balloons or crunched up tissue paper. The ideas are endless.

Use your imagination!

Free copies of *The Nurturer* can be picked up at all Randolph Senior Adult Association locations, Randolph Health, Regional Consolidated Services and other community sites. The newsletter is also available online at [www.senioradults.org](http://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](mailto:rcaa2@senioradults.org) to add your name to our mailing list.

**Randolph Senior Adults Association**  
Facebook page



## Did you miss Medicare Open Enrollment?

**It may not be too late to compare plans**

Medicare Open Enrollment (October 15-December 7) is when those on Medicare are allowed to enroll in, or change, their Medicare Part D plan or Medicare Advantage plan for the upcoming year.

If you forgot, or didn't get a chance to review your plan, you may be eligible for a special enrollment period which will allow you to enroll in a plan to better fit your needs. Below are only some of the Special Enrollment Periods:

- Medicare Advantage Open Enrollment Period-January 1 – March 31**  
If you are in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage). You can also drop your Medicare Advantage Plan and return to Original Medicare and join a Medicare drug plan. If you're new to Medicare and enrolled in a Medicare Advantage Plan, you can change plans within the first 3 months you have Medicare.
- You are eligible for Part D Extra Help or Medicaid** - You can change your plan once per quarter until September 30.
- You moved** - You may need to change plans if you are out of your plan's service area. You can also change plans if you have different options in your new location.
- You received Medicare due to disability and will be turning 65 soon** - You may have new options open to you.
- In a Skilled Nursing Facility** - While you are in, or up to two months after leaving a skilled nursing facility, you can change plans.
- You recently lost your eligibility for Extra Help or Medicaid** - You have a three month opportunity to change your plan.
- You are no longer covered by your Employer Group Health Plan** - You have two months to enroll in a plan.

Margie DiDona and Lisa Alley, Seniors' Health Insurance Information Program (SHIIP) Coordinators for the NC Dept of Insurance can assist you with issues and enrollment pertaining to Medicare. Contact them at 336-625-3389 or at Randolph Senior Adults, 347 W. Salisbury Street, Asheboro. Monday-Thursday, 8:30-4:00, no appointment necessary.



## 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](#)



Join us at the movies!



**FREE**  
Over 50\*

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

**February 6**

**Sleepless in Seattle (1993)**

**March 5**

**Where the Boys Are (1960)**

**April 2**

**The Long, Long Trailer (1954)**

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

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

## 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 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/SeniorResources/](http://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.*

**Randolph Senior Adults  
weather closing updates  
can be found on:**

WFMY News 2  
[www.wfmynews2.com](http://www.wfmynews2.com)

TWC News 14  
[www.closingstwcnews.com](http://www.closingstwcnews.com)

WGHP Fox 8  
[www.myfox8.com](http://www.myfox8.com)

WXII 12  
[www.wxii12.com](http://www.wxii12.com)

WKXR radio  
WZOO radio

**When Randolph County  
Schools are closed or  
delayed, Randolph Senior  
Adults will be CLOSED.**



**AARP Foundation's  
Tax-Aide program offers FREE  
tax preparation assistance**

Saturdays and Mondays  
February 1-April 13  
Saturdays 9:00am-2:30pm  
Mondays 9:00am-3:30pm

It is best to schedule an  
Appointment  
Call 336-625-3389  
Walk-ins welcome until 1:30pm

**Randolph Senior Adults  
The Harry and Jeanette Weinberg  
Adult REC  
347 W. Salisbury Street  
Asheboro**



**Wednesday, May 20th  
10:00am - 2:00pm**

**Randolph Senior Adults, Asheboro**



## 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.

**This class is scheduled for late summer**

**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.

**The next class will be held Spring 2020**

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

## DEMENTIA RESOURCES

**Alzheimer's Association**  
1-800-272-3900 (24 hours/7 days)  
[alz.org](http://alz.org)

**Dementia Alliance of NC**  
1-800-228-8738  
[dementianc.org](http://dementianc.org)

**Positive Approach to Brain Change**  
1-877-877-1671  
[teepasnow.com](http://teepasnow.com)

**Lewy Body Dementia Association**  
LBD Caregiver Link: 800-539-9767  
[www.lbda.org](http://www.lbda.org)

**Duke Family Support Program  
Project CARE**  
(Dementia and Alzheimer's)  
1-800-646-2028  
[dukefamilysupport.org](http://dukefamilysupport.org)



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

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

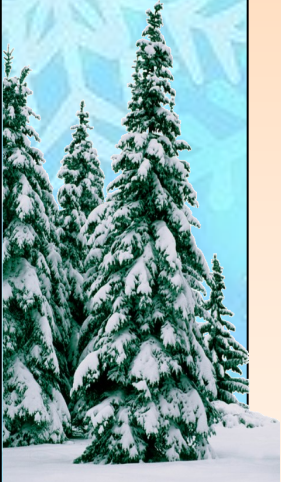
Arthritis Foundation  
1-404-872-7100  
arthritis.org

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

Family Caregiver Alliance  
Online information and resources for caregivers  
caregiver.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

Low Income  
Energy Assistance Program  
(LIEAP)

Applications for LIEAP are being accepted from December 1st through March 31st or until funds are exhausted. LIEAP provides a one-time payment to your energy provider.

Contact the Dept of Social Services to see if you are eligible to apply:

336-683-8000

or visit one of their two locations:

1512 N. Fayetteville Street, Asheboro  
or  
402 Balfour Drive, Archdale



Home Delivered Meals

Monday through Friday, Meals-on-Wheels volunteers deliver nutritionally balanced meals to homebound eligible seniors age 60 and over. For those where a meal route is not available, frozen meals are an option.

For more information, contact your local senior center:

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



Winter  
Wordsearch



K N A M W O N S T N X O T F E  
K O W I N T E R E C O C O A L  
P I C I C L E I Z R R R B K G  
C H M B W M I T T E N S M W I  
H S G H W S Z I W D Y F E A L  
T G H Q R A K E N E Z O R F A  
O L X O D S S P R U C E I S U  
B O J E V C A R D I N A L N A  
O V R N L E B G O T A H I O R  
G E T C H I L L Y G Z O M W D  
G S P C D O K T Z G Q L K F B  
A C T S K A T E X S C L D L S  
N I Z M M Y W F E X D Y E A H  
C W N L U T G Y N S O A L K B  
S D O Q V L Q K H W M Q S E A

WINTER  
SNOWFLAKE  
SNOWMAN  
ICICLE  
SPRUCE  
HOLLY  
CARDINAL  
FROZEN  
BRRR  
CHILLY  
SLED  
GLOVES  
HAT  
SKATE  
SKI  
TOBOGGAN  
COCOA  
SHOVEL  
MITTENS



VETERAN’S CORNER

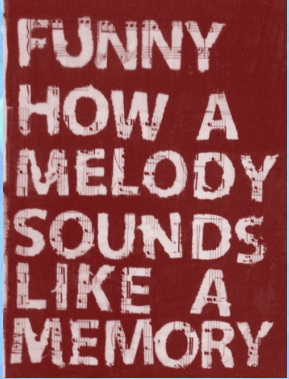
Thank you for your service!

K&W Cafeteria in Asheboro now hosts a free Veteran Coffee Group the first Friday of each month at 9:00am. A light breakfast is served.

The Randolph County Veterans Council has financial hardship grants available to veterans in Randolph County. Contact the Randolph County Veterans Service Office for more information.

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

Coloring Corner



**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 with you at Randolph Senior Adults The Harry and Jeanette Weinberg Adult REC 347 W. Salisbury Street, Asheboro

Tips For Caregivers

- 1

**ASK FOR HELP**  
It shouldn't be expected for you to do everything yourself. Don't be afraid to ask family members for help.
- 2

**SET REASONABLE GOALS**  
Even small achievements give you a sense of accomplishment.
- 3

**LEARN HOW TO TALK TO THEIR DOCTOR**  
You may be the only voice your loved one has. Be sure you can communicate between the threshold.
- 4

**READ UP**  
The more you learn about them and their illnesses, the easier it will be for you to know how to help them.
- 5

**CARE FOR YOURSELF**  
Know your limits and make sure to care for yourself.
- 

HOW DEMENTIA CAREGIVERS CAN SOOTHE ANXIETY IN THE EVENING

If your loved one has Alzheimer’s disease or dementia, you may be seeing changes in their behavior in the late afternoon or early evening — a phenomenon known as sundown syndrome, sundowners or sundowning. Research indicates that as many as 20 percent of people with Alzheimer’s experience sundown syndrome, according to the Alzheimer’s Association. With this symptom of dementia (and some other conditions, as well), the approach of sundown can trigger sudden emotional, behavioral or cognitive changes. These might include:

- mood swings
  - anxiety
  - sadness
  - Restlessness
- energy surges
  - increased confusion
  - hallucinations
  - delusions

These may lead in turn to challenging behaviors like pacing, rocking, screaming, crying, disorientation, resistance, anger, aggression — or even violence. Many people experiencing sundown syndrome feel the urgent need to go somewhere or do something, but they can’t always explain why.

For some, the behavior soon abates. For others it continues for hours, flipping their sleep schedules so they are wide awake all night and sleepy during the day. There are many theories about why this happens. It may have to do with the dimming light — a sense that it’s time to change activities or “go home” — or other factors, including extreme fatigue, hunger, thirst, pain or discomfort, or hormonal changes that occur as the sun goes down. Evening and darkness may tap into fears of being unsafe and insecure. Whatever the cause, seeing their loved one with these symptoms can be a nightmare for family members.

TIPS FOR MANAGING SUNDOWN SYMPTOMS

- 1. Observe and minimize triggers.** Watch for fatigue and other things that seem to spur on sundowning behaviors. Afternoon transitions and activities that you consider normal can be anxiety-producing for your loved ones. For example, does the household get chaotic and noisy as people get home from work? Does the TV get switched to something loud or intense, like a crime show or the news? Is there are a lot of cross talk during mealtimes? Is there a caregiver shift change? Watch, too, for nutritional triggers and adjust eating and drinking schedules. Cut back on caffeine and sugar, which can be too stimulating, and limit liquids later in the day, as they can cause increased toileting needs.
- 2. Maintain routines and structure activity.** Maximize activity earlier in the day and minimize napping (especially if your loved one isn’t sleeping well at night). Try to avoid challenging, stressful tasks around dusk and at night. Keep to a regular daily routine — there’s security in the familiar.
- 3. Simplify surroundings and adjust the sleep environment.** Too much sensory stimulation can cause anxiety and confusion, worsened by changing light. Try to minimize physical, visual and auditory clutter in your loved one’s bedroom. At night, keep it calm and comfortable (experts often suggest a temperature around 68 to 70 degrees), and dark (try light-

blocking curtains or an eye mask, plus dim night-lights for safe navigation). Evaluate your loved one for sleep disturbances such as sleep apnea.

**4. Validate and distract.** Simply trying to reason with someone in the midst of sundowning probably won’t work. Instead, try to validate your loved one’s feelings (even if they don’t make sense to you) to let them know you are listening. Try to draw them away from troubling thoughts and anxieties by diverting or redirecting attention to favorite activities, foods, animals and people. For example, maybe they are soothed by watching a favorite TV show, taking a walk, snuggling with a pet or reminiscing. My dad loved *The Lawrence Welk Show*; we would give him TV earphones to amplify the volume and limit other sounds. It was almost always an effective distraction.

**5. Adjust light exposure.** Some experts theorize that our hormones and body clocks are regulated by exposure to light, and that when light is limited it throws us off. If adequate exposure to direct sunlight isn’t possible, try a light box and use bright lights in the room. As it gets dark outside, increase indoor lighting. In the winter, when days got shorter, I would often turn on the bright back porch lights outside our dining-room window, which helped prevent Dad from thinking it was already bedtime.

**6. Play music and calming sounds.** We used music throughout the day for Daddy — instrumental music as he woke up, sing-along favorites or show tunes to activate him, and calming music when sundowning set in. I recommend trying solo piano or classical guitar, or creating a “relaxation” channel on a music app such as Pandora, Spotify or Amazon Prime Music. If Dad got anxious, my sister and I started singing his favorite songs and he would join in — a great diversion. Playing nature sounds like rain or ocean waves all night, or just white noise, helped him fall asleep and slumber longer.

**7. Give healing touch.** Never underestimate the value of a hand or foot massage to relax tense muscles and increase feel-good hormones. For example, when Dad was at the height of sundowning, we prepared a warm footbath with herbs and essential oils and soaked and massaged his feet every evening, which eased him through the transition incredibly well. He always loved having his head rubbed and scratched, so doing that immediately calmed him. He also got a professional massage once a week, which helped on an ongoing basis. A loving hug or holding hands can be physically calming and emotionally reassuring for your loved ones, breaking the cycle of anxiety.

Managing sundown syndrome requires creativity, flexibility, empathy and strong observational skills as we try to determine what triggers our loved ones and how to address the behaviors. No two people with dementia are exactly alike, so be prepared to test different approaches. Some may not work, but others will. Successes might be temporary or intermittent. But even a little bit of success can greatly ease your loved one’s anxieties, as well as your own stress.

**Amy Goyer** is AARP's family and caregiving expert and author of *Juggling Life, Work and Caregiving*.