

Fun Activity Ideas

Create a custom photo puzzle

It's easy to turn a custom photo into a fun puzzle. Just choose your older adult's favorite family or nature photo and upload it to a puzzle making service. You can also have this done at a local photo shop. Many seniors, especially those with Alzheimer's or dementia, really enjoy photo puzzles.



Enjoy nature from the comfort of home

Preventing boredom in seniors is a great way to improve mood, reduce agitation and anxiety, and improve quality of life overall. But finding new activities that your older adult enjoys and is able to participate in can be a constant caregiving challenge.

Many people enjoy nature scenes and observing animals in their natural habitat, but are limited by mobility or what's near their window or home. We found a wonderful website called Explore.org that has live camera feeds from places all around the world. The best part is that it's completely free for anyone to watch. Seniors can sit in their favorite spot at home and watch horses in Kentucky, a tropical reef aquarium in California, the Northern Lights in Canada, pandas in China, beautiful sunsets in Hawaii, and more!



dailycaring.com

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.



Tips for Protecting Yourself and Medicare

Scams related to the coronavirus, also known as COVID-19, are rapidly increasing as the public health emergency develops. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19.

Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers.

What Can You Do to Stop COVID-19 Fraud?

- Do not give out your Medicare number to anyone other than your doctor or other health care provider.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don't click on links from sources you don't know, which could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
- Ignore online offers for vaccinations. If you see ads touting prevention products or cures for COVID-19, they are most likely a scam.
- Do your homework before making a donation to a charity or crowdfunding site due to a public health emergency. Be particularly wary of any charities requesting donations by cash, by gift card, or wire transfer.
- Be alert to "investment opportunities." The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly traded companies can prevent, detect, or cure COVID-19 and that the stock of these companies will dramatically increase in value as a result.

For more information contact
Senior Medicare Patrol (SMP)
855-408-1212



The Nurturer

A Newsletter for Family Caregivers in Randolph County

Issue 6



Enjoy the Fresh Air

Even though we are limited in where we can go due to the Covid-19 outbreak, we can still enjoy the great outdoors.

It is good for your morale to get some fresh air each day and enjoy your surroundings by either sitting in your yard, on your porch or in your driveway. The weather is getting warmer and the plants and trees look so pretty. You can't help but feel a little better by taking that all in.

So take in the sunshine, watch the birds and relax.

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: rcaaa2@senioradults.org to add your name to our mailing list.

Randolph Senior Adults Association
Facebook page



Find Humor in Caregiving to Ease Tension and Boost Mood

Caregiving has its funny moments

Funny moments can happen while you're caring for an older adult. Of course, chronic illnesses and devastating diseases like Alzheimer's are certainly no laughing matter. But even in the middle of the worst day, there's still room for laughter.

Giving yourself permission to notice when funny things happen and encouraging your older adult to do the same eases tension and makes life more positive for both of you.

We explain why it's helpful to find humor in caregiving, why you shouldn't feel guilty about it, and share funny stories from real caregivers.

Lightening the mood improves quality of life

The world doesn't have to constantly be dark, gray, and depressing even if you're caring for an older adult with dementia or if their health is declining.

It might sound counterintuitive, but these are the times when a dose of humor is most needed. Besides, being angry, miserable, and tense won't change a bad situation or make anyone's life more pleasant. Trying to see the funny or positive side of things whenever possible lightens the mood and improves overall wellbeing.

Laughter helps people cope with difficult emotions

It turns out that humor is a very effective way of coping with the difficult emotions that come with caregiving and aging.

In a research study, over 75% of recurrent cancer patients and those facing terminal illness said that maintaining a sense of humor was very important. It was right up there with being pain-free. That's a pretty big endorsement.

Humor isn't mean or disrespectful

One reason why caregivers might resist looking for humor is that they worry that they'll seem mean or disrespectful. In truth, part of being a wonderful caregiver is to let yourself laugh and to encourage your older adult to laugh too.

After all, you're not laughing at the person you love and care for.

You're laughing at a funny, ridiculous, or ironic situation. Best of all are the times when your older adult makes a joke or laughs even harder than you do.

Real stories about how people find humor in caregiving

"Something cute. I came home yesterday from work and Mom came out to the kitchen to greet me. I said, "Mom, you have on my sweat pants!" We each have a pair of soft, comfy pea green sweats. Hers are a size 14 and mine are a few sizes bigger! She says, "I thought I had lost a lot of weight!" Then she pulls up her shirt to show me she had them pinned to her bra to keep them up! We had a good laugh!"

"I was kneeling beside Mom's bed last night when she was saying her bedtime prayer. This night she prayed, "Now I lay me down to sleep, I pray the LORD my soul to keep. If I should die before I wake, I pray he takes me like an earthquake." Instead of ...my soul to take. I said "what?" Mom laughed and said, "well, I couldn't remember the rest and ...well, it rhymed!" ~ Amen!"

dailycaring.com



RANDOLPH SENIOR ADULTS LOCATIONS

*(**Senior Centers closed to public due to COVID-19, Main Office and RCATS 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 27262
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](#)



“
To the world you
may be one person.
But to one person
you may be the
world.
”



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 . . . *(not available due to COVID-19)*

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.*



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

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 Help-book*, 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.

Tentatively - Saturday, May 16 9:00-11:00am

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

CAREGIVING TIPS FROM LEEZA #7

You **DON'T** always have to **deliver a MIRACLE**. Lower the bar of your own expectations. What you're doing--**even the little monotonous stuff**--is making a difference (maybe not as big a difference as you wish). You **MAY NOT** be able to CURE YOUR LOVED ONE'S DISEASE, but when you help create predictability for a safe, pleasant day, that's enough...

in fact, THAT'S A BIG DEAL.



SUMMON YOUR STRENGTH

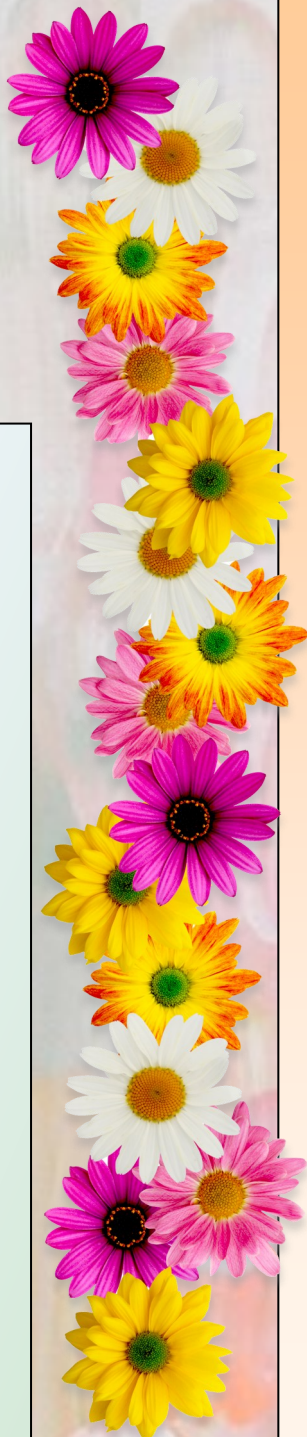
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CANDY
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www.graceandgoodeats.com



To love a person is to see all of their magic, and to remind them of it when they have forgotten.



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

Family Caregiving
aarp.org/caregiving/

SUPPORT GROUPS

(in-person groups may be cancelled 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

SITTERS LIST

(help may be limited due to COVID-19)

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



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

Riddles and Jokes

If April showers bring May flowers, what do May flowers bring?

What month of the year has 28 days?

Why did the golfer wear two pairs of pants?

What do you call a cow that won't produce milk?

WIFE: "There's trouble with the car, it has water in the carburetor."

HUSBAND: "Water in the carburetor? That's ridiculous."

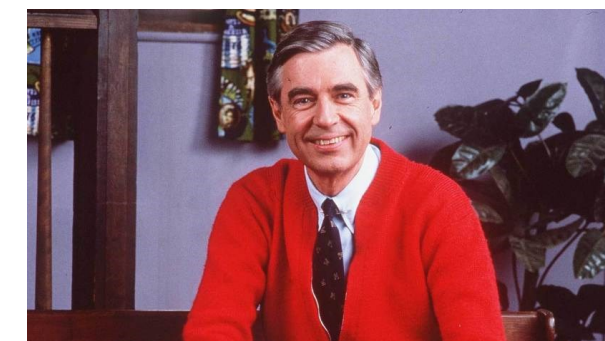
WIFE: "I tell you the car has water in the carburetor."

HUSBAND: "You don't even know what a carburetor is. I'll check it out. Where's the car?"

WIFE: "In the pool."



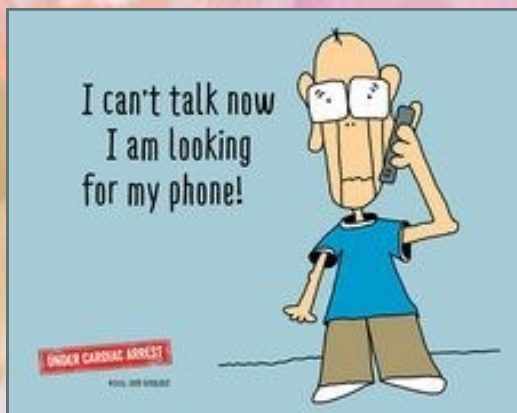
Pilgrims - All of them - In case he got a hole in one - A Milkud



Remembering to Stay Positive During Tough Times

"When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." To this day, especially in times of disaster, I remember my mother's words and I am always comforted by realizing that there are still so many helpers - so many caring people in this world."

-Fred Rogers



Coloring Corner



Information & Options Counseling and SHIP Medicare Help

Although Randolph Senior Adults is closed to the public during the Covid-19 epidemic, 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

65+? Lonely? Need to talk?

NCBAM's Hope Line is here for you!

866-578-4673

 NORTH CAROLINA BAPTIST AGING MINISTRY



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.

Seven Ways to Cope With Anxiety During the Coronavirus Outbreak

Uncertainty and fear are major triggers. Here's how to cope

You head to your local grocery store and the shelves are empty of canned and frozen foods. Your usual social activities have been canceled, and the news is a constant stream of alarming stories about how the spreading coronavirus is upending life as we know it. Add to that the fact that older adults are particularly vulnerable to complications from COVID-19, the disease caused by the coronavirus, and you have a perfect storm for anxiety.

"This has been a big anxiety trigger for a lot of people," says Stewart Shankman, chief psychologist in the Department of Psychiatry and Behavioral Sciences at Northwestern University, of the coronavirus outbreak. But he and other mental health experts note that it's important to learn how to handle anxious thoughts, and get help if necessary — in part because anxiety can impede the body's ability to fight infection.

"Anxiety suppresses the immune system," says Jane Timmons-Mitchell, associate clinical professor of psychiatry at the Case Western Reserve University School of Medicine in Cleveland. "So anything we can do to not be anxious is helpful." These ideas from the experts may help keep your anxiety under control.

Limit news consumption

It's important to know the facts and what you can do to protect yourself and to take all precautions — but it's not going to help stress levels to obsessively watch the news, says Shankman.

"The biggest source of anxiety is uncertainty," he says, "not knowing what's going to happen, when it's going to happen, how long this is going to last. And we don't know. So, trying to know, trying to resolve that uncertainty, is counterproductive. It's going to make you more anxious." Shankman says that he's not suggesting denial. Rather, it's "sort of accepting this is the current situation and not letting it interfere with your life."

Practice calming techniques

Different people relax in different ways, but if you feel particularly anxious you might try deep breathing, taking a warm bath, or sitting with your pet, says Neda Gould, assistant professor of psychiatry and behavioral sciences at Johns Hopkins Medical School. "Alternatively, try mindfulness: bringing attention to the experience and kind of allowing it to be there, and not judging it and knowing that it will pass." If you need mindful or meditative guidance, try free apps such as Calm; Breethe; UCLA Mindful, an app developed by the University of California, Los Angeles, Mindful Awareness Research Center; and Mindfulness Coach, from the U.S. Department of Veterans Affairs.

Move your body

"If people are able to just do a little bit of exercise, just walk around or stretch — just to sort of calm the tension in your body," it will help, says Shankman. "If you calm the tension in your body, you calm the tension in your mind."

Connect with loved ones

Call, email or videochat with family members, especially if you are feeling isolated or you know that they are. You may find that they have more time to talk than they usually do because so many people are home from school and work, Timmons-Mitchell points out. "There might be some grandchildren that you don't get to communicate with a lot, but now maybe they could because those people aren't as busy."

Listen to music, find activities that bring joy

With symphonies, opera houses, ballets and theaters shutting down or losing their audiences to quarantine measures, many are bringing their offerings online: The Berlin Philharmonic, for instance, gave a free livestreamed concert on March 12, while playing to an empty concert hall; it's offering free access to its archived concerts. The Philadelphia Orchestra is offering its recent live performance of "BeethovenNOW: Symphonies 5 & 6" online, as well. "Watching a concert like that is going to help somebody feel better, and probably less anxious," says Timmons-Mitchell.

Get stuff done

Tackle a hobby you've wanted to explore, or a project you never seem to have time for. Maybe you have some watercolor painting supplies in a closet, or a big box of old photos that you've been meaning to transform into a keepsake album. Accomplishing tasks such as cleaning clothes closets or garages can be rewarding, while diverting your attention from anxious thoughts.

Find ways to laugh

Humor is a wonderful coping mechanism in times of crisis. Turn to sources you find funny, whether they're movies or TV shows, or certain friends whom you know will brighten your mood. If you feel like your anxiety is getting extreme, interfering with your daily functioning, for example, ask for help. Reach out to your doctor, and a trusted confidant. If you're starting to have thoughts about self-harm get help immediately, says Timmons-Mitchell, who suggests calling the 24-hour National Suicide Prevention Lifeline, at 800-273-8255. "They have a lot of tools at their disposal, and they're trained to provide really good services," she says. "People shouldn't feel hesitant to call them because they want to hear from you."

by Christina Ianzito, AARP, March 16, 2020