

The Ten Absolutes of Caregiving

Never Argue	Instead Agree
Never Reason	Instead Divert
Never Shame	Instead Distract
Never Lecture	Instead Reassure
Never Say "Remember?"	Instead Reminisce
Never Say "I told you..."	Instead Repeat & Regroup
Never Say "You can't..."	Instead Find out what they CAN do
Never Command, Demand	Instead Ask & Model
Never Condescend	Instead Encourage & Praise
Never Force	Instead Reinforce

Courtesy of: www.alzheimershope.com



NEW FOR 2020

Virtual Summit on October 22, 2020!

Caring for a loved one can be challenging and, at times, overwhelming. Caregivers understand they have a job to do as a full-time member of their loved one's care team. Caregiving can be shared among you, your family, your case manager, therapist or even your doctor.

Due to implications of the COVID-19 pandemic and the fact that caregivers are caring for our most vulnerable population, we have created a **VIRTUAL** event scheduled for **Thursday, October 22**. Those who register will be sent a link to access the event.

Registration

To access the **2020 VIRTUAL Caregivers Summit**, each attendee must register separately, with a unique email address. You will receive a confirmation email with more information and you will be emailed a link to the Summit in early to mid-October. For more information, or to register, go to caregiverssummit.org

Thanks to the generosity of our sponsors and exhibitors, there is **NO CHARGE** to attend!



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 Spring 2021

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 for Spring 2021

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



Caring Sharing

Do you have a good caregiver idea that you would like to share with other caregivers?

Share your idea by emailing it to: rcaa2@senioradults.org or call Margie or Lisa at 336-625-3389

Caregivers helping Caregivers is usually the best advice!

The Nurturer



A Newsletter for Family Caregivers in Randolph County

Issue 8



AUTUMN

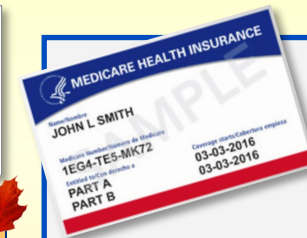
COVID-19 and the Dog Days of Summer have taken a lot out of us recently. We now get to look forward to pumpkins, apple cider and leaves exploding with color.

Temperatures will come down soon, and it will be easier to sit outside and breathe in the fresh clean air. As a child it was fun to jump into a pile of freshly raked leaves. As an adult it may be safer to go for a ride and admire the beautiful changing landscape!

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



What will Medicare Open Enrollment Look like this year?

SHIIP Coordinators at Randolph Senior Adults have continued to help with Medicare counseling and enrollment during the pandemic. Even though Randolph Senior Adults has been closed to the public since March, Medicare beneficiaries have received the help they need by phone or email.

Medicare Open Enrollment is from October 15-December 7. The NC Department of Insurance's **Seniors' Health Insurance Information Program (SHIIP)** anticipates that in-person counseling will not be available during open enrollment. In order to help Medicare beneficiaries check their plans for 2021, Randolph County Medicare beneficiaries can contact Margie or Lisa at Randolph Senior Adults for assistance.

To check your plan, we need a current list of prescriptions and Medicare card information. If we helped you last year, you can mail or email us your list of medications along with dosage. We will then get back to you with plan search results. If we did not help you last year, a Plan Finder Tool Form can be sent to you for you to complete and return to us for the plan search.

Assisting people virtually is not ideal, but it is so important to check your plan during Open Enrollment. Each year plans tend to have changes in premium, deductible, drug copays and coverage. Also, the medications you take may have changed. You don't want to find yourself stuck in a plan for a whole year that doesn't meet your needs. This simple inconvenience may save you a great deal of money and aggravation in 2021.

Randolph County SHIIP Coordinators Margie and Lisa can be reached by:

Phone: 336-625-3389 Margie x235 Lisa x237

Email: rcaa2@senioradults.org (Margie)
rcaa@senioradults.org (Lisa)

Mail: Randolph Senior Adults Association
347 W. Salisbury Street
Asheboro, NC 27203





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



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

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



Caring
Always there
Ready to give all
Encouraging
Gracious
Incredible
Valuable
Exceptional
Respectable



**Wednesday,
May 19, 2021
10:00am - 2:00pm**

**Randolph Senior Adults Association
347 W. Salisbury Street, Asheboro**



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**



Upfront / CONNECT

Caregiving Made Easier

SMARTPHONES offer many tools that can make caregiving more manageable. We talked with device manufacturers, software makers and AARP's caregiving experts about simple solutions. Here are some of their best.



WANT TO GIVE THEM A TRY?
Go to aarp.org/caregivingtips for step-by-step videos.



The Problem: You need to keep track of doctor visits and other appointments, plus coordinate transportation among family members and others.
The Solution: Create a group calendar that all participants can access on their phones. You can enter appointments and assign responsibilities.



The Problem: You have to share caregiving duties with family members and others; tasks include who is making home visits each day and offering medication at a particular time.
The Solution: Set up a group to-do list. All in the group can access it and get reminders on their phones.



The Problem: You forget what else your loved one needs you to pick up at the pharmacy besides medication. It's the same for the supermarket. Or you forget some tasks when you visit your loved one at his or her home.
The Solution: Your phone can send specific alerts based on your location.



The Problem: In an emergency, you don't want to have to fumble through several screens to call for help.
The Solution: Get familiar with your phone's emergency-call functions. These calls can be set up to alert not only emergency personnel but also those you note on your contact list.



The Problem: You want to keep tabs on your loved one's location to ensure that he or she hasn't gotten lost.
The Solution: Enable the new Find My app on your loved one's iPhone. On your own phone, you can see his or her location on a map. (Note: Apple previously called this app Find My Friends.)



The Problem: Your loved one requires medical assistance when you're not around.
The Solution: Input medical information and history into the Medical ID part of the preinstalled Health app on an iPhone. Emergency personnel can access this without needing to know the device's passcode. —Jason R. Rich

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.

65+? Lonely? Need to talk?

NCBAM's Hope Line is here for you!

866-578-4673

NORTH CAROLINA BAPTIST AGING MINISTRY



The Nurturer

Wants to Hear From You!

We receive funds from the Family Caregiver Support Program to publish this newsletter. As our funding source, they would like us to share the thoughts and comments of you, our readers.

If you received a survey in our last issue, it's not too late to send it in!

Please send your comments or survey to:

Randolph Senior Adults - I&OC
347 W. Salisbury Street
Asheboro, NC 27203
or

Email: rcaa2@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

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
Enter Code 5894744516

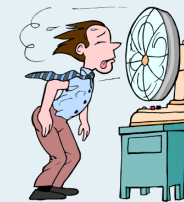
SITTERS LIST

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 rcaa2@senioradults.org



FREE FANS AVAILABLE FOR SENIORS AND THE DISABLED

Call your local senior center to reserve yours:

Asheboro

336-625-3389

Archdale

336-431-1938

Liberty

336-622-5844

Randleman

336-498-4332

*Due to the limited amount of fans we receive,
those who received one last year
will be put on a waiting list*



Take Control of Your Health: 6 Steps to Prevent a Fall

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



National Council on Aging

To learn more, visit ncoa.org/FallsPrevention

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
for more information on Family Caregiver Respite Options
336-625-3389

Autumn Word Search

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

ACORN

APPLE CIDER

AUTUMN

BONFIRE

FAMILY

HAYRIDE

LEAVES

PUMPKIN

SCARECROW

SMORES

TURKEY

THANKS



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



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.*

The Caregiver To-Do List

Sometimes caregiving can feel like an endless to-do list: running errands, cooking meals and doing extra laundry, helping another person get dressed, go to the bathroom or shower, managing medical tasks like changing wound dressings and giving injections. It's hard to remember your own needs when you're taking care of someone else.

You're not alone in this caregiving journey. There are 43.5 million family caregivers in the United States and a third of these caregivers are "higher-hour," providing more intensive care for an average of 62.2 hours each week. With the time you spend caregiving, how can you better prepare yourself to care for your loved one and yourself?

Learn about care coordination

Family caregivers often coordinate healthcare for their loved one by communicating between doctors, nurses and other healthcare professionals. Even so, as many as one in four caregivers have difficulty with this type of work. To complicate matters, the Internet is teeming with health misinformation. Successful care coordination starts with finding trustworthy medical information and tools that can help you keep the information all in one place.

- ◆ **Find trustworthy resources:** Look for websites authored by the government (such as healthfinder.gov), not-for-profit medical organizations or university medical centers.
- ◆ **Talk with your loved one's health team:** Go with your loved one to their doctor appointment and ask questions about their health and how to manage it. If you're being asked to take on a task that you're not sure if you can handle, let the health team know so that they can make recommendations for other resources that may help.
- ◆ **Use caregiving-specific resources:** The United Hospital Fund of NY offers the Family Caregiver's Guide to Care Coordination, which describes how caregivers can coordinate healthcare for their loved one and provides tips on how to stay organized.
- ◆ **Use technology to help you care:** Many new mobile and web-based apps help support the work of caregiving by putting information about your loved one all in one place. Talk with your loved one's health insurance provider to find out if they offer an electronic health record for caregivers. Private companies also offer free caregiving apps to help coordinate care, such as Lotsa Helping Hands, Caring Bridge and CareZone.

Get help with caregiving activities

You're likely doing a mix of caregiving activities. Most caregivers (59%) help their loved one with at least one Activity of Daily Living, which are personal care tasks such as getting in and out of beds and chairs. Many help with Instrumental Activities of Daily Living, such as transportation (78%), grocery shopping (72%). Six out of every 10 help with medical and nursing tasks.

When these tasks become overwhelming, community resources can help. Area Agencies on Aging or Aging & Disability Resource Centers provide support, including transportation, home-delivered meals and other long-term care services. Many states offer caregiver-specific resources such as respite care through the National Family Caregiver Support Program. You can find out more about these resources at eldercare.gov or 1-800-677-1116.

Talk to your employer about working and caregiving

Six out of 10 caregivers were employed at some point in the last year while caregiving, and more than half (56%) were working full-time while caregiving. Many had to make work accommodations due to caregiving, such as cutting back work hours or taking a leave of absence. Some even received a warning about performance or attendance. If you're in this situation, talk with your employer about your needs as a family caregiver.

- ◆ **Have the conversation:** Ask your manager about whether your workplace offers resources like flexible work schedules, emergency time off, care management services or on-site eldercare. The ReACT (Respect A Caregiver's Time) Toolkit can help you start the discussion; at respectcaregivers.org.
- ◆ **Understand existing benefits:** many employers have "Employee Assistance Programs" (EAPs) that provide benefits related to caregiving such as counseling and referral. Check with your Human Resources department to find out if you qualify. Federal law provides leave for caregiving for children, parents or spouses under the Family and Medical Leave Act.

Don't forget to take care of yourself

Remember that you are most helpful to your loved one when you are in good health and spirits. Taking small steps for yourself can ease some of the burden and improve the care you're able to provide.

- ◆ **Take care of your health:** Don't forget your regular checkup and annual immunizations, as protecting your own health is the first step in helping your loved one with theirs.
- ◆ **Ask relatives and friends for help:** Friends and family members in the immediate circle may be able to offer additional help. Convene a family meeting to discuss the challenges you're facing and see what others can do to lighten the load.
- ◆ **Seek out support groups:** Support groups, both online and in-person, provide a way for you to make new friends with others who are on the caregiving journey. Many disease-specific organizations offer online support groups. There are caregiving-specific support groups at Caring.com, CareGiving.com, and the Well Spouse Association.

Empowering yourself with information and resources can help shorten your own caregiving to-do list. Managing the stress of caregiving and reaching out for support can help improve your relationship with your loved one and the impact that caregiving has on your life.

*By Gail Gibson Hunt
President and CEO of the National Alliance for Caregiving*

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.