



## FREE FANS AVAILABLE FOR SENIORS AND THE DISABLED

Call your local senior center to reserve yours:

Asheboro  
336-625-3389

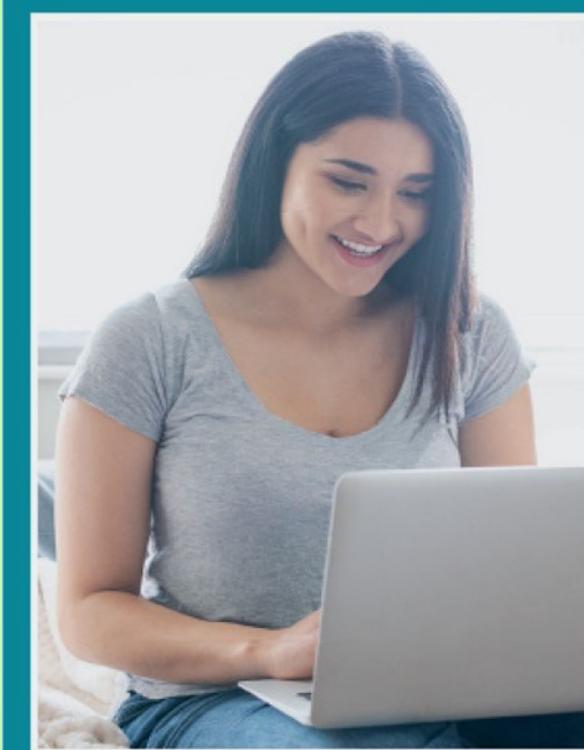
Archdale  
336-431-1938

Liberty  
336-622-5844

Randleman  
336-498-4332

FANS PROVIDED BY FUNDS FROM DUKE ENERGY CAROLINAS  
AND DUKE ENERGY PROGRESS

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will be put on a waiting list***



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2020



### Fruit and Yogurt Parfaits

A delicious and nutritious  
summertime treat!

Put out bowls of blueberries, blackberries, sliced strawberries, diced kiwi, or other favorite fruits.

Also have bowls of chopped pecans or walnuts, granola and vanilla yogurt.

Have fun layering the different items and enjoy!



### 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.*

# The Nurturer

A Newsletter for Family Caregivers in Randolph County



Issue 7



RANDOLPH  
SENIOR  
ADULTS  
ASSOCIATION

### Summer Memories

Share summer memories with your loved one while you sit outside doing an activity they enjoy. Maybe they would like shelling peas, or having a picnic on a beautiful day.

If gardening was a hobby, discuss the different plants and trees in the yard, or have fun counting the birds and squirrels you see.

Reminiscing about games played outside as a child can bring back some happy memories.

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](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 be added to our mailing list.

Randolph Senior Adults  
Association  
Facebook page

### CAN MUSIC HELP SOMEONE WITH ALZHEIMER'S?

Research suggests that listening to or singing songs can provide emotional and behavioral benefits for people with Alzheimer's disease and other types of dementia. Musical memories are often preserved in Alzheimer's disease because key brain areas linked to musical memory are relatively undamaged by the disease. For example, music can: relieve stress, reduce anxiety and depression, and reduce agitation.

Music can also benefit caregivers by reducing anxiety and distress, lightening the mood, and providing a way to connect with loved ones who have Alzheimer's disease — especially those who have difficulty communicating.

If you'd like to use music to help a loved one who has Alzheimer's disease, consider these tips:

- Think about your loved one's preferences.** What kind of music does your loved one enjoy? What music evokes memories of happy times in his or her life? Involve family and friends by asking them to suggest songs or make playlists.
- Set the mood.** To calm your loved one during mealtime or a morning hygiene routine, play music or sing a song that's soothing. When you'd like to boost your loved one's mood, use more upbeat or faster paced music.
- Avoid overstimulation.** When playing music, eliminate competing noises. Turn off the TV. Shut the door. Set the volume based on your loved one's hearing ability. Opt for music that isn't interrupted by commercials, which can cause confusion.
- Encourage movement.** Help your loved one to clap along or tap his or her feet to the beat. If possible, consider dancing with your loved one.
- Sing along.** Singing along to music together with your loved one can boost the mood and enhance your relationship. Some early studies also suggest musical memory functions differently than other types of memory, and singing can help stimulate unique memories.
- Pay attention to your loved one's response.** If your loved one seems to enjoy particular songs, play them often. If your loved one reacts negatively to a particular song or type of music, choose something else.

Keep in mind that music might not affect your loved one's cognitive status or quality of life. Further research to better understand the precise effects of music and Alzheimer's disease is needed.

by Jonathan Graff-Radford, M.D.



## 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

### ARCHEDALE 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](http://alz.org)

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

### Positive Approach to Brain Change

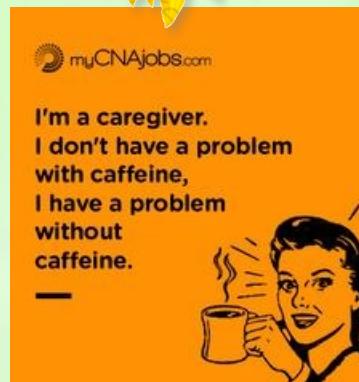
1-877-877-1671  
[teepasnow.com](http://teepasnow.com)

### 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)



### 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 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.



## 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 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.**

## IS YOUR LOVED ONE FEELING ANXIOUS?

If your loved one is anxious, they are not alone. Many people are feeling uneasy due to the uncertainty of COVID-19. It is important for all adults to find healthy ways to manage anxiety as it can compromise the immune system and cause a host of other health issues.

Encourage your loved one to manage their anxiety by participating in positive activities that bring them joy within their home or yard. This could include reading, writing letters, or practicing putting in the backyard. If they have access to the internet, museums, universities, and musicians around the world are offering complimentary online access to classes, tours, and performances.

Keeping to their normal routine, minus those activities that would require them to leave their house, can also be helpful. You would be surprised how something so simple as cooking or washing the car can bring a sense of normalcy to an otherwise chaotic day.

In addition, the CDC is recommending seniors "take breaks from watching, reading, or listening to news stories, including social media." A constant stream of news coverage can heighten anxiety. Seniors should confirm they are getting their news updates from reputable sources.

McLaughlin Young Group



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



**65+? Lonely?  
Need to talk?**

NCBAM's Hope Line  
is here for you!

**866-578-4673**

**ncBAM** NORTH CAROLINA BAPTIST AGING MINISTRY





## RESOURCES

**NC Stroke Association**  
336-713-5052  
[ncstroke.org](http://ncstroke.org)

**National Stroke Association**  
1-800-STROKES (787-6537)  
[stroke.org](http://stroke.org)

**American Diabetes Association**  
1-800-DIABETES (1-800-342-2383)  
[diabetes.org](http://diabetes.org)

**The Foundation for Peripheral Neuropathy**  
877-883-9942  
[www.foundationforpn.org](http://www.foundationforpn.org)

**National Kidney Foundation**  
1-800-622-9010  
[kidney.org](http://kidney.org)

**Arthritis Foundation**  
1-404-872-7100  
[arthritis.org](http://arthritis.org)

**Anxiety & Depression Association of America**  
1-240-485-1001  
[adaa.org](http://adaa.org)

**National Alliance on Mental Illness (NAMI)**  
1-800-950-6264  
[www.nami.org](http://www.nami.org)

**Caregiver Action Network**  
Online Instructional Videos for Caregivers  
[caregiveraction.org](http://caregiveraction.org)

**Family Caregiver Alliance**  
Online information and resources for caregivers  
[caregiver.org](http://caregiver.org)

**Family Caregiving**  
[aarp.org/caregiving/](http://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

### **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.

Please send your comments to:

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

Email: [rcsaa2@senioradults.org](mailto:rcsaa2@senioradults.org)



## **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](mailto:rcsaa2@senioradults.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

## **Riddles and Jokes**

What is it called when a cat paints itself?

Why do birds fly south for the winter?

What do you call a pig that does karate?

What kind of tree fits in your hand?

**A woman on the phone to her friend;** I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



A self-paw-trait ~ It's easier than walking ~ A potch chop ~ A palm tree

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

## **Caring Sharing**

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

### **Here's one from [dailycaring.com](http://dailycaring.com):**

Asking an older adult to help you fold hand towels is a great way to keep them occupied, give them an activity they can feel successful at, and help them feel like they're contributing to the household. The goal is just to keep them happily engaged. No matter how well or poorly the towels are folded, the point is that your older adult feels good about the activity.

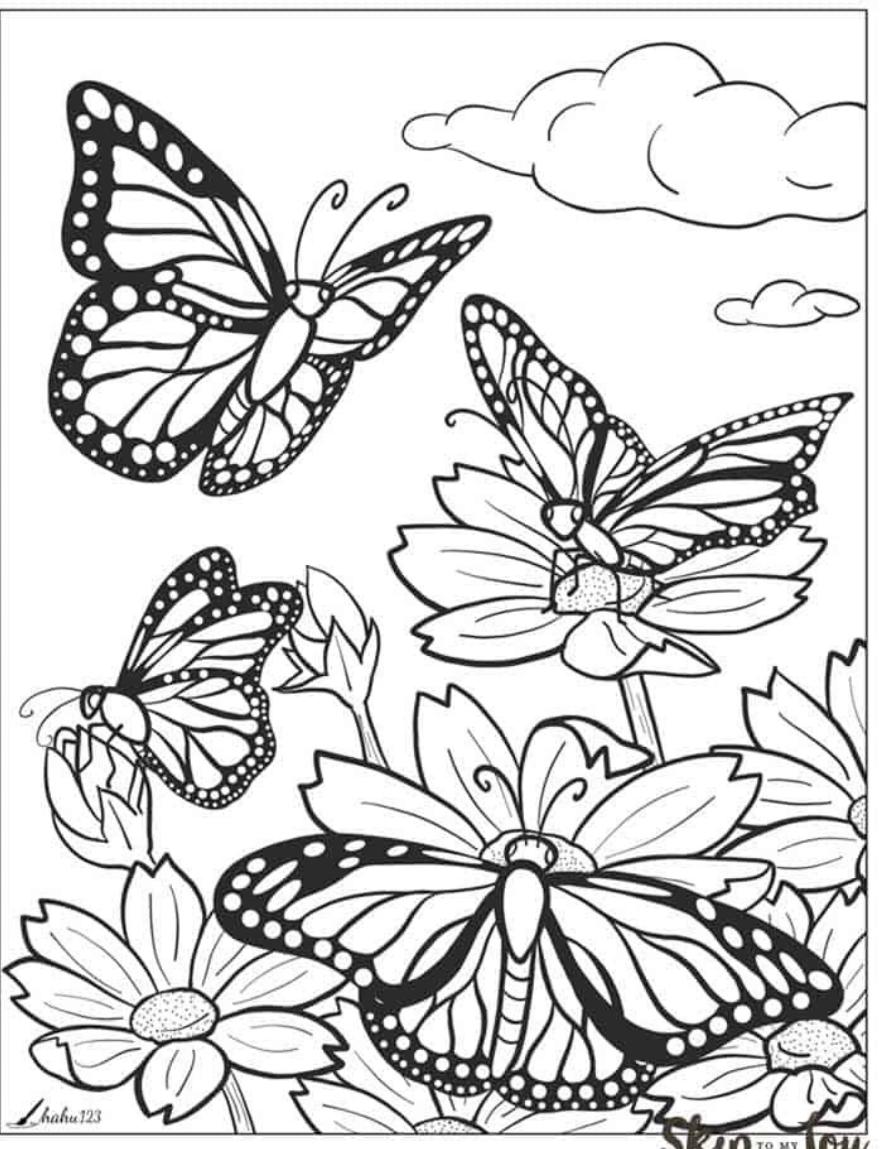
Share your idea to [rcsaa2@senioradults.org](mailto:rcsaa2@senioradults.org)  
or call Margie or Lisa at 336-625-3389

BEACH  
CAMP  
FUN  
HOT

SUMMER  
SUN  
SWIM  
WATER



# Coloring Corner



## Information & Options Counseling and SHIIP 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



Are you or a loved one on Medicare and need help to pay for your prescription drugs? Medicare beneficiaries may be eligible for Part D Extra Help if monthly income is below \$1,595 as an individual (\$2,155 for a married couple living together).

Contact Margie DiDona or Lisa Alley  
SHIIP Coordinators at  
Randolph Senior Adults Association  
336-625-3389 to apply

## 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 underwear, briefs, or bed pads, please give Margie or Lisa a call at 336-625-3389.



**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.

## HOW FAMILY CAREGIVERS CAN KEEP LOVED ONES ACTIVE AT HOME

### PRACTICAL ADVICE TO HELP COMPENSATE FOR LACK OF SOCIALIZATION AND COGNITIVE STIMULATION

As senior centers, adult day centers and other programs geared toward older adults temporarily close their doors, family caregivers are hunkering down with their loved ones to help "flatten the curve" of the coronavirus. Changing routines, missing socialization opportunities and lacking cognitive stimulation may become increasingly problematic as time goes on.

Deyon Murray, of Boynton Beach, Florida, for example, says her newly relocated father, 88 (now her housemate) is feeling the void of activities. He was used to going to a senior center daily but it is closed. "I can see where he's bored already and I have to sleep in the day because I'm a night hospice nurse," she says. "I don't know how to keep him occupied."

If you and your loved ones are stuck at home and cabin fever is setting in, here are some ideas to help prevent boredom and stay active.

#### 1. Read and share

Help your loved ones pick out a new book or re-read an old favorite. Better yet, dig into a series of books, like westerns, mysteries and historical romances. If your loved one no longer reads, try reading aloud to them. Many libraries also have audiobooks or digital ebooks available for download to an app like Libby or Kindle. You can also set up a book club with just the two of you or enlist a larger group of family or friends to discuss the book via phone or video chat.

#### 2. Write cards and letters

This is a good time to surprise friends and family with a greeting card, or send thank-you notes to military service members via Support Our Troops. "I decided to look past what I'm feeling [about the coronavirus outbreak]. I will be sending two friends who are locked down in nursing facilities, and a small number of prisoners, cards of encouragement this week," says Jeanie Olinger, of Oklahoma City, Oklahoma, who cares for her son, who was injured in a car accident; her mother and aunt live in separate nursing facilities. "There's just something funny about focusing on others — [it] seemed to lift my spirits a bit to reach out."

#### 3. Document life stories

Take this quiet time to gather your loved one's history. You can ask questions and write down their responses, or they can write their own. Record stories by using an app, like StoryCorps, which archives all stories for the Library of Congress, and also has do-it-yourself guidance to make your own recordings. The Legacy Project offers an exhaustive list of life interview questions to prompt answers. You may be surprised at what you learn about a family member or friend's early lives, first loves and work or military experiences.

#### 4. Put together a jigsaw puzzle or play a game

Find a puzzle with an image your care partner will like and puzzle pieces that are an appropriate size for his or her skills. Board and card games are also interactive, stimulate the brain, involve motor skills and hopefully will generate some laughs. Kathy Ann, of Kansas City, Kansas, says she and her husband are keeping busy — and entertained. "We stay home and hibernate like a couple of old bears, playing Words with Friends [and] Yahtzee," she says. If your loved ones struggle with complicated games, just make up your own rules — it's all about having fun.

#### 5. Listen to podcasts, watch movies and TV shows

Now's the time to see all the movies on your must-watch list — binge

-watch a new TV series together, or rewatch a beloved one. If your loved ones struggle to follow a plot, try the old movie musicals like *The Sound of Music* or *Meet Me in St. Louis*. Music-focused TV programs work well too, like *The Lawrence Welk Show* (for oldies but goodies), *Austin City Limits* for an eclectic mix, or religious programs for faith-based music.

#### 6. Take an online adventure

Virtually tour museums or explore outer space with NASA's free online video and image library. From bees to birds to bison to bears you can observe nature and animals with Explore.org's livecams. Relive your own adventures by flipping through photo albums and videos. And dream about (and plan) your next adventure — near or far — when the coronavirus social distancing advisories are a thing of the past.

#### 7. Enjoy music — and move

Music to match or change our moods can be so therapeutic. Watch and listen to all genres of music on YouTube videos, NPR Music or your local PBS station — from full concerts to single songs. Many musicians are offering online concerts during the coronavirus outbreak via Facebook Live or their websites. Music is a great motivator, too. Yolanda Kellum Greer, of Aurora, Colorado, uses music to keep her mother moving: "We're playing Mom's albums for our musical exercise time," she says. "Yesterday it was Gladys Knight and the Pips!"

#### 8. Get outside

You may be staying home, but that doesn't mean you can't get outside (weather permitting) and get some fresh air. Start a garden, enjoy a sunset, walk around the block (health permitting), or just sit on the porch. Jaye Smith, of Tucson, Arizona, is caring for her parents and planning to broaden outside activities. "If the weather cooperates, we may take a road trip for wildflower viewing," she says.

#### 9. Launch a project

Now is a good time for spring cleaning, craft and organization projects. Karen George, of Houston, Texas, says her husband is in the high-risk category for coronavirus. "I shut down my business at the end of 2019 to focus on taking care of him so I'm purging junk from my office, then I'll go on to the next room. We've lived here 14 years, so I've collected lots of junk." Craft projects can renew a sense of creativity, including coloring, scrapbooking, sewing, sanding wood projects and painting them, and organizing photos. It's also a great time to create a cookbook by gathering recipes from all branches of the family.

#### 10. Get back to basics

Diane Beard Zawalick, of Colorado Springs, Colorado, lives with her husband, who has moderate stage dementia. "We are watching movies and enjoying time to just 'Be' and hang at home," she says. Down time is a rarity for many of us. Make the most of it by connecting with loved ones, absent some of the distractions of our everyday lives. Psychologist Kathleen Cairns, of West Hartford, Connecticut, is having telephone sessions with clients and staying at home with her mother, who lives with her and is currently in hospice care. "It feels nice in a way to go back to a simpler way of life," she says, "We are reading, watching movies and TV series; I'm walking my dog. This is time with my mother I might not otherwise be spending with her."

by Amy Goyer, AARP, March 30, 2020