

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

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



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/

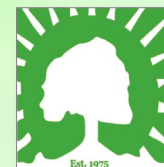
**This site is provided only as an updated reference. Users
should check credentials before committing to use a service.
The groups who assembled the listings assume no responsi-
bility for business and organizations listed.*

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.

To receive free quarterly copies of
The Nurturer in the mail
or via email, call 336-625-3389 or
email: rcsaa2@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 Alzhei-
mer'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.



**It has never been
easier to respond
to the census
on your own...**

Online By phone Or by mail

**...all without having to meet
a census taker.**

Respond today at
2020Census.gov
844-330-2020

Shape
your future
START HERE >

United States
Census
2020



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 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



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 Out-
reach 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 DiDonna 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 putts 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



Wednesday,
September 30th
10:00am - 2:00pm

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

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

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



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 DiDonna or Lisa Alley
at 336-625-3389 or 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 |

Caring Sharing

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

Here's one from 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
or call Margie or Lisa at 336-625-3389

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 pork chop ~ A palm tree

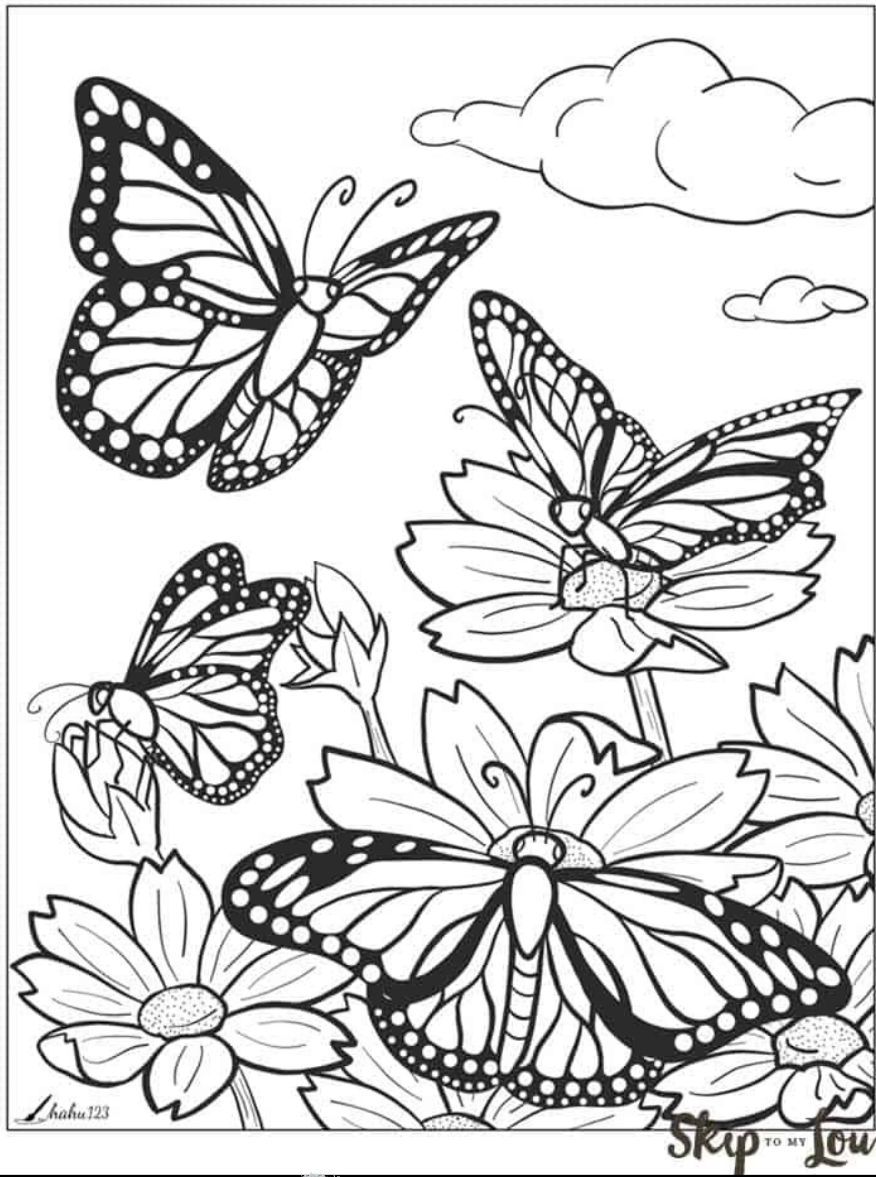
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| K | O | I | G | U | F | U | N |
| W | A | T | E | R | O | Q | E |

BEACH
CAMP
FUN
HOT

SUMMER
SUN
SWIM
WATER



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



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
SHIP 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.

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. Re-live 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 Zawalik, 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

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.