



## Did You Miss Medicare Open Enrollment?

**It may not be too late for you to review your plan!**

Medicare Open Enrollment is **October 15-December 7**, but **January 1-March 31** is the Medicare Advantage Plan Open Enrollment Period. People with a Medicare Advantage plan have the chance to make one change during the first three months of the year. With so many plan options and changes in your needs, it is important to review your plan every year.

Those who have Part D Extra Help or Medicaid can change their Drug Plan or Advantage Plan during the year. There are several other special enrollment periods which allow a Medicare beneficiary to change plans. If you are having problems or issues with your plan, please contact us, there may be a solution.

**Randolph County SHIP Coordinators\***

**Margie DiDonna and Lisa Alley can be reached by:**

**Phone:** 336-625-3389 Margie x235 Lisa x237

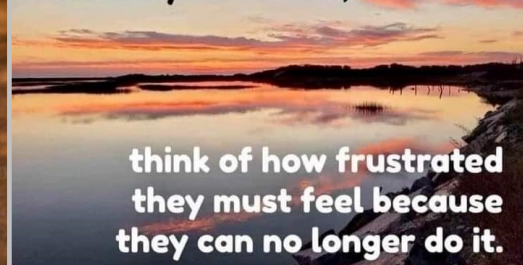
**Email:** rcsaa2@senioradults.org (Margie)  
rcsaa@senioradults.org (Lisa)

**Mail or in-person:** Randolph Senior Adults Association  
347 W. Salisbury Street  
Asheboro, NC 27203

*\*Seniors' Health Insurance Information Program (SHIP) is a division of the NC Department of Insurance.*



**When you become frustrated with older people because of what they cannot do,**



**think of how frustrated they must feel because they can no longer do it.**



**Our Place Adult Day Care** serves adults who want to live at home, yet desire companionship or require help with daily living activities. This program also suits adults who need oversight during the day, but are cared for by family in the evening. Adult Day Care contributes to a richer, more enjoyable life while providing activities that promote mental and physical well being.

**Our Place Adult Day Care**  
714 Farr Street, Asheboro 336-629-3787

## RESOURCES

**NC Stroke Association**  
336-713-5052  
ncstroke.org

**National Stroke Association**  
888-4STROKE (888-478-7653)  
stroke.org

**American Diabetes Association**  
800-DIABETES (800-342-2383)  
diabetes.org

**The Foundation for Peripheral Neuropathy**  
877-883-9942  
www.foundationforpn.org

**National Kidney Foundation**  
800-622-9010  
kidney.org

**Arthritis Foundation**  
800-283-7800  
arthritis.org

**Parkinson's Foundation**  
1-800-473-4636  
parkinson.org

**Anxiety & Depression Association of America**  
1-240-485-1001  
adaa.org

**National Alliance on Mental Illness (NAMI)**  
Main - nami.org 800-950-6264  
NC - naminc.org 800-451-9682

**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/



# The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 18 - Nov/Dec 2022



## November is National Family Caregivers Month

***We appreciate you Family Caregivers!***

**#CaregivingHappens** is this year's theme to raise awareness of your role as a family caregiver. It helps people to realize that you may be running late because you're picking up your loved one from chemo; or to help your friend understand that you're not avoiding them, you may be caring for your mom with Alzheimer's. For more info and resources, visit [caregiveraction.org](http://caregiveraction.org).

*You are not alone!*

Free copies of *The Nurturer* can be picked up at all Randolph Senior Adult Association locations, Randolph Health, Regional Consolidated Services and other community sites. *The Nurturer* is also available online at [www.senioradults.org](http://www.senioradults.org).

To receive free quarterly copies of *The Nurturer* in the mail or email, call 336-625-3389 or email: [rcsaa2@senioradults.org](mailto:rcsaa2@senioradults.org) to be added to our mailing list.

**Follow Randolph Senior Adults Association On Facebook**



## Duke Dementia Family Support Program

All of our support groups are meeting using Zoom, where participants can connect by video or telephone on a smartphone, tablet, laptop, or PC. If you have not previously participated in a support group, but are interested in joining now, please contact the appropriate staff member listed below.

### African American Dementia Care Partners Support Group

**2022 Dates:** Every 3rd Tuesday at 7:00pm  
**Contact:** Tiffany Summers, 919-660-7508

### Long-Term Care Community Support Group

(for family care partners of someone living in long-term care)  
**2022 Dates:** Every 3rd Tuesday at noon  
**Contact:** Natalie Leary, 919-660-7542

### Duke Dementia Evening Care Partner Support Group

**2022 Dates:** Every 2nd & 4th Thursday at 6:30pm  
**Contact:** Natalie Leary, 919-660-7542

### Daughters Concerned for Aging Relatives Support Group

**2022 Dates:** Every 1st & 3rd Wednesday at noon  
**Contact:** Bobbi Matchar, 919-660-7542

### Duke Dementia Morning Care Partner Support Group

**2022 Dates:** Every 2nd Tuesday at 10:30am  
**Contact:** Tiffany Summers, 919-660-7509

### Younger-Onset Support Group

This group for persons diagnosed with dementia age 65 and younger and their care partners.  
**2022 Dates:** Every 2nd & 4th Tuesday at 7:00 p.m.  
**Contact:** Janeli McNeal, 919-660-7565

### Person Living with Memory Loss Diagnosis (PLWD) Group

**2022 Dates:** Every 3rd Monday at 11:00am  
**Contact:** Janeli McNeal, 919-660-7565

The Duke Dementia Family Support Program provides consultation, education and support to people living with dementia and their care families. We also consult with professionals caring for people living with dementia and Duke employees seeking help with elder care decisions.

**Duke Dementia Family Support Program**  
Box 3600 DUMC  
Durham, NC 27710  
(919) 660-7510  
[dukefamilysupport.org](http://dukefamilysupport.org)







**RANDOLPH SENIOR ADULTS  
LOCATIONS**

**ASHEBORO SENIOR CENTER**  
**RANDOLPH SENIOR ADULTS 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 SENIOR CENTER**  
108 Park Drive  
Archdale, NC 27263  
336-431-1938

**RANDLEMAN SENIOR CENTER**  
144 W. Academy Street  
Randleman, NC 27317  
336-498-4332

**LIBERTY SENIOR CENTER**  
128 S. Fayetteville Street  
Liberty, NC 27298  
336-622-5844

**OUR PLACE 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



**DO YOU NEED A BREAK  
FROM CAREGIVING?**

Of course you do! All family caregivers need a rest from caregiving now and then. What better stress reliever than to get away for a few hours with others. Enjoy fellowship and fun by participating in Randolph Senior Adults Association's classes or day trips!

You can find more information at:  
[www.senioradults.org](http://www.senioradults.org)

For questions on trips, contact Susanne Allen,  
Community Engagement & Volunteer  
Coordinator at 336-625-3389 x212



For questions on classes, contact Ginger Flynt,  
Education & Communications Coordinator at  
336-625-3389 x211

**COME JOIN US FOR SOME FUN!**



**The Family Caregiver Support Program (FCSP)** offers services and support for caregivers. The FCSP's goal is to provide family caregivers with the needed support to reduce depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

The Randolph County FCSP Subcommittee meets three times per year to discuss what services will help the caregivers in our county, and how best to spend FCSP funds to serve them.

If you would like to join the Randolph County FCSP Subcommittee, please contact:

**Margie DiDona**  
**Randolph Senior Adults Association, Inc.**  
336-625-3389 x235  
[rcsaa2@senioradults.org](mailto:rcsaa2@senioradults.org)



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

NCBAM's Hope Line  
is here for you!

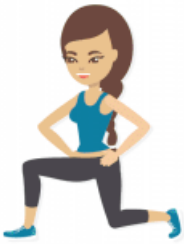
**866-578-4673**



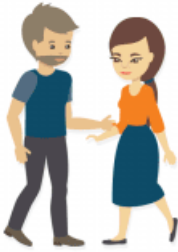
NORTH CAROLINA BAPTIST AGING MINISTRY



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.



**CAREGIVER  
ACTION  
NETWORK**  
CAN

[CaregiverAction.org](http://CaregiverAction.org)





## 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.

### RANDOLPH COUNTY AGENCIES PROVIDING SERVICES WITH FCSP FUNDS:

**Randolph Senior Adults Association** provides Care Planning Assistance, The Powerful Tools for Caregivers workshop, Caregiver Skills Class, *The Nurturer* newsletter, and Liquid Nutritional Supplements.

**Call Margie DiDona or Lisa Alley at 336-625-3389 for more information.**

**Regional Consolidated Services** offers caregiver respite care to provide temporary relief for the family caregiver.

**Contact Teri Mabry at 336-629-5141.**



"Some days there won't  
be a song in your heart.  
Sing anyway."

EMORY AUSTIN



### What is StayWell Senior Care?

StayWell Senior Care is a certified PACE Program (A Program of All Inclusive Care for the Elderly) providing an alternative to nursing home placement. StayWell Senior Care allows individuals in need of skilled nursing care to remain in their home or community setting and receive quality care from a team of clinical experts.

### How to Qualify?

Residents of Randolph, Moore, and Montgomery counties who are certified by the State of NC to require nursing home care are eligible for StayWell Senior Care services. Participants must be 55 or older and able to live safely in the community at the time of enrollment.

### Contact Us

To learn more about PACE in Randolph, Montgomery, and Moore counties contact:

**StayWell Senior Care**  
809 Curry Drive, Asheboro, NC 27205  
336.628.4200 | For TTY, please call 336.275.8878

## Technology Classes for Seniors

**Randolph Senior Adults is hosting interactive technology classes (Android and Apple) for seniors 60+.**

No more waiting on someone to help you send a message, share a picture or celebrate a special day. Learn to use your smart phone and/or tablet to connect more easily with grandkids, family, friends and healthcare professionals!

- Two classes per week for four weeks (total of 8 classes)
- Classes are approximately one hour
- Class size is smaller to allow for one-on-one instruction and social distancing
- Through grant funds we have purchased devices to use in class. However, if you own a smart phone or tablet, you can bring it with you to learn how to use yours.
- Classes are available at all four Senior Centers

**Call your local Senior Center to register!**



## 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.

**Next workshop in Spring 2023**

**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.

**Next workshop in Spring 2023**

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

LIFE DOESN'T HAVE TO BE PERFECT  
*To be wonderful*

## Meals-on-Wheels



Homebound seniors age 60+ may be eligible to receive nutritionally balanced meals. For more information, contact your local senior center:

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

**\*We are in need of volunteers to deliver these meals, even just one hour a month is a big help. Contact us for more information.**

## 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 member to check references and conduct interviews.

A copy of the Sitters List can be mailed or e-mailed to you.

Please contact: Margie DiDona or Lisa Alley at 336-625-3389 or [rcsaa2@senioradults.org](mailto:rcsaa2@senioradults.org)



NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES  
Division of Aging and  
Adult Services

## North Carolina Caregiver Portal

Powered by Truaita

**Access free training and resources to help you build skills and confidence to provide care at home.**

With articles, videos, tip-sheets, and professional level training, there is something for everyone.

**[nc-caregivers.com](http://nc-caregivers.com)**

Margie DiDona or Lisa Alley  
Randolph Senior Adults Association  
336-625-3389  
[rcsaa2@senioradults.org](mailto:rcsaa2@senioradults.org)

Free  
caregiving  
resource!



## Coloring Corner



## DEMENTIA RESOURCES

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

**Dementia Alliance of NC**  
919-832-3732  
[dementianc.org](http://dementianc.org)

**Positive Approach to Brain Change**  
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)  
800-646-2028  
[dukefamilysupport.org](http://dukefamilysupport.org)





# Peace for the Holidays

By Melanie Bunn, RN, MS, GNP  
Dementia Training Specialist, Dementia Alliance of North Carolina

The best of times, the worst of times might well describe the holiday experience of loved ones of people with dementia. With some reflection, planning and flexibility, the balance can be shifted from the worst to the best. Integrate the following suggestions as you plan your holiday events to create memories that bring laughter not tears and help you find joy in the moments.

**PRIORITIZE** Decide which family traditions are most important and which parts of those are truly meaningful. While the person with dementia may not be able to tolerate the entire ritual, often they can participate in well-chosen components.

**EMPATHIZE** View events through the eyes of the person with dementia. Changes in routines and environments can be difficult and frightening. Think about how decorations and events might confuse or be misinterpreted by the person with dementia.

**ADJUST** Consider modifying or simplifying plans. For example, small changes such as changing the time of an event to coincide with the person's best time of day or limiting numbers of people in the environment at any one time might make the experience better for everyone. Watch for signs of stress or distress and help the person find a place and time to relax and recover.

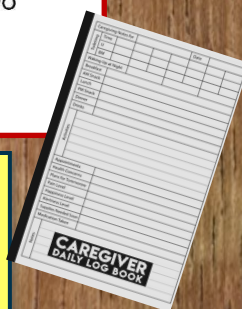
**CAPTURE** Record the memories of the person with dementia by encouraging reminiscence and storytelling to preserve family history. Use props like pictures, foods and decorations to trigger forgotten memories. Take candid multi-generational photos or video—they can be more touching and much easier than posed portraits.

**ENJOY** Make memories. Don't get so involved in the plans you forget the point of the activity or event. The experience might not be like it used to be, but you can still find the magical moments. Especially for the person who is grieving: Holidays are difficult when you're experiencing the loss or the losing of someone you care about. Be patient with yourself as you grieve and find support in comforting rituals and people. Do what's right for you as you look for new ways to find **Peace in the Holidays**.

PEACE



A **Caregiver Daily Log Book** is a great way to keep notes on how your loved one is doing from day to day. It is especially helpful when there is more than one caregiver. Having notes on daily eating, and toileting habits, and activities helps you to see patterns. It is also helpful to bring to doctor visits. Log Books are available for a limited time at Randolph Senior Adults. **Contact Margie or Lisa at 336-625-3389**



## CAREGIVING AND INCONTINENCE SUPPLIES

Incontinence supplies can be an expensive part of caregiving. Randolph Senior Adults has received funds through the American Rescue Plan Act (ARPA) to provide incontinence supplies to eligible family caregivers. Those not eligible for this program can receive donated supplies when available.

For more information, contact  
**Margie DiDonna or Lisa Alley**  
at Randolph Senior Adults Association  
**336-625-3389**

Funds provided by the Family Caregiver Support Program



You're invited!

# CAREPOINT

CAREGIVER SUPPORT FROM HOSPICE OF THE PIEDMONT

CarePoint is a virtual support group that provides an opportunity for encouragement and connection with other current caregivers.

Meets Thursdays  
from 1 - 2 p.m.



Scan the QR code  
with your mobile  
device for more  
details!



Or visit:  
[www.hospiceofthepiedmont.org/carepoint/](http://www.hospiceofthepiedmont.org/carepoint/)

## 3 REASONS WHY ELDERS SHOULD OBSERVE PROPER ORAL CARE

PROPER ORAL CARE IS IMPORTANT FOR YOUR ELDER'S HEALTH. HERE IS WHY:

- 1 Dental problems, like tooth decay, can bring unbearable pain to your elderly.
- 2 Keeping a proper oral care hygiene can decrease your elder's likelihood of developing heart disease.
- 3 Periodontitis, a severe gum disease, can prevent their body's ability to use insulin. This can result in diabetes.



## SUPPORT GROUPS

*In-person groups may be cancelled or virtual due to COVID, call group contact for more information*

### Diabetes Support Group

Third Monday each month – 4:00-5:00pm  
Randolph Health  
208-D Foust Street, Asheboro  
336-625-9400

### Alzheimer's Support Group

Second Thursday of each month - 6:30 pm  
Cross Road Village Clubhouse  
1302 Old Cox Road, Asheboro  
Bernie Raymond - 336-629-7811

### Asheboro Parkinson's Support Group

Second Friday of each month - 10:30 am  
Hospice of Randolph  
416 Vision Drive, Asheboro  
Annette Caughron - 336-580-9937 or 629-6397

### Support Services for the Blind

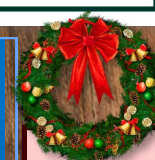
Third Wednesday each month – 2:30pm  
(April-October)  
Randolph Senior Adults Association  
347 W. Salisbury Street, Asheboro  
Christina Sterling – 336-683-8107

### Dementia Support Group

Brighton Gardens of Greensboro  
1208 New Garden Road, Greensboro  
Call for more information  
336-297-4700 x232

### Duke Dementia Family Support Program

Various Support Groups via Zoom  
Various dates and times  
Natalie Leary - 919-660-7542  
[dukefamilysupport.org/support-groups/](http://dukefamilysupport.org/support-groups/)



## DOES YOUR LOVED ONE DRINK NUTRITIONAL SUPPLEMENTS?

As a caregiver, you may be eligible to receive a case each month of the nutritional supplement used by your care recipient.

For more information, contact  
**Margie DiDonna or Lisa Alley**  
at Randolph Senior Adults Assn  
**336-625-3389**

Funds provided by the Family Caregiver Support Program