

JOIN US AT THE MOVIES!



**FREE
Over 50***

Upcoming Movies . . .

. . . at the **SUNSET THEATRE**

June 1

Angel in My Pocket (1968)

July 6

Back to the Future (1985)

August 3

3 Godfathers (1948)

Doors open at 12:00 - Movie starts at 1:00

**Free admission, popcorn & small soda for ages 50+*

CAREGIVERS

go through more than they will tell you.

They give up a lot and rarely have a social life.

They can get sick and emotionally worn out. It's a lot for one person and you will never know until you have walked the road of a caregiver.



Thank You

for being such a dedicated caregiver.



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 emailed to you.

Please contact: Margie DiDona or Lisa Alley at 336-625-3389 or rcaa2@senioradults.org

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. If you are 50 or over, you can 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

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

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

COME JOIN US FOR SOME FUN!

SUPPORT GROUPS

CarePoint Caregiver Support Group

Third Thursday each month – 2:00-3:00pm
Randolph Senior Adults Association
347 W. Salisbury Street, Asheboro
336-672-9300

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

Duke Dementia Family Support Program Various Support Groups via Zoom

Various dates and times
Natalie Leary - 919-660-7542
dukefamilysupport.org/support-groups/

2023 Countywide



**1:00pm Refreshments served
1:30pm Bingo starts**

**Asheboro Senior Center
347 W. Salisbury Street, Asheboro**

Adults ages 50+ are invited to join us for FREE monthly bingo.



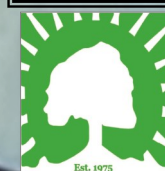
2023 Monthly Bingo Dates:

Jan. 9	Apr. 10	July 10	Oct. 9
Feb. 13	May 8	Aug. 14	Nov. 13
Mar. 13	June 12	Sept. 11	Dec. 11

The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 20 - May 2023



RANDOLPH
SENIOR
ADULTS
ASSOCIATION

Spring is Here!

Time to start a vegetable or flower garden!

The beautiful warm weather signals it's time to get started planting, either vegetables or flowers. If you don't have much room, just plant herbs!

Work together with your loved one to sow a garden in the yard, raised plant bed, or in a pot or container. Cook with the herbs or vegetables you grow, or cut the beautiful flowers for a lovely centerpiece. Experiment and grow something you've never seen or eaten before!

Either way, you'll enjoy yourselves in the garden, while cooking or admiring your harvest.

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 a www.senioradults.org.

To receive free quarterly copies of *The Nurturer* in the mail or email, call 336-625-3389 or email: rcaa2@senioradults.org to be added to our mailing list.

**Follow Randolph Senior
Adults Association
On Facebook**



FEELING OVERWHELMED? TRY THIS...



Grounding techniques

Try the 5-4-3-2-1 one, name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell and 1 you taste.



Ask people for help

If you can't do something by yourself, it is perfectly okay to ask for help from someone you know or a professional.



Prioritize your to-do

Make a list of all the things you need to do, then focus only on doing what actually NEEDS to be done.



Take small steps

Taking big steps are a challenge when you feel overwhelmed. Small steps are a valid option too.



Avoid multitasking

Humans are not designed to do multiple things at the same time, try to finish one thing first, then others.



Practice acceptance

Sometimes things are not in our control. Focusing on trying to accept what is can help calm down.



Breathe deeply

Take multiple deep breaths and try to calm down. Step away from the situation that overwhelms you.



Say 'no' & set limits

Say no to things or people when you can't handle it and set clear limits to what you can manage.

@THEPRESENTPSYCHOLOGIST

What is Respite Care?

Respite care is planned or emergency temporary care provided to family caregivers. Even though families may take great joy in providing care to their loved ones, the physical, emotional and financial consequences for the family caregiver can be overwhelming without support, such as respite.

Respite provides a break for the family caregiver, which 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.

**For more information on Family Caregiver Respite Options,
contact Margie or Lisa at Randolph Senior Adults Association 336-625-3389**



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

www.senioradults.org

Check Out Our Facebook Page

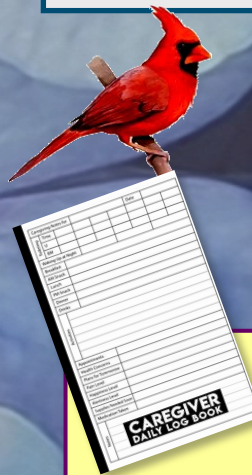


REMOTE HEALTH CARE ANYWHERE

Remote Health is a team of highly qualified nurse practitioners, nurses, and therapists whose commitment is to provide exceptional primary care services **IN YOUR HOME**, virtually, or in their Greensboro office, while preventing unnecessary hospitalizations and ER visits. As a primary care patient, you will have 24/7 access to care. Remote Health accepts most insurances.

Remote Health
16-D Oak Branch Drive
Greensboro, NC 27407

336-589-1223
remote-health.org



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, 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

ARE YOU A CURRENT OR FORMER FAMILY CAREGIVER?

We would love to have your input as a member of the **Family Caregiver Support Program Subcommittee**. This subcommittee meets three times per year to discuss what services will best help the family caregivers in Randolph County.

Family Caregiver Support Program (FCSP) funds are used to offer services and supports for family caregivers to reduce depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

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

Margie DiDona
Randolph Senior Adults Association
336-625-3389 x235
rcsaa2@senioradults.org



YOU
ARE
ENOUGH



"There are only four kinds of people in the world - Those who have been caregivers, Those who are currently caregivers, Those who will be caregivers And those who will need caregivers."
Rosalynn Carter



ARE YOU OR A LOVED ONE ON MEDICARE AND STRUGGLING TO PAY BILLS?

Medicare beneficiaries may be eligible for various Medicare Programs

Part D Extra Help lowers the cost of prescriptions, premium, and the deductible of your drug plan.

The **Medicare Savings Program** will pay the Medicare Part B premium so the \$164.90 is no longer deducted from your Social Security check each month.

To apply, contact:

Margie DiDona or Lisa Alley
SHIIP Coordinators
Randolph Senior Adults Association
336-625-3389

Reaching Out: Practical Ways to Support Caregivers

Submitted by Hospice of Randolph

Let's be honest. Caregiving is difficult. If you have a friend or neighbor that is caregiving for a loved one, you may notice that they seem more strained and tired than normal. It may be difficult for them to balance taking care of their loved one's care needs as well as their own. Their sleep may be disrupted. They may even be experiencing caregiver exhaustion or burnout.

The good news is that you can help. Being an intentional and thoughtful friend can provide much needed encouragement to a caregiver. While it can be difficult to know what to say or do, we hope the ideas below will inspire you to connect with and support the caregivers around you.

Know someone who is a caregiver? Try to...

- ◆ Be honest about your capacity and willingness to help
- ◆ Make a list of tasks you would be able to do to help
- ◆ Mail a card or hand-written note
- ◆ Offer a listening ear
- ◆ Meet a specific need that arises
- ◆ Drop off a special treat, magazine or book
- ◆ Offer to sit with their loved one so the caregiver can take a break or go for a walk
- ◆ Be available and follow up regularly as you notice care needs change



Are you a caregiver?

Connect with CarePoint!

CAREPOINT
CAREGIVER SUPPORT FROM HOSPICE OF THE PIEDMONT

CarePoint is a group for those providing care for another.

In Asheboro

Meets third Thursday of the Month
2 - 3 p.m.

May 18

Randolph Public Library
201 Worth Street

June 15, July 20, August 17

Randolph Senior Adults Association
347 W. Salisbury Street

In High Point

Meets second Thursday of the Month
2 - 3 p.m.

May 11, June 8, July 13, August 10

Wesley Memorial Church
1225 Chestnut Drive

For more information, visit:
www.hospiceofthepiedmont.org/carepoint/



We Care Like Family

If you are, or know, a senior living alone in Randolph County, you need to know about the

Citizen Well-Check Program

Use the Sheriff's App to register or an application is available on our website
www.randolphcountync.gov/sheriff

How does the program work?

Seniors who participate in the FREE program are automatically checked on by phone Monday - Friday.

- If no answer during attempts, a deputy will be dispatched to determine welfare.
- If you are not going to be available by phone, you can check out for the day by calling into an assigned number.

or call us **336-318-6689**



Sheriff's Office Crime Prevention Division
727 McDowell Rd., Asheboro, NC 27205

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.

RANDOLPH COUNTY AGENCIES PROVIDING SERVICES WITH FCSP FUNDS:

Randolph Senior Adults Association provides Care Planning Assistance, Powerful Tools for Caregivers workshop, Caregiver Skills Class, Incontinence Supplies, Liquid Nutritional Supplements, and *The Nurturer* newsletter.
Call Margie DiDona or Lisa Alley at 336-625-3389 for more information.

Regional Consolidated Services offers caregiver respite care, minor home improvement, and medical equipment.
Contact Teri Mabry at 336-629-5141

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!

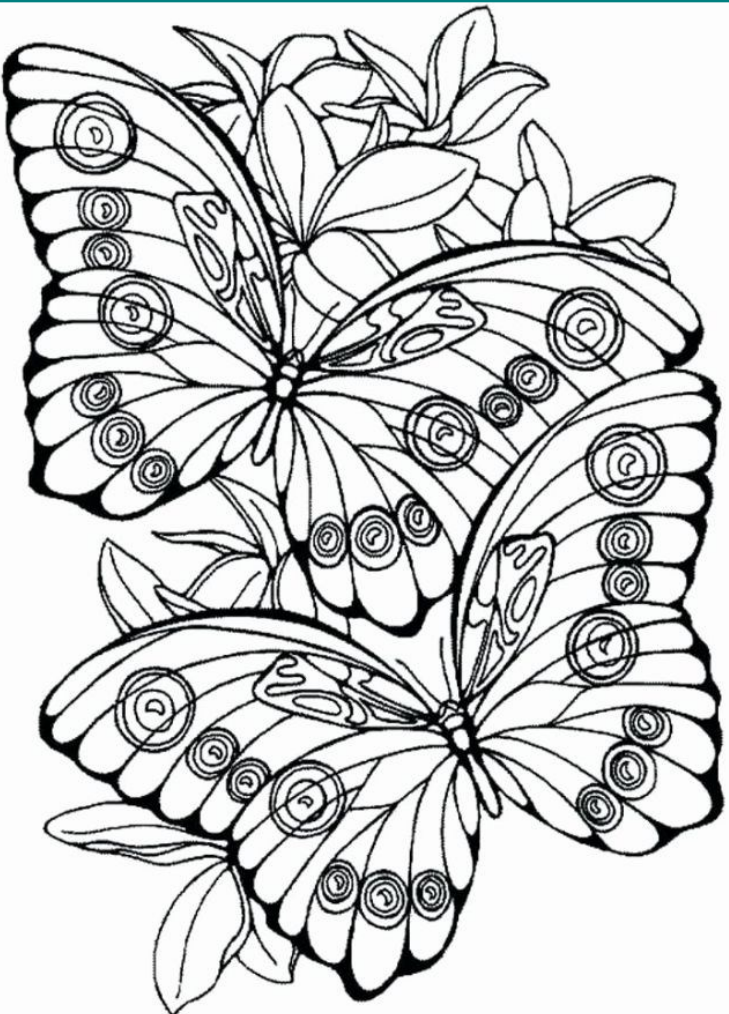
Meals-on-Wheels



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

Coloring Corner





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. This is a wonderful option for caregivers who work or go to school. 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

ID Cards For Alzheimer's & Dementia


Use these cards to discreetly let someone know that your loved-one has Alzheimer’s and it may take them a little longer to make a decision or to excuse them for saying something unexpected. Carry the cards with you when taking your loved-one to a restaurant, shopping, traveling, or even to a doctor’s office (who may not be examining them for a dementia-related issue). Show it to the person helping you to easily, succinctly and subtly explain that your loved might need a little more time or a little more patience.

These **Trualta Companion Cards** can be found on the NC Caregiver Portal for you to print at:
nc-caregivers.com

My companion has dementia, and it changes how they think and act.

I appreciate your patience, support, and understanding.

Sincerely,





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

North Carolina Caregiver Portal

Powered by Trualta

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

CAREGIVING 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 DiDona or Lisa Alley at Randolph Senior Adults Association 336-625-3389

Funds provided by the Family Caregiver Support Program



DOES YOUR LOVED ONE SPEAK LESS THAN THEY USED TO?

Your loved one may speak less if they are feeling overwhelmed by their environment. Try moving to a quiet area. Have just one person for them to communicate with at a time. Use simple statements. If you adjust where and how you communicate with them, you may see an improvement.

Even if your loved one can still speak, they may start communicating some needs through non-verbal cues. A non-verbal cue is usually a change in how your loved one is acting, or it’s something out of the ordinary that they do. Examples of non-verbal cues:

- Standing up out of their chair
- Pacing
- Tapping their hands
- Change in mood or facial expression
- Making nonsensical or repetitive noises

You can think of non-verbal cues as your loved one raising their hand, or waving a flag to say that something is not right for them. A non-verbal cue can indicate different messages like:

- “I need to go to the washroom”
- “This room is too loud for me”
- “I’m feeling bored or lonely”
- “I’m sick or in pain”

NC Caregiver Portal powered by Trualta



Remember your loved one with a memorial to Randolph Senior Adults Association

When you contribute to Randolph Senior Adults Association, you make an immediate difference in the lives of seniors and their caregivers. The programs at our non-profit agency help seniors stay independent so they can age at home in their community.

To make a donation online go to www.senioradults.org or call 336-625-3389

GET ENOUGH SLEEP



YOU SIMPLY WON'T PERFORM YOUR BEST

IF YOU ARE SLEEP DEPRIVED

BE REALISTIC . . .

What needs to get done today?
What needs to get done this week?
What needs to be done by me?
What can be done by others?

DEMENTIA RESOURCES

Alzheimer’s Association
800-272-3900 (24 hours/7 days)
alz.org

Dementia Alliance of NC
919-832-3732
dementianc.org

Positive Approach to Brain Change
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)
800-646-2028
dukefamilysupport.org



Spring Cleaning: How to Refresh Your Caregiving Routine

For many families, spring is a time to shake off the winter blues, deep clean their homes and focus on getting organized. Decluttering your physical environment can help you focus, minimize stress and be more productive. The same can be said for family caregivers’ care plans. It’s human tendency to get stuck in our ways as we meet life’s demands, and caregiving is no exception. As time passes and circumstances change, the routines we have fallen into could often use some refreshing. With spring upon us, now is a good time to take an objective look at our care plans to see if there are any aspects in need of improvement. Use the pro/con approach below to see if you can make adjustments that will enhance your quality of life and that of your loved one.

EVALUATE YOUR CARE PLAN

The first step is to make a pro/con list for your care plan, identifying its strengths and weaknesses. This step can help you assess your strategy for reaching any goal, from budgeting to weight loss. I’ve provided the following template which contains examples for a hypothetical caregiver I’ll call Ann. If you’re up for a little self-reflection, Ann’s list could help inspire you to refresh your caregiving routine and jumpstart your own self-improvement.

Strengths of My Caregiving Routine

- I found a wonderful assisted living facility (ALF) for Mom near my home, which has allowed me to enjoy more time with other family members and my friends.
- It took a while, but Mom adjusted to her new life and now enjoys her own friends and the activities the facility provides.
- Mom also feels very safe, which is important to both of us. Knowing she has professional caregivers around allows me to relax while I’m at work and not worry so much.
- I’ve developed a good system for shopping for Mom’s needs that integrates with my other errands. This has saved me a lot of time.

Weaknesses of My Caregiving Routine

- I keep correcting Mom when we are talking. I’m told that, because of her Alzheimer’s, arguing is counterproductive and I should agree with her statements no matter how outlandish they seem. Of course, there are exceptions, but those times are rare.
- I’m angry with my brother because he won’t travel to see Mom. Sometimes she doesn’t recognize him and forgets he’s even been there, but I feel that he should visit anyway.
- I’ve been so happy Mom is content that I haven’t followed her doctor’s advice. He says I should use this time to learn about the stages of Alzheimer’s and that I should research possible changes in her care needs.
- I keep putting off making appointments for my annual physical, mammogram and other routine medical tests because Mom has so many of her own medical appointments. Those take time, and I get tired of sitting in clinics.

REFLECT ON YOUR LISTS

Once you have made your lists, it’s important to take time to reflect on both of them. You have likely worked hard to get to this place in your life and you deserve credit for all that you’ve done. It’s important to acknowledge everything you’ve done right. Caregiving

takes a great deal of research, patience, effort, time, and trial and error. You’ve made big strides even though it may seem overwhelming at times. Never shy away from giving yourself a pat on the back. The next step is to analyze your list of caregiving challenges and setbacks to see if you can make changes that will improve your life and that of your loved one. Whether your second list is big or small, do not be intimidated. It will take work, but the goal here is to find solutions to these issues one at a time. This exercise should relieve stress and simplify your life, not cause you to feel more burdened. Find Caregiving Solutions Using Ann’s list above, I devised some solutions that could help fix these hypothetical issues for her and others. Writing down your ideas as you brainstorm will help you remember and track your progress through this list. Even if you can’t see to all of these solutions now, you’ll have a game plan already prepared for when you have a bit of free time to tackle the next issue.

Refresh #1: I keep correcting Mom when we’re talking.

Admittedly, communicating with dementia patients is challenging. It’s hard to listen to people you once admired for their wisdom when they make bizarre statements. Our initial reflex is to correct them, which only makes matters worse. Also, you may feel that “lying” to a loved one with dementia is wrong. You may even think that agreeing with them when they are confused or mistaken is condescending. This is a complex situation that every dementia caregiver experiences, but the answer lies in changing your thought process and approach.

Accept the wisdom of those who have studied the disease. They will tell you that when you validate your loved one, you are showing them compassion, not patronizing them. Conversely, arguing only increases the person’s agitation and erodes their self-esteem. Your loved one is living in an unchangeable reality that is different from yours but very real to them. You are the well person, so it’s up to you to meet your loved one in their version of reality and help them accept and work through it. When you adapt to this way of thinking, life will be easier for both of you.

Refresh #2: I’m angry at my brother’s lack of involvement.

As unfair as it seems, there are many reasons why siblings don’t help with caregiving. Even though you do not agree with his reasoning, try to understand why your brother doesn’t feel his visits are meaningful. He travels several hundred miles to visit Mom, who doesn’t always remember who he is and will forget his visit as soon as he leaves. Not only do these visits take time and cost money, but he probably feels a great deal of grief during and afterwards. Instead of becoming angry and reprimanding him for his lack of attention to Mom, suggest that your brother visit whenever he can for his own sake. Let him know that you understand it’s hard for him and it may seem like a waste of time. Thank him for the help and support he does contribute. However, you may want to point out that he’ll probably feel better emotionally after Mom is gone if he visits occasionally, no matter how painful it is. If visits still aren’t his cup of tea, suggest that he at least call weekly or write Mom short notes every so often and send pictures of the family. Although communicating by phone and mail can still be challenging and upsetting, they are less involved ways of maintaining this connection and showing Mom that she’s loved. As caregivers, at some point we must realize that we cannot change others and learn to pick our battles.

Refresh #3: I haven’t taken time to learn about the progression of Mom’s condition.

You should be proud of the fact that your mom’s move to assisted living has been successful. You both have more help and resources available, which ensures that Mom is well cared for and gives you peace of mind. However, caregiving needs can change quickly, especially when dementia is a factor. It would be wise to give yourself a deadline to begin researching the next steps in her care and make a to-do list of future bases that must be covered. The first objective is completing the research itself, which can be done at your convenience online. You can also speak with Mom’s doctor, social workers, nurses and other medical professionals (if you have the proper legal documents) to get more personalized insight into her condition. While each dementia patient experiences a unique progression through stages and symptoms, a ballpark idea of what to expect is invaluable. Ideally, you should have already spoken with the administrator at Mom’s assisted living facility to learn about how costs will increase along with her growing needs. More importantly, you’ll need to know exactly what kind of limits there are on the type of care the facility and its staff can provide. Once Mom surpasses that level of care, she will need to move to a higher level facility, such as a specialized memory care unit or skilled nursing facility. For this reason, it is very helpful to investigate these senior living options in your community so that you are prepared if/when this move becomes necessary. Ask friends, family and medical professionals for referrals, and search online for care providers in your area. All of this doesn’t have to be done at once, but having these objectives on your radar and planning ahead for them will help minimize unnecessary surprises.

Refresh #4: I keep putting off my own medical appointments.

While it may seem counterintuitive, the cardinal rule of caregiving should be: take care of yourself. Your mom has professionals looking after her most of the time. Yes, you take her to medical appointments, but you still need to make time for your own. Whether you realize it or not, caregiving affects your health. As I mentioned above, care needs can change quickly. Use this time to get caught up on your own physical and mental health care. It will ensure you’re better prepared to handle changes in your mom’s needs. Furthermore, if you neglect yourself and fall ill, then who will visit with and advocate for Mom? The better shape you’re in, the better you’ll be able to care for your loved one.

REFRESHING YOUR OWN CARE PLAN

We’ve gone through Ann’s hypothetical care plan refresher, but now it’s time to examine your routine and write out your own lists. Maybe you’ll only have one or two areas that could use improvement, or maybe you’ll have a significant list of challenges to address. This exercise may seem overwhelming, but it’s crucial to think about your care plan from time to time to ensure you are meeting all needs (including your own), you are able to handle emerging changes, and to certify that your approach is still the most efficient one. Just remember to give yourself credit for your caregiving “wins” and allocate ample time when it comes to rectifying problems. If you take the time to develop a solid care plan now and revisit it every few months, your challenges list (and stress!) should begin to shrink.

Carol Bradley Bursack, Minding Our Elders

LSVT BIG PROGRAM
FUNCTIONAL TREATMENT FOR PARKINSON’S DISEASE

Randolph Health Deep River Physical Therapy is now offering a new, cutting-edge program for patients with Parkinson’s disease at their Randleman location.

Many are now benefiting from the LSVT Big Program. This program consists of 16 individual, one-hour sessions (4 days a week for 4 weeks) with a Certified BIG specialist. The program includes intensive exercises to treat PD symptoms, functional skills training personalized to you, and homework to accelerate progress. This program helps improve function and slow motor deterioration through amplitude-based exercise and re-education of the sensorimotor symptoms.

For more information, contact:

Randolph Health
Deep River
Physical Therapy
148 Pointe South Drive
Randleman, NC 27317
336-799-4435



Are you caring for a Veteran?
Call 704-638-9000 x15505 to see if you are eligible for services through the Program of Comprehensive Assistance for Family Caregivers (PCAFC).

Take care of your body. It's the only place you have to live.

Jim Rohm



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 Association
336-625-3389

Funds provided by the
Family Caregiver Support Program