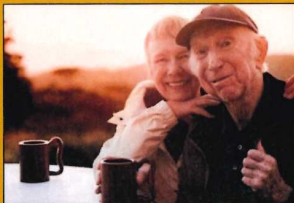
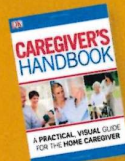


## Free Caregiver Skills Class For Family Caregivers



Physical and Occupational Therapists will train family caregivers on how to physically care for an older adult

- Transferring
- Personal Care
- Feeding
- Fall Prevention
- Medical Equipment Use



Each caregiver will receive a copy of the Caregiver's Handbook

**Thursday, June 19, 2025**  
**5:30pm – 8:00pm**

**Clapp's of Asheboro**  
**500 Mountain Top Drive, Asheboro**

*Light dinner will be provided at 5:30 with class starting at 6:00*

Participants need to register by June 16<sup>th</sup>, contact:  
Margie DiDonna or Lisa Alley ~ Randolph Senior Adults Association  
336-625-3389

*In-Home Respite Care by certified nursing assistants may be available so caregiver can attend this workshop.  
Call for more information*



**FREE FANS**  
AVAILABLE  
FOR SENIORS AND  
THE DISABLED  
NEEDING HEAT RELIEF

Contact your local senior center:

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

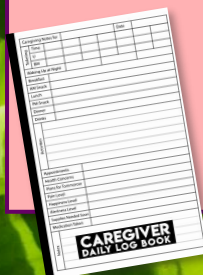
Fans provided through funds from  
Duke Energy Carolinas, Duke Energy Progress,  
and community donations

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

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 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



## JOIN US AT THE MOVIES!



**FREE**  
**Over**  
**50\***

Upcoming Movies . . .

. . . at the **SUNSET THEATRE**

**July 3**  
**Protocol (1984)**

**August 7**  
**Roustabout (1964)**

**September 4**  
**Room for One More (1952)**

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

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

## 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).



When you contribute to Randolph Senior Adults Association, a non-profit organization, you make an immediate difference in the lives of seniors and their caregivers. Our caregiver and meal programs help seniors stay independent for as long as possible so they can age at home in their community.

Donations can be made:

Online - [www.senioradults.org](http://www.senioradults.org)

Mail - Randolph Senior Adults Association

347 W. Salisbury Street, Asheboro, NC 27203

Call - 336-625-3389

*Thank you for your generosity!*



# The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 29– June 2025



RANDOLPH  
SENIOR  
ADULTS  
ASSOCIATION

## Outdoor Music

Spring is the perfect time to start enjoying being outdoors. Fresh air is so good for us.

This time of year Commerce Square in Randleman and Bicentennial Park in Asheboro begin to have music events in the park. You can bring your folding chair, a snack and just relax and have a good time!

For the Saturday Randleman concert schedule, go to [cityofrandleman.com](http://cityofrandleman.com).

For Bicentennial Park Friday and Sunday concert information, go to [downtownasheboro.com](http://downtownasheboro.com).

These concerts are a fun thing to do to get out of the house!

Free copies of *The Nurturer* can be picked up at all Randolph Senior Adult Association centers, Regional Consolidated Services and other community locations.

*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: [rcaa2@senioradults.org](mailto:rcaa2@senioradults.org) to be added to our mailing list.

Follow Randolph Senior  
Adults Association  
On Facebook



## OUR PLACE ADULT DAY CARE

Our Place Adult Day Care is designed to aid in the care and quality of life for adults who live at home, yet require assistance with their daily living. **Our Place** provides care during the day so that family members

or caregivers can work, run errands, and get some rest. Caregivers can have peace of mind knowing that their loved one is being well cared for in a safe place. **Our Place** contributes to a richer, more enjoyable life by offering socialization and activities that promote mental and physical well-being, such as:

- **Discussion groups** (current events, weather, hobbies, etc.)
- **Exercise** (chair yoga, Chair Zumba, Walk About, etc.)
- **Arts and Crafts** (watercolors, sun catchers, drawing, etc.)
- **Games** (bingo, bean bag toss, card games, cornhole, etc.)
- **Music** (piano and singing, music therapy, etc.)
- **Educational programs** (gardening, cooking, trivia, etc.)

**Our Place** helps our participants to maintain or regain a responsible level of independence. Many of our participants see an improvement in mental and physical health while attending our program.

**Our Place Adult Day Care** is a non-profit organization and a part of Randolph Senior Adults Association. We serve adults, age 18 and over and are open Monday through Friday, 8:00am-4:30pm. We are located at 714 Farr Street, at the

end of East Pritchard Street in Asheboro. **Our Place** is certified by the NC State Division of Aging and Adult Services.

*Enrolling is quick and easy!*

Please call 336-629-3787  
with any questions  
or to apply.



*This institution is an equal opportunity provider.*





## 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

239 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](http://www.senioradults.org)

Follow us on facebook and Instagram!



## Emergency Planning Workbook



As a primary caregiver, others may not know how to provide care as well as you do, which can put your care recipient's health and safety at risk. It can be scary and overwhelming to think about what could happen if you aren't there to help your care recipient. An emergency plan can help put you both at ease. You can also call it a backup plan or a contingency plan. A good emergency plan includes all the information that someone else will need in order to take care of your care recipient. Even if caregiving tasks feel natural to you, they may be difficult for someone who has never cared for your care recipient before.

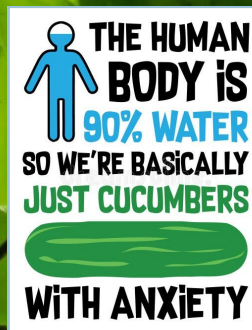
Download and print this workbook to document important information, like who can provide care for your care recipient if you are not available.

This web address will bring you to the *NC Caregiver Portal*. Create a login to access the workbook along with other informative videos and articles to help family caregivers:

<https://nc-caregivers.com/learning/emergency-planning-workbook>

### START YOUR RESEARCH BEFORE YOU NEED IT

Gathering information about your care recipient's diagnosis, potential needs, and how you can more easily help, can make you feel prepared and more confident to work through new needs as they come up.



## SUPPORT GROUPS

### Diabetes Support Group

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

### Dementia 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

### 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/)

## 4 SKILLS FOR MANAGING MEDICATIONS

Managing medications is essential for your care recipient's health and well-being. It can be hard to know where to start or what to do when challenges arise.

### 1. Stay Organized

- Keep an up to date list of your care recipient's medications and how to use them.
- Create a system using organization tools and storage solutions.
- Use reminders to make sure medications are taken on time.



### 2. Manage Risks

- Use strategies to avoid missed medications or mistakes.
- Start the conversation about reducing your care recipient's medication burden.

### 3. Prepare Questions

- Enhance understanding about their medications and how to use them.
- Plan what to ask if your care recipient is discharged from the hospital.

### 4. Make A Plan

- Know what to do if a dose is missed or a medication mistake happens.
- Use strategies if your care recipient resists taking their medications.
- Use resources to pay for their medications.

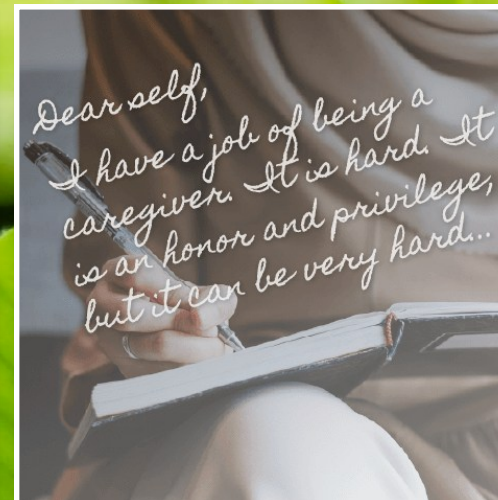
[nc-caregivers.com](http://nc-caregivers.com)

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



## 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)

## RESOURCES

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

**National Stroke Association**  
888-4STROKE (888-478-7653)  
[stroke.org](http://stroke.org)

**American Diabetes Association**  
800-DIABETES (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**  
800-622-9010  
[kidney.org](http://kidney.org)

**Arthritis Foundation**  
800-283-7800  
[arthritis.org](http://arthritis.org)

**Parkinson's Foundation**  
1-800-473-4636  
[parkinson.org](http://parkinson.org)

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

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

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

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





# CAREGIVER Coffee House

3<sup>rd</sup> Friday of the Month | 12 - 1 p.m.  
June 20, July 18 & August 15  
Hospice of Randolph - Education Building  
416 Vision Drive in Asheboro

Caregiver Coffee House is a relaxed, welcoming space where caregivers can come together over a cup of coffee to share experiences, challenges, and support.

This informal monthly gathering offers a compassionate environment to discuss the emotional toll of caregiving, including the often-overlooked aspects of anticipatory grief.

Whether you're caring for a loved one with a chronic illness or navigating end-of-life transitions, this is a place to connect, reflect, and find comfort in community.

To learn more, visit the Events page at:  
[www.hospiceofrandolph.org](http://www.hospiceofrandolph.org)



*A free online resource for caregivers*

Explore articles and videos about important caregiving topics. Engage with activities to help you expand your knowledge and your skills.



## Are you a caregiver?

Caregiving Companion is for anyone who is providing unpaid care to a family member, friend or neighbor.

Whether you are new to taking care of someone or have been in your role for a long time, we have resources to support and encourage you.

We know caregiving is hard - and we want to help.

## Know someone who is a caregiver?

Be sure to share Caregiving Companion with them!



**Get Started Today!**

Scan the QR code with your mobile device or visit:

[www.caregivingcompanion.org](http://www.caregivingcompanion.org)



The Randolph Senior Adults Association proudly marks its 50th Anniversary this year, celebrating half a century of dedicated service to seniors in our community. For fifty years, we have remained steadfast in our commitment to enhancing the lives of those aged 50 and above, consistently providing vital services, resources, and opportunities that empower seniors to lead fulfilling lives.



## Coloring Corner



## To Help Seniors Stay Hydrated:



1. Have a set water schedule
2. Check lips and skin elasticity at meal times
3. Offer sufficient fluids at every meal
4. Keep bottled water within reach near beds and chairs
5. Check urine frequently (it should be light)
6. Ask preference of fluids
7. Offer a full glass of fluids with medications

[aspenseniorecare.com](http://aspenseniorecare.com)

## INCONTINENCE SUPPLIES

Incontinence supplies can be an expensive part of caregiving. Randolph Senior Adults receives donations of pullups, taped briefs, bladder pads, gloves and bed pads. If you or a family member is in need, please contact:

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

## DID YOU KNOW . . .

That Randolph Senior Adults has a medical equipment loan closet? We accept gently used walkers, canes, shower benches or stools, manual wheelchairs, and bedside commodes. If you would like to borrow or donate any of these items, please call 336-625-3389.

*\*Items other than those mentioned above can be donated to Christians United Outreach Center (CUOC) at 930 S. Fayetteville Street, Asheboro or call 336-625-1500.*



**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, Liquid Nutritional Supplements, 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** offers caregiver respite care, minor home improvement, and medical equipment.

**Contact Evelyn Perez at 336-629-5141**



What is the Guardian Project?

The purpose of the Guardian Project/ Vulnerable Population Registry is to provide emergency responders with important information from individuals who may require assistance during an emergency, e.g.: flood, hurricane, power outage, medical emergency, missing, etc. The registry is a community-focused policing source designed to enhance and promote communication between vulnerable individuals, their support networks, and emergency agencies.

This program is voluntary and individuals in the registry may decide whether or not to accept assistance. Completion of this form in no way ensures that the individual completing this form will receive immediate or preferential treatment in an emergency. Individuals should maintain a personal emergency plan.

Who is a Vulnerable Person?

A vulnerable person is defined as someone who due to medical, cognitive, mental health, or physical condition may exhibit patterns of behavior that may pose a danger to that person or someone around them; including people who suffer from dementia, Alzheimer's Disease, or have an autism diagnosis.

How does this work? Voluntary Participation.

An individual and their caregiver can choose to register information about their specific needs, including medical conditions, communication preferences, emergency contact details, a detailed physical description, and any specific sensitivities the individual may have. Information submitted to the registry is strictly confidential, used solely for emergency response purposes, and integrated into Randolph County's computer-aided dispatch (CAD) system, providing prompt accessibility and ensuring that essential information/ critical detail is available to first responders to tailor their response to the situation and meet the specific needs of individuals listed in the registry during service calls.

The information provided for the person could also help first responders locate them and return them home promptly if they were to wander away from home.



What is the goal of the registry?

- An informed response. To provide law enforcement and emergency responders with quick access to critical information about a registered person so the responder can assist in an emergency. By having readily available information, first responders can quickly assess a situation and provide appropriate assistance, potentially saving valuable time in critical moments.
- The registry empowers individuals with vulnerabilities to feel more secure and supported in their community.
- This initiative encourages collaboration between community members, agencies, and law enforcement to better serve vulnerable populations.

How does the optional GPS-enabled tracking work?

A cellular and GPS-enabled watch, worn by an individual with cognitive condition(s) prone to the life-threatening behavior of wandering, sends location information to a caregiver's smartphone through the Theora Link app. The caregiver can view the watch's location on their phone through the app. Additionally, the system sends alerts if the wearer exits a designated safe area. The watch features an SOS button for the wearer to contact a trusted family member. Caregivers can also connect directly with the watch. The watch will automatically answer any number associated with the device.

This approach focuses on the individual, allowing for healthy movement and greater independence rather than confinement.

Key Features

- Safe zones** – set up geofences anytime for any location so you are alerted when your loved one enters or exits a safe zone.
- Quick Connect** – call your loved one anytime, the wearable will automatically answer, and you are connected.
- SOS button** – your loved one can call you when they need help.
- Low battery notifications**- helps you keep your loved one's wearable charged and ready.
- No spam** – only phone numbers set-up in Theora Link can call the wearable.
- Register online at:**  
randolphcountync.gov/FormCenter/RCSO-11/Vulnerable-Person-60

In-Home Care: Helping Loved Ones Age in Place

Three-quarters of older adults want to stay in their home and communities as they get older. Family caregiving is a key component to making that wish a reality. Helping a loved one age in place may mean anything from stopping by a parent's home to check in every few days to assisting with tasks such as bathing and meal prep, as well as activities including medication management and administering injections. Whatever level of care you provide, these tips can help you help your loved one remain at home for as long, and as comfortably, as possible.

1. DEVELOP A PLAN

Planning for both the short and long term is important. You need to stay on top of the daily stuff, the doctor appointments and prescription refills while thinking through the what-ifs of your relative's age and condition. You can't anticipate every scenario, but being forward-thinking now will help you respond more quickly and effectively in an emergency. And don't go it alone. Reach out to form a larger team of family, friends and others who can help you.

Determine tasks and find consensus. Ask team members what they're willing to do to contribute to the individual's care. Even if they live far away, they can handle jobs such as paying bills, ordering prescriptions and scheduling medical appointments. Work with them on a plan. Be honest with yourself. What are you prepared to do? If you are uncomfortable with hands-on caregiving tasks, such as helping a family member bathe, ask if another team member can step in, or discuss whether money is available to hire a professional. Summarize the plan in writing. A written record will ensure everyone on your team, including your loved one, is on the same page, thus avoiding misunderstandings. Remember, that the plan will likely evolve; update it as time passes. Make a back-up plan. If you are the primary caregiver, work with your loved one and other family members to create a contingency plan should you be unavailable or ill. Review legal documents. Both you and your loved one can fill out health care surrogate and financial documents so that you are able to pay bills on their behalf and make decisions about their health care should they be unable to.

2. MAKE ADAPTATIONS FOR SAFETY'S SAKE

If the person you're caring for has difficulty getting around or has compromised vision or hearing, you'll need to consider ways to make the home less hazardous. Consider consulting a professional, such as an occupational therapist, geriatric care manager or an aging-in-place specialist, who can assess the home and make recommendations. Be alert to changing needs over time. Make simple fixes for fall prevention. Some basic, low-cost changes include removing trip hazards like throw rugs, making sure the home is well lit (use automatic night-lights) and installing items such as adjustable shower seats, grab bars and handrails. It's a good idea to set up a medical alert system so your loved one is able to call for help.

Fine-tune the plan to account for dementia. Dementia brings with it particular worries about wandering and self-injury, but there are many ways to reduce risks. Examples include installing remote door locks, disabling the stove when it's not in use and keeping the water heater temperature to 120 degrees Fahrenheit or less. Modify more extensively if necessary. When physical limitations are more severe, you may need to hire a contractor to make structural changes, such as installing wheelchair ramps, creating adjustable countertops and widening doorways. Continue to evaluate their living situation. There may come a time when your loved one's home is no longer able to meet their needs.

3. MANAGE HEALTH CARE NEEDS

Caring for an aging or chronically ill relative can mean performing some basic medical tasks and keeping track of a confusing mix of medications for a range of ailments. The key is to stay organized and know how to get the help you need. Stay on top of meds. Create and maintain an updated

medication list with the name, dosage, prescribing doctor and other relevant information, and bring it to medical appointments. Be ready to handle medical tasks. In the aftermath of a loved one's hospitalization, many family caregivers find themselves performing challenging tasks at home, such as injecting medicines and inserting catheters. Get detailed instructions and even a demonstration of how to do necessary procedures before you leave the hospital. Prepare for emergencies. Prepare a home medical kit and, if you live in an area prone to extreme weather, an emergency go-kit. Consider putting plans in place in case evacuation is necessary. Set up home health services. Medicare will cover certain in-home services deemed medically necessary, including part-time or intermittent skilled nursing care, or physical, occupational or speech therapy. A patient who is considered homebound, or who is unable to make an office visit, may qualify for these services on an ongoing basis.

4. MAINTAIN A HEALTHY LIFESTYLE

Caregiving can become all-consuming, especially if you are sharing a home with the person you're caring for. You may find yourself playing nurse, life coach, nutritionist and social director. All of these roles are important for maintaining your loved one's mental and physical health. Just don't neglect your own.

**Address social needs.** Isolation and loneliness are associated with poorer health; helping your family member and yourself avoid them is a key part of caregiving. You could find a community arts program for seniors, invite friends and relatives to visit, or go out to eat together. **Manage nutrition.** Be conscious of any dietary restrictions, and encourage your loved one to maintain a balanced diet and avoid processed foods. Look into home-delivered meal programs, and be sure the person drinks plenty of fluids, as dehydration can cause fainting, headaches and more conditions.

**Encourage exercise.** Staying mobile can help older people maintain strength, balance, energy and brain health, among other things. Your loved one's abilities will vary, and you should check any exercise regimen with a doctor, but the routine might include activities like walking, seated yoga, swimming or lifting small weights.

**Establish boundaries.** Everyone needs a level of privacy, especially if the person you're tending to lives with you and your spouse or partner. Ideally, you should have some separation between living areas and be able to schedule time together as a couple.

5. GET HELP

Depending on the severity of your loved one's problems, you may need a bit of assistance — or a whole lot of it. Rely on your team for help with some caregiving tasks and to fill in so you can take breaks. Don't feel guilty: Your own health and the quality of your caregiving will suffer if you try to do everything and don't take time for yourself.

**Ask friends and family members for help.** Plenty of people in your life will be happy, or at least willing, to lend a hand if you ask. Maybe someone could pick up a prescription for you on the next trip to a nearby shopping center, or a neighbor could stop by with dinner once a week. **Farm out some household jobs.** Consider paying for relatively small services that will relieve your burden, such as a weekly housecleaning, yard care or grocery delivery. If you live apart from your loved one, you could do the same for your home.

**Hire in-home care.** You can go through an agency or hire a caregiver directly, but either way, be sure to check references and background, and monitor performance carefully. Cautionary tales abound. It's smart to rely on word of mouth. Ask fellow caregivers for recommendations. **Watch your mental health.** As a caregiver, you are at a higher risk for stress and depression. If either grows serious, seek help from a mental health professional. And consider reaching out to other caregivers for support and advice.



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

THE **NORTH CAROLINA CAREGIVER PORTAL** ALSO HAS OPPORTUNITIES  
FOR CAREGIVERS TO INTERACT WITH OTHER FAMILY CAREGIVERS

Under the **Forum** tab, you can chat (text) with other caregivers. There is a main feed, and there are also group feeds you can join on these topics:

- \* Emotional Wellbeing
- \* Skills and Tips
- \* Information and Resources
- \* Caring for a Spouse
- \* Caring for a Parent
- \* Dementia Care

Under the **Events** tab you can join:

- \* Webinars
- \* Virtual Support Groups
- \* Anonymous Groups—Cameras and microphone's Off. These discussions are led by a Care Educator. You can share your thoughts by typing in the chat box, or just observe and learn from others.

You can find all this at [nc-caregivers.com](https://nc-caregivers.com)

