

## JOIN US AT THE MOVIES!



FREE  
Over 50\*

Upcoming Movies . . .

. . . at the **SUNSET THEATRE**

**October 5**

Sully (2016)

**November 2**

Jailhouse Rock (1957)

**December 7**

White Christmas (1954)

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

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

### 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

#### Family Caregiver Alliance

Online information and resources for caregivers  
caregiver.org

#### Family Caregiving

aarp.org/caregiving/



## Medicare Open Enrollment

Medicare Open Enrollment is from **October 15-December 7**

Counselors from The NC Dept. of Insurance **Seniors' Health Insurance Information Program (SHIIP)** are an unbiased source to assist you with your Medicare needs. The Randolph County SHIIP Coordinators are available all year long; and especially during Open Enrollment to check your plan for 2024. SHIIP Counselors are available Monday-Thursday, 8:30am-4:00pm, for help in person, phone, or email.

To review your plan, we need a current list of your prescriptions and Medicare card information. We may also need a list of your doctors. We will then discuss with you the search results.

It is so important to check your plan during Open Enrollment. Each year plans can have changes in premium, deductible, drug copays, medical coverage, doctor network, or extra benefits. You don't want to find yourself stuck in a plan that doesn't meet your needs. This simple inconvenience may save you a great deal of money and aggravation in 2024.

#### Randolph County SHIIP Coordinators

**Margie DiDona 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



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

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 programs help seniors stay independent for as long as possible so they can age at home in their community.

To make a donation online go to [www.senioradults.org](http://www.senioradults.org) or call 336-625-3389

# The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 22 - Sept 2023



## Go Outdoors!

Now that temperatures are cooling down, it will be nice to go outside and enjoy the weather.

If your loved one is able, take a trip to a farmers market or one of the many fall festivals coming up. Looking and/or buying some fresh fruits and vegetables or admiring some of the beautiful pottery for sale can bring back some nice memories.

If your loved one is unable to take a trip, maybe you can enjoy time out on the patio and play a game. Stop by the farmers market yourself and enjoy eating something together from the fruits or vegetables that you bought.

No matter what, it's time to enjoy the autumn weather!

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: [rksaa2@senioradults.org](mailto:rksaa2@senioradults.org) to be added to our mailing list.

Follow Randolph Senior Adults Association On Facebook



## FAMILY CAREGIVERS NEED RESPITE



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.

Why is respite care so important? The expression, "You can't pour from an empty cup," sums up the critical need for respite care. Family caregivers can give too much of themselves in service to a loved one and damage their own health and wellbeing. When that happens, everyone just needs care—medical care, home care, nursing care, you name it, depending on the circumstances. Even a weekly movie night out for a couple of hours, or a Sunday morning in church, during which time the person who needs care is tended to by another, can give someone back their own peace of mind or well-being.

Local resources for respite include:

**Regional Consolidated Services**— 336-629-5141

**Project C.A.R.E.** (for those caring for someone with dementia) - 919-660-7510

**Our Place Adult Day Care**—336-629-3787

**NC Lifespan Respite Program**— Contact Randolph Senior Adults 336-625-3389 x235

**Cross Road Caregiver Respite** (for those caring for someone with dementia) — 336-629-7811

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

Check Out Our Facebook Page



### Randolph County Register of Deeds

The Property Fraud Detection Notification Service is a free service provided to you by the Randolph County Register of Deeds office. This program will notify you when a document has been recorded that matches your name. This keeps you informed of all real estate transactions in your name....those you expect and those you don't! This free program will not prevent fraud, but will allow residents to find out about it quickly.

Go to: [www.randrod.com](http://www.randrod.com) and click **Fraud Detection** to register

It is so important as a caregiver not to become so enmeshed in the role that you lose yourself. It's neither good for you nor your loved one.

*Dana Reeve*



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

**"I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival."**

-Audre Lorde

*Mama Finds Her Way*



### LIFT CHAIRS FOR SENIORS

Are you a caregiver assisting a senior with a functional disability? Getting up from a seated position may put you or your care recipient at risk of injury.

Regional Consolidated Services has limited funds through the Home & Community Care Block Grant to provide a lift chair to eligible seniors.

For more information, contact:

**Regional Consolidated Services**  
109 N. Main Street  
Randleman, NC 27317  
336-629-5141

### 65+? Lonely? Need to talk?

NCBAM's Hope Line is here for you!

**866-578-4673**



NORTH CAROLINA BAPTIST AGING MINISTRY

### Claris Companion

## Connecting seniors to the moments that matter



For seniors at home, the intuitive Claris Companion tablet enables families to stay in touch and make sure they're safe.



For more information, please visit [www.clariscompanion.com](http://www.clariscompanion.com)

### Seniors love Claris Companion:

- No Setup or Passwords Required
- Remotely Managed by Family
- Internet Included
- One-touch Video Calling
- No Spam, Scams, or Viruses
- Friendly US-based Support

The member's tablet can be configured to only show messages from approved contacts that have been added in the family console. (Messages from unknown contacts or email addresses are not shown to the member on the tablet.)

For web-browsing, the member can access specific websites that have been added as buttons on the tablet. (The address bar isn't displayed.)

### Never Too Soon: The Importance of Advance Planning for People Living with Dementia

Advance planning empowers people to make their own decisions about important topics like finances, health care, and living arrangements before the need arises. Despite this, less than half of adults 65 and older have created advance directives. For people who suspect, or have recently been diagnosed with, dementia, planning for the future takes on greater urgency. Most forms of dementia are progressive and require increasing levels of support and care.

Thanks to medical advancements and improved practices, diagnosis is often happening earlier, enabling people with dementia to be more involved in decisions about their future. The National Alzheimer's and Dementia Resource Center, funded by the Administration for Community Living, has partnered with the American Bar Association Commission on Law and Aging to update a series of advance planning guides for people living with dementia. The guides are written in plain language and are intended to support people living with dementia and their family members in knowing what to plan for and how to get started. Key things to know about advance planning with dementia:

**1. Name a health care agent and a financial agent** Most people living with dementia will eventually need support in making decisions about their health care and in managing their finances. Creating a health care power of attorney and a financial power of attorney protects the person and those they love by making it clear who can support them in making decisions if they're not able on their own.

**2. Continue to talk with the agent(s) and other family members** Once agents have been named, it's important that they and other family members understand the person's values and preferences about personal and medical care, as well as money management. These are not easy conversations, but they can ultimately bring great peace of mind to everyone involved. There are several resources for having these conversations that are included in the advance planning guides.

**3. Continue to involve the person living with dementia in decisions** As the person living with dementia becomes less able to make decisions independently, they are often left out of important conversations. Health care providers may speak to the care partner rather than looking at the person directly. Family members may talk over or around the person living with dementia rather than engaging them in discussions. However, attitudes are changing. More people are realizing that there are ways to respect the personhood of those living with dementia, in big ways and small. Family members and providers can learn communication skills that support these conversations, and the person living with dementia's quality of life can be meaningfully enhanced.

**4. Help is available** Advance planning doesn't have to be overwhelming. The NADRC advance planning guides are great resources. Putting these important advance plans in place is a great act of caring that can bring people living with dementia—and those caring for them—great peace of mind.

[www.nadrc.acl.gov](http://www.nadrc.acl.gov)

**NADRC**  
National Alzheimer's and Dementia Resource Center





**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

**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

**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,



**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!**



**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*

**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

**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 Caugron - 336-580-9937 or 629-6397

**Duke Dementia Family Support Program**  
**Various Support Groups via Zoom**  
Various dates and times  
Natalie Leary - 919-660-7542  
dukefamilysupport.org/support-groups/

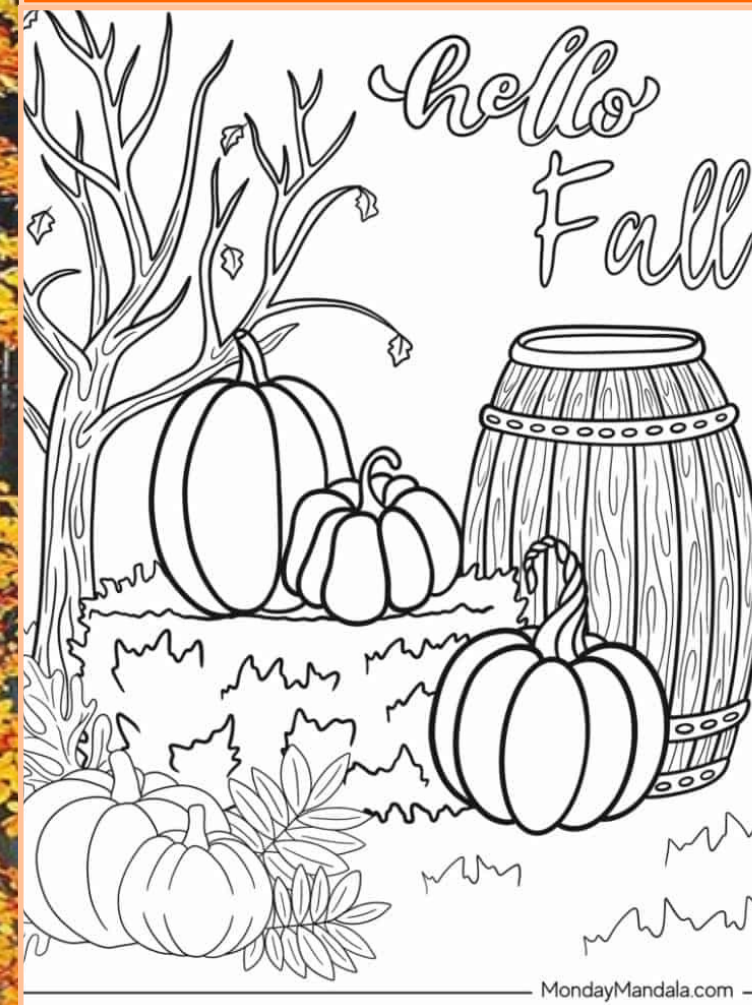
**DID YOU KNOW . . .**

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.*



**Coloring Corner**



**CAREGIVER TIP**— When our loved one is in the hospital, doesn't it seem like the doctor stops by just when we have stepped away to get something to eat, or run home? In order to get your questions answered, leave a written note with your questions for the doctor to write in their answers.

**I Am A CAREGIVER**  
**I Can't Promise**  
**TO FIX ALL YOUR PROBLEMS**  
**But I Can Promise**  
**YOU WON'T HAVE TO**  
**Face Them Alone**

**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





# NORTH CAROLINA PROJECT C.A.R.E.

CAREGIVER ALTERNATIVES TO RUNNING ON EMPTY



### WHAT IS PROJECT C.A.R.E.?

Project C.A.R.E. (Caregiver Alternatives to Running on Empty) is a NC funded program supporting family caregivers of people living with Alzheimer's disease or other related dementia(s). The program utilizes a care consultation model providing information and referral services, dementia specific education, caregiver assessment, and care planning.

### Information & Referral Services

Connecting families with available community resources and services in an attempt to meet the unmet needs of family caregivers including dementia-specific information, caregiver education, support groups, community-based services and supports, and referral to entitlement programs.



### Education

Dementia-specific education and training is provided to assist families to better understand the disease and the progressive changes that could occur. Common topics include behavioral management, safety in the home, caregiving coping strategies, and caregiver self-care and well-being.

### CARE CONSULTATIONS

Family consultants provide face-to-face and telephonic person-centered care counseling to unpaid primary family caregivers. During this coaching process, an individualized care plan is developed with the caregiver based upon an assessment to address their areas of concern. The consultant will follow up for a short period of time assisting the caregiver as needed. To be eligible for care consultation, the care recipient has been diagnosed with Alzheimer's or other related dementia(s) and the adult caregiver recognizes they can benefit from case management. Oftentimes, caregivers may need respite which provides a temporary break from the stresses that can be associated with caregiving. Vouchers may be available for care consultation clients who need financial assistance to pay for the respite. Consumer-directed respite may be provided in several ways:



- In-home care
- Adult day care
- Group respite
- Long-term care facility

### NC Project C.A.R.E.

Duke Dementia Family Support Program  
3600 Duke University Medical Center  
Durham, NC 27710

919-660-7510

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

### NC PROJECT C.A.R.E.

Alzheimer's dementia is the sixth leading cause of death in the United States, and yet there is no cure. In North Carolina, over 160,000 people have Alzheimer's or another type of dementia. Families are profoundly affected, not only by the impact on an individual's life, but also how it reshapes the family dynamic. It is well known that family caregivers provide most of the care for individuals living with dementia and they may do so for many years. Oftentimes, this care causes significant emotional, health, and financial challenges for the caregiver(s) and their family. Our specialty-trained team of family consultants coach caregivers as they learn about the disease, develop new coping skills, and find solutions to pressing situations and circumstances. Project C.A.R.E. is funded by the State of North Carolina to assist family caregivers as they navigate the challenges caused by dementia.

### TIPS FOR TALKING WITH AGING PARENTS

**Aging parents may face a loss of independence which can lead to overwhelming feelings of fear, sadness, and embarrassment. Parents and children may find themselves reversing roles as caregivers. Here are some tips for talking with your parents about their social and financial needs:**

Begin the conversation early while parents are still in good health. A good opener might be "I love you and I want to be the best son/daughter to you that I can be! Would you be willing to talk with me about your thoughts and concerns about aging? If you would, I'd like to offer you my help."

**If practical, include other family members in the discussion.**

Help your parents understand that the purpose of the conversation is to ensure that their goals and needs are met as they age.

**Ask your parents about their specific goals and needs using open-ended questions.**

Use "I" statements instead of "you" statements ("I am concerned" rather than "you are making me worry.")

Parents need to participate in making decisions that impact them. The time may come, however, when you and they will need to balance their independence with their safety.

**Always treat your parents with respect. Their wishes should prevail unless their health and safety is in question.**

Express concerns instead of offering advice.

**Listen carefully and don't be afraid of silence— your parents may need extra time to think and process the information.**

Ask about the location of important documents (e.g. wills, life insurance policies, etc.) You might begin by saying "Mom, would you be willing to tell me where your important documents are located so I could find them if needed? It would make things a lot easier for me if the need arose."

**Find out if your parents have an up-to-date estate plan.**

Provide information to parents on programs that may help them pay for medications, health care, food, and utilities.



### Emergency Planning for Electricity-Dependent Medical Equipment Users

Many people with disabilities use durable medical equipment to help treat chronic conditions and disabilities, some of which may be electricity dependent. It's important for these individuals to have a plan for emergency situations where electricity is not readily available. Examples of electricity-dependent equipment include:

- Power wheelchairs or mobility devices
- Ventilators
- Oxygen concentrators
- Chair lifts
- Communication devices
- Nebulizers
- CPAP and other sleep apnea devices
- Infusions, intravenous equipment, and feeding equipment
- Suction pumps used by individuals with difficulty swallowing
- Dialysis machines



Many of these devices are life-saving, so the thought of being without is scary. Talk to local electrical companies about programs available to help people with disabilities in emergency situations who are power-dependent. Many utility companies maintain a database of "priority people" who need power restored as soon as possible, and individuals with disabilities can sign up for this.

### 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).



### Medicare Fraud

Help by educating yourself and your loved one on how to prevent and detect health care fraud, errors, and abuse.

Be on the lookout for items such as durable medical equipment (like boxes of knee braces) lying around the house that may have been shipped to the beneficiary without their or their doctor's approval.

Remind your loved one to never give out their Medicare number or other personal information over the phone.



### 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