

JOIN US AT THE MOVIES!



FREE
Over 50*

Upcoming Movies . . .

. . . at the **SUNSET THEATRE**

February 1

Viva Las Vegas (1964)

March 7

All That Heaven Allows (1955)

April 4

Smokey and the Bandit (1977)

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/



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 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

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



When you feel like you might not be doing enough as a caregiver, remember in a facility it takes three shifts of people to do what you do, and they get vacation days!

Don't be so hard on yourself, you're doing a great and important job!



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 go online to www.senioradults.org or call 336-625-3389

The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 23 - January 2024



Indoor Fun

Don't let the cold weather outside make you want to hibernate! There are creative things you and your loved one can do.

Have a spa day. Have fun and laugh doing different hairstyles. Both of you can get pampered with face masks and a manicure.

Maybe your loved one is a football fan. If they have a great memory of a past big game, see if you can get it On Demand to watch together; or you can watch the playoffs and the Super Bowl.

Another fun idea it to watch one of their all time favorite movies and of course have some popcorn or other go-to snack ready.

Whatever you choose, don't let the cold weather bring you down!

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.

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

Follow Randolph Senior Adults Association On Facebook



Avoid Falls at Home: 5 Easy Ways to Make Your Home Safer

Thousands of older adults fall at home each year due to common household hazards. Make sure your home is safe and help prevent falls by following a few easy tips. And an occupational therapist or physical therapist can conduct a home assessment and make recommendations on ways to help you live safely while doing the things you love to do at home every day.

- 1. Clear the way.** Remove tripping hazards, like throw rugs, cords, or clutter on the floor. Move furniture to create a path for safe movement.
- 2. Light it up.** Replace lightbulbs with bright, non-glare bulbs to help you see around the house.
- 3. Have a seat.** Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.
- 4. Secure some support.** Buy a shower seat, grab bar, and an adjustable-height handheld showerhead to make bathing easier.
- 5. Store for success.** Keep frequently used items between waist and shoulder height, making them easier to access without the need for a stepstool or unsafe reaching.

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251 18th Street South, Suite 500, Arlington, VA 22202



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

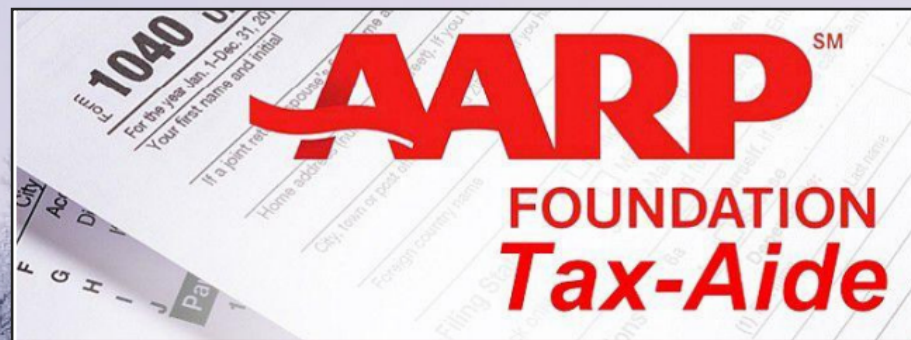
714 Farr Street
Asheboro, NC 27203
336-629-3787

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



The Volunteer AARP Tax Prep Team is returning to the Randolph Senior Adults Association to complete 2023 tax returns

BOOKING APPOINTMENTS STARTING JANUARY 16TH!

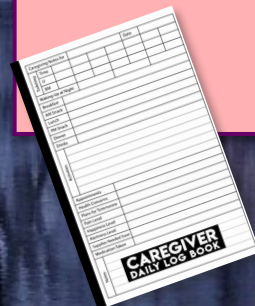
- The first appointment times will be for **Saturday, February 3.**
- Appointments will be booked for **Saturdays & Mondays through Saturday, April 13***.
- **All appointments must be booked by telephone** by calling **336-625-3389**. **There will be no appointments booked in person.**
- **You must have an appointment for tax service this year.** There will be **no walk-ins accepted.**
- **You will need to pick up and complete a tax prep packet prior to your appointment.** Packets are available at the receptionist desk at 347 W. Salisbury Street, Asheboro.
- Taxes are prepared by a **volunteer AARP Tax team**. This is a **FREE** service **open to all ages**. You **do not** have to reside in Randolph County to participate.

*The RSAA will be closed for Good Friday on March 29th and therefore, we will not be open for Tax Prep appointments on Saturday, March 30th. Also, in the event of inclement weather, the RSAA may be closed and tax prep appointments may be canceled and rescheduled.

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

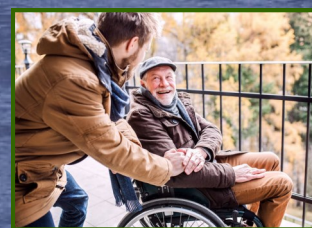


LIFT CHAIRS FOR SENIORS

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



Types of Medical Alert Systems and How They Work

Medical alert systems can be described by where they're used (in-home or on the go) and by whom you talk to through the device (a professional monitoring center, a friend, or 911). We'll break down the terminology so you can choose the system that's right for you.

What's a medical alert system and how does it work?

A medical alert system provides you with a button you can push for assistance during an emergency. The help button is usually worn as a pendant or wristband, but you can also place buttons on the walls throughout your home. A call is placed to a family member, 911, or professional monitoring center within about 30 seconds of pushing a medical alert button. The system's base station or the button itself has a speaker and microphone to facilitate the conversation. Don't worry if you can't think or speak during your emergency—the person on the other end of the phone takes that as a sign that you need immediate help. They'll dispatch someone to your home or GPS location, depending on the type of device you're wearing.

How does a monitored medical alert system work? When the button is pressed and held, a monitoring center is alerted. A person will speak to you through the base unit or wearable device. You can talk back and let them know what's going on. If you just need a friend or family member to stop by, the monitoring center will call them on your behalf. If you need immediate attention, the center will call 911 and dispatch emergency responders. Monitored medical alert systems require a monthly fee. Your subscription may include additional perks, such as free spouse coverage, Rx alerts, daily check-in calls, and replacement batteries.

How does an unmonitored medical alert system work? When you press and hold the emergency button on an unmonitored medical alert device, it calls a friend, family member, neighbor, or other pre-programmed emergency contact. There's no monthly fee associated with an unmonitored medical alert device.

Which is better, monitored or unmonitored? We recommend choosing a monitored system. If your unmonitored system is set up to call a family member, there's a chance they won't recognize the number or hear their phone go off. When your device is connected to a professional monitoring center, your call will be answered in seconds, guaranteed. If your device is set up to call 911, you may not feel well enough to talk to them. The monitoring center keeps a record of your home address along with details about your medical history and the code to get into your spare key lockbox. If you use a GPS-enabled mobile device, your precise location also transmits to the monitoring center. They can relay all of this information to the emergency responders who won't waste any time trying to find you or get into your home.

Why can't I just use my phone?

It's much easier to push a button than it is to pick up a phone and dial the correct number, especially if your medical emergency leaves you feeling confused or weak. A medical alert button is waterproof, so you can wear it in the shower. You definitely can't do that with your phone.

Why can't I just tell Google Assistant or Amazon Alexa to dial 911?

These smart hubs can't call 911 on your behalf, at least not through a voice cue. However, new tech like Alexa Together and Lively's Echo integration make it possible to get help from family members or professional monitors by activating a voice hub.

If your medical emergency makes it difficult to breathe, you won't be able to use a voice-activated device. Plus, the smart hub may not hear you depending on where you are in your home. A wearable button keeps help within reach at all times. Still, a voice-controlled system is a great back-up option in case you experience poor mobility.

What are the different types of medical alert systems?

In addition to monitored vs. unmonitored classifications, the main types of medical alert systems include in-home stations or mobile devices. An in-home medical alert system consists of a base station, a wearable device, and optional accessories like wall buttons or voice extenders.

The base station functions as a speakerphone, so keep it in a central location where you'll be able to talk to the monitor if needed. The wearable device only works if it stays near the base station, so it's best for folks who spend most of their time at home.

Landline vs. cellular in-home alert systems

Landline medical alert systems are more affordable than cellular systems and more reliable in remote areas.

Cellular in-home medical alerts are a little more expensive but usually pair with more accessories, like wall buttons and extra pendants, compared to landline systems.

Mobile medical alert systems

A mobile medical alert system works outside the home and runs off battery power. Mobile alert systems typically include GPS tracking technology. This helps the monitoring center (or your loved ones via a smartphone app) know exactly where you are in an emergency.

Types of mobile medical alerts Here are the most common types of mobile medical alert systems (also called GPS medical alerts):

Pocket base stations pair with the same necklace or wristband button that you'd wear around your home. The speaker and microphone are in the base station, so don't forget to grab it before you head out the door.

All-in-one mobile medical alert devices are worn on a lanyard or belt clip. They're lightweight and let you keep track of just one device.

Medical alert smartwatches include two-way talk and a help button. They're discreet, modern, and usually offer some extra functions like fitness-tracking apps. It's tough to find fall detection in medical alert watches, though.

Bluetooth medical alerts use your smartphone to make phone calls once the help button is pressed. They have a long battery life, but you have to keep your phone charged up and nearby at all times.

What is automatic fall detection?

An automatic fall detection device calls the monitoring center if it detects a fall followed by no movement. When the monitor speaks to you and receives no answer, they'll dispatch emergency responders.

How does the device know I've fallen?

Fall detection devices include a sensor called an accelerometer. The accelerometer measures how fast it moves through space. If it (and you, since you're wearing it) suddenly moves toward the ground faster than normal and then immediately stops moving, it's programmed to connect to the monitoring center.

But an accelerometer isn't a perfect fall detection sensor. It's prone to false alarms and might not detect a fall at all if it happens too slowly. That's why the best fall detection devices include at least one other sensor for improved accuracy: Gyroscope, Magnetometer, or Barometric pressure sensor

What are the limitations of fall detection devices?

Fall detection devices sense only rapid falls. Sliding off a wheelchair, bed, or couch won't register as a fall. Even if you wear a fall detection device, it's still a really good idea to have someone call or visit every day to make sure you're all right and to take proactive measures to prevent falls. Some medical alert systems use motion sensors or check-in calls as an alternative to fall detection devices. You won't get help quite as fast, but you won't be stranded for days either.

What's a personal emergency response system?

A personal emergency response system (PERS) is another name for a medical alert system. The name difference recognizes that not all emergencies are medical in nature. A PERS could be used by someone who feels unsafe walking home, for example.

Do I need Wi-Fi or a cell phone to use a medical alert system?

No. Most medical alert systems connect to cellular data. You don't need a cell phone, Wi-Fi, or internet for the device to work. You don't even need to pay for a separate cellular data plan—that's provided by the medical alert company.



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

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

COPING WITH AN ALZHEIMER'S OR OTHER DEMENTIA DIAGNOSIS

Information about Alzheimer's and Dementia

- ◆ There are several types of dementia, Alzheimer's is the most common one.
- ◆ Dementia is a progressive condition that gets worse over time. For some it may progress rapidly, for others more gradually over many years. Symptoms can improve with treatment, though there is no known cure. Caregiving demands will increase over time.
- ◆ Dementia can cause memory loss, personality changes, confusion, difficulty with daily activities like dressing and bathing, and wandering, among other changes.
- ◆ People living with dementia often experience increased confusion later in the day and evening. This is commonly referred to as "sundowning," and may be addressed by managing unmet needs and/or pain and by better organizing the flow of the day.
- ◆ Long term memory is often less impaired than short-term memory. They may enjoy talking about previous life experiences. Keep pictures or memorable objects nearby. Ask open-ended questions with no right or wrong answer.
- ◆ Follow their conversation and avoid correcting them or pointing out their mistakes. Arguing can lead to feelings of anger. Changing the topic can help if they are frustrated or upset.
- ◆ The Dementia Alliance of NC's Melanie Bunn leads a great video on Showing Love for People with Dementia, found at this website: [Showing Love for People Living with Dementia \(youtube.com\)](https://www.youtube.com/watch?v=...)

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!

- Wednesdays at 1:30 at the Asheboro Senior Center.
- Classes are approximately one hour.
- Class size is smaller to allow for one-on-one instruction.
- If you own a smart phone or tablet, you can bring it with you to learn how to use yours. Be sure to bring it fully charged. If you do not have a device, we have devices to use in class that we have purchased with grant funds.

For more information call Ginger Flynt at 625-3389 x211

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 Caughron - 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/



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

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



"Kindness is just love with its workboots on."
- Unknown

Home Helpers

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 rcsa2@senioradults.org

Dorothy had it right!

there's no place like HOME



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

Disaster Preparedness Guide for Older Adults

STEP 1 ASSESS YOUR NEEDS

An important first step in preparedness is understanding the risks you may encounter—big and small. While it may seem daunting, there are many ways to learn about common disasters in your community. Knowing what you may face will help you assess your needs and get you started on your preparedness journey.



Take Control in 1, 2, 3—Disaster Preparedness Guide for Older Adults
www.ready.gov



STEP 2 MAKE A PLAN

Now that you have assessed your needs, it is time to make a plan and build a kit. Sometimes disasters strike with little to no warning, so it is important to have a plan and be prepared for a sudden emergency. Be sure to review your plan regularly and share it with neighbors, friends, family, and caregivers. Follow the steps below to create your plan and build your emergency preparedness kit:

STOCK YOUR EMERGENCY KIT WITH THE FOLLOWING ITEMS:

- | | |
|---|---|
| <input type="checkbox"/> Water (one gallon per person per day for several days, for drinking and sanitation) | <input type="checkbox"/> Personal documents such as ID (make sure they are up to date) |
| <input type="checkbox"/> Food (at least a several-day supply of non-perishable food) | <input type="checkbox"/> Dust mask (to help filter contaminated air) |
| <input type="checkbox"/> Family photos, family mementos, and other keepsakes to take with you if you need to evacuate | <input type="checkbox"/> Plastic sheeting and duct tape (to shelter in place) |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Wrench or pliers (to turn off utilities) |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Manual can opener (for food) |
| <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Local maps |
| <input type="checkbox"/> Whistle (to signal for help) | <input type="checkbox"/> Cell phone with chargers and a backup battery |
| <input type="checkbox"/> Copies of Medicare, Medicaid, and insurance policies | <input type="checkbox"/> Pet food and supplies |
| <input type="checkbox"/> Copies of trust or will | <input type="checkbox"/> Medicine and medical supplies (a few days worth if possible) |
| <input type="checkbox"/> Copies of homeowner's or rental insurance and car insurance | <input type="checkbox"/> A complete list of medications and your doctors' phone numbers |



STEP 3 ENGAGE YOUR SUPPORT NETWORK

Now that you have assessed your needs, made your plan, and built your preparedness kit, it is time to engage your support network. It is crucial that you create a support network of family, friends, caregivers, neighbors, and others who can assist you during an emergency and engage them in your preparedness planning.

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).

65+? Lonely? Need to talk?

NCBAM's Hope Line is here for you!

866-578-4673

FAMILY CAREGIVERS: HOW TO ASK OTHERS FOR HELP

In a perfect world, caregiving is a shared responsibility. Unfortunately, the caregiving role tends to fall to one person – and that person alone. **Give each person a responsibility**—Even if the tasks required are small, make sure everyone gets one. **Divide up the tasks**—By dividing up the tasks, each person becomes more involved with the details. **Converse about issues**—If you don't express your concerns you can't expect your family members to know what you are thinking and feeling. **Don't be a control freak**—If you want to control every aspect of the care, other family members may be less apt to step in.



RSAA and RCATS Weather Policy

The safety of our participants, our volunteers and staff are the main priority in making the decision to close and stop transportation when severe weather occurs.

Randolph Senior Adults Association (RSAA) makes the decision to close all centers and stop transportation based on Randolph County Schools' status. **When Randolph County Schools are CLOSED or DELAYED, all locations of RSAA will be CLOSED.**

When RSAA closes, it includes the following locations and activities:

- Asheboro Senior Center and Meals on Wheels deliveries
- Archdale Senior Center and Meals on Wheels deliveries
- Liberty Senior Center and Meals on Wheels deliveries
- Randleman Senior Center and Meals on Wheels deliveries
- Our Place Adult Day Care
- The Harry and Jeanette Weinberg Adult REC
- RCATS Randolph County
- RCATS Montgomery County (based on Montgomery County Schools' status)

Centers and activities will NOT be listed individually.

When severe weather occurs, look for Randolph Senior Adults Association on television stations, www.senioradults.org and Randolph Senior Adults Association's Facebook page.

TV Stations:
WGHP Fox 8
WXII News 12
WFMY News 2
Spectrum Channel 14

Website:
www.senioradults.org
Facebook:
Randolph Senior Adults Association

How to Cope With Caregiver Guilt

- Identify when guilt occurs
- Re-evaluate your self expectations
- Don't stifle your feelings
- Connect with others
- Make time for yourself
- Go to group therapy or a support group
- Be kind to yourself
- Focus on quality time and find joy in the small moments
- Remind yourself of all the positive things you've done



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. Participants receive *The Caregiver Helpbook*, developed specifically for this program. **This class is scheduled for Spring 2024**

Caregiver Skills Class - During this two-hour class therapists will train family caregivers on how to provide physical care; such as the correct way to transfer someone from a bed to a wheelchair, personal care, fall prevention, how to properly use medical equipment, etc. Each participant receives a free copy of *The Caregiver's Handbook*, a practical, visual guide for the home caregiver. **This class is scheduled for Spring 2024**

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



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