

JOIN US AT THE MOVIES!



**FREE
Over 50***

Upcoming Movies . . .
... at the **SUNSET THEATRE**

April 4
Smokey and the Bandit (1977)

May 2
Funny Face (1957)

June 6
Father's Little Dividend (1951)

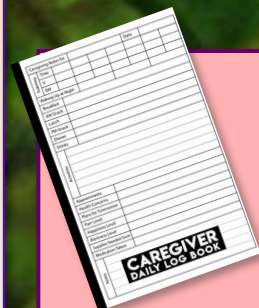
Doors open at 12:00 - Movie starts at 1:00

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

*Think how
you would
feel
if the roles
were
reversed*



**I AM NOT AN
EARLY BIRD OR A
NIGHT OWL.
I AM SOME FORM
OF PERMANENTLY
EXHAUSTED
PIGEON.**



**Supporting Caregivers of
People with Dementia**

Reach out to let caregivers know you are thinking about them and are available to help. Try to find out whether they prefer a call, card, email or visit. For example, an email may be considered easy and helpful by some but impersonal and burdensome by others.



2 Some people have a hard time asking for help. Instead of asking "Do you need help?" try offering something specific like "I love to cook. What's your favorite dish?" or "I'm going shopping tomorrow - what do you need?"

3 Some caregivers believe they should be able to do everything on their own and may not accept your help. If possible, gently remind them that good self-care will enable them to continue to care for others. Keep offering help every now and then if it feels appropriate.



4 Be on the lookout for signs that the caregiver is overwhelmed. Caregiver stress can lead to irritability, anger, exhaustion, anxiety, depression, withdrawal and other problems. The Alzheimer's Association has a free helpline at 800-272-3900 (24/7/365).

Source: <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/alzheimers/art-20048212>
NC BOLD North Carolina Building Our Largest Dementia (NC BOLD) Infrastructure Project

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

The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 24 - March 2024



Springtime is Here!

Time to get outside when possible. Think of things your loved one may have done when they were young.

Were they raised on a farm? Visiting a local farm may be fun for them. Petting the animals and looking at just picked produce might bring back some happy memories.

Were they athletic? They may enjoy watching the Senior Games or any other sporting activity. With the Olympics coming this summer, there are a plenty of Olympic trials on TV.

Maybe gardening was their passion. This is something very easy for a senior to do, from working outside to planting a pot indoors and watching its progress.

Whatever you decide, just have fun!

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: rcaa2@senioradults.org to be added to our mailing list.

Follow Randolph Senior Adults Association On Facebook



Enabling family caregivers to develop their own box of self-care tools

Powerful Tools for Caregivers is a six-week educational program designed to help take care of you while you are caring for a parent, spouse, friend, or loved one. You will benefit from this class whether you are helping someone who lives at home, in a nursing home, or across the country.

The education program meets once a week for six weeks and covers the following topics:

- Week 1:** Taking Care of YOU
- Week 2:** Identifying and Reducing Personal Stress
- Week 3:** Communicating Feelings, Needs, and Concerns
- Week 4:** Communicating in Challenging Situations
- Week 5:** Learning from our Emotions
- Week 6:** Mastering Caregiving Decisions

Cost: This program is provided at no cost through **Family Caregiver Support Program** funds. Donations are always welcome to help defray the cost of The Caregiver Helpbook.

Refreshments will be provided during sessions.

PRE-REGISTRATION IS REQUIRED

Please contact Margie DiDona or Lisa Alley at 336-625-3389 or rcaa2@senioradults.org for more information or to pre-register.

| LOCATION | DATE | TIME |
|--|---------------------------------------|-----------------|
| Randolph Senior Adults Association The Harry and Jeanette Weinberg Adult REC 347 W. Salisbury Street Asheboro, NC 27203 | Wednesdays April 17 – May 22, 2024 | 10:00 – 11:30am |

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

Note: This program does not focus on specific diseases or hands-on caregiving instruction.

THIS WORKSHOP IS NOT INTENDED FOR PROFESSIONALS



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



"Caregiving often calls us to lean into love we didn't know possible."

TIA WALKER

THE Healthy



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

There are Medicare Savings Programs that can save you money!

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 \$174.70 is no longer deducted from your Social Security check each month.

If your monthly income is below \$1,903 or for a couple below \$2,575, you may be eligible!

To apply, contact:

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



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



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

4 Ways To Make Activities Easier

It may be more difficult for your care recipient to do activities on their own. Use these 4 tips to support them to be more independent.

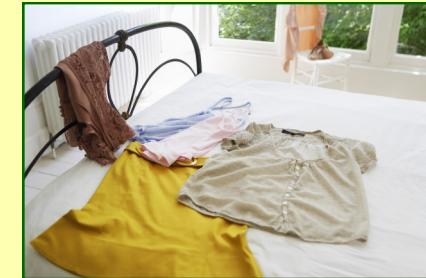
Your care recipient may have difficulty doing everyday activities on their own. You may be tempted to do these activities for your care recipient. However, this can lead to:

- Losing skills faster
- Relying more on others
- Feeling idle or useless

Instead, you can modify the activity and make it easier for them to participate.

To make it easier, ask yourself:

1. Can I change the environment?
2. Can I change the activity?
3. Can I change the sequence or timing?
4. Can I change the level of support?



Example: Make Getting Dressed Easier

These tips can be used for any kind of activity. We'll use getting dressed as an example:

1. Set Up Surroundings

- Put away formal or off-season clothing to minimize distractions or inappropriate clothing choices.
- Provide simple, step-by-step instructions or pictures on how to get dressed. Place it next to the closet door.
- Ensure there is enough light to see and adequate space to dress.
- Make it relaxing by playing soothing music.
- Reduce choices by offering two outfits, or laying out clothing ahead of time.

2. Change The Activity

- Provide simple clothing choices like pullover shirts without buttons, or drawstring pants without zippers or belts.

- Make it meaningful. If they enjoy shopping, let them "shop" in the closet and put clothes in a basket. You can then help them pick out their outfits.
- Consider motivation, like dressing in their favorite color, or in a style they used to wear to work at their favorite job.
- Provide comfortable clothes without rough or itchy fabric, ensuring tags are removed.

3. Change The Sequence Or Timing

- Give your care recipient more time each day to get dressed.

- Consider the time of day when they're more alert. If they start to get sleepy or agitated around 6pm, have them change into night clothes earlier.

- Remove steps from the activity to make it simpler.

- Change the order of steps. If they often lose focus, have them do the hardest parts first.

4. Change The Level Of Support

- Give verbal reminders when they need to get

dressed, or set an alarm on a personal device.

- As dementia progresses, use gestures or demonstrations of how to do things.
- Change how much help you give, ranging from very little help, like instructions on what to do next, to physically helping them get dressed. See how much they can do on their own.
- Give praise or compliment them on their outfit choice.
- Say "It's time to get dressed" instead of "Do you want to get dressed?". Or, give them a choice by saying "Would you like to start by putting on your socks or your shirt first?"

Expert Tip: Try not to change the activity much—make sure your care recipient can recognize what the activity is supposed to be, or they might get confused about what to do or what it is.

nc-caregivers.com



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



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



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!

- 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

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 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/



Coloring Corner



*Never give up
You are stronger than you think*

10 EARLY WARNING SIGNS OF DEMENTIA YOU SHOULDN'T IGNORE

1. **Difficulty with everyday tasks.** Everyone makes mistakes, but people with dementia may find it increasingly difficult to do things like keep track of monthly bills or follow a recipe while cooking. They may also find it hard to concentrate on tasks, take much longer to do them or have trouble finishing them.
2. **Repetition.** Asking a question over and over or telling the same story about a recent event multiple times are common indicators of mild or moderate Alzheimer’s.
3. **Communication problems.** Observe if a loved one has trouble joining in conversations or following along with them, stops abruptly in the middle of a thought, or struggles to think of words or the name of objects.
4. **Getting lost.** People with dementia may have difficulty with visual and spatial abilities. That can manifest itself in problems like getting lost while driving.
5. **Personality changes.** A loved one who begins acting unusually anxious, confused, fearful or suspicious, or who becomes upset easily and seems depressed is cause for concern.
6. **Confusion about time and place.** If someone forgets where they are or can’t remember how they got there, that’s a red flag. Another sign is disorientation about time — for example, routinely forgetting what day of the week it is.
7. **Misplacing things.** Someone with dementia may put things in unusual places and may have difficulty retracing their steps to find misplaced items.
8. **Troubling behavior.** If your family member seems to have increasingly poor judgment when handling money or neglects grooming and cleanliness, pay attention.
9. **Loss of interest, or apathy.** Not feeling especially social from time to time is one thing, but a sudden and routine loss of interest in family, friends, work and social events is a warning sign of dementia.
10. **Forgetting old memories.** Memory loss that becomes more persistent is often one of the first signs of dementia.

Where to find help

When your loved one is displaying troubling symptoms, a trip to a primary care physician is often the first step. But to get a definitive diagnosis, you’ll need to see a specialist such as a neurologist, geriatrician or geriatric psychiatrist.

aarp.org/caregiving

That's not a gray hair, honey.

That's your silver lining.

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.*



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

Can you Benefit from Options Counseling



Situations where Options Counseling may be helpful:

- Having difficulty managing household tasks, but want to remain in the home.
- Planning to retire and want to discuss options to sustain health, wellness, and independence.
- Deciding whether to move in with family, an apartment, or an assisted living facility.
- Supporting a disabled adult and wanting to make plans in the event of being unable to continue providing care.
- Lacking awareness of existing community resources.

Certified Options Counselors can help you develop an Action Plan with follow-up to ensure that decisions and supports are working for you!

Options Counseling is a free service available to those 50 years of age and over.

Margie DiDona and Lisa Alley, Options Counselors
Randolph Senior Adults Association
The Harry and Jeanette Weinberg Adult REC
347 W. Salisbury Street ~ Asheboro
336-625-3389 or 1-800-252-2899



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



EVENTS AND PROGRAMS

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.

Thursday, May 9 — 5:30-8:00
Refreshments will be provided

Contact Margie DiDona or Lisa Alley at 336-625-3389 for more information or to register.



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!

Ask your loved one to help with laundry (sorting/folding/putting away). Utilize this time to discuss your day, a television show you both like to watch, etc.

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



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

Funds provided by the Family Caregiver Support Program

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

65+? Lonely? Need to talk?

NCBAM's Hope Line is here for you!

866-578-4673

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).

Tips for Winning More Support from Your Siblings

Try to accept your siblings—and your parents—as they really are, not who you wish they were. Families are complicated and never perfect. There are no "shoulds" about how people feel. They are not bad people or bad children if they don't feel the same as you do. If you can accept this, you are likelier to get more support from them, or, at least, less conflict.

Do not over-simplify. It's easy to assume that you are completely right and your siblings are all wrong—or lazy, irresponsible, uncaring, etc. Each person has a different relationship with your parent, and each person's outlook is bound to be different.

Ask yourself what you really want from your siblings. Before you can ask for what you want, you need to figure this out, and that's not always as simple as it seems. First of all, ask yourself whether you really, deep down, want help. Many caregivers say they do but actually discourage help. So think hard. Do you want them to do certain tasks regularly? Do you want them to give you time off once in a while? Or do you feel you have everything under control but you'd like them to contribute money for services or respite?

Or—and this is a big one for many caregivers—do you really not want them to do anything but you'd like more emotional support? Many caregivers feel lonely, isolated, and unappreciated. If you'd like your siblings to check in on you more, ask them to call

once a week. And tell them it would really help if they would say "thanks" or tell you you're doing a good job. They are more likely to do this if you don't criticize them for what they are not doing.

• Ask for help clearly and effectively.

• Asking is the first step. You might ask for help by saying: "Can you stay with Mom every Thursday?"

I have to get the shopping done for the week and it gives me some time to myself." Don't fall into the common trap of thinking, "I shouldn't have to ask." Your siblings may assume that you have everything covered so they don't recognize the added responsibilities and "burden." They are involved with their own lives and struggles and not so attuned to yours that they can read your mind. Also, if you're not exactly sure what you want from them, you may be giving them mixed messages.

• Ask directly and be specific. Many caregivers hint or complain or send magazine articles about the hardships of eldercare. But these strategies do not work well.

• Ask for what's realistic. People get more when they don't ask for the impossible. So consider the relationship your sibling has with Mom or Dad and ask for what that person can really give. If your sister can't spend ten minutes with Mom without screaming at her, don't ask her to spend time; ask for something that's easier for her, like doing paperwork or bringing groceries.

Watch how you ask for help—and steer clear of the cycle of guilt and anger.

• Avoid making your siblings feel guilty. Yes, really. Guilt makes people uncomfortable and defensive. They might get angry, minimize or criticize what you are doing, or avoid you. That is likely to make you angry, and then you will try harder to make them feel guilty. They will attack back or withdraw even more. And round and round you go.

• Sometimes your siblings will criticize you because they are

genuinely concerned about your parents. Try to listen to these concerns without judgment and consider whether it is useful feedback. At the same time, be bold by asking for appreciation for all that you are doing—and remember to say thanks back when someone is helpful.

• Be careful of your tone and language when you request something. It's not always easy to hear the way we sound to others. You might think you are asking for help in a nice way, but if you're angry, that's the tone your siblings will hear. They're likely to react in unhelpful ways.

Get help from a professional outside the family. Families have long, complicated histories, and during this very emotional passage, it is often hard to communicate with each other without overreacting, misinterpreting, or fighting old battles. Even the healthiest families can sometimes use the help of an objective professional. People like family therapists, social workers, geriatric care managers, physicians, or clergy can help siblings establish what is real about a parent's health and needs in order to help distribute responsibilities more equitably. In family meetings, they can help you stay focused on the topic at hand and help you avoid bringing up old arguments.

Steer clear of power struggles over your parent's assignment of legal powers. Whether or not you have been given your parent's legal powers over finances or health, you need to remember that it



is your parent who has made these decisions. If you have your Mom's or Dad's power of attorney, be sure to keep detailed records and send your siblings statements about how you have spent Mom's money. This may seem like a lot of extra work, but record keeping is required by law, and being open will reduce distrust or distortion—and

lawsuits. If a sibling has been given legal power, try to accept your parent's decision and don't take it as a personal attack on you. Do your best to work with the sibling who has the authority by presenting expenses and bills in black and white. If the sibling who has the purse strings doesn't cooperate, then bring in a professional to explain your parent's needs and to mediate. If you are concerned about manipulation, a changed will, or undue influence, contact your local Adult Protective Services.

Don't let inheritance disputes tear your family apart. If you feel wronged by the way your parents have divided their money and property, it's natural to be upset, especially when you are grieving. You may feel that you deserve more because you have cared for your parents. If that's what you feel, you need to discuss this with your parents while they are alive and can make these decisions. If you suspect foul play by another sibling, then this is the time to consult an attorney or Adult Protective Services.

Yet, research shows that most parents feel a need to leave their estates equally as a sign of their equal love for all their children. When they divide things unequally, it's often because they are worried that a particular child will be in greater need. Whatever their reasons, remember that it was your parents, not your siblings, who decided this. Think hard before you take your anger or disappointment out on your siblings. They are what remains of your original family, and for most people, this relationship becomes more important after parents die.

Family Caregiver Alliance www.caregiver.org