

SMOKE ALARMS SAVE LIVES!

Firefighters are able to assist with the selection and placement of smoke and carbon monoxide alarms.

In many cases, they will provide alarms or battery replacements to the elderly, disabled, or persons with other special needs.

Contact your local fire department
for more information

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



1 in 5 U.S.
adults is a
family caregiver

- AARP "Caregiving in the U.S." 2020

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

Caregiver Action Network
Online Instructional Videos for Caregivers
caregiveraction.org

Family Caregiver Alliance
Online information and resources for caregivers
caregiver.org

Family Caregiving
aarp.org/caregiving/

The Nurturer

A Newsletter for Family Caregivers in Randolph County



Issue 16 - June 2022



RANDOLPH
SENIOR
ADULTS
ASSOCIATION



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

North Carolina
Caregiver Portal

Powered by Trulia

Access free training and resources to help you build skills and confidence to provide care at home.

North Carolina's new online Caregiver Portal is designed for families. Articles, videos, tip-sheets, and professional level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Patricia from "Alzheimer's Music Connect"

Thousands of family caregivers across North America need support. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.



Sign up for free!
nc-caregivers.com

FOR MORE INFORMATION:

Margie DiDona or Lisa Alley
Randolph Senior Adults Association
336-625-3389
rcsaa2@senioradults.org

RANDOLPH SENIOR ADULTS LOCATIONS

ASHEBORO—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

ARCHEDALE CENTER

108 Park Drive
Archdale, NC 27263
336-431-1938

RANDLEMAN CENTER

144 W. Academy Street
Randleman, NC 27317
336-498-4332

LIBERTY CENTER

128 S. Fayetteville Street
Liberty, NC 27298
336-622-5844

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

Check Out Our Facebook Page



JOIN US AT THE MOVIES!

FREE Over 50*

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

July 7
Places in the Heart (1984)

August 4
The Money Pit (1986)

September
No movie scheduled

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

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

"REMEMBER, EVEN IF THEY DON'T SEEM TO KNOW YOU,
YOU STILL KNOW WHO THEY ARE."



The Family Caregiver Support Program (FCSP) offers services and support for caregivers. The FCSP's goal is to provide family caregivers with the needed support to reduce depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.



The Randolph County FCSP Subcommittee meets three times per year to discuss what services will best help the caregivers in our county, and how best to spend FCSP funds to serve them.

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

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

**65+? Lonely?
Need to talk?**

NCBAM's Hope Line
is here for you!

866-578-4673

ncBAM NORTH CAROLINA BAPTIST AGING MINISTRY

Diabetes: A Caregiver's Checklist for Daily Care

Helping someone take care of their diabetes doesn't just make them feel better. It helps them avoid common diet, foot, and mouth problems. Use this checklist for top-notch daily care.

Daily Tasks for People with Diabetes

Most people with diabetes already have their own daily routines. Some don't need any help at all -- some need reminders and prompts. But if you're a new caregiver or family member, these are good things for you to know.

- ◊ They are in charge of keeping their blood sugar levels healthy. They might already be keeping a daily record of their blood glucose readings, medicine schedule, exercise, meals, and how they feel. They might be working with their doctor to look for patterns from month to month and let their doctor know about them.
- ◊ When they want to exercise, note that they should wait an hour or so after eating, when blood sugar is likely higher. It's always a good idea to pack glucose tablets or a carbohydrate snack, plenty of water, and a diabetes ID tag or card when they exercise away from home. They should also check their blood glucose before, during, and after exercise.
- ◊ Stress can affect their blood sugar. Some daily activities that might help them ease stress: walking, deep breathing exercises, gardening, meditation, listening to music, or working on a hobby.



If they have problems being able to do any of these things for themselves -- from monitoring blood sugar to taking medications -- you might be able to help.

Grooming

- ◊ People with diabetes are more likely to have problems in their mouths -- like gum disease, fungus, and dry mouth. That's why mouth care is so important. They should brush with a soft-bristled brush after every meal, and floss at least once a day.
- ◊ Ingrown toenails can lead to infection and other problems. Caregivers or family members can help check toenails once a week for swelling or signs of infection. Toenails should be trimmed with a nail clipper straight across and then smoothed with an emery board. Don't round off nail corners.



July 20, 2022 - 2:00pm
Randleman Senior Center
144 W. Academy Street
Randleman

The Seniors And Law Enforcement Together Council (S.A.L.T.) meets quarterly. Meeting location rotates between the four Randolph Senior Adult centers (Asheboro, Archdale, Randleman and Liberty). Representatives from area law enforcement agencies will be discussing programs, services, and the latest issues facing the community. Join us for this **FREE** information discussion!

For more information, contact Susanne Allen
at Randolph Senior Adults at 336-625-3389 x212

Bathing

◊ Mild soap and warm (not hot) baths or showers are best to prevent dry skin. Skip foot soaking, which can dry skin. Dry between toes. They should use a doctor-approved moisturizer -- including on their feet, except between toes.

◊ A small thing like a callus or cut on the foot can lead to serious problems for anyone with diabetes. And if they have nerve damage from diabetes, they may not even feel a cut or sore. After a bath, they should do a daily skin check, especially of their feet. Give them a hand-held mirror, or look in the places they can't see. Look for red spots, blisters, and sores.

◊ Gently smooth corns and calluses with a pumice stone or emery board, moving it in one direction only. Wash minor cuts with soap and water. Check each day to make sure they are healing.

Dressing

◊ Most people with diabetes know to take care of their feet. As a rule, They should not wear sandals or go barefoot -- even when just walking around the house.

◊ A better bet: soft leather, lace-up shoes with cushioned soles for good support. Shoes and slippers should have closed toes. They should always wear socks that aren't too tight, so they don't hurt circulation.

◊ If shoes are new, they should wear them for 1 or 2 hours, and then check for cuts or blisters. Add a couple of hours and check for problems each day until they feel comfortable. If they get a blister, don't pop it. Wash it with soap and water; then put on antibiotic cream. If it doesn't heal in a few days, call their doctor.

Eating

◊ It's important to keep their blood sugar levels as stable as possible. It's better if they eat meals at the same time every day, with healthy snacks in between -- or several smaller meals throughout the day. It's not a good idea for them to skip food, because their blood glucose can drop.

◊ They should be following the meal plan their health care team helps create. These usually include portions of carbohydrates at every meal and snack or throughout the day.

◊ Drinking lots of fluids -- like water and caffeine-free, sugar-free drinks -- to keep their body and skin hydrated is a good thing. If you are the one coordinating their meal and medicine schedules, ask their diabetes health team for advice.

webmd.com



DOES YOUR LOVED ONE DRINK NUTRITIONAL SUPPLEMENTS?

As a caregiver, you may be eligible to receive one 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 Assn
336-625-3389

Funds provided by the Family Caregiver Support Program



FREE FANS

AVAILABLE
FOR SENIORS AND
THE DISABLED

Call your local senior center to reserve yours:

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

Fans provided through funds from
Duke Energy Carolinas and Duke Energy Progress

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

Talking to your **BESTFRIEND** is
sometimes all the therapy you need.



What is StayWell Senior Care?

StayWell Senior Care is a certified PACE Program (A Program of All Inclusive Care for the Elderly) providing an alternative to nursing home placement. StayWell Senior Care allows individuals in need of skilled nursing care to remain in their home or community setting and receive quality care from a team of clinical experts.

What services are provided?

StayWell Senior Care has a team of doctors, nurses, therapists, dieticians, social workers, certified nursing assistants and staff who create a full continuum of care for patients living in the community. The team works to ensure the safety and well-being of all clients while providing the following services:

- **Medical Services:** medical supplies, prescription drugs and over-the-counter medications, outpatient services, etc.
- **StayWell Senior Care Adult Day Health Center:** activities and exercise, meals and snacks, physical, occupational and speech therapies, etc.
- **In-Home Services:** home healthcare services, personal care, transportation, etc.
- **Other services:** hospitalization, in-patient specialist, mental health services, etc.

How to Qualify?

Residents of Randolph, Moore, and Montgomery counties who are certified by the State of NC to require nursing home care are eligible for StayWell Senior Care services. Participants must be 55 or older and able to live safely in the community at the time of enrollment.

Contact Us

To learn more about PACE in Randolph, Montgomery, and Moore counties contact:

StayWell Senior Care

809 Curry Drive, Asheboro, NC 27205

336.628.4200 | For TTY, please call 336.275.8878

Bathtime Tips for Dementia Caregivers

Why are showers a struggle for many seniors living with dementia? So what do you do when your parent refuses to bathe? Here are some suggestions from experienced caregivers to make this difficult situation more manageable.

- * Plan bath time early to mid-day when minds are sharper.
- * Try calling bath time "spa time".
- * Say the doctor called and said you have to shower.
- * Make sure the bathroom is warm.
- * Install grab bars to reduce the fear of falling.
- * Get a shower chair and a handheld sprayer.
- * Some seniors have a fear of falling into the drain. Try putting a towel on the floor of the shower to ease this fear.
- * Let your senior do as much of the bathing herself, help only when needed.
- * Shower from the feet up. It may be less shocking to the system.
- * Water from the shower can feel like needles on tender, thinning skin. Try adjusting the showerhead or wand to a gentle flow. Wash gently.
- * Use a towel to cover your senior's shoulders (and lap if using a shower chair) to keep her warm and maintain as much privacy as possible.
- * Try a terrycloth robe to step into after the shower. It's warm and does most of the drying for you.

adventuresofacaregiver.com

Meals-on-Wheels



Homebound seniors age 60+ may be eligible to have nutritionally balanced meals delivered to their home. For more information, contact your local senior center:

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

**We are always in need of volunteers to deliver these meals, even just one hour a month. Contact us for more information.*

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 to check references and conduct interviews.

A copy of the Sitters List can be mailed or e-mailed to you.

Please contact: Margie DiDona or Lisa Alley at 336-625-3389 or rcsaa2@senioradults.org

Coloring Corner



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).



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

Medicare beneficiaries may be eligible for various Medicare Savings Programs

To lower drug costs, **Part D Extra Help** is available for individuals with monthly income below \$1,699, or \$2,289 for a married couple living together. Those with income below \$1,529 (or \$2,060 per couple) may be eligible to get assistance so the \$170.10 monthly Medicare Part B premium will no longer be deducted from their Social Security check.

Also, those approve may be able to change their plan during the year and not have to wait until Open Enrollment.

To apply contact: Margie DiDona or Lisa Alley
SHIIP Coordinators at Randolph Senior Adults Association
336-625-3389



DEMENIA 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

Addressing Caregiver Stress to Prevent Elder Abuse

Approximately one-quarter of American families are caring for an aged, ill or disabled adult. Many of these caregivers are middle-aged adults caring for their aging parents.

Caregiving can be a stressful job, especially when the person you are caring for is battling one or more chronic conditions. You must figure out how to add demanding caregiving duties into your already full schedule. The accrued effects of this stress over time can lead to unintentional elder abuse.

As a way to prevent this type of abuse, it's important to understand the specific stressors caregivers face and how to effectively manage those stressors.

Common Stressors Caregivers Face

The steep learning curve of managing a chronic condition. Let's say your aging parent was just diagnosed with Type 2 diabetes. You know very little about diabetes, but are now tasked with caring for their health needs. You must quickly learn how their diet needs to be modified, which medications they must begin taking and when, check their blood sugar several times a day and start regular appointments and consultations with multiple doctors to deal with physical complications that have already set in.

This crash course, combined with the added responsibility of caring for the health of your loved one, can be stressful and put you on edge.

Here are just a few triggers that can greatly increase the chances of elder abuse:

- Feeling unprepared for caregiving responsibilities:** Caregivers rarely sign up for this job. They usually assume these responsibilities not because they are trained or confident in their caregiving ability, but based upon family ties and proximity to the person needing care. This often causes caregivers to feel very uneasy about their role and can lead to a great deal of self-doubt.
- Uncertainty about how to emotionally support an elder:** Emotional support, especially with certain conditions like dementia, can be even more challenging than the physical aspects of caregiving. The emotions of someone with dementia can fluctuate greatly. Combined with the cognitive decline, a caregiver can easily begin to feel helpless and experience their own intense emotional reactions such as rage and resentment, which can result in elder abuse.
- Financial difficulties:** The personal financial resources of the caregiver may be severely drained or wiped out by prolonged medical care. This creates uncertainty about

future care, leaving the caregiver vulnerable to potentially exploiting the financial resources of the elder.

Combating Caregiver Stress

Here are some suggestions for managing the demands of caregiving, lowering stress levels and reducing the risk of elder abuse:

- Seek out support:** Locate caregiver groups, respite services, adult day care programs and substance abuse counseling programs in your community. Talk to others about your specific challenges. Elder abuse hotlines also welcome calls from caregivers in need of help.
- Learn to recognize emotional "triggers":** The most common emotional triggers for possible abuse are feelings of helplessness, loss of control and impatience. If you can learn to recognize these triggers, you can take preventative action before they spark an reaction you may later regret.
- Involve multiple people in the caregiving process:** Solo caregiving is a path to burnout and high stress levels that can compromise your health. Invite other family members, friends, co-workers, or neighbors to help. A great resource for doing this is the book *Share the Care: How to Organize a Group to Care for Someone Who is Seriously Ill*.



- Make time for your own interests:** Caregivers need to balance their personal life just like everyone else. Make time for self-care, recreation and social activities.
- Find relevant community resources:** Nearly every community has resources that specifically address the needs of the caregiver such as caregiver support groups, senior care centers, companion services, etc.
- Consider counseling.** There is no shame in seeking out professional help to manage stress and gain a new perspective on your caregiving responsibilities. This can also be an effective way to vent emotion and both explore and manage emotional triggers. It can also help you strategize potential problems and how to create solutions for them in advance.

Gary Gilles is a Licensed Clinical Professional Counselor in private practice for over 20 years.

Caring Sharing

Caregivers helping Caregivers is usually the best advice!

My dad has a hospital bed in his home. He was starting to get bruises on his arms when they would hit the metal rail on the side of the bed. To help him, I bought pool noodles which I cut and fit over the rails. This has helped tremendously! No more bruises and it's something easier for him to grab when we help him get out of bed.

-Shared by Ann, an Asheboro caregiver

Do you have a good caregiver tip that you would like to share with other caregivers?

Share your idea by emailing it to: rcsaa2@senioradults.org or by mail to: Randolph Senior Adults / I&OC 347 W. Salisbury Street Asheboro, NC 27203



SUPPORT GROUPS

In-person groups may be cancelled or virtual due to COVID-19, contact for more information

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

Support Services for the Blind

Third Wednesday each month – 2:30pm (April-October)
Randolph Senior Adults Association
347 W. Salisbury Street, Asheboro
Christina Sterling – 336-683-8107

Dementia Support Group

Brighton Gardens of Greensboro
1208 New Garden Road, Greensboro
Call for more information
336-297-4700 x232

Duke Dementia Family Support Program Various Support Groups via Zoom

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



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:

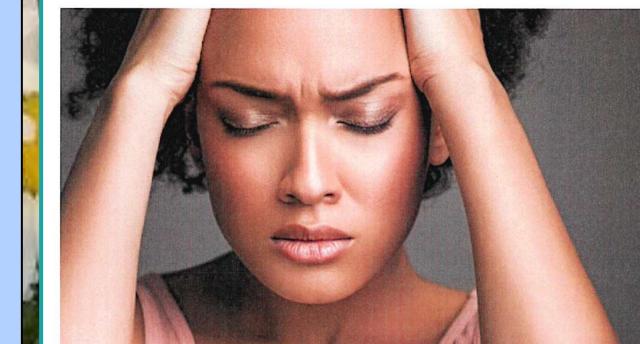
Randolph Senior Adults Association provides Care Planning Assistance, The Powerful Tools for Caregivers workshop, Caregiver Skills Class, *The Nurturer* newsletter, and Liquid Nutritional Supplements.
Call Margie DiDona or Lisa Alley at 336-625-3389 for more information.

Regional Consolidated Services offers caregiver respite care to provide temporary relief for the family caregiver.
Contact Teri Mabry at 336-629-5141.



A PROGRAM OF THE DUKE DEMENTIA FAMILY SUPPORT PROGRAM

Daughters Concerned for Aging Relatives



Details
Meets the 1st & 3rd Wednesday of each month at noon via:

2022



Schedule
Jan. 5 & 16 Feb. 2 & 16
Mar. 2 & 16 Apr. 6 & 20
May 4 & 18 Jun. 1 & 15
No July Group Aug. 3 & 17
Sep. 7 & 21 Oct. 5 & 19
Nov. 2 & 16 Dec. 7 & 21



Contact
Bobbi Matchar
919-660-7509
bobbi.matchar@duke.edu

We are currently meeting virtually. Participants are welcome to join by video on Zoom or call in by phone.

This group is not dementia specific. To learn more about the group or to be added to the email list, please contact [Bobbi Matchar](#).