



DOES YOUR LOVED ONE DRINK NUTRITIONAL SUPPLEMENTS?

As a caregiver, you may be eligible to receive nutritional supplements monthly for 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

YOUR DONATIONS MEAN THE WORLD TO OUR RANDOLPH COUNTY SENIORS!

When you contribute to Randolph Senior Adults Association, you make an immediate difference in the lives of seniors and their caregivers. Our meal programs and family caregiver programs help seniors stay independent for as long as possible. This allows them to age at home in their community, just like we all want to do.

Donations can be made:
Online - www.senioradults.org
Mail - Randolph Senior Adults Association
 347 W. Salisbury Street
 Asheboro, NC 27203
Call - 336-625-3389

Thank you for your generosity!



*Randolph Senior Adults Association is a private, non-profit 501(c)(3) organization

The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 32- March 2026



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 DiDonna or Lisa Alley at 336-625-3389 or rcsaa2@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 15 – May 20, 2026	3:00 – 4:30pm

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

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/

JOIN US AT THE MOVIES!



FREE Over 50*

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

April 2
Barefoot in the Park (1967)

May 7
Francis the Talking Mule (1950)

June 4
To Hell and Back (1955)

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

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

I'm not old.
 I've just been young for a very long time.

I'm so excited for spring, I almost wet my plants!

Have fun!

That was some crazy winter weather we had this year. We all had to hunker down for two weeks. Now that the snow and ice are behind us, it's the perfect time to do the things that you couldn't do while stuck in the house.

Think about those enjoyable things that you had put off, and start doing them now. Was it a walk in the park? Was it to get ready to plant your garden? Was it to visit with some friends?

Whatever it may be, do something you enjoy now that the season is changing. There may still be a chill in the air, so make sure you wear your sweater and have some 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: rcsaa2@senioradults.org to be added to our mailing list.

Follow Randolph Senior Adults Association On Facebook



RANDOLPH SENIOR ADULTS LOCATIONS

ASHEBORO SENIOR CENTER
RANDOLPH SENIOR ADULTS MAIN OFFICE
 The Harry and Jeanette Weinberg Adult Resource & Education Center
 347 W. Salisbury Street
 Asheboro, NC 27203
 336-625-3389 or 1-800-252-2899

ARCHDALE SENIOR CENTER
 108 Park Drive
 Archdale, NC 27263
 336-431-1938

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

LIBERTY SENIOR CENTER
 239 S. Fayetteville Street
 Liberty, NC 27298
 336-622-5844

OUR PLACE ADULT DAY CARE
 714 Farr Street
 Asheboro, NC 27203
 336-629-3787

RCATS TRANSPORTATION
 347 W. Salisbury Street
 Asheboro, NC 27203
 Randolph County - 336-629-7433
 Montgomery County – 910-572-3430

www.senioradults.org

Follow us on facebook and Instagram!



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

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

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



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

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

You can find all this at nc-caregivers.com



North Carolina Caregiver Portal

Powered by Truaita

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



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 Dementia Family Support Program
 800-646-2028
dukefamilysupport.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



IDENTIFYING & RESPONDING TO URINARY TRACT INFECTIONS

What Is A UTI?

Urinary tract infections (UTIs) are caused when abnormal bacteria enter any part of the urinary system. They can happen in different areas of the urinary tract, including:

Urethra, where urine passes out of the body.

Bladder, where urine collects in the body.

Ureters, which are the tubes between the bladder and kidneys.

Kidneys, which remove waste and extra fluid from your body. Most UTIs happen in the lower urinary tract, usually the bladder and urethra. Sometimes, these lower tract infections can spread up to the kidneys and cause serious complications. UTIs are more common in women and older adults.

Safety Tip! UTIs can cause delirium, which is a medical emergency in older adults. If left untreated, it can lead to permanent brain injury. Symptoms of delirium include:

- Sudden confusion that comes and goes
- Attention challenges
- Incoherent speech

While confusion alone doesn't necessarily mean your care recipient has a UTI, this is an important sign to watch out for. If you think your care recipient has delirium, talk to a healthcare provider immediately.

Signs & Symptoms

UTIs can have different symptoms depending on where in the urinary tract they're happening and if there's a catheter. Speak with your care recipient's healthcare provider if you notice these symptoms.

Lower UTI Symptoms	Upper UTI Symptoms	Permanent Catheters Symptoms
<ul style="list-style-type: none"> • Burning or painful urination. • Frequent and urgent urination. • Blood in the urine. It may look red, pink, or dark tea-colored. • Fever. • Pain or pressure in the lower pelvis area (can be mistaken for gas or menstrual cramps). • New or different discharge in the genital area. 	<ul style="list-style-type: none"> • New pain in the middle of the back or side areas. • Fever. • Shaking or chills. • Nausea or vomiting. • Weakness or tiredness. 	<ul style="list-style-type: none"> • Pain. • Fever. • Blood in urine • Discharge from around the catheter. • New pain, swelling, or tenderness in the genitals or testicles.

Consider This! A person with an upper UTI may also have symptoms of a lower UTI.

UTI & Dementia

It may be harder to tell if your care recipient has symptoms of a UTI or typical dementia. People with dementia or cognitive impairment may have difficulty telling you that they have UTI symptoms. Here are some symptoms that caregivers of people with dementia should look for:

Worsening urinary frequency or urgency. You may notice more accidents than usual.

Sudden pain with urination. Watch for behavior changes while they're urinating. This may be a non-verbal cue like a grimace or expression of pain or discomfort.

Tenderness in the lower abdomen, just above the pubic bone.

Did You Know? Dehydration is a common cause of behavior changes in people with dementia or other cognitive impairments. It can be fixed by encouraging them to drink more water. Keep in mind any dietary restrictions. For example, people with heart failure must track their fluid intake.

Treatment & Prevention

A positive urine test with at least 2 symptoms would confirm a UTI. You may need to help your care recipient collect a urine sample.

UTIs are treated with antibiotics. Tell the doctor or pharmacist which medications your care recipient takes to prevent any interactions with the antibiotics.



Consider This! Everyone lives with some bacteria in their urine and urinary tract. It only becomes a problem when the bacteria balance changes or bacteria from outside of the urinary tract get in. If your care recipient is gets a urine test, the doctor will determine the next steps for treatment. They may advise the following:

Bacteria in the bladder might not mean it's a UTI or harmful. It's common in people who have catheters, recent urinary tract surgery, older adults, and sexually active or diabetic women.

Bacteria that aren't causing harm or symptoms of a UTI aren't usually treated. Antibiotics can change the bacteria balance in the body and allow other harmful bacteria to grow, so it's important not to overuse them.

Focus on symptoms like pain, fever, or urgency to pee rather than just a urine test.

Tips For Preventing UTIs

Opt for loose, breathable clothing, like cotton underwear. Avoid tight-fitting clothes and pantyhose.

Encourage drinking fluids, especially water. Avoid fluids and foods that irritate the bladder, such as alcohol, citrus juices, caffeine, and spicy foods.

Promote genital and urinary hygiene, especially for women. For example, the genitals should be wiped from front to back to reduce the chance of dragging bacteria from the rectal area to the urethra. Encourage your care recipient to take showers instead of baths when possible.

Promote sexual hygiene practices. Encourage them to wash the genital area with warm water before sex and use a water-based lubricant for vaginal dryness during sex. Urinating immediately after sex may help flush out bacteria introduced during intercourse.

Avoid douching or using feminine deodorants on the genital area. **Consult a healthcare provider.** A doctor can decide if a low-dose vaginal cream for postmenopausal women will help prevent UTIs.

nc-caregivers.com



The Caregiver's Companion Journaling Guide

Capture Your Journey: How Sharing Your Story Supports Emotional Health

The act of capturing your loved one's health journey can offer more than just a way to document their progress—it can serve as a powerful tool for improving your emotional health and fostering social support. As you navigate the complexities of a health crisis, sharing your story can become a form of self-care, offering clarity and connection when you need it most.

Journaling is a self-care technique that can help you heal, grow and thrive.

- Journaling helps bring order to your deepest thoughts and fears. It creates order out of chaos.
- Journaling acts as free therapy. It helps you have a conversation with the person who knows you best: you.
- You can go back and track your progress. Read what you've written and see how much progress you've made on your journey.
- Some find joy in knowing their words help others, so they share their healing; whether or not you share your work is up to you.

Capturing and journaling about your journey is more than just a way to communicate updates—it's a way to process emotions, organize your thoughts, and find moments of healing. The act of writing down your experiences and feelings creates a sense of order out of the chaos. It gives voice to your fears, hopes, and reflections, turning what may feel like an overwhelming experience into something tangible and manageable.

Journaling can help you have a conversation with the person who knows you best: yourself. It offers you the space to express your feelings, work through challenges, and reflect on your personal growth. Whether you're sharing small victories or facing difficult moments, your posts can provide a valuable outlet for your emotions.

Track Your Progress

One of the most rewarding aspects of posting is being able to look back at your previous updates and see how far you've come. What once felt insurmountable can appear more manageable as you read about the steps you've taken, the lessons you've learned, and the strength you've discovered along the way. These reflections can provide comfort, reminding you that progress—no matter how small—is still progress.

caringbridge.org



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 and classes, contact Susanne Allen, Community Engagement & Volunteer Coordinator at 336-625-3389 x212.

COME JOIN US FOR SOME FUN!



Coloring Corner



MEET: Patricia from Illinois

I am Patty the daughter to Maria. My story started 5 years ago when my dad got sick and on his death bed told me the caregiver that they had was mistreating him and to not allow her to return to care for my mom. I was so mad and hurt, that I stopped working full time as a cardio diagnostic tech and took the class to become my mom's caregiver. I lost more than half of my salary to care for my mom, but I had no other option. I take her to doctor appointments, grocery shopping, clean her house, wash her clothing, we go on walks, help with meals, and help with personal care. Honestly it's like having a child to care for. This is sometimes such an emotional roller coaster, but I am giving my mom the best final years that I can and I can live with that.

aarp.org/caregiving

INCONTINENCE SUPPLIES

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

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

DID YOU KNOW . . .

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

**Items other than those mentioned above can be donated to Christians United Outreach Center (CUOC) at 930 S. Fayetteville Street, Asheboro or call them at 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 rcaaa2@senioradults.org

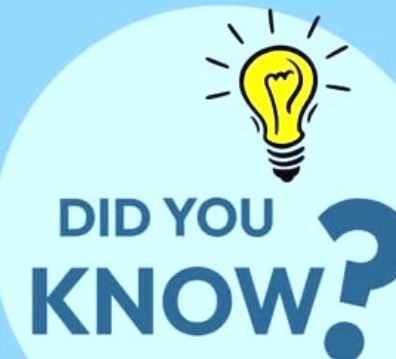


CAREGIVER SKILLS CLASS

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, fall prevention, personal care, 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 2026, date to be announced

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



The Randolph County Sheriff's Office has a Citizens Well-Check Program

Citizens who participate in this FREE program are automatically checked on by phone five days a week. A live call will be made around the same time each day, Monday through Friday. Sometimes it is just someone to talk to when they are alone. If they don't answer after a series of attempts, law enforcement responds to check on their welfare.

Why is this program important?
This law enforcement service is an important tool for building safe communities and ensuring the safety of our most vulnerable citizens. The program ensures that our citizens, especially our seniors, are routinely contacted and that their health, safety, and well-being are important to us.

www.randolphcountync.gov/sheriff 336-318-6689

Caregiving Focus

Top 5 Tips: Preparing for a Doctor's Appointment



Depending on the needs of the person you are caring for, you may find that you are spending a lot of time at medical appointments. These appointments, although important, can be stressful and exhausting for both you and your loved one. The practical strategies below can help you take a proactive approach and set you up for success – and hopefully less stress – the next time you are getting ready to visit a doctor.

1. Be a confident caregiver.

As a caregiver, you are your loved one's advocate and their greatest support. You know their routines, changes in their moods and behaviors and a variety of other insights that can help their medical provider best understand their physical, mental and emotional wellbeing. Approach the appointment with confidence. Don't be afraid to ask questions. Let them know if you need information repeated or better explained if you feel confused.

2. Reduce stress by planning ahead.

To help an appointment go as smoothly as possible, be mindful of your loved one's routines and needs. Is there a time of day when your loved one is mentally/physically at their best? If so, try to schedule appointments during that time frame when possible. Your loved one's physical discomfort can lead to increased stress for both of you while at an appointment. Making efforts to ensure your loved one's comfort can be tremendously helpful. If your loved one is frequently cold, be sure to pack a jacket or blanket for them. If they become agitated when hungry, encourage them to have a snack before or on the way to the appointment.

3. Make a list of questions and concerns.

To help you get the most out of your loved one's appointment, take 5-10 minutes to write down your thoughts, questions,

and concerns prior to the appointment. If you do think of a question following the appointment, contact the medical office by phone or through an online communication option (such as a patient portal).

4. Know your loved one's medications.

Whether saved on your phone or on a piece of paper, it's helpful to have a go-to list of all prescribed and over-the-counter medications your loved one is taking. Be sure to make note of the medication name, dose, and how often it is taken.

5. Plan to phone a friend or family member.

It can be difficult to absorb all the information that your loved one's medical provider may share with you during an appointment. Having a second pair of listening ears can be a huge help! Recruit a family member or friend to join by phone during your time with the provider. They can listen to the responses and even help by taking notes.



Caregiving Companion, a resource of Hospice of the Piedmont, offers free educational and supportive solutions for those caring for a family member, friend or neighbor.

Scan the code or visit caregivingcompanion.org to learn more!



ARE YOU OR A LOVED ONE STRUGGLING TO PAY BILLS?

Medicare beneficiaries may be eligible for **Medicare Savings Programs** *Part D Extra Help* is available to lower drug costs for individuals with gross monthly income below \$1,995 or \$2,705 for a married couple living together.

Those with income below \$1,816 (or \$2,455 per couple) may also be eligible to have their \$202.90 monthly Medicare Part B premium paid by the state.

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

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



put spring into caregiving

Why not welcome the spring into your caregiving life!

Newly blooming flowers and the warm spring sunlight can be a signal to step outdoors, breathe in the Earth's changes, and simply appreciate the glories of nature.

For both caregivers and their loved ones, taking the time to revel in nature is sometimes forgotten, and it's easy to understand why. There are medicines to take, doctors appointment to attend, and a seemingly never-ending number of tasks to accomplish. And yet making time for nature is one of the most healing activities we can do. It's also one of the cheapest and easiest. We literally just have to open a door or peer out a window to get refreshed.

Simply being in nature—even in a wheelchair in your backyard or a local park—is healing on multiple levels. Enjoying nature has been shown to reduce pain, lessen stress and anxiety, and decrease blood pressure, heart rate, muscle tension, and even the production of stress hormones. And it simply feels good. Looking at the beauty of a flower or feeling the warmth of the sun can increase one's feelings of happiness, which consequently decreases feelings of depression. So what can you do as a caregiver to bring more springtime into your life and simultaneously more spring into your step?

1) Open the Door

Just open the door and go outside for a moment. Bring your loved one too so that you can both take in the sights and smells of life renewing. It can be a short trip to your mailbox or a longer walk around the block. Maybe a venture to the local park or even just opening the window and breathing the outside air for a moment. Whatever you choose, take the time to revel in all that is new and life-affirming about the outside world.

2) Bring the Outside In

Treat yourself to a new plant or some freshly cut flowers, and set them on your dining table or a special location on your desk. Open a window so that the sounds of birds or chattering squirrels can be heard even indoors. Then take time to enjoy the newness. Laugh at the antics of your backyard squirrels. Smell the flowers and marvel at their magical beauty.

3) Renew with Spring Cleaning

Sometimes, stuff can pile up indoors, and the spring can inspire our desire for a cleaner, more joyful space. So take a little time to clear out the old so your space feels newer and more welcoming. You don't have to spend days. Just take 15 minutes when you can to lighten up an area or throw away some junk mail. Even just a few minutes can make a little more space for beauty in your life.

4) Plan A Respite

Think about a small trip that might recharge you. The trip can be as simple as a drive through a beautiful local area with stops to take in the views or a longer venture to somewhere that you would enjoy even overnight or longer. Maybe you would be refreshed by a walk or hike in a local wilderness area either solo or with a friend. Take some time to think of a trip to the outdoors that would sincerely inspire or refresh you, and then make it happen. If you believe you can do it, you will find a way.

community.thriveglobal.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, Liquid Nutritional Supplements, Powerful Tools for Caregivers workshop, Caregiver Skills Class, and *The Nurturer* newsletter.

Call Margie DiDona or Lisa Alley at 336-625-3389 for more information.

Regional Consolidated Services offers caregiver respite care, minor home improvement, and medical equipment.

Contact Evelyn Perez at 336-629-5141



SUPPORT GROUPS

Diabetes Support Group

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

Dementia Support Group

Second Thursday of each month - 6:30 pm
Cross Road Village Clubhouse
1302 Old Cox Road, Asheboro
Bernie Raymond - 336-629-7811

Asheboro Parkinson's Support Group

Second Friday of each month - 10:30 am
Hospice of Randolph
416 Vision Drive, Asheboro
Annette Caughron - 336-580-9937

Duke Dementia Family Support Program Various Support Groups via Zoom

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