



7 TIPS TO PREVENT CAREGIVER BURNOUT During the Holidays

1. WATCH FOR SIGNS OF STRESS

As a caregiver, you are probably used to putting the needs of other first.

Check in with yourself about any stress you may be experiencing.

Signs of stress can include changing moods, fatigue, or lack of motivation.

Take time for yourself when you feel stress coming on.

2. KNOW YOUR TRIGGERS

The holidays can be a stressful time for everyone, and even more so for caregivers.

Holidays may trigger feelings of grief or loss.

You may have relatives visit who trigger your stress. Identify your triggers and be proactive in avoiding them.

3. BE POSITIVE

It's easy to get bogged down with all of your responsibilities during the holidays.

Realize all of your emotions are perfectly valid, and try to focus on the positive.

Be grateful for the help you receive, instead of resentful of the help you're not getting.

Focus on what you are able to do, rather than on the things you can't.

4. PRIORITIZE SELF-CARE

Make sure you give yourself time for exercise to clear your mind.

Try meditation or yoga for a gentle way to relax and ease tension.

Get outside if the weather permits, even if just for a short walk around the neighborhood.

Be mindful of what you eat and limit fatty, sugary foods that can make you feel worse.

5. TAKE TIME TO RELIEVE STRESS

Before the holidays arrive, jot down activities that help you relieve stress.

These could include walking, singing, writing in a journal, or talking with a friend.

Keep the list handy during the holidays as a reminder of what works best for you.

Try to practice these activities before your stress gets out of hand.

6. ASK FOR HELP

It's completely reasonable to need a little help, especially during the holidays.

Seek out friends, family, or professional respite care when you need a break.

Asking for help can benefit you as well as those you care for.

This can free you up to do errands, attend holiday events, or take time for yourself.

7. SIMPLIFY YOUR HOLIDAY SCHEDULE

It can be tempting to try to do everything you're asked to during the holidays.

This can lead to over extending yourself, causing stress and burnout.

Decorate just a few rooms instead of your entire house.

Pick and choose which functions to attend instead of trying to get to them all.

avalonmemorycare.com

RESOURCES

NC Stroke Association

336-713-5052

ncstroke.org

National Stroke Association

1-800-STROKES (787-6537)

stroke.org

American Diabetes Association

1-800-DIABETES (1-800-342-2383)

diabetes.org

The Foundation for Peripheral Neuropathy

877-883-9942

www.foundationforpn.org

National Kidney Foundation

1-800-622-9010

kidney.org

Arthritis Foundation

1-404-872-7100

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)

1-800-950-6264

www.nami.org

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/

INCONTINENCE SUPPLIES

Randolph Senior Adults receives donations of incontinence supplies that we can offer to you at no charge.

If you are in need of disposable underwear, briefs, or bed pads, please give Margie or Lisa a call at 336-625-3389.

The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 14 - Nov/Dec 2021



It's Holiday Time!

'Tis the season for Christmas parades and holiday shows both new and old. What were some of your favorite shows you and your loved ones enjoyed watching?

Some may still be shown on TV for you to watch together. Reminisce about the ones you enjoyed most as a child.

What are some traditions your family celebrates? What are some traditions your loved one remembers from the "good old days" before technology took over? Are any rooted from the ancestry of your family tree?

Free copies of *The Nurturer* can be picked up at all Randolph Senior Adult Association locations, Randolph Health, Regional Consolidated Services and other community sites. *The Nurturer* is also available online a www.senioradults.org.

To receive free quarterly copies of *The Nurturer* in the mail or via email, call 336-625-3389 or email: rcaa2@senioradults.org to be added to our mailing list.

Follow Randolph Senior Adults Association On Facebook



November is NATIONAL FAMILY CAREGIVERS MONTH

#CaregiverAnd

DID YOU FORGET TO CELEBRATE NATIONAL FAMILY CAREGIVER MONTH?
IT'S NEVER TOO LATE TO HONOR FAMILY CAREGIVERS!

National Family Caregivers Month—celebrated each November—is a time to recognize and honor family caregivers across the country. Caregiver Action Network (CAN), the nation's leading family caregiver organization, selects each year's theme for National Family Caregivers Month and spearheads the celebration of National Family Caregivers Month nationally.

For National Family Caregivers Month 2021, the #CaregiverAnd Campaign encourages family caregivers to celebrate the identities and passions that enrich their lives. This digital campaign highlights the roles, activities, and passions that make up the lives of family caregivers. #CaregiverAnd also raises awareness of family caregivers as people realize that their daughter's piano teacher may be caring for her husband with lung cancer, or the mail carrier they see every day may be caring for his dad with Alzheimer's.

Far too often the role of family caregiver overshadows the identity of those caring for their loved ones. As family caregivers juggle their many responsibilities, they may lose sight of who they are beyond the caregiver role. As you focus all your attention on caring for your mom with leukemia, the fact that you're an architect who loves to do crossword puzzles sometimes gets pushed to the side—and this campaign aims to change that. A person's sense of self makes their life complete. This is an essential component of self-care that can ultimately prevent caregiver burnout and depression.

"We believe that #CaregiverAnd will help family caregivers recognize that there is more to their life than their caregiving responsibilities," said John Schall, CAN CEO. "People will see themselves as a caregiver, but also who they are and what the passions that drive them. It is critical not to lose sight of who you are. Your sense of self makes your life complete."

Caregiveraction.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

ARCHDALE 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



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



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, contact us for more information.*



Information & Options Counseling Office

SHIIP Medicare Help
Family Caregiver Support Program
Options Counseling
Information & Assistance

Margie DiDona and Lisa Alley
Available Monday-Thursday
8:30 - 4:00
Call 336-625-3389

DEMENTIA RESOURCES

Alzheimer's Association
1-800-272-3900 (24 hours/7 days)
alz.org

Dementia Alliance of NC
1-800-228-8738
dementianc.org

Positive Approach to Brain Change
1-877-877-1671
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)
1-800-646-2028
dukefamilysupport.org

Holiday Depression in the Elderly

For most of us, the holidays are filled with joy, fun, and excitement. Unfortunately, this is not always the case for the seniors in our lives. Depression in the elderly around the holidays is more common than you might think.

A variety of different things can contribute to depression in seniors during the holidays. They may be thinking about loved ones that have passed away. They may not be able to participate in holiday traditions due to mobility issues or financial limitations. As holiday traditions change, and the people around seniors during the holidays change, the meaning of the holiday can change as well. All of these can lead to sadness and depression. It is important to note that depression is different from the holiday blues, which seniors may also experience. We all occasionally experience the blues, which are usually temporary and mild. Depression, on the other hand, is sadness that does not lift. Other signs and symptoms of depression can include:

- ◆ Loss of interest or pleasure in doing things
- ◆ Change in weight or appetite
- ◆ Frequent crying
- ◆ Decreased energy, fatigue, or sleeping all the time
- ◆ Feeling fidgety or having difficulty sleeping



Depression is a treatable mental illness. If you are concerned your loved one has depression, don't be afraid to talk to them about it. You may need to bring it up several times, as it is difficult for the elderly to talk about their feelings. You can also talk to your healthcare professional about treatment options.

How to Combat Holiday Depression

One of the best ways to help your elderly loved ones cope with depression around the holidays is to listen to them. Ask them about their memories from past holidays. Go through a photo album or watch home movies with them. Make sure you aren't doing all the talking. Let them know they are seen and heard. You can also involve them in holiday activities. Like everything else, this is trickier in the time of Covid, but it can be done. You may not be able to go Christmas shopping together, but you can drive around in the evening and enjoy the Christmas lights. Help them write Christmas cards for their family and friends that they cannot see. Involve them in holiday preparation in the home, like making cookies or hanging ornaments on the tree.

The most important thing is finding a way to be together, even if it isn't physically together. Phone calls, letters, FaceTime and Zoom can all help make an unusual and challenging holiday a little more cheerful for everyone.

griswoldhomecare.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.

In Randolph County these funds are currently used by the following agencies:

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

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

SITTERS LIST

Randolph Senior Adults maintains a list of sitters willing to sit, assist with personal care, homemaker chores, errands, etc. This is an option for someone needing in-home help and able to pay out-of-pocket. It is up to the individual or family 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



 NORTH CAROLINA BAPTIST AGING MINISTRY

65+? Lonely? Need to talk?

NCBAM's Hope Line
is here for you!

866-578-4673



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. All participants receive *The Caregiver Helpbook*, developed specifically for this program. **This class is scheduled for Spring 2022**

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 2022**

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

Coloring Corner



www.coloring-pages.info

Caring Sharing

Caregivers helping Caregivers is usually the best advice!

"When you have several caregivers involved in your loved one's care, having each caregiver write down notes from their "shift" in a notebook is a tremendous help to all!"

-Shared by a Randolph County caregiver

Do you have a good caregiver tip that you would like to share with other caregivers? Share your idea by emailing it to:

rksaa2@senioradults.org,
or by mail to:
Randolph Senior Adults / I&OC
347 W. Salisbury Street
Asheboro, NC 27203

Mom's laughs at everything now; even when it really isn't funny. I have learned that it can help just to look at things and laugh with her.

AgingCare.com
Supporting Caregivers 



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. RSAA also accepts donations of adult diapers and bed pads to share with those in need.

*Items other than those mentioned above can be donated to Christians United Outreach Center at 930 S. Fayetteville Street, Asheboro or call 336-625-1500.



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
336-625-9400

Alzheimer's Support Groups

Second Wednesday each month - 1:00pm
The Harry and Jeanette Weinberg Adult REC
Elaine Beane - 336-953-7775 or
Joan Wilson - 336-629-8155

Last Monday of each month - 5:30pm
Brookdale Asheboro
Emma Lambe - 336-672-6600

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

Support Services for the Blind

Third Wednesday each month - 2:30pm
(March-October)
The Harry and Jeanette Weinberg Adult REC
Christina Sterling - 336-683-8107

Marilyn Usher Parkinson's Support Group

First Tuesday of each month - 10:30am
Episcopal Church of the Good Shepherd
Annette Caughron - 336-629-6397

Aphasia Puzzle Program (Stroke & Brain Injury)

Second Thursday of each month - 11:00am
Randolph Health - 336-625-5151 x5109

**Alzheimer's Association
Caregiver Telephone Support Group**
First Tuesday of each month - 12:30-1:30pm
1-866-316-2054
Enter Code 5894744516

**Duke Dementia Family Support Program
Various Support Groups via Zoom**
Various dates and times
Natalie Leary - 919-660-7542

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). 

What is Respite Care?

Respite care is planned or emergency temporary care provided to family caregivers. Even though many families take great joy in providing care to their loved ones, the physical, emotional and financial consequences for the family caregiver can be overwhelming without some support, such as respite.

Respite provides a break for the family caregiver, which may prove beneficial to the health of the caregiver.

Respite has been shown to help sustain family caregiver health and well being, avoid or delay out-of-home placements, and reduce the likelihood of abuse and neglect.

For more information on Family Caregiver Respite Options, contact Margie or Lisa at Randolph Senior Adults Association 336-625-3389

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 \$1,610, or \$2,178 for a married couple living together. Those with income below \$1,469 (or \$1,980 per couple) may be eligible to get Medicare Part B Premium assistance so the \$170.10 premium is no longer deducted from their Social Security check each month.

**Contact Margie DiDona or Lisa Alley
SHIIP Coordinators at
Randolph Senior Adults Assn
336-625-3389 to apply**



Memory Aids for Seniors With Dementia

With more and more seniors dealing with Alzheimer's and dementia than ever before, experts from all walks of life have been trying to come up with ways to help these individuals with their everyday lives. While the world still waits for a cure for Alzheimer's, many care providers are looking for ways to improve the senior's quality of life and help them through their daily struggles as they cope with this condition.

One of the many things that senior caregivers have been doing in order to help those struggling with dementia-related memory loss is to start using memory aids. Many have found that by using memory aids instead of simply telling a senior what they may be forgetting that seniors are able to feel more independent and do more on their own. These memory aids can also help prevent issues with frustration in seniors before they occur, by providing seniors with the simple reminders they need before they start feeling overwhelmed by their confusion.

Keep a Central Calendar

A paper calendar may be an old-school memory aid, but it is one that can help any senior with their everyday responsibilities and tasks. Set up a large calendar in the senior's living space that is in a central location and easy to read. The calendar could even be a whiteboard with activities or tasks listed that can easily be wiped clean as completed. A calendar should include everything from social engagements, to appointments and even when visitors or helpers are going to be stopping by.

The calendar needs to be somewhere that the senior will pass by daily as they may need multiple reminders of upcoming engagements. A good central location is in the kitchen. In addition, investing in a large calendar clock which will display the date and day of the week as well as the time can be helpful.

When a senior is consistently reminded of what they need to do that day, week or month, they are much less likely to be surprised, overwhelmed, confused or disoriented.

Routine Checklists

In addition to a calendar, one of the best ways for those with memory issues to stay focused is to have a set routine, each day. The fewer interruptions to this routine, the better. With this in mind, a great way to help seniors adhere to a routine is to write out their daily schedule and leave it laminated somewhere in the home. Some seniors may even benefit from having multiple copies posted around the home.

This routine checklist should include the following:

- Wake up time
- Morning grooming
- Breakfast time
- Snack time
- Lunch time
- Exercise time (if applicable)
- Dinner time
- Shower time
- Evening grooming
- Pre-bed ritual (listening to music, reading, etc.)

In addition to activities, it is best to include the times for each part of the routine so seniors can stay on schedule and if they get confused, they can determine what they should be doing at any given time during the day.

In-Home Sticky Notes

Sometimes the biggest sources of frustration for seniors comes from forgetting the littlest of things. This is particularly true in the early stages of Alzheimer's and dementia. Not remembering how to use a television remote or the phone number of a family member can be very frustrating for any senior. This is why home sticky notes are so helpful.

These notes can remind any senior of what they need to do during the day and where their everyday items are. These sticky notes can include reminders such as:

- When to return a library book
- When to take trash bins out
- Important phone numbers
- What is inside each cabinet
- To brush their teeth before bed
- To wash their hands before cooking
- Where certain food items are
- How to use the television
- To remember to take keys or shopping list before leaving

Little daily reminders like this may seem silly at times to some seniors, but when they can't remember where a cup is and get very disoriented, these little notes can really be appreciated.

Notes and Notepads

Some seniors dealing with dementia will start forgetting everyday things. Sometimes, they suddenly start remembering these things periodically throughout the day. It is hard to tell with dementia when one will remember and when they won't remember certain things. Therefore, having a small portable notepad or notebook in various areas around the home is such a great idea.

This can be a great way for seniors to write themselves notes on what they need to do, what they did or felt that day, who they need to talk to or any other thoughts they may have. Seniors can write these things down when they remember them or re-visit their notes later. This also helps many seniors feel more in control of their dementia as they have access to their own personal reminders and memory aids, instead of reminders from someone else.

Medication Reminder Box

One of the biggest challenges that many seniors deal with when it comes to their everyday responsibilities comes with managing their medication. While many seniors with dementia may need a care provider to help them with their daily medications, for those who must manage their prescriptions on their own, this can be very challenging.

A medication reminder box is a great tool for any senior. It features different compartments for each day and night for all the different pills that need to be taken that day. There are even products that come with their own alarms that can alert seniors of when it is time to take their medications. Plus, with a simple glance, any senior can tell if they have already taken their medications that day or if they still need to take their pills.

Important Contacts

Keep a list of important phone numbers handy. This can be a written list or a list on a smart phone. Contacts to include could be medical care or therapists, family, friends, neighbors, utility or gas company, services, police and more.

senioradvice.com

Helpful Holiday Travel Tips for Traveling with the Elderly

Families across the world travel during the holiday season to visit their loved ones and spend time with relatives they don't see often enough during the rest of the year. As fun as these times are, extended travel can be hard on all of us, especially senior citizens. The difficulties that arise from busy roads, shifting plans and accommodation searching can often overwhelm seniors. This is why caring for your elderly family member should be a top priority when traveling over the holidays.

The idea of traveling can seem especially scary to seniors coping with memory concerns. Diseases, such as Alzheimer's and dementia, can often trigger frustration and anxiety when daily routines are changed. Caregivers who travel with elderly family members are often stretched to the limit as well. Fortunately, there are some effective ways you can minimize the stress your elder family member experiences during holiday travel.

Have A Plan. It's important to always have a game plan before traveling with elderly family members. You'll want to consider writing up a schedule to discuss with your loved one. Sharing these plans with your elderly family member will help them feel included and prepared, helping to minimize travel anxiety.



Get Organized. Take the time to organize any medicine needed and store them a place that is easy to access. Make copies of important documents, such as medical records and prescription doses and schedules. These will help you care for your elderly family member should an emergency arise. If needed, you can use these documents to formulate an emergency plan of action. You'll rest easier knowing your elderly family member will receive proper care if any difficulties should arise.

Ask for Help. Ask about special accommodations for elderly family members traveling under your care. Most airlines offer special rows for passengers with disabilities, which makes traveling easier for seniors who use wheelchairs, walkers and other mobility equipment. You'll also want to ask hotels and restaurants if they have any special accommodations for relatives coping with dietary or other restrictions.

Take Your Time. Never forget to take your time. If travel plans are rushed in any way, your senior family member's discomfort levels will inevitably rise. Always plan extra time for travel delays and other unforeseen holdups.

Holiday traveling doesn't have to be difficult when caring for your elderly family member. Take the right steps to ensure a smooth journey and visit so everyone can enjoy the holiday season.

visitingangels.com



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

North Carolina
Caregiver Portal

Powered by Truanta

A new North Carolina caregiver support tool is now available!
Get access to **FREE** online educational resources to help caregivers like you!

• Develop essential skills

• Learn about health issues

• Manage care for loved ones

• Take care of yourself

To register, contact:

Margie DiDonna or Lisa Alley
Randolph Senior Adults
336-625-3389



“I never realized I was a caregiver until I started doing things for Mom that I never did before.”