

JOIN US AT THE MOVIES!



**FREE
Over 50***

Upcoming Movies . . .

. . . *at the SUNSET THEATRE*

July 11

Field of Dreams (1989)

August 1

Moonstruck (1987)

September 5

3:10 to Yuma (1957)

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

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

RESOURCES

NC Stroke Association

336-713-5052

ncstroke.org

National Stroke Association

888-4STROKE (888-478-7653)

stroke.org

American Diabetes Association

800-DIABETES (800-342-2383)

diabetes.org

The Foundation for Peripheral Neuropathy

877-883-9942

www.foundationforpn.org

National Kidney Foundation

800-622-9010

kidney.org

Arthritis Foundation

800-283-7800

arthritis.org

Parkinson's Foundation

1-800-473-4636

parkinson.org

Anxiety & Depression Association of America

1-240-485-1001

adaa.org

National Alliance on Mental Illness (NAMI)

Main - nami.org 800-950-6264

NC - naminc.org 800-451-9682

Family Caregiver Alliance

Online information and resources for caregivers

caregiver.org

Family Caregiving

aarp.org/caregiving/

SHARPER VISION

- ◆ Create a strong contrast in color between drapes, major pieces of furniture, walls, and floors.
- ◆ Make nighttime navigation easier by using motion sensor lights and nightlights, especially along the path from the bed and bathroom.



FREE FANS

**AVAILABLE
FOR SENIORS AND
THE DISABLED
NEEDING HEAT RELIEF**

Contact your local senior center:

Asheboro 336-625-3389

Archdale 336-431-1938

Liberty 336-622-5844

Randleman 336-498-4332

Fans provided through funds from
Duke Energy Carolinas, Duke Energy Progress,
and community donations

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



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

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



The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 25 - June 2024



Beautiful Birds are Out and About!

Now is the season for birdwatching.

Birdwatching offers a range of sensory stimulation and memory exercises for older adults. Noticing the different colors and sounds of the various types of birds helps stimulate the brain. Maybe they can name a few they remember, such as cardinals and robins.

Putting a bird bath where your loved one can watch through a window or from the porch, can be a relaxing pastime.

Bird feeders or hummingbird feeders are another way to draw the beautiful birds to your yard.

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**



Hurricane Preparedness for Caregivers

There are many things that caregivers can do to help themselves and their loved ones prepare for any type of emergency or disaster, but it is best to be ready well in advance, before a dire situation arises. Remember to contact your local fire department or your community's emergency management office for help with your preparations.

GATHERING SUPPLIES

- A battery-powered radio, flashlight and plenty of extra batteries.
- A first-aid kit, prescription medicines, and an extra pair of glasses.
- A supply of water (one gallon per person per day); store water in sealed, unbreakable containers and replace every six months; a supply of non-perishable food and a non-electric can opener, plus any special foods your loved one may require.
- Include extra products like adult diapers, wipes, lotion, and other hygiene items that don't need water in order to use.
- Have extra wheelchair batteries charged and ready to go.
- Have on-hand full oxygen tanks, extra medications, catheters, food for guide or service dogs, and any other special equipment needed.
- A change of clothing and rain gear for your loved one, and sturdy shoes for you.
- Extra blankets or sleeping bags.
- The list of family physicians, relatives or friends who should be notified if you or your loved one are injured.
- A list of the style and serial numbers of medical devices such as pacemakers or special batteries for essential medical equipment.
- An extra set of car keys.



ITEMS ON HAND

Take a look at your pantry. People who are not accustomed to canned food will keep little of it around. The familiar hurricane phrase "We'll just eat sandwiches" is unrealistic. By the time the storm is over, everyone will look for meals to return to normal. If power is on, it's not a problem. When there's no power, caregivers must use a creative hand to keep themselves happy and not stressed while feeding loved ones. Consider adding a canned dish to meal offerings before it is necessary to use them. Corned beef hash, canned chicken or tuna and other "hurricane foods" as a temporary part of normal diet will help everyone get used to them. This cuts down on those refusing to eat until the power goes on. Every couple of weeks, have a "hurricane meal night." It can help keep the season in the "memory loop" of all concerned, but still be a fun experience. Caregivers will be able to determine which types and brands of canned goods will be eaten by everyone.

DOWNLOAD THE FEMA MOBILE APP

Download the FEMA mobile app for disaster resources, weather alerts, and safety tips. Available in English and Spanish, the app provides a customizable checklist of emergency supplies, maps of open shelters and recovery centers, disaster survival tips, and weather alerts from the National Weather Service. Visit Ready.gov for more tips. Disasters won't wait. Neither should you.

Caregiver.com



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

Check Out Our Facebook Page



INCORPORATE THE SENIOR'S ROUTINE

If you're the primary caregiver helping your loved one with their personal care, try to match their routine as much as possible. Following your aging parent's normal routine will help them feel more comfortable. For example, if your parent showers in the morning, try to maintain that schedule for them. If they like to use specific items — such as certain washcloths, soaps, or shampoos — keep their favorite items consistent, too.

There's no need to add confusion by changing their routine. Try to stick to their normal schedule. You have to remember that you're entering their space. It can help you build a better relationship."

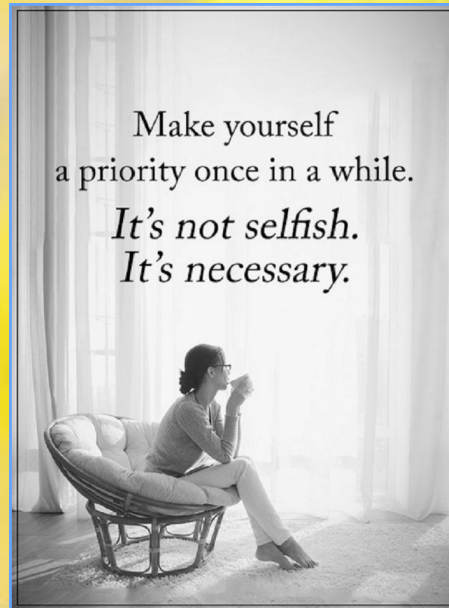
www.aplaceformom.com

As you go about your day getting ready in the morning, think about the order in which you do things; such as brush your teeth, brush your hair, shower, shampoo, etc. You probably even have a set order on how you dress. If someone were helping you and they changed your routine, you would probably feel out of sorts, or even annoyed.

There is no perfect way to take care of an elderly parent except with the most love and patience you are able to muster on that particular day.



Make yourself
a priority once in a while.
*It's not selfish.
It's necessary.*



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



CareYaya is a health technology & homecare company that connects pre-health university students (from universities like UNC, Duke, and NC State) with families for on-demand care starting at \$15/hour. Their mission is to offer affordable in-home care to elderly loved ones and children with disabilities. We employ students from universities across the Carolinas and are still expanding! CareYaya is a unique opportunity for pre-health college students to gain clinical hour experience, curate their own flexible work schedule, and receive compensation. With the growing elder care crisis, matching college caregivers with local community elders in need is an affordable option for many families that are priced out of traditional care agency options.

Why student caregivers are great
**Students are motivated by a
 vested interest in helping and
 connecting as they prepare for
 future healthcare careers, not
 just financial reward**

CAREYAYA.ORG



Alexis
Duke University

Sarah
University of Michigan

Peter
Yale University

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

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

A CAREGIVER CONVERSATION WITH DR. ELISE EIFERT RECOGNIZING AND EXPLORING CAREGIVER IDENTITY



Dr. Elise Eifert holds a Ph.D. in Public Health Education and Post-Baccalaureate Certificate in Gerontology from UNC-Greensboro. Both personal and professional experiences have fostered her caregiver-focused research.

Hospice of the Piedmont (HOP) had the chance to talk with Dr. Eifert to discuss how defining caregiving and helping caregivers understand their identity opens up access to a range of resources to support the important work they do each day.

HOP: In many caregiving cases, individuals morph into the roll over time and don't even notice what they are doing is caregiving. How does this affect the way we understand the term "caregiver"?

Dr. Eifert: Caregiving is definitely this vague term. There's not a socially shared idea of what caregiving is and what caregivers do. There really isn't a universal definition. I think of family caregivers as being anyone who provides unpaid assistance – to differentiate it from paid nursing assistance and care

servers – to another person. It doesn't really matter what that relationship is or what the assistance consists of. It can be the little things, but it can also be a lot of big things too. So, with that, I believe there's a lot of grey areas to caregiving and the definitions we try to give it. This is one of the reasons that prompted my research in caregiver identity.

HOP: For the average person, what does identifying as a caregiver look like?

Dr. Eifert: So, we've always struggled with identifying caregivers. Typically, what we do is ask "are you a caregiver, yes or no", a self-identifying process. But, we found out about 20 years ago that this view is a little problematic. AARP did this great study where they asked the question "are you a caregiver, yes or no", and then followed it up with a second question about specific tasks – "do you assist with any of the following tasks, bathing, dressing, eating?" These were tasks that are typically associated with caring for another person. What AARP found out was that about 15% of respondents said "no" to the first question, "are you a caregiver", but said "yes" to the second question about performing the tasks of a caregiver. That suggests there's a problem [disconnect], right? There are millions of family caregivers who are performing the traditional duties of a caregiver who don't necessarily see themselves or identify as a caregiver.

HOP: It sounds like it's important to spark the thought in people so that they begin identifying as a caregiver and understand what that means for them, right?

Dr. Eifert: Sure, identity dictates our behavior in a lot of ways. For example, if you identify as a runner, you dress in athletic clothing, buy running shoes, subscribe to running magazines, hang out with other runners, and possibly choose a neighborhood to live in because of the paved sidewalks where you can run, right? This identity as a runner has influenced all these different behaviors and actions. We can apply that same logic to caregivers and important caregiver behavior. We want to see caregivers seeking help and accessing

support services. If people don't see themselves as caregivers, then they will miss out on some really important resources meant to help them during their caregiver journey. Embracing the identity of caregiver more strongly and sooner in the caregiving trajectory is key, in hopes it will lead to early access and utilization of resources. Also, this will hopefully prevent some of the harmful outcomes associated with long term caregiving means to them. They may know what is keeping themselves from identifying as a caregiver or receiving resources. Identity is not a light bulb moment. It's often a process.

ARE YOU A CAREGIVER?

TAKE OUR SURVEY!

- Explore your experience
- Provide valuable insights
- Receive helpful resources

TO PARTICIPATE:

Scan the QR code below

or visit our website!

www.hospiceofthepiedmont.org/caregiversurvey/



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 Caughran - 336-580-9937 or 629-6397

Caregiver Support Group- Memory Care

Second Thursday of each month - 2:00 pm
Terra Bella Asheboro
2925 Zoo Parkway, Asheboro
Janelle Freeman - 336-633-7600

Duke Dementia Family Support Program

Various Support Groups via Zoom

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

DID YOU KNOW . . .

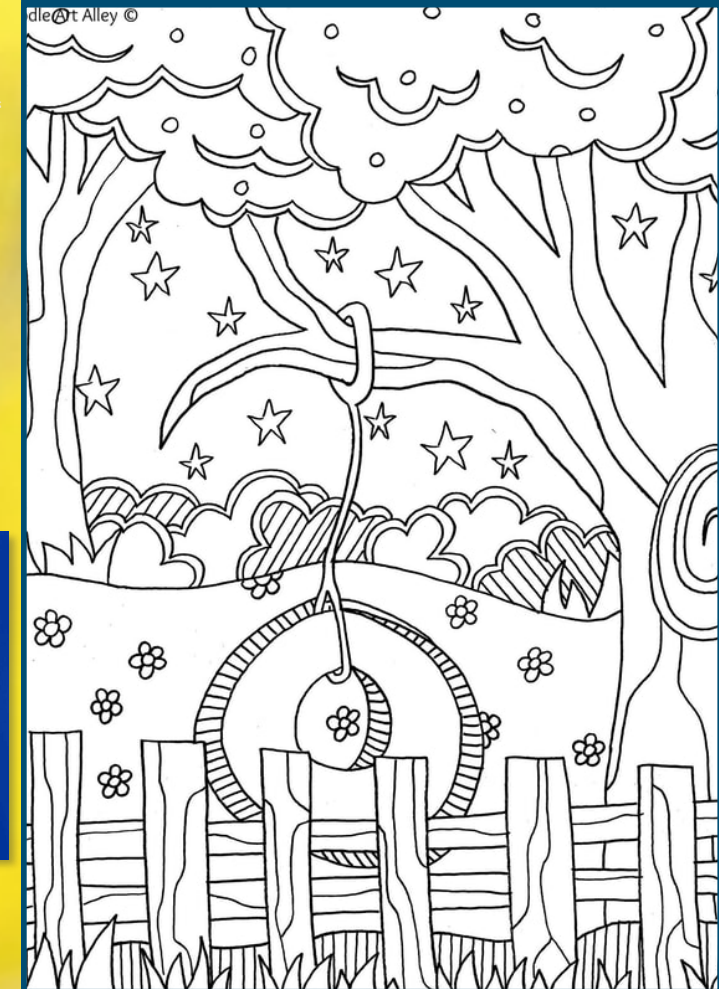
That Randolph Senior Adults has a medical equipment loan closet? We accept gently used walkers, canes, shower benches or stools, manual wheelchairs, and bedside commodes. If you would like to borrow or donate any of these items, please call 336-625-3389.

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



Coloring Corner

Alley ©



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 DiDonna or Lisa Alley
at 336-625-3389 or rcaa2@senioradults.org

DONATIONS NEEDED!

INCONTINENCE SUPPLIES

Randolph Senior Adults accepts donations of incontinence supplies that we offer to those in need.

WE ARE CURRENTLY IN NEED OF:

Pullups in medium or large

Bed pads

Bladder pads for women and guards for men

Donated items can be dropped off at:

**Randolph Senior Adults Association
347 W. Salisbury Street, Asheboro**

If you are in need of incontinence supplies, please give Margie or Lisa a call at 336-625-3389





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, Liquid Nutritional Supplements, Incontinence Supplies, and *The Nurturer* newsletter. **Call Margie DiDonna 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



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!



Caregiving is a series of small acts of care that alter the course of someone's life.

65+? Lonely? Need to talk?

NCBAM's Hope Line is here for you!

866-578-4673

NCBAM NORTH CAROLINA BAPTIST AGING MINISTRY



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).



EASY REACHING

◆ Place frequently used things in waist-high cabinets and drawers. This eliminates the need to reach high or bend low—which reduces the risk of falling.

◆ Since knobs can be hard to grip, consider switching to drawer pulls.



DOES YOUR LOVED ONE DRINK NUTRITIONAL SUPPLEMENTS?

As a caregiver, you may be eligible to receive a case each month of the nutritional supplement used by your care recipient.

For more information, contact Margie DiDonna or Lisa Alley at Randolph Senior Adults Association 336-625-3389

Funds provided by the Family Caregiver Support Program

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

PREVENTING PRESSURE INJURIES

WHAT ARE PRESSURE INJURIES?

Pressure injuries happen when skin is damaged from having pressure on it for too long. Pressure injuries are also called pressure ulcers, pressure sores, bedsores, or decubitus ulcers.

An early stage pressure injury shows changes to the way the skin looks. A later stage pressure injury will be missing skin. Pressure injuries can be painful but aren't always. Caregivers can check for them to prevent injury to their loved one.

WHO IS AT RISK FOR PRESSURE INJURIES?

The direct cause of a pressure injury is lengthy pressure on the skin. However, some factors can increase the risk of developing a pressure injury. These factors include:

Age: Older adults, especially those over 85, are more likely to develop pressure injuries. This is because the skin gets weaker with age.

Skin moisture: Wet skin is weaker, and increases the risk of injury.

Frequent wetness can come from sweat, urine, or feces.

Mobility: People that can't move or shift weight on their own are at higher risk for pressure injuries. The risk is also increased if the person can't communicate when they start to feel uncomfortable.

Reduced skin sensation: People that can't feel pain or discomfort on their skin are at higher risk for skin injury.

Shearing and friction: Damage can be caused by skin rubbing on a surface. An example is sliding on bedsheets.

Poor nutrition: Pressure injuries are likely to happen when people don't get enough protein, vitamins, and minerals in their diet.

Trouble with circulation: Areas of the body that have poor circulation are at higher risk. This is because blood flow is already weak, even before there is pressure on the skin.

Previous pressure injuries: If someone has had a pressure injury before, they are at higher risk for having another one.

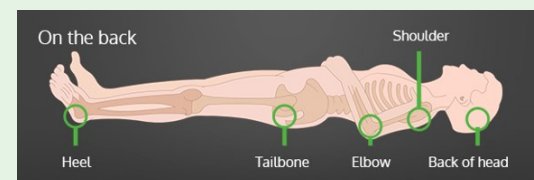
PREVENTING PRESSURE INJURIES

Pressure injuries can happen even if the person is getting proper care, but there are 7 important steps to take to prevent them.

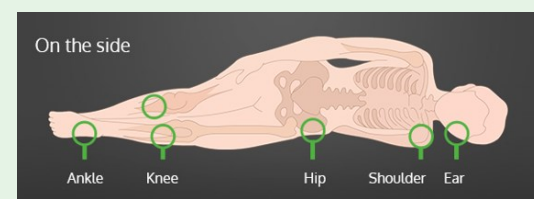
1. Limit pressure on trouble areas: change position often.

Keep an eye on areas that are higher risk. In these pictures, you will see that different positions put pressure on different parts of the body. Frequent position changes will help prevent putting pressure on one area for too long.

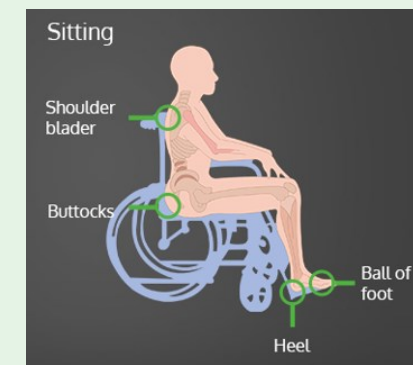
If your loved one is lying on their back for too long, they are at risk for pressure injuries on the heels, tailbone, elbow, shoulder, and back of the head.



If lying on their side, they are at risk for pressure injuries on their ankle, knees, hip, shoulder, and ear.



When sitting in a chair or wheelchair, they are at risk for pressure injuries on their shoulder blades, buttocks, heels, and balls of their feet.



2. Check Skin Daily

Finding early-stage pressure injuries can keep them from getting worse. Check the skin in the mornings or evenings, when the person you care for is getting washed and dressed. Remember to check areas that have regular pressure, as well as in between skin folds. Look for early changes to the skin like red or discolored areas that are non-blanching. You can check for skin that is "non-blanching" by pressing on the red or discolored skin. If the area of skin does not get lighter when pressing on it, it is a warning sign for pressure injury.

If you find an early-stage pressure injury, healthcare professionals, like a physical therapist or an occupational therapist, can help determine if special equipment will help to relieve pressure and prevent further injury. They can recommend special mattresses, cushions, and positioning devices.

3. Promote Good Skincare

Skin should be cleaned with warm water, using gentle soaps. Too much bathing or soaps with harsh chemicals can cause the skin to dry out. Hot water can also dry out the skin. Dry skin is more likely to be injured. Pat the skin dry instead of rubbing with a towel.

4. Reduce Skin Moisture

Keep the skin free from moisture. This is very important for parts of the body that are in contact with sweat, urine, feces, or other bodily fluids. Check with your doctor to learn more about products that can help keep the skin free from moisture.

5. Decrease Shear and Friction

Avoid dragging skin across any surface, including bedsheets, clothing, towels or cloths, and seats or chairs. Keep the bed and chair clean and free of any materials that can rub and irritate skin.

6. Encourage Proper Nutrition and Hydration

Eating a nutritious diet with enough protein, vitamins, minerals, and water can help with healing and keeping skin healthy. A registered dietician can help create a meal plan that works best for your situation.

7. Encourage Daily Activity

A person that has to be in a bed or chair can still do simple exercises and stretches. This helps with healing and blood circulation. Family caregivers can help by moving arms or legs that are too weak for the person to move on their own. Talk with a physical therapist or occupational therapist for directions on specific exercises.

nc-caregivers.com