



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

North Carolina Caregiver Portal

Powered by Trualta

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

With articles, videos, tip-sheets, and professional level training, there is something for everyone.

nc-caregivers.com



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

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/



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.

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!



Did You Miss Medicare Open Enrollment?

It may not be too late for you to review your plan!

Medicare Open Enrollment is **October 15-December 7**, but **January 1-March 31** is the Medicare Advantage Plan Open Enrollment Period. People with a Medicare advantage plan have the chance to make one change during the first three months of the year. With so many plan options and changes in your needs, it is important to review your plan every year.

There are several special enrollment periods which allow Medicare beneficiaries to change their plan during the year. If you are having problems or issues with your plan, please contact us, there may be a solution!

Randolph County SHIP Coordinators* Margie DiDona and Lisa Alley can be reached by:

Phone: 336-625-3389 Margie x235 Lisa x237

Email: rcaa2@senioradults.org (Margie)
rcaa@senioradults.org (Lisa)

Mail or in-person: Randolph Senior Adults Association
347 W. Salisbury Street
Asheboro, NC 27203

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



The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 27– Dec. 2024



Soup's On!

With cold weather setting in, what a great time to start incorporating different soups into your diet.

You and your loved one can share one of the soups that your family has enjoyed over the years. You can also get creative and try a new recipe from the internet or a cookbook. One simple and easy recipe is to add cooked tortellini and spinach to broth and serve it with parmesan cheese on top!

Even if you just heat up a can of soup or get some take out, you can enjoy the coziness that a warm bowl of soup can provide. Serve it with bread and a salad and you have a nutritious meal.

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**



DON'T FORGET TO TAKE CARE OF YOU!

- ◆ When I feel I am imperfect, I will remember that guilt is not an option as long as I know I did the best I could, given the circumstances.
- ◆ I will find time alone for myself, even though that seems impossible. That may mean asking for help from people and resources I've never considered before.
- ◆ Regardless of how deserving the source, I will say no to requests for my time when I know I can't add any more to my plate.
- ◆ I will remember that family members and friends who are not care receivers deserve some of my time. This may mean a little less of my attention will go to my care receiver, and that is okay.
- ◆ I will follow through with my own medical appointments and screenings, including dental cleanings and eye exams.
- ◆ I will find a way to monitor my own energy levels so I can recharge my batteries before I hit the point of exhaustion and burnout.
- ◆ I will remember that seeking advice from professionals, organizations and fellow caregivers is a sign of strength, not weakness.
- ◆ I will remember that my care receiver didn't choose the illness or disability that he or she is living with.
- ◆ I will remember that I didn't choose this life for my care receiver either, so I won't be a martyr to their illness.
- ◆ I will remember that taking care of my own needs isn't selfish. Taking care of myself benefits everyone I love.
- ◆ I will get appropriate help for myself if depression, anxiety or other mental health issues become apparent to me, my friends or my family.
- ◆ I will be open to alternative ways of caring for myself. This can include massage, aroma therapy, some form of meditation, exercise, attending a caregiver support group, participating in an online caregiver forum, seeking out respite care, or meeting with a therapist.



agingcare.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

Follow us on facebook and Instagram!



Thank You to friends and family who have made donations in honor of your loved one. It has helped us purchase incontinence supplies to help caregivers and seniors. We appreciate your generosity!

Emergency Planning Workbook



As a primary caregiver, others may not know how to provide care as well as you do, which can put your care recipient's health and safety at risk. It can be scary and overwhelming to think about what could happen if you aren't there to help your care recipient. An emergency plan can help put you both at ease. You can also call it a backup plan or a contingency plan. A good emergency plan includes all the information that someone else will need in order to take care of your care recipient. Even if caregiving tasks feel natural to you, they may be difficult for someone who has never cared for your care recipient before.

Download and print this workbook to document important information, like who can provide care for your care recipient if you are not available.

This web address will bring you to the *NC Caregiver Portal*. Create a login to access the workbook along with other informative videos and articles to help family caregivers:

<https://nc-caregivers.com/learning/emergency-planning-workbook>



When severe weather occurs, look for Randolph Senior Adults on TV stations, www.senioradults.org and the Randolph Senior Adults Association's Facebook page.

Randolph Senior Adults Association makes the decision to close all centers and stop transportation based on Randolph County Schools' status. **When Randolph County Schools are CLOSED or DELAYED, all locations of RSAA will be CLOSED. This includes all activities and RCATS transportation.**



MEET RITA

Dealing with difficult emotions as my father declines rapidly.

I started caring for my father full time about three years ago. He has declined a lot since then and I can tell you I went through all the emotions during this, and still do. Caregiving is no easy feat, I often feel stressed, overwhelmed, and full of grief. One of the most challenging things I dealt with was the cognitive loss of my loved one.

I've always known it would happen, but there is really no way to prepare yourself for it. There have been times when I wondered if he knew who I was, but wasn't quite sure. He often faltered with names when visiting with my family, mixing up names but they eventually came to him. One evening I was bringing him dinner, and he asked me if we were related. I hugged him, kissed him on the head and said yes. I expected more confusion and a fight to follow but he was so excited to meet me. He didn't know I was family or remember my name, but seeing the joy when he "met me" took away some of the sting. I know it's scary for him too, so I try to treat him with compassion even when the pain of this disease is too much to handle. Despite knowing this would happen - it still hurts and always will.

I got through it just like everyone else does. It helps to talk about things, if I don't get it out I can't process it. Talking to my family was a huge help for me as well as talking to other caregivers. No one understands what it's like better than other caregivers.

nc-caregivers.com



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 rccsaa2@senioradults.org



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

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/

*"Each new year, we have before us a brand new book containing 365 blank pages."
 – Peggy Toney Horton*

NEW YEAR'S RESOLUTIONS FOR CAREGIVERS

The beginning of a new year gives us a unique opportunity to both reflect on the previous year and to set goals for the year to come. As the quote above shares, each year is a new book with blank pages. There's something hopeful in that realization. A fresh start. A new beginning.

While the tradition of making resolutions may feel stressful, creating resolutions can be a helpful exercise for caregivers and an opportunity to set positive and realistic goals and expectations for the year ahead. How will you fill your pages with things that are most important to you? How can you make efforts to take care of yourself while also caring for your loved one?

We hope the ideas below will inspire you to make resolutions for yourself that encourage kindness and self-care.

Resolution #1: **Take time for yourself each day.**

Even if you take a short walk or take 15 minutes to flip through a magazine or read a book, time to recharge and recenter is important for your mental and physical health. Commit to taking a set amount of time each day to care for you. Get creative and ask a friend, family member or neighbor to help you if you are unable to get away from your caregiving duties.

Resolution #2: **Don't criticize yourself.**

Caregiving can create a lot of stress and pressure for caregivers. Sometimes circumstances will be overwhelming or will go in a direction that was unanticipated. As a caregiver, we encourage you to not criticize yourself in those moments. Often there are factors in caregiving that we may not be able to control and it's important to not blame yourself. This year, in those moments, take a deep breath, reset yourself and remember that we can't control every situation.

Resolution #3: **Find positive moments in each day.**

Even if days are filled with challenges and difficult tasks, look for the good moments and document them. Consider creating a gratitude or blessings journal. In a notebook or journal, jot down something that you are grateful for or a positive experience from your day. When you find yourself feeling frustrated, look back over your list to reflect on positive experiences in your caregiver journey.

As a caregiver entering a new year, we hope you will remember that you are doing great and important work. May the year ahead bring new opportunities for meaningful moments as you fill the blank pages before you!

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/programs/caregiver-advocates/



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



Coloring Corner



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"Some days there won't be a song in your heart. Sing anyway."

EMORY AUSTIN

THE Healthy

Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. Make a difference for another today.

Amy Leigh Mercree



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

DONATIONS NEEDED! INCONTINENCE SUPPLIES

Randolph Senior Adults accepts donations of adult 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

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.*





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, 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 Evelyn Perez at 336-629-5141



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. Participants receive *The Caregiver Helpbook*, developed specifically for this program. **This class is scheduled for Spring 2025**

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 2025**

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

A **Caregiver Daily Log Book** is a great way to keep notes on how your loved one is doing from day to day. It is especially helpful when there is more than one caregiver. Having notes on daily eating, toileting habits, and activities helps you to see patterns. It is also helpful to bring to doctor visits.

Log Books are available for a limited time at Randolph Senior Adults.

Contact Margie or Lisa at 336-625-3389



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!



65+? Lonely? Need to talk?

NCBAM's Hope Line is here for you!

866-578-4673



Are you caring for a Veteran?

Call 704-638-9000 x15505 to see if you are eligible for services through the Program of Comprehensive Assistance for Family Caregivers (PCAFC).

KEEPING OLDER LOVED ONES WARM IN WINTER

As Mother Nature's thermometer begins to dip in late fall and throughout winter, so does body temperature for many seniors. While older loved ones characteristically complain of being cold and crank up the thermostat, there is scientific data to support their feeling chilly.

Aging skin is thinner and less likely to tolerate fluctuating temperatures. When a person is cold, the heart pumps less blood to the skin, and tiny blood vessels in the skin constrict to conserve heat. Age reduces the elasticity of blood vessel walls and thins the fat layer under the skin that helps preserve body heat. An older individual's skin is limited in the precise control of changes in both cold and heat.

Dangers of Cold Weather for Seniors

Older adults lose body heat faster and are less able to tolerate cold than younger adults. If a person's body temperature drops much below the common base of 98.6 F, dangerous health problems can arise, including increased heart rate and blood pressure, liver damage, and heart attack. Hypothermia sets in when a person's body temperature goes below 95 F. Left untreated, hypothermia can shut down the body's heart and respiratory systems and lead to death.

Older people are at greatest risk for cold-related death — the Centers for Disease Control and Prevention (CDC) consistently reports that more people die from excessive cold than excessive heat. Living inside in intense air conditioning or with inadequate heat can invite hypothermia. Also, older adults with confused thinking may not be self-aware of their dropping body temperature, so caregivers need to be extra vigilant to check for signs of hypothermia including shivering, slurred speech, shallow breathing and a weak pulse.

Causes of Low Body Temperature

Besides exposure to cold temperatures and moisture, seniors can face a drop in body temperature because of a number of other medical conditions and health factors, including:

- ◆ Medications such as beta blockers, sedatives, antipsychotics and antidepressants
- ◆ Stroke
- ◆ Parkinson's disease
- ◆ Hypothyroidism (underactive thyroid)
- ◆ Sepsis (widespread infection)
- ◆ Malnutrition and anorexia
- ◆ Nerve damage
- ◆ Alcohol or drug use
- ◆ Anesthesia

Susceptibility to cold can be a symptom of medical issues like diabetes or high blood pressure. Because of poor circulation, diabetics run the risk of decreased body temperature in their extremities. They also may not accurately sense temperature changes in their hands and feet, which can cause injury they may not feel. For people with high blood pressure, certain medications such as beta blockers can reduce blood circulation to the hands and feet, and calcium channel blockers relax the blood vessels, which may accelerate heat loss. Having high cholesterol can also restrict blood flow and lower body temperature.

How to Keep Seniors Warm

Prevention of cold exposure to seniors takes precautionary measures before winter sets in and ongoing observation by family members, caregivers and those familiar with the older loved one's health and living environment.

These tips can help caregivers keep seniors warm this winter:

- ◆ Keep the home properly heated at a temperature of 68F to 70F.
- ◆ Winterize windows and doors with weather stripping and caulk.
- ◆ Close heat vents and shut doors in rooms that are seldom used.
- ◆ Dress the senior in warm layers that can be removed if he or she gets too hot.
- ◆ Put socks and slippers on the senior and use a blanket over legs.



- ◆ Make sure the senior wears a hat, scarf and gloves when going outside.
- ◆ Check weather reports and know that snow, rain and wind can increase heat loss.
- ◆ Have the senior change out of damp or wet clothes right away.
- ◆ Help the senior practice sound nutrition to fuel the body's heat and energy sources.
- ◆ Ensure the senior stays fully hydrated — dry air temperatures inside and outside can cause dehydration.
- ◆ Support the senior in eating regular meals to stimulate the body's own thermostat.
- ◆ Encourage the senior to avoid alcohol consumption, which can trigger heat loss.
- ◆ Learn the temperature-lowering effect of specific medications and over-the-counter drugs.
- ◆ Be aware that some space heaters and fireplaces are fire hazards and can cause carbon monoxide poisoning.
- ◆ Devise an evacuation plan in case of a power outage or the furnace/heat source breaks down.
- ◆ Create a plan for family and friends to check on the senior regularly, especially during colder weather.