



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 gross monthly income below \$1,956, or \$2,644 for a married couple living together.

Those with income below \$1,781 (or \$2,400 per couple) may also be eligible to have their \$185 monthly Medicare Part B premium paid by the state.

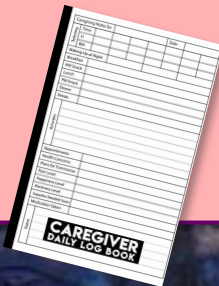
To apply contact:
Margie DiDona or Lisa Alley
SHIIP Coordinators
at Randolph Senior Adults Association
336-625-3389

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

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 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



TIPS FOR CAREGIVERS

TRY TO KEEP ROUTINES

Daily routines can help the days run smoother.

KEEP FAMILIAR OBJECTS

These objects can help the person feel more secure.

BREAK DOWN ACTIVITIES INTO STEPS

Demonstrate each step one at a time.

PROVIDE PLENTY OF ASSURANCE

Speak calmly and listen to their concerns.

TAKE CARE OF YOURSELF

If you don't take care of yourself, you can't care for someone else.



JOIN US AT THE MOVIES!



FREE
Over
50*

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

April 3
Seven Brides for Seven Brothers (1954)

May 1
Singin' In the Rain (1952)

June 5
The Man in the Moon (1991)

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

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



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 caregiver and meal 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!

The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 28- March 2025



Spring Ahead!

Spring is when we get to shed the winter blues and start enjoying the weather again. March 9th is when we change the clock to Daylight Savings Time. Getting that extra hour of sunshine helps put all of us in a better mood.

On St. Patrick's Day wear green and start the day with a bowl of Lucky Charms. See if your loved one can pick out all the marshmallow charms before adding the milk!

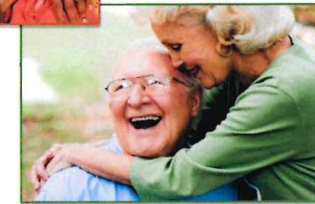
For Easter, buy plastic eggs and put a surprise inside each one. Hide them in simple areas for your loved one to find. Having fun like this is bound to raise everyone's spirits!

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



Powerful Tools FOR Caregivers

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 DiDona or Lisa Alley at 336-625-3389 or rcaa2@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 May 14 – June 18, 2025	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



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!



Emergency Planning Workbook



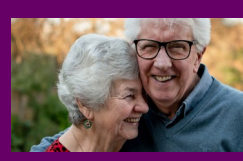
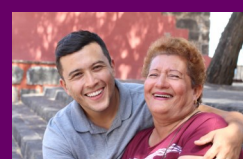
As a primary caregiver, others may not know how to provide care as well as you do, which can put your care recipient's health and safety at risk. It can be scary and overwhelming to think about what could happen if you aren't there to help your care recipient. An emergency plan can help put you both 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>

Laughter is the best medicine



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/

MEET MELINDA



When keeping Mom happy and comfortable means lying to her.

My mom was diagnosed with Alzheimers about a year ago. It has been quite a rollercoaster and has turned both of our lives upside down. I was lucky enough that my mothers diagnosis came relatively quick, with very little struggle. We struggle the most with short term memory loss, making it challenging to face new situations and the progression of the disease. As a result, I end up having to lie to her which is incredibly challenging.

My mother raised us to never lie, but when she is in fits because she can't remember that her husband passed away two years ago I have no other choice. I realize now through experience and the support of other caregivers that I am not lying to my mother, rather I am trying to keep her happy and comfortable. There comes a time when her reality does not line up with mine, and trying to challenge that brings her pain and confusion. By telling her my father is at work brings her comfort and peace, and I would take that any day over having to remind her that her husband passed away.

My advice is to stay creative. What works today, won't work tomorrow as the disease progresses. Try not to feel guilt for doing what you can to comfort your loved one. Look for joy in the moment and cherish the time you have together, even if that means bending the truth.

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 rcsaa2@senioradults.org



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

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/

New Caregiver Resource Available

Hospice of the Piedmont has launched a new caregiver resource through its caregiver initiative, Caregiver Advocates. A publicly accessible web and mobile resource, Caregiving Companion offers educational and supportive solutions for individuals who are providing unpaid care for a family member, friend or neighbor.

"In hospice, we work with caregivers each day," says Trent Cockerham, CEO, Hospice of the Piedmont. "Over the last 40 years, we've learned that many caregivers' needs are universal whether you are taking care of someone at the end of life or someone who is at the beginning stages of an illness or just simply aging."

Although created by a hospice organization, Caregiving Companion is available to caregivers at any stage of their caregiving journey for free. This web application, or high-functioning, interactive website, is accessible at www.caregivingcompanion.org.

Caregiving Companion offers practical and encouraging resources from performing hands-on care tasks and planning for a doctor's appointment to exploring emotions that are common for caregivers and learning more about how to take care of their own wellbeing. Information is presented in a blog or article format with audio and video components throughout the site.

"We are particularly excited about the interactive functionality of Caregiving Companion," says Cockerham. "Caregivers have the chance to tailor their content based on a simple onboarding process and then explore the content through a series of learning opportunities and activity offerings."

Activity badges like Mindfulness Maestro, which guides users through a seven-day progression of mindfulness exercises, help caregivers create self-care habits. Other learning badges like Planning Ahead Foundations teach caregivers about advance directives through

a series of articles and videos. Encouraging engagement through badge achievement gives caregivers a variety of ways to learn and engage with the information.

Caregiving Companion is the culmination of years' worth of work by Hospice of the Piedmont to address the growing health crisis around caregiving. According to AARP in 2020, there were 53 million Americans providing unpaid care for someone else. Sixty-one percent of caregivers are employed and performing care duties on top of their jobs. Finding ways to support caregivers sooner in their care role will remain a key consideration as the number of caregivers in the U.S. is set to continue to grow. Hospice of the Piedmont will continue to focus on solutions for identified caregiver needs throughout the community.



A free online resource for caregivers

Explore articles and videos about important caregiving topics. Engage with activities to help you expand your knowledge and your skills.



Get Started Today!



www.caregivingcompanion.org



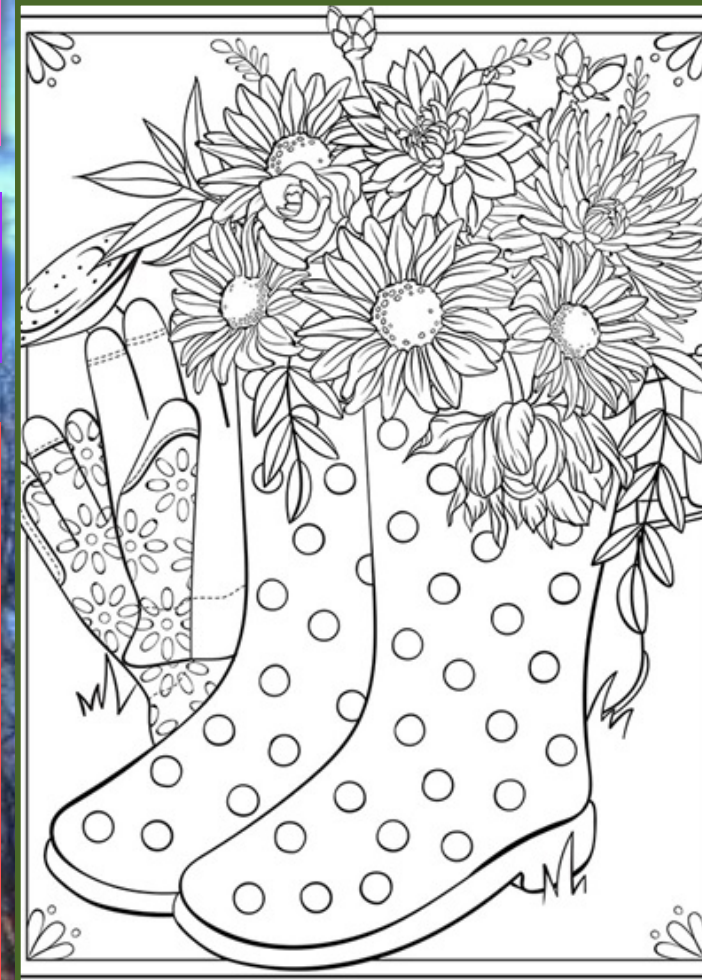
Scan the QR code with your mobile device or visit



The Randolph Senior Adults Association proudly marks its 50th Anniversary this year, celebrating half a century of dedicated service to seniors in our community. For fifty years, we have remained steadfast in our commitment to enhancing the lives of those aged 50 and above, consistently providing vital services, resources, and opportunities that empower seniors to lead fulfilling lives.



Coloring Corner



DO YOU HAVE CAREGIVER BURNOUT?



1. YOU NO LONGER FIND PLEASURE IN THINGS YOU ONCE FOUND ENJOYABLE.
2. FRIENDS AND FAMILY HAVE EXPRESSED CONCERNS ABOUT YOUR WELL-BEING.
3. YOU'RE GETTING NEGATIVE FEEDBACK AT WORK.
4. YOU'RE HAVING PROBLEMS WITH YOUR SPOUSE.
5. YOU EXPERIENCE INTENSE AND RECURRENT FEELINGS OF ANGER, SADNESS, WORRY OR FEAR.
6. YOU HAVE DIFFICULTY CONCENTRATING.
7. YOU HAVE TROUBLE SLEEPING, DRASTIC WEIGHT CHANGES OR OTHER UNEXPLAINED HEALTH PROBLEMS.
8. YOU USE A SUBSTANCE TO COPE WITH, MANAGE OR SUPPRESS PAINFUL FEELINGS.

HOW CAN YOU AVOID BURNING OUT?

- ◆ Set realistic expectations
- ◆ Embrace your role as a caregiver
- ◆ Practice self-care
- ◆ Join a caregiver support group
- ◆ Take regular breaks
- ◆ Relax and meditate



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.



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

DO YOU NEED TO DISPOSE OF EXPIRED PRESCRIPTION MEDICATIONS?



You can safely do so at the following locations:

- **Randolph County Sheriff's Office** 727 McDowell Rd, Asheboro Monday-Friday 8:00am-5:00pm
- **Asheboro Police Department** 205 E. Academy St., Asheboro Monday-Friday 8:00am-5:00pm
- **Archdale Police Department** 305 Balfour Dr., Archdale Monday-Friday 8:00am-5:00pm
- **Liberty Police Department** 451 W. Swannanoa Ave., Liberty 24 hours a day / 7 days a week
- **Randleman Police Department** 101 Hilliary St., Randleman 24 hours a day / 7 days a week



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.

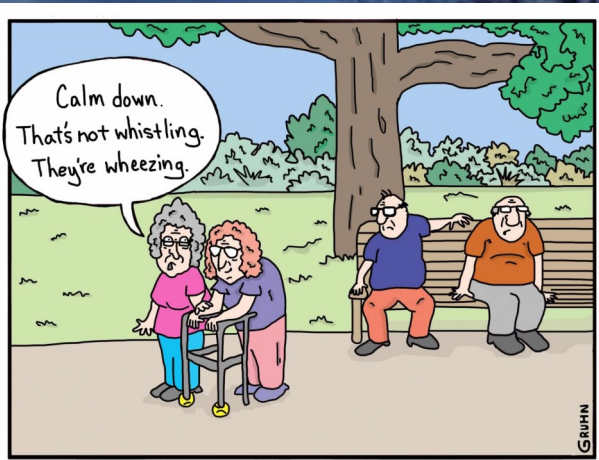
RANDOLPH COUNTY AGENCIES PROVIDING SERVICES WITH FCSP FUNDS:

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 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



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

information.

EVENTS AND PROGRAMS

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 for more information.

NAVIGATING A NEW CAREGIVER ROLE

Whether your care recipient is a parent, sibling, partner, friend, or neighbor, navigating the transition into a caregiver role can be challenging. You might feel overwhelmed by having to provide care in ways you've never done before, or stressed by taking on tasks your care recipient used to do. You may also be managing feelings of grief over the loss of who your care recipient used to be. Below are four things you can do to help you adjust to this new role.

Find Ways To Maintain Your Relationship

If you're close with your care recipient, it may feel strange to take on a caregiver role while preserving your past relationship. On the flip side, you may be tempted to force a close relationship with them now if you weren't close before.

To help smooth the transition, try to include parts of your relationship from the past to your new reality. This may help both of you recognize that some things are still the same. For example, you can:

- Ask for their opinion on something
- Show appreciation with a hug or saying thank you
- Ask for help with tasks
- Do a daily ritual together, like sitting down for coffee
- Run errands together
- Take them to places you liked to go together



Support Their Continued Independence

Even if they need a lot of help, you can find small ways to support their identity and independence. This may help both of you feel better, as well as help them continue to use important skills. You can try:

Giving them choices. For example, what they'd like you to make for lunch or what color shirt they want to wear.

Finding ways they can contribute. Can they stir dinner ingredients together, or help hang up the laundry to dry?

Asking for their input. For example, work together to create a daily routine. Involve them in important discussions, especially when it

concerns their care. Factors like medications or energy levels might affect daily tasks. Work together to figure out when certain activities would work better for them.

Letting them do as much as possible. Although it may be tempting to do the task for them, help them use and retain skills by having them do as much of their daily activities as possible. Step in when they need help or if the situation becomes unsafe.

Let go of perfection. Remind yourself and your care recipient to let go of the idea of how something "should be done" or completing it perfectly. The important thing is they're participating as much as they can.

Set Boundaries On What You Can & Can't Do

Sometimes, the hardest part of being a caregiver is feeling like you need to take on everything!

To prevent burnout and maintain relationships, it's important to know your limits. Start by going through their daily or weekly routine, making a list of activities your care recipient needs support with. Be specific about what parts of each task require help. Review this list and determine what you can help with and what you can't. Brainstorm who else can do the activities you can't do—like family, friends, paid services, or care staff. For example:

Mom has trouble with:

- Getting to the doctor's appointment every Tuesday—she can't drive
- Taking and refilling medications—can't unscrew the bottles, can't drive to pharmacy
- Getting dressed—needs help taking off and putting on shirts
- Taking a shower—can't reach up to wash her hair, needs supervision getting in and out

I can do:	I can't do:
<ul style="list-style-type: none"> • Drive to doctor appt every Tuesday • Pick up blister pack from pharmacy every 2 weeks • Help get into pajamas in the evening 	<ul style="list-style-type: none"> • Help getting dressed in the morning, sister can come over in the morning before work • Shower help, set up home care

Talk To Other Caregivers In Similar Situations

Remember—you're not the only one with feelings like this. Having the opportunity to share your experiences with other caregivers may help you process what you're going through on your caregiving journey. This can also help you learn tools and tips that have helped others in your same situation. The healthcare team or Area Agency on Aging may be able to help you find some support resources in your area.

nc-caregivers.com



North Carolina Caregiver Portal

Powered by Truanta

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

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

65+? Lonely? Need to talk?

NCBAM's Hope Line is here for you!

866-578-4673



HELLO SPRING



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).