

JOIN US AT THE MOVIES!



FREE
Over 50*

Upcoming Movies . . .

. . . at the **SUNSET THEATRE**

October 3

Easy Come, Easy Go (1967)

November 7

Light in the Piazza (1962)

December 5

The Bishop's Wife (1947)

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

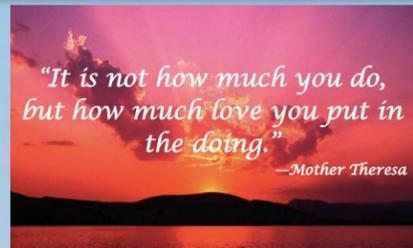
Family Caregiving
aarp.org/caregiving/



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



MEDICARE OPEN ENROLLMENT IS COMING SOON!

There are important mailings that may be coming your way

The fall can be a very confusing time for Medicare beneficiaries. During this time you start receiving more mail. Some things you receive may be advertisements, but some can be very important.

If you receive Part D Extra Help you may receive a **Social Security Administration Review of Your Eligibility for Extra Help** form. This is not sent out to everyone receiving Extra Help, but if you are one of those who do receive one, it is important for you to complete and return it. Failure to do so will result in you losing the Extra Help assistance. We can help you complete this eight-page form if you are unable to do so.

Another important item you'll receive is the **Annual Notice of Change** from your current insurance plan. This document will tell you about the changes to your plan for the upcoming year. Even though this is good information, you should still come in during the Medicare Open Enrollment period to let us review your plan for the new year. During this review, we compare your current plan to others available to make sure you are getting the best coverage and price for your needs.

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

Available Monday-Thursday from 8:30am-4:00pm

**Medicare Open Enrollment is
October 15—December 7**

The Nurturer



A Newsletter for Family Caregivers in Randolph County Issue 26- Sept. 2024



Celebrate Autumn

Decorating pumpkins can be a fun activity you can do with your loved one. Pick up some little pumpkins at the store, or even better take your loved one to a pumpkin patch or farmers market to pick them out.

Have a pumpkin party where you can paint and decorate them while you drink pumpkin lattes or have pumpkin pie. Use these cute pumpkins to make the inside and outside of your home fall festive.

Be sure to take plenty of pictures to remember the good time you both had!

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**



Emergency Planning Workbook

What Is An Emergency Plan?

Sometimes, life is unexpected. There may be a point in time when a crisis stops you from being able to care for your care recipient. This could happen if:

- » You experience an accident or injury
- » You have to travel to respond to a family emergency somewhere else
- » Your care recipient is admitted to the hospital
- » You're no longer able to provide care at home

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.

This guide to back up planning will increase your confidence that your care recipient will get the best care even if you aren't there. Download and print this workbook to document important information, like who else 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>





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!



CAREGIVER WELLNESS BLUEPRINT

To provide the best care for your care recipient, you also need to take care of yourself. Taking care of yourself looks different for everyone, but there are a few steps we know can really help! These four actions will help you build the best foundation for your own wellness.

Find Reliable Supports

- Make a list of who you can reach out to for help.
- Make a list of the activities that you can ask for help with like picking up groceries, driving to appointments, or sitting with your care recipient while you go out.
- Think about formal supports like home care agencies and informal supports like friends, family and neighbors.

Learn Strategies To Make Caring Easier

- Every tip, trick, or skill you learn can reduce a bit of stress in your day.
- Better care strategies can also prevent problems before they happen.

Do Something For Yourself Every Day

- Pick an activity that relaxes you or that makes you laugh.
- You can also think of activities that you have enjoyed in the past.
- It doesn't have to be any specific activity. Try out a few different ones and include them into your routine.

Take Care Of Your Own Health

- Caregiving can have a lot of emotional ups and downs! Make sure you check in on your mental & emotional health.
- Your physical health can sometimes be neglected when you care for someone else. Eating nutritious food, doing physical activity, and attending your doctor's appointments are all ways to take care of your health.

**We know it's not always easy – starting small can help.
Which one of these things can you do today?**

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



North Carolina Caregiver Portal

Powered by Trualla

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

6 Questions To Ask Before Discharge

Planning your care recipient's discharge home can be overwhelming. Here are the most important questions to ask the healthcare team when preparing for discharge:

1. What Is Their Medical Diagnosis?

- ◇ How does this affect their health?
- ◇ Will they need more treatment or surgery?
- ◇ Will they be able to do things the way they used to before coming to hospital? If so, how long could that take?
- ◇ Do they understand their diagnosis?



2. Who Can I Talk To If I Have Questions Or Need Information?

- ◇ Who else can I talk to while we are at the hospital?
- ◇ Who can I call if I need help once I am home?
- ◇ Are there any support groups I could contact?

3. What Can I Expect To Happen Next?

- ◇ When will they be discharged?
- ◇ Do they have any restrictions or things they shouldn't do when they get home?
- ◇ How long do they need help for?
- ◇ Are there any follow-up doctor or other healthcare provider appointments I need to make?

4. What Changes Are There To Their Medications?

- ◇ How long will they need to take this new medication?
- ◇ Should they keep taking their old medications?
- ◇ Can prescriptions be filled before we leave the hospital?
- ◇ Do they need help managing their medications?

5. What Do I Need To Do At Home To Prepare?

- ◇ Do they need any equipment, like a walker or commode, at home? When will it be delivered?
- ◇ Will they be able to get into the home and up any stairs?
- ◇ Do I need to schedule community services and respite care ahead of time?
- ◇ What should I do with animals or small children when I bring my care recipient home?
- ◇ Do they require constant supervision, or are they safe to be alone?
- ◇ Are there any changes to their diet? Any foods that should be kept out of the house?
- ◇ How do I get my care recipient home? For example, they may have post-surgery restrictions preventing them from riding in the front seat or transferring into a low vehicle.

6. What Are Signs They Need Medical Attention?

- ◇ How do I know if they need to come back to the hospital?
- ◇ Are there any signs to watch for?
- ◇ What is the typical recovery time frame?



nc-caregivers.com



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

Technology Classes for Seniors

Randolph Senior Adults is hosting interactive technology classes (Android and Apple) for seniors 60+

No more waiting on someone to help you send a message, share a picture or celebrate a special day. Learn to use your smart phone and/or tablet to connect more easily with grandkids, family, friends, and healthcare professionals!

- Wednesdays at 1:30 at the Asheboro Senior Center.
- Classes are approximately one hour.
- Class size is smaller to allow for one-on-one instruction.
- If you own a smart phone or tablet, you can bring it with you to learn how to use yours. Be sure to bring it fully charged. If you do not have a device, we have devices to use in class that we have purchased with grant funds.

For more information call Ginger Flynt at 625-3389 x211

"Self-love is a combination of building awareness of ourselves, nurturing our minds and bodies, and acknowledging that we are worthy of good things in life." – Carol Bradley Bursack

LOVING YOURSELF AS A CAREGIVER

In all the demands and stressors associated with caregiving, it's important to accept and appreciate ourselves. Maybe acknowledging yourself and nurturing the parts of you that make you who you are is a new concept for you. That's ok. We want to share some thoughts about how you can incorporate self-love into your daily mindset as you tackle your caregiving tasks. As we learn how loving ourselves can change our perspective and boost our confidence as a caregiver, here are some things to remember:

Accept your flaws.

We each have things about ourselves that we know need improvement – but remember that's part of being human. When we are able to accept our imperfection as a fact of life, you'll feel a weight lifted off your mind. Be sure to let go of caregiver guilt and remember that we are powerless to stop the cycles that come with chronic disease and decline.

Take care of yourself daily.

Consider incorporating meditation or mindfulness into your daily routine. Many studies have shown

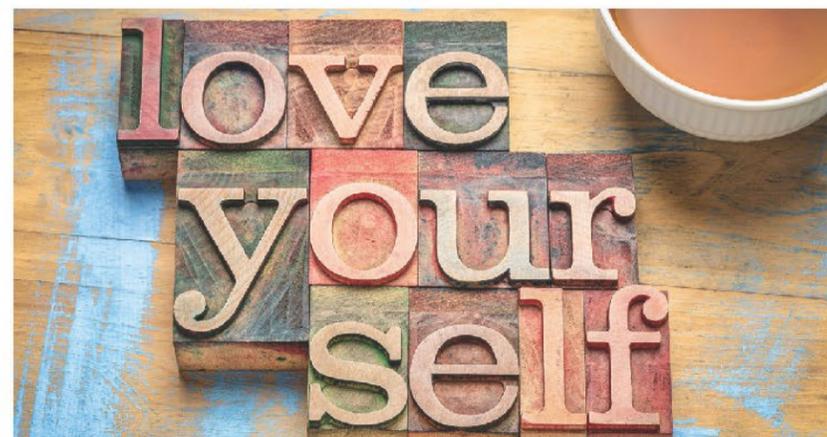
that meditation of any form can lower blood pressure, decrease stress and increase our feelings of well-being. Additionally, take care of your body by exercising and eating well. Be sure to keep your scheduled medical appointments. Set achievable goals and affirm yourself each day as you care for yourself.

Aim to be defined by positive forces in your life rather than negative ones.

Your life may be riddled with difficult experiences brought on by other people or family members. Forgiveness can help you let go of those experiences, so they no longer hold power over your feelings and actions. Similarly, some people may need to leave their own feeling of guilt, regret and shame behind and forgive themselves.

Remember your value.

You are worthy of love and having your needs met, even while caring for a loved one. It will be an important balance to strive for in order to keep you healthy and whole throughout your caregiving journey.



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

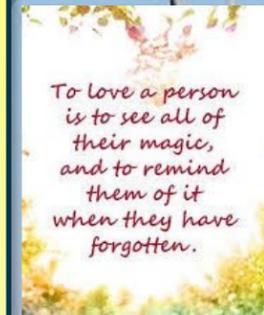
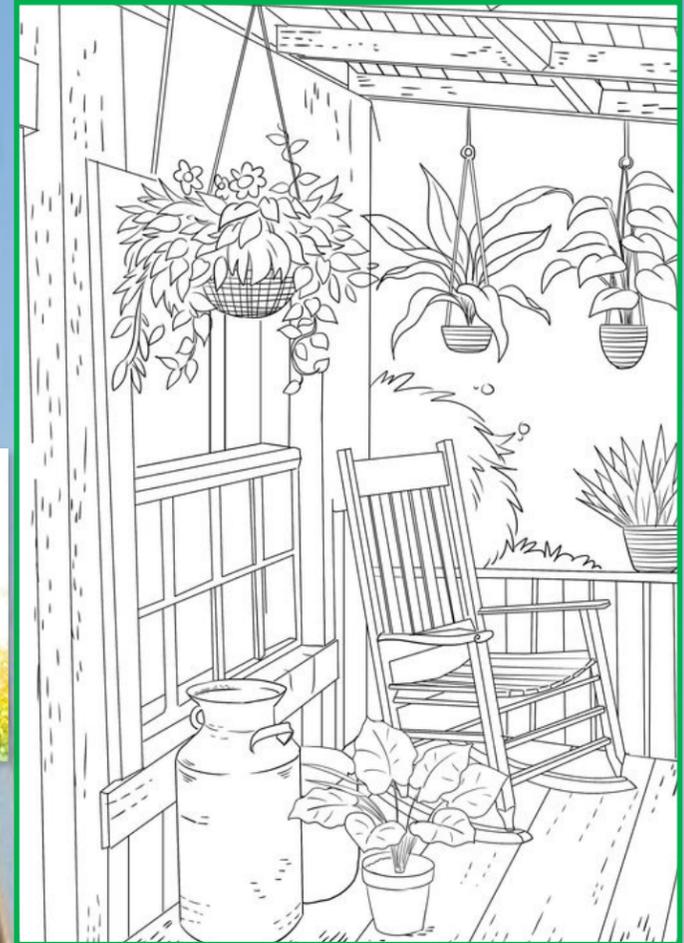


Homebound seniors age 60+ may be eligible to receive nutritionally balanced meals. For more information, contact your local senior center:

Asheboro	336-625-3389
Archdale	336-431-1938
Liberty	336-622-5844
Randleman	336-498-4332



Coloring Corner



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 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/

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

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

Contact Evelyn Perez at 336-629-5141



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



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).

HOW TO BE A CAREGIVER FOR SOMEONE WITH CHRONIC KIDNEY DISEASE

Caregivers new to kidney disease may be relieved to hear that most people do not progress to more advanced stages requiring transplant or dialysis. But because damaged kidneys can have a big impact on your loved one's overall health and quality of life, getting them the best care possible can make a big difference.

Here's what caregivers need to know and what they can do.

Learn about chronic kidney disease

The main job of our kidneys is to filter extra water and wastes from our blood to produce urine. They also balance blood levels of salts and minerals, such as calcium, potassium and phosphorus, and produce hormones that help control blood pressure and make red blood cells. Damaged kidneys may not work as well as they should. When the damage lasts for three months or more, that's chronic kidney disease, or CKD.

The National Kidney Foundation, a nonprofit advocacy group, says most people with CKD don't know it. Chronic kidney disease can have many causes; for example, kidney disease caused by a genetic disorder, severe infections, poisonings or autoimmune diseases like lupus. But most CKD in the United States is linked to diabetes and high blood pressure. About 40 percent of people with diabetes will develop kidney disease during their lifetime. High levels of blood sugar can directly damage kidneys, she says. Your risks for CKD also go up if you have high blood pressure (hypertension), though there's some debate about whether it is a direct cause of CKD, or "more of a consequence." If your loved one has chronic kidney disease, it's important to learn the cause, so they can receive the right treatment.

Understand testing, diagnosis and stages

CKD is diagnosed and tracked with simple blood and urine tests. The main blood test, the estimated glomerular filtration rate (eGFR), shows how well your kidneys are cleaning your blood. The main urine test, the albumin-creatinine ratio (uACR), shows whether you have a protein called albumin in your urine. In healthy people, the protein is in the blood but not the urine. Based on those tests results, CKD can be in early stages (1 and 2), moderate to severe stages (3 and 4), or at the point of kidney failure (stage 5). Unfortunately, many people who reach stage 5 have never been properly treated before that point. One reason, is that not enough people at risk get the appropriate tests or follow up on the results. But when people get help at earlier stages, the experts say, they can limit kidney damage and complications.

To assist, caregivers should track those blood and urine results, and encourage their loved ones to follow up with doctors when the numbers look abnormal or get worse — meaning albumin levels rise or blood filtration rates fall. It's important to know that CKD can worsen without symptoms, which tend to show up late in the disease. Those can include leg swelling, fatigue, itchiness and headaches. Your kidneys are just incredibly resilient. They work extremely hard. And as you lose kidney function, they just work harder and harder and harder. People sometimes learn they have kidney disease only when another health problem leads to testing.

Know the treatment options

Treatment involves controlling the things that might make CKD worse, like high blood sugar levels and high blood pressure, and managing complications, like anemia and high levels of potassium and phosphorus in the blood. Treatment also aims to lower the risk of heart attack and stroke, strongly associated with kidney disease.

In addition, doctors have a growing list of medications that slow progression of the kidney damage itself. Those include drugs known as SGLT2 inhibitors, initially approved for type 2 diabetes. They are now approved by the Food and Drug Administration for certain people with CKD, including some without diabetes.

Studies suggest appropriate use of those drugs could delay the need for dialysis by 13 years in some patients. Few people who qualify are getting the SGLT2 inhibitors or other newer medications. Caregivers can be advocates for getting those medications. If your loved one is not seeing a nephrologist, it's worth asking their primary doctor whether a referral makes sense. Go with them to doctors if you can, to listen and fill in gaps and ask questions. Because there are rarely symptoms, patients sometimes "deny their kidney disease," and don't take the medications and make the lifestyle changes that could slow it down. Caregivers can help by encouraging loved ones to stick to treatment plans.

Support a kidney-friendly diet

At every stage of CKD, diet matters. Early on, the biggest focus is on cutting excess sodium, which contributes to high blood pressure and kidney damage. Most salt comes from restaurant meals and packaged foods. Cutting salt often means cooking more at home, reading labels and searching for restaurant nutrition info online. As kidney disease progresses, other diet changes might be needed. In some cases, doctors advise cutting back on potassium, which is in many fruits, vegetables and salt substitutes. Phosphorus, often used as a food additive, can also become a problem.

Protein recommendations can change over the course of kidney disease, with patients urged to cut back as the disease progresses, but advised to eat more if they go on dialysis. At that point, people often need protein supplements.

To sort through it all, it helps to see a registered dietitian. If a caregiver is the family cook, it can be particularly valuable for them to come to those sessions. Medicare covers visits for many patients.

Balance exercise and fatigue

Exercise also can help kidneys function longer; but in advanced stages, having enough energy can be a problem. The most common symptom for advanced kidney disease is fatigue. It might even be good to schedule afternoon naps.

Know the options when kidneys fail

If your loved one has kidney failure, that means their kidneys function at 15 percent or less of the normal level. At that point, they have three options: dialysis, a kidney transplant or supportive care, for those who no longer want intensive interventions. Dialysis can take two forms: hemodialysis, in which a machine filters wastes and water from the blood, usually at a dialysis center, several days a week; or peritoneal dialysis, in which dialysis solution is pumped into the lining of the belly and emptied several times a day. Peritoneal dialysis is often done at home.

Either kind can demand a lot of caregivers — whether they are constantly driving someone to the dialysis center or helping them use and maintain dialysis equipment at home. Caregivers should be part of discussions about which approach is best.

The best thing you can do for a loved one on dialysis is to avoid overly negative thinking. People often live for years on dialysis. They have lives, they eat dinner with their family. They watch television. They go to movie theaters. It's right to do everything you can to prevent the need, but when people do go on dialysis, it is not a death sentence.... It is a gift.

