







YOUR DONATIONS MEAN THE WORLD TO OUR RANDOLPH COUNTY SENIORS!

When you contribute to Randolph Senior Adults, you make an immediate difference in the lives of seniors and their caregivers. Our **meal programs, activities,** and **family caregiver services** help seniors stay independent for as long as possible.
This allows them to age at home in their community, just like we all want to do.

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!

***Randolph Senior Adults Association**
is a private, non-profit 501(c)(3)organization









SUPPORT GROUPS

Caregiver Coffee House
Third Friday each month - 12:00-1:00pm
Randolph Senior Adults Assn
347 W. Salisbury Street, Asheboro
Hospice of Randolph - 336-672-9300

DiabetesSupportGroup
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

Duke Dementia Family Support Program
Various Support Groups via Zoom
Various dates and times
Natalie Leary - 919-660-7542
dukefamilysupport.org/support-groups/









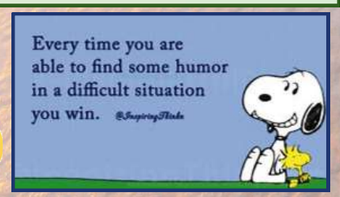


DOES YOUR LOVED ONE DRINK NUTRITIONAL SUPPLEMENTS?
As a caregiver, you maybe eligible to receive nutritional supplements monthly for your care recipient.

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

Funds provided by the Family Caregiver Support Program

Mom fell asleep reading the paper. When I told her, she said, "No, that was just a really long blink."



The Nurturer



A Newsletter for Family Caregivers in Randolph County **Issue 34– September 2026**

Celebrating 50 YEARS 1976 - 2026 Rooted in Community
RANDOLPH SENIOR ADULTS ASSOCIATION

Tasty Treats

Summer is the time to snack on cool yummy treats!

Some may be the familiar favorites like vanilla ice cream or banana pudding, but now is the time to try something new.

Some items can be bought at an ice cream shop, and some can be purchased at your local grocery store. There are all kinds of ice cream flavors available, some have tasty bits and pieces of chocolate, nuts, etc. Another treat that can help cool you off on a hot summer day are Italian ices. They are very refreshing.

Let your taste buds have an adventure. You may find your new favorite dessert!

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: rcsaa2@senioradults.org to be added to our mailing list.

Follow Randolph Senior Adults Association On Facebook

Honoring Routines and Preferences: Why Consistency Matters in Senior Care

Your mother has drunk her morning coffee from the same blue mug for thirty years. Your father reads the newspaper in a specific order, starting with sports. Small rituals that might seem trivial to outsiders form the foundation of daily life. When those rituals get disrupted, especially for seniors, the impact ripples far beyond the surface details. Understanding why these routines matter and how to preserve them transforms care from a series of tasks into genuine support for someone's wellbeing. Whether family members provide care or professional caregivers step in, respecting established patterns makes the difference between help that feels intrusive and support that feels natural.

Why Routines Provide Security Humans are creatures of habit at every age, but for seniors, routines serve particularly important purposes. Familiar patterns provide structure and predictability in lives where much has already changed. Friends have passed away or moved. Physical abilities have declined. Independence has shifted. Routines represent stability. For seniors experiencing cognitive decline, routines become even more critical. When memory falters, established patterns help guide them through the day. Morning coffee at eight. Lunch at noon. The evening news at six. These anchors help orient someone who might otherwise feel lost. Routines also preserve identity. How someone has always done things reflects who they are. Forcing different patterns suggests that who they have been does not matter anymore, that convenience for caregivers trumps their preferences. This message, even when unintended, damages dignity and sense of self.

Learning What Matters Most When care begins, whether through family or professionals, taking time to understand routines pays enormous dividends. What time does your loved one usually wake up? How do they like their coffee? Do they prefer showers or baths? Morning or evening? What television programs are important to them? These questions are not frivolous. They are essential information for providing care that feels supportive rather than disruptive. Some preferences matter more than others. Missing a favorite television program might be disappointing but manageable. Being hurried through morning routines when someone needs time to wake up slowly creates anxiety that affects the entire day. Ask your loved one directly about their preferences whenever possible. Even seniors with some cognitive decline can often express what matters to them. For those who cannot communicate clearly, family members usually know the important patterns.

Small Details Create Big Impacts The blue coffee mug is not really about the mug. It is about familiarity and comfort. It is about maintaining connection to decades of mornings, to memories held in that particular cup. Honoring these small preferences shows respect and care. Professional caregivers who pay attention to these details earn trust much faster than those who do not. When a caregiver remembers that Mr. Johnson takes his pills with orange juice, not water, and always wears his slippers to breakfast, it communicates that Mr. Johnson matters as an individual, not just as a client on a schedule. Family caregivers sometimes overlook these details precisely because they seem too obvious. Of course Dad wants his coffee a certain way. But in the rush of managing care tasks, small preferences sometimes get dismissed as unimportant. They are not.

Balancing Routines with Necessary Care Sometimes medical needs require adjusting routines. Someone who always ate breakfast at nine might need to eat earlier if morning medications require food. Someone who bathed in evenings might need to switch to mornings for safety reasons. Making necessary changes works better when you can preserve other elements of routine. Maybe breakfast happens earlier, but it still includes the same foods prepared the same way. Maybe bathing happens in the morning now, but the same products and techniques are used. Explain changes clearly. Help your loved one understand why an adjustment is

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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
Go RANDOLPH - 336-629-7433

www.senioradults.org

Follow us on facebook and Instagram!

FAQ CORNER

Straightforward Answers You Can Trust

Questions and misconceptions about hospice are common. Let's separate fact from fiction.

Does choosing hospice mean giving up?

One common misconception in our communities is that choosing hospice means you're giving up hope or that it might somehow speed up the dying process. But the truth is that hospice doesn't hasten death.

Studies show that those receiving hospice care live on average 25% longer than those without support from hospice.

Some individuals benefit from hospice services for days, while others for months and even some for years.

Hospice isn't about giving up. It's about choosing more comfort, more support and often, more time.

If you or someone you love is living with a serious illness and their quality of life is declining, start the conversation with Hospice of the Piedmont today.

Our compassionate team is available to answer your questions and help you understand your care options — no matter where you are in your health journey.

We are here to help.

Call 336-889-8446 to speak with a member of our team.

Scan the QR or visit **hospiceofthepiedmont.org/faqs** to learn more on this topic.

HOSPICE of the PIEDMONT

TUNE IN: **care on your terms**

Our new podcast series—"Care on Your Terms"—features honest conversations aimed at helping people find the right support at the right time. Local artist and writer Leigh Tysor shares her personal story of grief and healing in our most recent episode.

"As a child of two artists, I quickly learned that in the creative process, an artist layers and builds a work of art over time. It may start out not looking like anything of value but with time and work, it tells a story. For me, my story recently, has involved grief—and yet, within that, I've found space to embrace my journey on my own terms and find meaning in the loss."

In this episode, you'll hear about love, responsibility, loss, guilt, and healing. You'll hear what it means to care for others and what it takes to finally turn that same care inward. Most of all, you'll hear how Leigh is learning to grieve on her own terms. Listen to this episode on Hospice of the Piedmont's channel wherever you listen to podcasts or scan the QR code or visit the website below:

www.hospiceofthepiedmont.org/ourpodcast

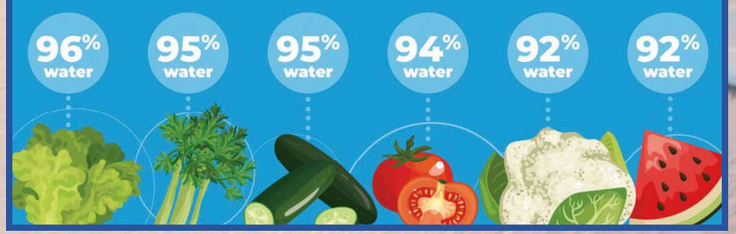




Prioritize Self-Care: Rest, eat well, and take breaks—you can't care for others if you're drained.

Add Hydration to Your Diet this Summer!

Quench your thirst with these water-rich foods.



Build a Support Network: Lean on family, friends, or community groups for help when you need it.

Communicate Clearly: Ask questions, clarify instructions, and keep everyone on the same page.

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
847-883-9942
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/

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

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 Dementia Family Support Program
800-646-2028
dukefamilysupport.org

Guiding an Improved Dementia Experience (GUIDE) Model
AuthoraCare: 336-621-7575
Hospice of Randolph: 336-672-9300

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



Practice Patience & Flexibility: Plans change—staying calm and adaptable makes caregiving smoother.

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
If you would like to donate, we are always in need of M or L pullups

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

continued from front cover

needed. Involve them in problem-solving when possible. Can we keep this part of your routine while changing that part? What would make this necessary change easier for you?

Respecting Personal Preferences in Care How care gets provided matters as much as what care is provided. Some seniors prefer getting dressed before having breakfast. Others want to eat first while still in nightclothes. Neither approach is wrong. What matters is honoring your loved one's preference. Privacy expectations vary too. Some people are comfortable with casual modesty during personal care. Others need more privacy. Understanding and respecting these preferences protects dignity. Even the order of tasks can matter. One person might prefer to wash their face before brushing teeth. Another does it the opposite way. These patterns are ingrained over decades. Changing them feels disorienting and wrong.

Social Patterns and Engagement Beyond physical routines, social patterns matter too. Your loved one might have called a friend every Sunday afternoon for twenty years. They might watch certain shows because they like discussing them with neighbors. They might have attended the same church service every week for decades. Good care helps maintain these social connections rather than inadvertently severing them. Transportation to church continues. Time is protected for phone calls with friends. Caregivers engage in conversation about shows or topics your loved one enjoys. Isolation damages wellbeing severely. Sometimes seniors withdraw not because they want to but because their routines got disrupted and social connections unraveled. Intentionally preserving these patterns prevents unnecessary loneliness.

Meal Preferences and Food Traditions Food carries enormous meaning. Cultural traditions, family recipes, and personal preferences all factor into what and how someone likes to eat. Dismissing these preferences in favor of generic "healthy meals" misses the point entirely. Yes, nutrition matters. But so does enjoyment and connection to lifelong eating patterns. If your loved one has eaten grits for breakfast for eighty years, serving them oatmeal because it is "healthier" likely means they will not eat breakfast at all. Find ways to honor preferences while addressing nutritional needs. Maybe those grits can include some extra protein. Maybe favorite foods get prepared in slightly healthier ways. Work with your loved one's tastes, not against them. Eating alone feels different than eating with someone. Many seniors eat less when they are by themselves. Caregivers who sit and chat during meals, making them social rather than just functional, often see improved nutrition simply because eating becomes more pleasant.

Maintaining Independence in Routines Even when help becomes necessary, preserving elements of independence matters. If someone can still make their own breakfast, even if they need help with other meals, let them maintain that skill and autonomy. Maybe they cannot safely shower alone anymore, but they can still wash their own face and brush their teeth. These small acts of self-care preserve dignity and sense of capability. Good caregivers find the balance between providing needed assistance and allowing independence where possible. They resist the temptation to do everything just because it is faster or easier. Speed and efficiency serve caregivers. Preserving independence serves the person receiving care.

Adapting Routines as Needs Change Abilities change over time. Routines that worked six months ago might not work now. Flexibility becomes necessary even while maintaining core patterns. This adaptation works best as a collaboration. What parts of your routine are most important to keep? What adjustments would you be willing to try? Together, families and caregivers can find new patterns that honor old preferences while accommodating new limitations. Sometimes technology helps. A senior who can no longer physically attend church might participate through online services. Someone who loved gardening but cannot manage a full garden anymore might enjoy caring for container plants or even just a windowsill herb garden. The goal is not preserving every detail unchanged. It is maintaining the essence of what matters while adapting to reality.

Communication Creates Understanding None of this works without communication. Caregivers need to know what matters. Seniors need to feel heard. Family members need to share information. If professional caregivers are involved, detailed information about routines and preferences helps them provide better care from the beginning. Do not assume things are obvious. What seems clear to you might not be apparent to someone meeting your loved one for the first time. Ongoing communication matters too. If something is not working, speak up. If your loved one seems unhappy with some aspect of their care routine, investigate. Small adjustments often make big differences.

The Difference in Quality of Life When routines and preferences are honored, seniors typically eat better, sleep better, and cooperate more willingly with care. They are happier and more engaged. The care relationship feels more like partnership and less like imposition. Compare two scenarios. In one, a caregiver arrives and efficiently completes all tasks according to their schedule, disregarding the senior's usual patterns. Tasks get done, but the senior feels rushed, dismissed, and resentful. In another scenario, the caregiver adapts to the senior's routines, asks about preferences, and honors established patterns wherever possible. The same tasks get completed, but the senior feels respected and supported. Both accomplish the physical requirements of care. Only one supports emotional wellbeing and preserves dignity.

Making It Work in Practice For families providing care, this means slowing down enough to do things the way your loved one prefers, even when your way might be faster. It means remembering that this is their life and their home, not a care facility operating on institutional schedules. For professional caregivers, it means viewing each client as an individual with unique history, preferences, and needs. It means asking questions and truly listening to answers. It means adjusting your approach to fit their life rather than forcing them to fit your routine. For everyone involved, it means recognizing that the small rituals of daily life matter deeply.

The specific coffee mug, the order of morning tasks, the preferred television programs, the way someone likes their pillow arranged. These details are not trivial. They are the texture of a lived life, and honoring them shows respect for the person behind the care needs. Good care makes life easier and safer. Excellent care does that while helping someone feel they are still living their life, not having their life managed by others. The difference lies largely in attention to routines and respect for preferences. It is not always easy, but it is always worth the effort.

b-homecare.com





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 and classes, contact Susanne Allen, Community Engagement & Volunteer Coordinator at 336-625-3389 x212.

COME JOIN US FOR SOME FUN!



Stay Organized: Use a calendar, app, or binder to track meds, appointments, and routines.



Coloring Corner



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 them at 336-625-1500.*



JOIN US AT THE MOVIES!



FREE Over 50*

Upcoming Movies...

. . . at the SUNSET THEATRE

September 3

Arsenic and Old Lace (1944)

October 1

Strangers on a Train (1951)

November 5

Ordinary Angels (2024)

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

Free admission, popcorn & small soda for ages50+

Randolph County

CITIZEN WELL CHECK PROGRAM

A FREE SAFETY SERVICE FROM THE RANDOLPH COUNTY SHERIFF'S OFFICE

Because you matter.



FREE TO RANDOLPH COUNTY RESIDENTS

HOW IT WORKS

1. REGISTER ONCE. Provide your contact information and emergency contacts.

2. RECEIVE A SCHEDULED CALL. Monday through Friday.

3. ANSWER AND YOU'RE ALL SET. The call only takes a few seconds.

4. NO ANSWER? WE TAKE ACTION. If we cannot reach you or your emergency contacts after multiple attempts, a Law Enforcement officer will conduct a welfare check to ensure you are safe.

REGISTER TODAY!

REGISTER ONLINE: www.randolphcountync.gov

HAVE QUESTIONS? Give us a call: 336-318-6698

A SIMPLE PHONE CALL. A SAFER TOMORROW.

PRESERVING THE DIGNITY OF OUR AGING PARENTS

Provide autonomy and choices whenever possible

There will eventually come a point in time with aging parents when the world tilts and roles begin to shift. It's the period when, as children, we begin to feel more like the parent. And for our parents, like it or not, they can begin to feel as if they're being treated like children. None of this is comfortable. All of it feels sad. This transition can happen gradually, as cognition and physical ability change. Or, in the case of a medical emergency, the balance of decision-making and independence can be transformed overnight. In all cases, navigating the new landscape is fraught with emotion and confusion and, for many, requires strategies that can help preserve dignity and hand back power in the relationship. Making matters worse, adult children are often put in the position of having to say no to their parents, whether it's due to physical balance, safety issues or other reasons. In every case this is usually a complicated and frustrating journey for all involved. As my father began to succumb to the ravages of dementia, independent tasks and activities gradually disappeared or were taken away. The ability to travel alone was the first painful step. As a retired businessperson, he had enjoyed donating his time and talent on the boards of charitable organizations, but that eventually ended. Next up on the chopping block was his ability to drive and, after that, manage my parents' finances. For both of us, the conversations were painful. Each diminishment felt like a wound. So, how could I find ways to demonstrate that he was still my father and I his child? Beyond simply feeling love and devotion, I wanted him to understand that I still viewed him as an accomplished person, someone whom I respected and admired. The biggest ways I could achieve that goal were to focus on the small things. I found that I could reaffirm that he had choices in his life by asking questions, sometimes as simple as did he want to wear the gray pants or the black ones?

I canvassed a number of caregivers to see what worked for them and what tips they had to offer. For most everyone it came down to the same formula I had hit on: providing choice in every possible situation, from what to eat, to whom to visit, to which game to play, to whom they might want to talk to on the phone.

PROVIDE CHOICES "Being able to offer an array of options regarding the small, daily things is essential," says Tracy Turner, a social worker and bereavement counselor. "Another way to engage is to draw on your parent's decades of life experience and wisdom, whether it's asking a question about child-rearing, events from the past or their opinion on a topic or news item." Watching my mother's life become more circumscribed in her independent living facility, I witness my mom's frustration at not being able to do things for herself as her skills and abilities lessen. I've found that some of our best conversations are when I ask her to tell me specific stories from the past or ask her to recount some of her experiences raising me and my sisters. "Did you ever struggle with …?" is an opener that I like to use. It feels to me both intimate and inviting. It signals that I'm about to tell her about something I am experiencing in my life or marriage and I'm asking her how she handled it. These are conversations I will remember long after she is gone.

Memory is a funny thing as we age. Like for so many of us, my mom's older memories are more vivid in her mind. The stories she recalls most clearly and loves to tell are of summers in Arkansas, watching her mother teach piano, her father's hole in one on the golf course and, yes, even getting pinned by old boyfriends. We got a giant giggle when I suggested we Google some of those past loves to see where they are now. Those moments of connection with her past reconfirm her sense of a full, well-lived life. They remind her that she is so much more than the less mobile person she is now. Heather O'Leary, 53, of Manchester, New Hampshire, takes care of her mother, Kathleen McCullough, who suffers from COPD, arthritis and other health issues. "Straight talk about her situation works for us, and we communicate about everything," says O'Leary, who helps her mother with the tasks of daily living, such as bathing, dressing and remembering medications. "We talk about how we can work around her limitations, and I let her try things on her own. I only step in when she says she can't do something."

PROVIDE PURPOSEFUL WORK It was important to Kathleen Cairnes to make sure her mother, who lived with her before she passed away, had meaning, purpose and responsibility. Cairnes wrote menus on the kitchen blackboard so that her mother could choose what interested her and tasked her with folding laundry on the couch. "I even put her in charge of changing channels on the TV, so we could watch our favorite shows."

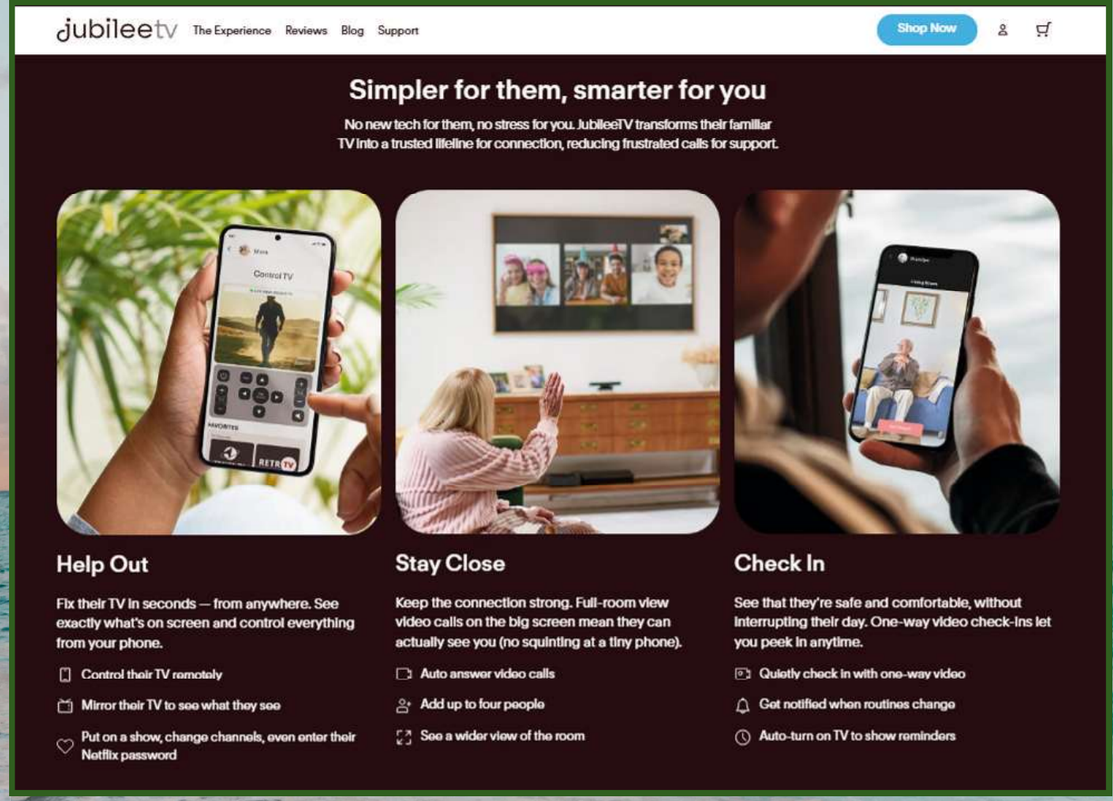
Life changed overnight for J. Appell when her father suffered a stroke and she returned home to Belgrade, Serbia, to help him get back on his feet and relearn simple tasks. Just when things began to turn around, her mother had a stroke, plunging life into chaos once again. "Trying to keep their independence was important to them and to me," she explains. "Often caregivers take things over and start doing things out of good intentions, but they unnecessarily add to the decline of those they care for." Appell created a giant wall calendar so that her parents could follow the new routines. Large print and photo instructions on walls helped them remember medications and important tasks for the day. She installed shower safety bars and put a list of emergency numbers over the phone, along with loading a laptop with an automatic answer feature in the Skype app. While her mother no longer cooks, she is able to clear the table after dinner. And Appell continues to modify the routines as her parents decline in health. "The independence recipe is ever evolving, as is the level of care," she reports.

GIVE CONTROL WITH SOME OVERSIGHT Sometimes it's the invisible things that help return power to ailing parents and maintain their dignity. Kathy Silhavy's mother in Cartersville, Georgia, still pays most of her bills because it makes her feel in control. "I have the stamps," Silhavy says, "so I'm able to check her bills before they get mailed." In the end, each of us knows our parents intimately. One size doesn't fit all in caregiving, and finding the balance with different personalities and within the parent-child relationship is often a complex dance. Toward the end of his life, my father lost the ability to speak. I could read the pain on his face at his inability to find the words. In those moments all that was required was a hug. "You are my dad, and I love you so much," I would say. "You will always be my dad.

Lee Woodruff, aarp.org/caregiving

HELPFUL TECHNOLOGY

One of our family caregivers told us they use jubileetv to help them stay in touch with their loved one during the day.
For more information, go to **getjubileetv.com**







Family Caregiver Support Program

provides a range of supports that assist family caregivers

Eligible family caregivers are:

- A caregiver of any age providing care for an older adult age 60 or older or providing care for a person with Alzheimer's disease or related brain disorder.
- A caregiver (who is not the birth or adoptive parent) age 55 or older, raising a related child age 18 and younger or an adult with a disability.
- A caregiver age 55 or older (including parents) who provides care for a related adult with a disability.

Randolph County agencies providing services with FCSP funds:
Randolph Senior Adults Association provides Care Planning Assistance, Liquid Nutritional Supplements, Caregiver Skills Class, Powerful Tools for Caregivers workshop, 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