



Senior Resources of Guilford Caregiver Connections Newsletter

Your Community Resource Connection for Aging and Disability Resources



Aging Mastery Program® for Caregivers

Senior Resources of Guilford is pleased to announce that we are the first and only agency in North Carolina to offer an innovative new 6-week health and wellness program for Caregivers. The Aging Mastery Program® (AMP) for Caregivers was developed by the National Council on Aging (NCOA) and has been successful at helping older adults and caregivers build their own playbook for aging well.

This is a wonderful opportunity for caregivers caring for individuals age 60+ to participate in, and reap the benefits of, this cutting-edge program. AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program includes topics by expert speakers on Advance Planning, Caregiver Perspectives, Community Engagement, Exercise, Falls Prevention, Financial Fitness, Healthy Eating and Hydration, Healthy Relationships, Medication Management, Navigating Longer Lives, and Sleep.

Refreshments will be provided each week. This class will be offered at no cost to caregivers through special funding received from the Piedmont Triad Regional Council Area Agency on Aging. By participating in the Aging Mastery Program for Caregivers you will receive an Aging Mastery Kit that includes an *Aging Mastery Playbook*, 5 Wishes Document, a DVD on Tai Chi, a DVD on Essentrics Stretch Workouts, activity cards, a notepad, a goal-setting progress chart, and postcards to express gratitude. Respite care will be provided at no cost.

AMP Aging Mastery Program
National Council on Aging

Small Steps Big Rewards

The Aging Mastery Program® (AMP) for Caregivers aims to help millions of baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. AMP includes:

-  Classes, Activities, and Clubs
-  Rewards and Incentives
-  Implementation and Evaluation Materials
-  Online Tools and Resources

Dates: Thursdays from May 2, 2019 to June 6, 2019

Time: 5:00 PM to 7:30 PM

Location: Mt. Zion Baptist Church

1301 Alamance Church Rd,
Greensboro, NC 27406

Please contact Mikayla Tate to register or to find out about additional dates when the class will be offered at 336-373-4816 Ext 240 or caregiver2@senior-resources-guilford.org



North Carolina Family Caregiver Support Program
Completing the Care

ncoa
National Council on Aging

Grandparents Raising Grandchildren

The Rewards and Challenges of Parenting the Second Time Around

Raising your grandchildren, while challenging, can also be rewarding. You may have to deal with colicky babies or moody teenagers, but you will also experience a much greater connection to your grandchild's world, including their school and leisure activities. You might also find yourself rolling back the years, rejuvenated by the constant companionship of much younger people. You can derive immense satisfaction from providing your grandchildren with a safe, nurturing, and structured home environment in which to grow and feel loved.

Grandparents raising grandchildren Tip 1: Acknowledge your feelings

The prospect of raising grandchildren is bound to trigger a range of emotions. Positive emotions, like the love you feel for your grandchildren, the joy in seeing them learn and grow, and relief at giving them a stable environment, are easy to acknowledge. It is more difficult to admit to feelings such as resentment, guilt, or fear.

It is important to acknowledge and accept what you are feeling, both positive and negative. Do not beat yourself up over your doubts and misgivings. It is only natural to feel some ambivalence about childrearing at a time when you expected your responsibilities to be diminishing. These feelings do not mean that you do not love your grandchild.

Tip 2: Take care of yourself

You probably were not expecting to be raising kids again, so it is extremely important to take care of yourself. At times, the physical and emotional, and financial demands may feel overwhelming. This is why it is vitally important that you take care of yourself and get the support you need.

When you are preoccupied with the daily demands of raising grandkids, it is easy to let your own needs fall by the wayside. But taking care of yourself is a necessity, not a luxury. It is hard to be a good caretaker when you are overwhelmed, exhausted, and emotionally depleted. In order to keep up with your grandkids, you need to be calm, centered, and focused. Look after your own mental and physical health is how you get there.

Tip 3: Your grandkids will have mixed feelings too

Moving to a new house is never easy, even in the best of circumstances. When children are dealing with the loss or regular contact with their parent or parents, the move is even harder. It will take some time for grandchildren to adjust, and during that time they may act out. And if the children have suffered from emotional neglect, trauma, or abuse those wounds will not disappear just because they are in a safe place now. They will need time to heal.

Tip 4: Focus on creating a stable environment

While it will take time for your grandkids to adjust to their new living arrangement, there are steps you can take to make the transition easier. Above all, your grandchildren need to feel secure. Children have a better chance of thriving in an environment that is stable and predictable. Establish a routine. Encourage their input in their new home. Set clear, age appropriate house rules and enforce them consistently. Make sure that each grandchild has a private space. Offer your time and attention.

Tip 5: Encourage open and honest communication

Communicating openly and honestly with your grandchildren is one of the best things you can do to help them cope with their new situation. It is especially important to the time to listen to your grandkids. In this difficult time, they need an adult they can go to with their questions, concerns, and feelings. Encourage your grandkids to talk about their feelings both good and bad.

This article was adapted from *HelpGude: Grandparents Raising Grandchildren*, By: Melinda Smith & Jeanne Segal. Updated October 2018.



Greensboro

3rd Thursday of Every Month
12 noon—1:30 pm
Senior Resources of Guilford
1401 Benjamin Parkway
Greensboro, NC 27408

High Point

2nd Tuesday of Every Month
11:30 am— 1:00 pm
Macedonia Family Resource Center
401 Lake Ave
High Point, NC 27260



Contact 336-373-4816 for more information.

Caring at Work

Are you one of the 65 million Americans who care for a loved one? Do you tend to your loved one before going to work, then return to care again after a long hard day at work? Feeling torn between both “jobs” and trying to perform well at each, can cause stress that working caregivers are often plagued with more mistakes, conflicts, and stress-related illnesses. These simple tips will help ease that stress:

Talk to Your Employer Honestly: Speak openly with your supervisor about your caregiving demands at home. Make an appointment to discuss your caregiving responsibilities at a time when you are well rested and feeling your strongest so you can state the situation in a professional, emotionally-controlled manner. Don't offer excuses, but instead offer reasons for changes your supervisor might note in your attendance, work schedule, or attitude. Explain why you might need to decline additional hours, a promotion, or transfer. Reassure your supervisor that you are still committed to your company, position and its peak performance and will remain accountable to your duties.

Ask for What You Need: Once you have reinforced your commitment to your job, your employers will be more receptive to the ideas to make the workplace schedule more manageable for you. Come to the meeting with your supervisor prepared with suggestions that will help, for example, coming to work early, staying late, working from home, or taking longer lunch hours to check on your loved one, make personal phone calls, (or take a nap). Brainstorm with your supervisor about other workable options. Often employers allow flexibility in the use of comp time, sick days, and vacations. In many organizations fellow employees are allowed to donate accrued time off to help a caregiver during a crisis period.

Take Care of Yourself: Caregivers have a higher than normal incidents of illness, those taking care of a loved one with a chronic illness have a 63% chance of dying early; another 63% stated depression is their most common illness. Caregivers often become depleted they cannot maintain the stamina to continue caring for another. Therefore, caregivers must take time in their daily routine to nurture themselves physically, mentally and spiritually.

Physically: Eat well-balanced meals on a regular schedule. Take a multivitamin. Exercise regularly, even if it's simply taking a walk. As difficult as it may be, strive for a minimum of seven to eight hours of sleep a night, and nap when it is possible. Get regular medical checkups and treatments of aches and pains before they turn into something more serious.

Mentally: Be aware of your own feelings and emotions, seek counseling if necessary. While it is not always possible to leave the stress and heartache in the parking lot, try to keep emotions in check at work. Vent your feelings to trusted family members or friends, not coworkers. Schedule time for yourself. Utilize relaxation or stress management techniques, such as mediation, visualization, biofeedback and yoga. Stay actively involved with friends and hobbies. Create a support network and/or join a support group (see following document for support group in Guilford County, page 7).

Spiritually: Take time, even it is only 15 minutes per day, for prayer or mediation. Read or subscribe to inspirational magazines or books to uplift your spirits. Seek the counsel of a minister of religious leader that you trust and respect.

Seek Support: Do not be afraid or unwilling to ask for help. Friends, family, and church group are often eager to assist and are only waiting to be asked and directed. They however cannot read your mind and know that you are needing help. Find respite care that meets your needs and your loved ones needs, so that you can regularly take time for yourself. There are several community, state and national resources to support you not only at work, but at home. Most cities have programs to offer assistance to the caregiver. Another great resource is your local Area Agency on Aging (Piedmont Triad Regional Council) or local resource center (Senior Resources of Guilford). Also utilize the Family Caregiver Support Program in your County, Finally, if needed, you may be able to use The Family Medical Leave Act (FMLA). It is a national policy that guarantees covered employees 12 weeks of unpaid leave each year to care for a newborn baby, a newly adopted child, a seriously ill family member, or to a recover from their own serious health condition while ensuring job security. Each state has different regulations, but you can contact your state legislator to learn about your state.

This article was adapted from *Aging Care: 10 Secrets Elderly Parents Keep from their Families*, By: Marilyn Sharbach Ladew, Updated December 18, 2018.

CATHI

Caregiver's Answers, Topics, and Helpful Information

To find the latest CATHI article, visit our website and click on **caregiver information**.
www.senior-resources-guilford.org



North Carolina Family Caregiver Support Program
Completing the Care

The Caregiver's Bill of Rights

As a caregiver I have the right...

- * To be respected for the work I choose to do.
- * To take pride in my work and know that I am making a difference.
- * To garner appreciation and validation for the care I give others.
- * To discern my personal boundaries and have others respect my choices.
 - * To seek assistance from others, if and when it is necessary.
 - * To take time off to re-energize myself.
- * To socialize, maintain my interests and sustain a balanced lifestyle.
- * To recognize my own feelings, including negative emotions such as anger, sadness, and frustration.
 - * To express my own thoughts and feelings to appropriate people and at appropriate times.
 - * To convey hope to those in my care.
- * To believe those in my care will prosper in mind, body and spirit as a result of my caregiving.



The information in this article was adapted from Compassion Fatigue Awareness Project, www.compassionfatigue.org, 2019.

Normal Aging Vs. Dementia

How Dementia is different from normal aging?

Many of us get a little more forgetful as we get older. Most people need a bit longer to remember things, get distracted more easily or struggle to multi-task as well as they once did. This may become noticeable particularly from middle age, usually during our 40s, 50s and early 60s onwards.

These changes are quite normal, but they can be a frustrating at times. However, you may worry that these things are an early sign of dementia. It is important not to worry about this. For most people, these changes will be the result of normal aging.

Alzheimer's disease and other dementias are not a normal part of aging. Alzheimer's is a type of dementia that affects memory, thinking, and behavior. It is a degenerative disease of the brain, causing symptoms to develop slowly and get worse over time. Age-associated memory impairment and dementia can be told apart in a number of ways. Below are some examples:

Signs of Normal Aging	Signs of Dementia
Sometimes forgetting names or appointments, but remembering them later	Memory loss that disrupts daily life
Making occasional errors when balancing a checkbook	Challenges in planning or solving problems
Needing occasional help to use the settings on a microwave or to record a television show	Difficulty completing familiar tasks at home, at work or at leisure
Confused about the day of the week but recalling it later	Confusion with time or place
Vision changed related to cataracts	Trouble understanding visual images and spatial relationships
Sometimes have trouble finding the right word	New problems with words in speaking or writing
Misplacing things from time to time and retracing steps to find them	Misplacing things and losing the ability to retrace steps
Making a bad decision once in a while	Decreased or poor judgement
Sometimes feeling weary at work, family and social obligations	Withdrawal from work or social activities
Developing very specific ways of doing things and become irritable when a routine is disrupted	Changes in mood and personality

If you notice any of the warning signs of dementia, do not ignore them or hesitate to make an appointment with your doctor. Early detection can help delay the progression of the disease and treatment can help maintain independence longer.

The information in this article was adapted from HTS your partner in therapy, 2016.

Caregiver Resource Libraries

The Family Caregiver Support Program has established Resource Sections within Guilford County Public Libraries. There are a total of eleven Caregiver Library Resource Sections available in the community. The Family Caregiver Resource Sections offer free resources to caregivers. Information is available on many subjects including:

- Caregiver Education
 - Memory Loss
 - Legal Matters
 - Health Topics
 - Medication
- Transportation Options
 - Fall Prevention
- Financial Supports
- Health Insurance
- Información en Español

Greensboro-Central Library

219 N. Church St.

Blanche S. Benjamin Branch Library

1530 Benjamin Parkway

Glenwood Branch Library

1901 W. Florida St.

Hemphill Branch Library

2301 W. Vandalia Rd.

Vance H Chavis

900 S. Benbow Rd.

McGirth-Horton Branch Library

2501 Phillips Ave.

Senior Resources of Guilford

1401 Benjamin Parkway

High Point -

High Point Public Library

901 N. Main St.

Roy B. Culler Senior Center

600 N. Hamilton

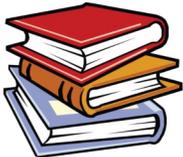
Wesley Memorial United Methodist Church

1225 Chestnut Dr.

Jamestown-

Jamestown Public Library

200 W. Main St.



Locations:



Tuesdays

May 7th— June 11th

2:00 PM—4:00 PM

Harper Senior Center

400 Steele Street

Gibsonville, NC 27249

To register: Contact
Mikayla Tate at by May 1
at 336-373-4816. Space is limited.

Registration is required.

Powerful Tools FOR Caregivers

Powerful Tools for Caregiver is an educational program designed to help family caregivers take care of themselves. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- ◆ Reduce Stress
- ◆ Improve self-confidence
- ◆ Better communicate feelings
- ◆ Increase their ability to make tough decisions
- ◆ Locate helpful resources

Each course consists of consecutive weekly sessions. Participants receive a copy of *The Caregiver Help book*. Refreshments provided. Donations are accepted to defray the cost of the course, but not required to attend.

Upcoming Events

Memory Café Meeting's

High Point

First Thursday of every month from 10:00AM -12:00PM
Wesley Memorial United Methodist Church, 1225 Chestnut Dr.
High Point, NC 27262

Greensboro

Second Thursday of every month from 10:00AM -12:00PM
Senior Resources of Guilford, 1401 Benjamin Pkwy. Greensboro,
NC 27408

Jamestown

Third Tuesday of Every Month 1:30 PM to 3:30 PM
Jamestown United Methodist Church
Oakdale Campus
532 Oakdale Rd.
Jamestown, NC 27282

Registration is required

Housing Services by Piedmont Triad Regional Council

Thursday, April 18, 2019 12:00 PM to 1:00 PM
High Point Library

901 N. Main St. High Point, NC 27262

Understanding Combative Behaviors

Wednesday, May 15, 2019 12:30 PM to 2:00 PM
1401 Benjamin Pkwy. Greensboro, NC 27408 (Lower Level)

Stress Management for Caregivers

Wednesday, June 19, 2019 12:30 PM to 1:30PM
Pleasant Garden Community Center
3024 Alliance Church Rd. Pleasant Garden, NC 27313

Healthy Living for Your Brian and Body

Wednesday, June 26, 2019 12:00 PM to 1:00 PM
Countryside Manor
7700 US-158, Stokesdale, NC 27357

Lunch will be provided at no cost. Registration is required.
To register: Contact SeniorLine by phone at (336)-333-6981 or
by email at seniorline@senior-resources-guilford.org



Caregiver Lunch and Learn Series

Support Groups for Family Caregivers

Family Caregiver Support Group, Greensboro:

2nd Tuesday of each month
12:30-2:00 PM

Temple Emmanuel
1129 Jefferson Road
Greensboro, NC 27410
Contact: Jodi Kolada (336)-274-3559
Or jkolada@wellspring.org

Last Tuesday of each month
5:45-7:15 PM
Day Advantage
2701 Henry Street
Greensboro, NC 27405
Contact: Jodi Kolada (336)-274-3559
RSVP required—light dinner provided

PM Caregiver Encounter Group
2nd Thursday of each month
6:00 –7:30 PM
Mt. Zion Baptist Church , Library
1301 Alamance Church Road
Greensboro, NC 27406
Contact: Alexis Williams
(336)-373-4248
Or willamsa@caregiverconnect.online
RSVP Encouraged-light meal served

AM Caregiver Encounter Group
4th Tuesday of each month
10:00—11:30 AM
Mt. Zion Baptist Church , Library
1301 Alamance Church Road
Greensboro, NC 27406
Contact: Alexis Williams
(336)-373-4248
Or willamsa@caregiverconnect.online
RSVP Encouraged-light meal served

1st Tuesday of each month
10:30 AM –12:00 PM
First Baptist Church

1000 W. Friendly Church
Greensboro, NC 27401
Contact: Lois Mezer (336)-852-7454
Or Imezer54@gmail.com

2nd Thursday of each month
5:30 PM
Guilford House
5918 Netfield Road
Greensboro, NC 27455
Contact: Cheryl Greenburgat
(336)-553-0272

3rd Monday of each Month
6:00 PM
NC A&T State University
NC A&T Campus
Greensboro, NC 27411
Contact: (336)-285-2165

3rd Wednesday of each month
6:00 PM
New Light Missionary Baptist Church
1105 Willow Road
Greensboro, NC 27401
Contact: LaTonja Fant
(336)-478--7417
Or Ifant_03@yahoo.com

4th Tuesday of each month
Brookdale Lawndale
4400 Lawndale Drive
Greensboro, NC 27455
Contact: Meredith (336)-286-3432

High Point
1st Wednesday of every month
1:00—2:30 PM
Pennybyn at Maryfield
109 Penny Road
High Point, NC 27260

Contact: Jodi Kolada (336)-274-3559
Or jkolada@wellspring.org

Jamestown

1st Tuesday of each month
4:00 PM
Jamestown United Methodist Church
403 East Main Street
Jamestown, NC 27282
Contact: Laura Gullede
(336)-906-0430

Dementia Support Groups Greensboro

2nd Wednesday of each month
10:00 AM
Guilford United Methodist Church
1205 Fleming Road
Greensboro, NC 27410
Contact: Deborah Gregson
(336)-656-7048

2nd Thursday of each month
12:00 PM
Brighton Gardens
1208 New Garden Road
Greensboro, NC 27410
Contact: Patricia Brunina
(336)-297-4700

High Point

4th Thursday of each month
6:00 PM
DeBeen Coffee Shop
709 West Lexington Ave
High Point, NC 27262
Contact: Deborah Gregson
(336)-656-7048
Or zuzer@triad.rr.com
1st and 3rd Tuesday or every month
Men Only
10:00-11:15 AM
Wesley Memorial United Methodist
Church
1225 Chestnut Drive
High Point, NC 27262
Contact Harvey Lowd
hlowd@hotmail.com

Stroke Support Groups Greensboro

2nd Thursday of each month
3:00—4:00 PM
Moses Cone Hospital, Rehab (4west
Day Room)
1121 N Church Street
Greensboro, NC 27401
Contact: Caitlyn Penzen-Crew
(336) 832-4000

High Point

3rd Tuesday of every month
12:00 PM
Mills Regional Health Education
Center
Contact: Stroke Center
(336)-878-6888

Brian Injury Support Group Greensboro

2nd Tuesday of every month
7:00 PM
Moses Cone Hospital, Rehab (4west
Day Room)
1121 N Church Street
Greensboro, NC 27401
Contact: Lucy Hoyle (336)-832-4000



Senior Resources of Guilford
PO Box 21993
Greensboro, NC 27420

www.guilfordboomers.org

**SeniorLine
Information & Referral**

Have questions?
Need Answers?
Call SeniorLine!



Greensboro/County:
(336) 333-6981

High Point/Jamestown:
(336) 884-6981

Check us out!



www.facebook.com/SeniorResourcesofGuilford/



@SrResourcesGuil

**Senior Resources of
Guilford**

1401 Benjamin Pkwy
Greensboro, NC 27408
(336) 373-4816
Fax: (336) 373-4922

600 N. Hamilton St.
High Point, NC 27262
(336) 883-3586



**2019
Caregiver Expo**

Healthy Mind, Healthy Body, Healthy You

Monday, June 10th
10:00 a.m. – 3:00 p.m.

**Wesley Memorial United Methodist Church
1225 Chestnut Drive
High Point, NC 27262**

Come join us for a day all about
how to remain healthy during your
caregiving journey with yoga,
massages, and much more!

Join us to rejuvenate your mind, body, and spirit as well
as socialize and network with others in the community!

Lunch will be provided. On-site respite will be available. Registration is required.

Register to Mikayla Tate at 336-373-4816 Ext 240 or
caregiver2@senior-resources-guilford.org



"Serving older adults since 1977"



To discontinue receiving this newsletter contact Family Caregiver Coordinator at Senior Resources of Guilford (336) 373-4816 or caregiver2@senior-resources-guilford.org.