



Spring 2012

Senior Resources of Guilford

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In Partnership With  
The YWCAs  
of  
High Point & Greensboro

Funded In Part By:



N.C. Family Caregiver  
Support Program

## Senior Resources of Guilford

# Caregiver Connections

For Family Caregivers and Grandparents Raising Grandchildren

*“One person caring about another represents  
life’s greatest value.” - Jim Rohn*

## Moving In With You

*Adapted from an article from FamilyCare America, Inc*




If your loved one can no longer live on his or her own—due to illness, disability, or general problems associated with aging—the decision of whether he or she should live with you is often an emotional one. Before the move, it is important that you, your loved one, and other family members carefully consider whether the move is really the best idea in the long run. To avoid making a rash decision, read and answer the following questions.

- Is your relationship with your loved one **open and honest**? If so, has it always been this way?
- Have there been any past conflicts? If so, what were they and how were they resolved?
- What kind of **living conditions** can you offer your loved one? Will the space allow him or her to have privacy? Will this interfere with the privacy of other family members?
- If necessary, can you easily adapt your home to accommodate your loved one’s disability or mobility problems? Would you be willing to do so?
- **How much care does your loved one need**? Can you realistically provide the necessary care?
- If outside care is needed, are you willing to make those arrangements? Have you and your loved one discussed long-term care?
- Has your loved one considered moving in with other family members (e.g., brothers, sisters, cousins, etc.)? How do these individuals feel about your loved one moving in with you? If anyone is resentful, are you prepared to deal with this?
- Have you discussed the move with your **immediate family members**? How do they feel about the situation? If anyone is resentful, are you prepared to deal with this?
- How do you feel about sharing the items in your household with your loved one? Will your loved one be upset by the **rules by which you run your household**? Are you ready to state and stick to your rules if your loved one challenges them?
- If the situation doesn’t work out, are you willing to deal with your loved one’s frustration at having to move or with his or her desire to move if you do not agree?

Step back and assess your answers and then discuss the questions and answers with everyone in your household and with your loved one. Each family’s decision is different and you know your family best. Obviously, if more of these questions produce answers that you perceive to be negative, finding other living arrangements for your loved one may be the best answer. If more of your answers are positive, and all concerned agree to give it a try, having a loved one move in with you can be an extremely rewarding experience. Regardless of the decision you make, maintaining a strong relationship with your loved one—as well as his or her health and safety—is the most important thing.

**If you have any questions please feel free to contact Amanda May,  
Caregiver Support Specialist at Senior Resources of Guilford at (336) 373-4816.**

**For more information, we invite you to visit one of  
Senior Resources of Guilford’s Resource Libraries located at the:**

	Senior Resources of Guilford 301 E Washington Street Greensboro, NC 336-373-4816	Roy B. Culler, Jr. Senior Center 600 N. Hamilton Street High Point, NC 336-883-3586
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## Exercise and Caregiving



Adapted from an article on [www.caregiverslibrary.org/exerciseandcaregiving](http://www.caregiverslibrary.org/exerciseandcaregiving)

**If done right, exercise can help reduce stress, increase energy, and make you a better caregiver.**

### General Guidelines When You Exercise:

- Set aside a specific time every day for exercise.
- Be consistent. To get benefits from any exercise program, do it regularly.
- Warm up and cool down; stretch both before and after you exercise.
- Start with as little as 10 minutes of exercise a day and increase gradually to 30 minutes for maximum benefits.
- Use the talk/sing test. If you can't talk and exercise at the same time, you're working too hard. If you can sing and exercise, you're not working hard enough.
- Always ease into an activity for the first 5 minutes, and slow down the pace for the last five minutes instead of stopping suddenly.

### Exercise Ideas:

- Take a daily walk. Find a friend to walk with.
- Try an exercise video. Look for videos for beginners. Avoid starting with programs that include jumping and twisting. Instead, try videos for stretching, muscle toning, or relaxation.
- Check out exercise classes offered through community centers, gyms and senior centers. Look into yoga, tai chi or other non-traditional exercise programs. Call your community swimming pools about adult swim times or water exercise classes.
- Dance your way to better health. Square dancing, ballroom or folk dancing are excellent ways to increase your endurance and improve your balance.

**For questions, please contact Amanda May, Caregiver Support Specialist at Senior Resources of Guilford at (336) 373-4816.**



## Caregiver Events for the Spring Months

*\*All events listed are free to the public unless stated otherwise.*

### Fix it Fast: Creative Cooking for Caregivers

**Tuesday, April 24th from 11:30 am - 1:00 pm**

Handy tips for caregivers and the people they care for. Free to family caregivers. A light lunch is included. To register, contact Amanda May, Caregiver Support Specialist at Senior Resources of Guilford by calling (336) 373-4816 or by e-mailing at [caregiver@senior-resources-guilford.org](mailto:caregiver@senior-resources-guilford.org). Location: The Women's Resource Center 628 Summit Ave., Greensboro, NC 27405



### Caregivers Need Care Too: Yoga for the Mind, Body, and Soul

**Wednesday, May 16th from 2:00 pm - 3:00 pm**

A great way for caregivers to care for themselves by participating in a relaxing yoga class.

To register, contact Amanda May, Caregiver Support Specialist at Senior Resources of Guilford by calling (336) 373-4816 or by e-mailing at [caregiver@senior-resources-guilford.org](mailto:caregiver@senior-resources-guilford.org).

Location: Pennybyrn at Maryfield 109 Penny Rd., High Point, NC 27260

### Medication Safety Information

Join us for a session learning more about proper use of medications and health and medical resources available to you and your loved ones.

**Tuesday, June 12th from 10:00am - 10:30am**

Location: Shady Grove Wesleyan Church, 119 North Bunker Hill Rd, Colfax, NC 27235

**Thursday, June 14th from 10:00am - 10:30am**

Location: Stokesdale United Methodist Church, 8305 Loyola Dr., Stokesdale, NC 27357

For questions, contact Amanda May, Caregiver Support Specialist at Senior Resources of Guilford by calling (336) 373-4816 or by e-mailing at [caregiver@senior-resources-guilford.org](mailto:caregiver@senior-resources-guilford.org).



# Springtime is Here!



## Grandparents Raising Grandchildren

### Guilford's Parent Academy-Guilford County Schools



The Guilford Parent Academy provides information and training on a variety of topics for parents, grandparents and family members caring for children and young people in Guilford County. Planned by parents and a diverse team of educators and community members, the Guilford Parent Academy is designed to help parents help their children succeed at school and in life. The Parent Academy has partnered with parent education organizations throughout Guilford County to offer free workshops, classes, and family learning events at schools and convenient locations. Additionally, parents have access to valuable educational resources simply by registering with the Parent Academy.

### Grandvoice

*A publication of the National Committee of Grandparents for Children's Rights*

The National Committee of Grandparents for Children's Rights is a nationwide network of grandparents, community members, and professionals working together to provide education and support, advocacy, and thought leadership for children, grandparents and kinship families. Their vision is all children having healthy and stable relationships with their grandparents and other relatives. They accomplish this mission through advocacy, education, and thought leadership.



#### **Want to be a Grandparent Leader?**

Read more about it at [info@grandparentsforchildren.org](mailto:info@grandparentsforchildren.org).

**Congratulations goes out to Sara Harper from High Point, North Carolina who just completed her training to be a Grandparent Leader in our community.**

## Events of Interest to Grandparents

*\*All events are free to Grandparents Raising Grandchildren and Kinship Caregivers age 55 and older*

### Parenting Classes with the Family Life Council

There are six sessions, conducted by Dr. Sabrina Cook-Davis, designed especially for grandparent and kinship caregivers for children of any age.

Classes Start **Thursday, April 5th from 11:00-1:00 for six weeks**. Lunch will be served.

Please contact Debra Stokes, GRG Coordinator, to register at Senior Resources of Guilford (336) 373-4816.



### Powerful Tools for Grandparents and Kinship Caregivers

Six sessions starting **Tuesday, May 1st from 11:00-1:30**.

All sessions will be held on Tuesday's during the month of May.

Located at Godly Love Baptist Church, 1423 Corregidor St., Greensboro, NC 27406.

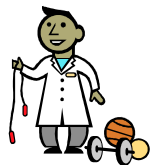
Please contact Debra Stokes, GRG Coordinator, to register at Senior Resources of Guilford (336) 373-4816.

### Grandparents and Kinship Caregivers Need Care Too: Love, Learn, Laugh & Spa Luncheon

Friday, **May 18, 2012 from 9:00am to 2:00pm**

Located at Journey Church, 1221 E Hartley Drive, High Point, NC 27265

For more information, contact Debra Stokes, GRG Coordinator, at Senior Resources of Guilford (336) 373-4816.



### Let's Move!- Community Health Fair- Health and Fitness for All Ages

Sponsored by the Magnolia Chapter of Order of the Eastern Stars and PACE of the Triad

Free Health test, games for kids, door prizes and refreshments. Fitness every hour!

**Saturday, May 5 2012 from 9:00am-1:00pm**

Located at PACE of the Triad, 1471 E Cone Blvd, Greensboro, NC 27405

### **Grandparents Raising Grandchildren Support Groups**

Greensboro Senior Center  
301 East Washington Street  
3rd Thursday 11:30am-1:30pm

YWCA of High Point  
112 Gatewood Avenue  
3rd Tuesday 11:30am-1:30

For more information, contact Debra Stokes at: 336-373-4816 or 336-883-3586





Senior Resources of Guilford  
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For more information  
please go to our  
website at:

[www.senior-resources-guilford.org](http://www.senior-resources-guilford.org)



**SeniorLine  
Information & Referral**

Have questions?  
Need Answers?  
Call SeniorLine!



Greensboro/County:  
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High Point/Jamestown:  
(336) 884-6981

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# CATHI

## Caregiver's Answers, Topics, and Helpful Information

In an endeavor to continually assist caregivers in the search for pertinent information regarding eldercare, our Information and Referral Specialists address topics of most frequently asked questions via CATHI (Caregiver: Answers, Topics, and Helpful Information). Additionally, caregivers are also offered an opportunity to e-mail individual questions and receive a personal reply from one of our specialists. To find CATHI, visit our website and click on caregiver information:

[www.senior-resources-guilford.org](http://www.senior-resources-guilford.org)