

HARNETT COUNTY FAMILY CAREGIVER SUPPORT GROUP NEWSLETTER

You were created on PURPOSE for a PURPOSE ~ Les Brown



HIGHLIGHTS

Fresh Air

Instead of purchasing commercial air fresheners, try making your own. In a spray bottle, combine 1 1/2 cups water and 1/4 cup rubbing alcohol, then add 10 to 15 drops of your favorite essential oil. Shake and spray for instant freshness.

3 Things You Need to Know

Whether you shop at a farmer's market or grocery store, here are a few tips for buying produce:

- 1) Sweet potatoes. Smaller is better. Large sweet potatoes will have less flavor and fewer nutrients.
- 2) Brussels sprouts. Look for small, firm sprouts with bright green heads. Smaller heads will have a sweeter taste. Sprouts sold on the stem are likely freshest.
- 3) Winter squash. Choose squash that are heavy for their size and still have the stem attached. The skin should have a matte finish, not shiny.

Check Your Specs

If you wear glasses and have frequent headaches, a visit to the eye doctor may be in order. An incorrect lens prescription can strain your eyes, resulting in headaches.

NEXT MEETING

Virtual Caregiver Summit on
October 22, 2020

No cost. Those who register will be emailed a link to access the event. All you need is a device (smartphone, tablet, PC, or laptop) with access to the internet.

Register and learn more at
caregiverssummit.org or
919-371-2062





“October is the opal month of the year. It is the month of glory, of ripeness. It is the picture-month.”

~Henry Ward Beecher~



Resources for Social Isolation and Loneliness

1. One Hope is a dedicated outreach of North Carolina Baptist Aging Ministry (NCBAM) that provides a spiritual response to social isolation and loneliness among older North Carolinians. available daily 9:00 am to 9:00 pm. If you know someone who is over 65 who is lonely and needs to talk to someone call (866)578-4673. <https://www.ncbam.org/ministry-outreaches.html#onehope>

2. HopeLine's mission is to support people and save lives during times of crisis through caring, confidential conversations. The 24 Hour Hotline is (919) 231-4525. <https://www.hopeline-nc.org/>

3. Institute on Aging - 24 Hour Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

4. AARP Community Connections (For AARP Members) - <https://aarpcommunityconnections.org/>

5. NAMI - The National Alliance on Mental Illness <https://www.nami.org/help> The Helpline Online Knowledge and Resource Center offers an extensive library of valuable information and answers to our most frequently asked questions.

Additional Resources:

Reach out to the following organizations and programs in your area that are best positioned with people and programming to care for the needs of those who are feeling socially isolated and lonely.

- Faith Communities in your area
- County Department of Aging
- Local Senior Centers
- Meals on Wheels of Wake County/Or your local MOW
- Resources for Seniors - <http://www.resourcesforseniors.com/>