

The Caregiver Quarterly

Most caregivers don't realize they are caregivers. You may just be helping out a friend or "doing what spouses do," but guess what? If you're providing any kind of ongoing support to a friend or loved one who needs assistance – cooking meals, taking them to the doctor, helping them bathe, or even just checking in on their wellbeing – you are a caregiver!

The ADRC staff can assist you in finding the proper resources you need to maintain a great lifestyle. We can provide you with not only the information on what is available, but also help you take advantage of those services you qualify for. Assistance specialists in the ADRC provide you with information about services, resources, and programs in areas such as disability and long-term care, living arrangements, health and wellness, adult protective services, home maintenance, nutrition and publicly funded programs. ADRC specialists can help to connect you with services and can help you apply for publicly funded programs as needed. You can call the resource center about a wide variety of topics. You can contact the ADRC in a variety of ways; phone, in person with no appointments needed, by fax, email or written letter. Information and Assistance services can be obtained anonymously, by family members or other loved ones, and by the person needing the information.

Mind Over Matter (MOM): Healthy Bowels, Healthy Bladder!

This class is a researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. Join a workshop and learn strategies for preventing or lessening symptoms, including information-sharing, group activities, simple exercises, and dietary changes. With practice these new skills are proven to help avoid or reduce leakage so you can keep doing the things that matter most. Participants meet for 3 sessions, each lasting 2 hour, every other week for a month.



Summer 2021

Inside this issue

| | |
|---------------------------------|---|
| Groups and Classes | 1 |
| Caring for the Caregiver | 2 |
| Finding Time..... | 2 |
| Spotlight on Resources..... | 3 |
| Upcoming Events..... | 3 |
| Elder Benefits Specialist | 4 |
| Defining the Role: EBS | 4 |
| Tips and Tricks | 5 |
| Tech and Tool Corner | 5 |
| Caregiver Policy Updates..... | 6 |

Groups and Classes

Caregiver Support Group—Day

4th Thursdays
10:30AM-12:00PM
BACK TO IN-PERSON!!

Caregiver Support Group—Night

2nd Thursdays
6:00-7:30PM
BACK TO IN-PERSON!!

Mind Over Matter (MOM)

Wednesdays
August 4th, 18th
& September 1st
9:00—11:00AM
In-Person at Human Services



Caring for the Caregiver

The Medicinal Power of Journaling

When all a caregiver is able to think about are the tasks they have to do next and can only focus on the person in front of them and what they might do next, then the person is more likely to feel overwhelmed and lose their sense of themselves.

It is important for caregivers to reflect on what they are going through to stand apart from their long lists of chores and the person that they are helping. There is something about recording what is happening to us and our emotional reactions that enables caregivers to stand apart from the onrush of tasks and crises they're immersed in and observe what they're going through, reflect on its greater meanings and feel more in control.



Consider using a caregiver journal to learn from the caregiving experience. There is no right or wrong way to journal.

You may be able to make positive meanings and reflect on the little victories. Some journals may be filled with worry lists or angry diatribes at a loved one's doctors. Journals may be used as a means of monitoring your own thoughts and moods. Still others keep gratitude journals in which they write down small moments of joy or humor experienced that day for which they felt grateful, as proof that caregiving isn't always gloom, doom and drudgery.

"I have not failed. I've just found 10,000 ways that won't work." - Thomas Edison

Finding Time

Downsizing Holiday Expectations

Does the thought of an upcoming holiday tradition or family event have you feeling worried instead of excited? Let's try to find some ways to reevaluate expectations of involvement.

Identify Priorities

The holidays are a marathon, not a sprint! Pace yourself. What do you want to do and when? Who do you want to see?

Plan Early

Try to plan at least one activity that is important to you. Feel free to initiate activities with family and friends.

Communicate Clearly

Communicate clearly how others can assist or sup-

port you. Have needs changed from last year? Let them know.

Know Your Limits

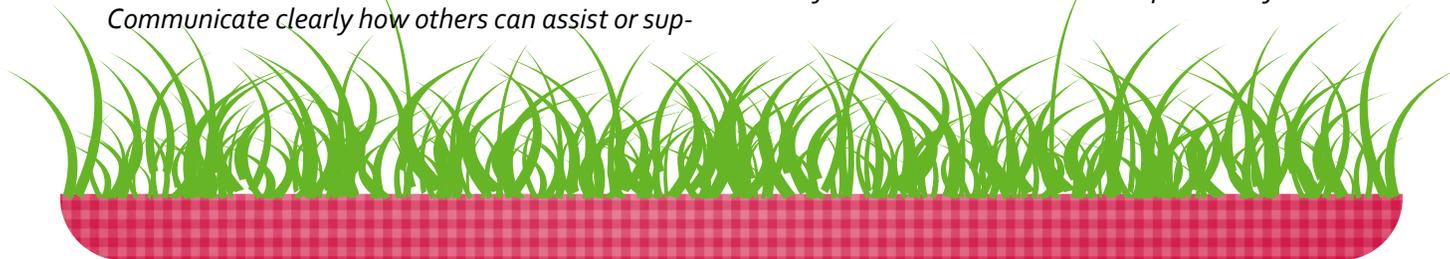
Do you normally cook and clean for the holidays? Maybe only cook one meal. Store-bought is also okay!

Know Their Limits

Does your loved one need space to decompress? Maybe they can only visit for an hour or two. Communicate this with family and schedule accordingly.

Celebrate Stories

Have family sit and listen to the stories your loved one is sharing. Have family photos, home movies, and familiar music available in a quiet area for them.



Upcoming Events

July 8th - Building Coping Skills During Times of Stress

Presented by: Matt Jandrisevits, Ph.D. and Rosa Kim, M.D.
Held virtually via zoom. Register here: <https://www.dhs.wisconsin.gov/wppnt/2021.htm>.
11:00AM - 12:00PM.

July 16th - Dementia Outreach Specialist Q&A Panel

Please join us for an informal question and answer panel with Dementia Outreach Specialists.
Register here: <https://www.alzswisc.org/events-calendar/>.
3rd Friday each month. 10:30 - 11:30AM.

July 16th - Tips & Tricks to Promote a Calming Environment

Join us for a webinar discussing some things you can do to provide an environment that promotes keeping people in a calm state.
Register here: <https://rcaw.gnosishosting.net/Events/Calendar>.
12:00 - 1:00PM.

July 20th - Caregiver Stress and Compassion Fatigue

This session will give caregivers the tools needed to assess their stress and health levels and what to expect during the course of the disease.
To attend: <https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/zoom-caregiver-stress-and-grief-and-compassion-fatigue/>
11:00AM-12:00PM

July 28th - August 25th - DCS Book Club!

Join us for a weekly virtual book club to discuss the book *The High Octane Brain* by Dr. Michelle Braun. The book helps people create a Brain Health Action Plan to maximize brain health and longevity, along with reducing and delaying the development of Alzheimer's.
Wednesdays 10AM-11AM for 5 weeks.
To attend, contact the ADRC at 608-328-9499.

August 6th - Charity Golf Tournament for Dementia

Alzheimer's and Dementia Alliance of Wisconsin (ADAW) and the Prairie Du Chien Country Club putting on tournament.
38485 Country Club Drive, Prairie Du Chien, WI 53821.
For more information on entry fees, see here: <https://www.alzswisc.org/event/golf-tournament-for-dementia/>.
Event starts at 8AM with a 9AM tee time.

September 30th - A Caregiver's Experience with Dementia

Other Me's is a detailed, personal account of how Jim Adams and his family dealt with the final two years of his wife's struggle with Lewy Body Dementia and Parkinson's Disease.
To attend, see here: <https://calendar.uwec.edu/event/12846-a-caregivers-experience-with-dementia>.
12:30 - 1:30PM.

Spotlight on Resources

For a comprehensive listing of resources in the 2020-21 ADRC resource guide, please call 608-328-9499 or visit adrcgreencounty.org.

ADRC Offers Support to Caregivers through its Adult Day Center, Hand in Hand

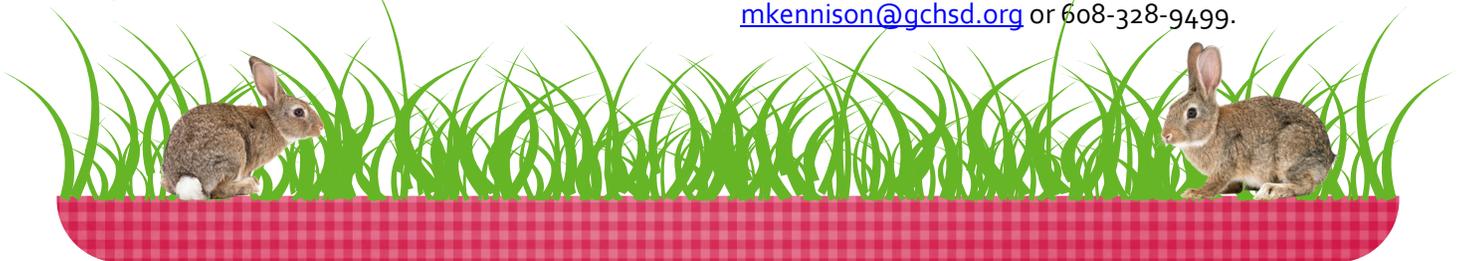
Hand in Hand offers a supported outing for older adults who are experiencing changes in their cognitive and/or physical abilities as they age.

Hand in Hand structures daily activities to promote physical and brain health, while adapting to the needs of older adults. Activities range from physical exercise routines, creative crafts, brain stimulating games, guest speakers and more. Transportation to and from the center are provided as well as a nutritious meal that meets 1/3 of the dietary guidelines for an older adult.

Hand in Hand is not just for the person attending, but also for the caregiver. The caregiver receives 5½ hours of respite knowing that their loved one is somewhere being well taken care of. With the shortage of supportive homecare workers, attending Hand in Hand is an easy way for a caregiver to get a much-needed break. The cost of Hand in Hand is \$65/day; a very reasonable price in comparison to the cost of hiring an in-homecare workers. Scholarships are available to participants based on eligibility.

Hand in Hand Adult Day Center is open Tuesdays & Fridays from 9:30-2:30 PM in Monroe. Transportation to and from the day center can be arranged for any person in Green County. All ADRC vehicles are handicap accessible and equipped with ramps and lifts for those with walkers or wheelchairs.

To learn more about Hand in Hand, please contact Morgan Kennison, Aging Programs Coordinator at mkennison@gchsd.org or 608-328-9499.



Defining the Role: DCS

The Dementia Care Specialist (DCS) is a person employed by the Aging and Disability Resource Center (ADRC) who is responsible for assisting individuals and families living with in the community to be able to remain active and in their homes for as long as possible.

The DCS also provides training to ADRC staff, local businesses, organizations, churches, and community groups to be knowledgeable about dementia and be able to serve in a supportive, helpful manner. This is known as the "Dementia-Friendly" initiative across Wisconsin.

DCS can also assist with:

- Memory Screening
- Future Planning
- Resources
- Education

Who should contact a DCS?

- Anyone experiencing changes in memory, thinking, or communication abilities.
- Caregivers that are providing assistance to persons experiencing above symptoms of dementia.
- Caregivers that are overwhelmed.
- Persons with early-stage diagnoses who want to be proactive about their health

Bonnie: Your DCS

Bonnie Beam-Straz, is your Dementia Care Specialist for the ADRC of Southwest Wisconsin, covering Green, Grant, Lafayette, and Iowa counties. She wrote a letter to you to introduce herself!

"Prior to coming to Green County I worked as a care manager in Family Care (Community Care, Inc. in Walworth County). A large portion of my career has been working for the Alzheimer's Association (5 years at the Rockford office and 10 years out of the Milwaukee office). I have also worked as a geriatric care manager/LCPC at a comprehensive geriatric health services provider and was an executive director for a memory care facility.

I was born and raised in Woodstock, Illinois. I have 8 siblings (5 sisters and 3 brothers) who live throughout the United States. My husband and I married in our early 40's. We have 1 son (my step-son) Bradley who is 26 years old. We moved to Wisconsin 11 years ago. A few things we enjoy doing are traveling to historic sites, going to concerts, watching classic comedies and birding. I love to go to flea markets, antique shops, dabble in gardening and do counted cross-stitch/crafting.

Starting July 28th I will be offering a virtual book club. The book of discussion will be "High Octane Brain: 5 Science-Based Steps to Sharpen Your Memory and Reduce Your Risk of Alzheimer's" by Dr. Michelle Braun, neuropsychologist. The sessions will run for 6 consecutive Wednesdays from 10:00 until 11:00am.

Please allow me to utilize my skills and knowledge to assist any of you who are caring for a person with dementia, want to have an increased understanding about dementia/memory loss; or are curious about improving one's brain health. Together we can increase awareness and make the county more dementia friendly. To register for the book club or have questions please call the ADRC at 608-328-9499 and ask to be directed to me."





Tips and Tricks

Communicating with Employers About Caregiving

Many families have experienced caregiving. If you talk with colleagues or supervisors, their understanding and helpfulness may surprise you.

Here are some tips and things to keep in mind when talking to your employer:

1. Start by describing your caregiving circumstances and the situation you are in. Don't forget, you are in charge of how much of your situation you feel comfortable sharing.
2. Talk to your employer sooner rather than later. This can help you come up with a plan in case of an emergency or crisis. It can also give you a chance to talk about what kind of flexibility or support you may need in the future.
3. Emphasize your commitment to being productive at work and discuss ways to meet your work responsibilities while you're caregiving. When you do need help, be straightforward and direct.
4. Write up a plan that both you and your employer are comfortable with. Thank your employer for understanding.
5. Inform your employer if your caregiver circumstances change or progress.

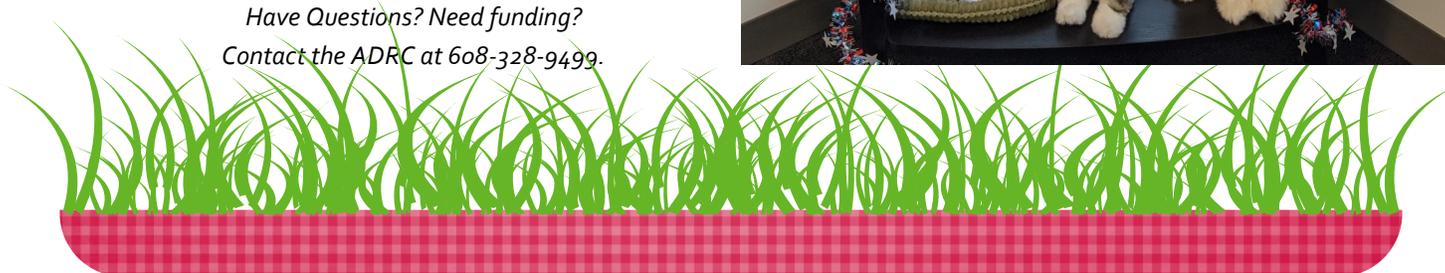
"We accept the love we think we deserve." - Stephen Chbosky

Tools and Tech Corner

Joy for All Companion Pets are designed to bring comfort, companionship, and fun to older adults. The ease of care and convenience paired with technology makes for the best possible experience for older adults and their caregivers.

To many, pets are considered part of the family and can make it very difficult to care for when one ages or leave behind when more care is needed than in-home supports can provide. These companion pets may be the perfect solution. They also provide a safe alternative for those with disabilities where caring for a live pet may be too difficult.

*Have Questions? Need funding?
Contact the ADRC at 608-328-9499.*



July is Disability Pride Month!

August is National Immunization Awareness Month!

September is National Alcohol and Drug Recovery Month!

Happy Independence Day on July 4th!

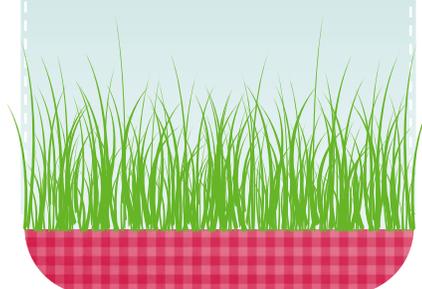
Happy Labor Day on September 6th!

Happy World Alzheimer's Day on September 21st!



Green County ADRC
N. 3152 State Rd 81
Monroe, WI 53566

Phone: 608-328-9499
Fax: 608-328-9631
Email: resourcecenter@gchsd.org
Website: greencountyadrc.org
Facebook: www.facebook.com/adrcofsouthwestwisconsin.com



Wisconsin Policy Updates

No updates!