



Fall 2021

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Groups and Classes

Caregiver Support Group—Day

4th Thursdays
10:30AM-12:00PM
Green County Human
Services Building — Lower
Level

Caregiver Support Group—Night

2nd Thursdays
6:00-7:30PM
Green County Human
Services Building — Lower
Level

Mind Over Matter (MOM)

Wednesdays
November 17th,
December 1st & 15th
1:00 — 3:00 PM
Green County Human
Services Building — Lower

The Caregiver Quarterly

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, employment and training for people with disabilities, 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 and can be obtained by the person needing the information or by family members or other loved ones.

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM), is a researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. Join a MOM workshop and learn strategies for preventing or lessening symptoms including information-sharing, group activities, simple exercises, and dietary changes. With practices, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter most to you.



Caring for the Caregiver

Caregiver Conversations: Impact of the Seasons
By Lynda Markut (MS, LCSW), Keynote Speaker at
Green County Caregiver Conference in November.

At a recent support group meeting, when asked about the seasons in the Midwest, each caregiver had their own perspective. One said, "I never have liked winter. Last year it felt interminable!" Other responses were "I don't mind the seasons. I think they break the monotony" "I think fall and winter really impact the person with dementia, it's so dark, so when my wife and I play games in the evening, I use a full spectrum light. It really helps."

In dementia caring there are many losses that most non-caregivers don't see. Coming to a group gives you a chance to talk about and acknowledge the loss and reinforce the need for self-care. You don't get over the losses, you work through them.

Depression doesn't go away on its own, you may need to see a therapist. As one person said, "a therapist is not someone you pay to care about you; it's someone that helps you work at caring about you."

Medications can also be considered in addition to talk therapies. Exercise and connecting with the earth can ground us and help with depression. Each person added something to the treatment discussion. There's no one right way to care nor only one treatment for depression, the important thing is to get the help you need when you need it.

Toward the end of the meeting, one caregiver said, "Isn't this amazing, we got together in the spirit of humanity and helped each other grow to better understand the need to help ourselves as we give help to others."

"Life always offers us a second chance. It's called tomorrow." - Dylan Thomas

Finding Time

I AM TOO BUSY.

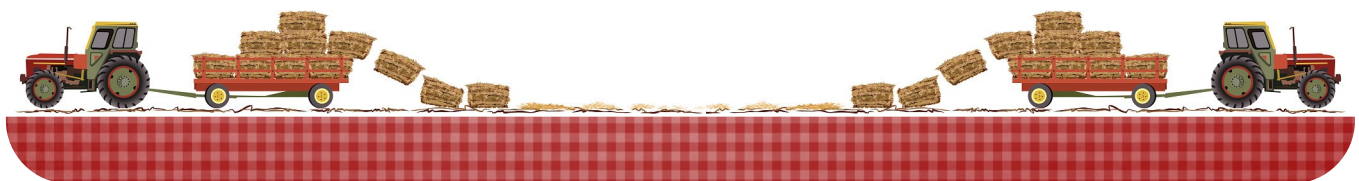
It's true. You probably are too busy. Loving someone with dementia takes up a lot of time and many of you are also trying to juggle caring for your loved one with dementia AND your own children, job, spouse, parent, pets, etc. IT IS A LOT. But taking care of yourself doesn't have to take up all your time. In fact, you can still do everything you are currently doing AND find little, simple ways to be kind to yourself during the day.

Examples include: Take some deep breaths - Enjoy a moment of peace in the shower and use a new body wash - Pick up the phone and talk to a supportive friend while you wash the dishes or fold laundry - Go for a short walk - Paint your nails

or get your nails done - Journal - Meditate - Visualize a happy or calming scene - Watch a funny TV show or movie - Listen to some of your favorite music when you get ready for the day - Take time to eat healthy food that will give you energy and make you feel good .

Notice how many of these activities could be done when you are physically still with your loved one. Other activities, are things you are already doing during the day but you are now making more of an effort to make it a quality time for self-care. These are things that are not going to take up any more of your time. It's about using the time you already have in a way that supports you.

-Natali Edmonds, PSYD ABPP , The Careblazers Survival Guide.



Upcoming Classes, Events, and Programs

October 13th thru December 1st — **Boost your Brain and Memory**

4:30PM — 6:30PM, Wednesdays.

Held virtually via zoom.

8 week, multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led, each of the sessions includes informational video segments, followed by group discussion and activities.

To register contact Bonnie @ 608-324-3600.

October 15th thru November 19th — **Healthy Living with Diabetes**

1:00PM — 3:30PM, Fridays.

Green County Human Services Building — Lower Level.

Healthy Living with Diabetes (HLWD) is a high-level evidence-based workshop for people who have diabetes. Meets for 2-1/2 hours once a week for six weeks.

To register contact Laura @ 608-324-9385.

October 18th thru December 6th — **Savvy Caregiver Workshop**

3:00PM — 5:00PM, Mondays.

Held virtually via zoom.

Savvy Caregiver helps family caregivers acquire and strengthen knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their care role.

To register contact Bonnie @ 608-324-3600.

October 19th thru November 30th — **Stepping On**

9:00AM — 11:00AM, Tuesdays.

Green County Human Services Building — Lower Level.

Stepping On is an evidence-based program designed to help you avoid a dangerous and costly fall so you can keep doing the things you love to do.

To register contact Laura @ 608-324-9385.

October 23rd — **Wellness Day**

9:00AM—12:00PM

Green County Human Services Building.

Outside Yoga at 8:30AM before Event!

Activities include: Health and Wellness Booths, Health Screenings, Dementia Live Presentation, Medication Take-Back Program, Vaccine Clinic, Blood Drive, DIY Pumpkin Craft, Voting on ADRC Decorated Pumpkins.

November 4th — **Alzheimer's and Dementia Caregiver Conference**

9:00AM—1:00PM

This informative program is for families, friends and caregivers of persons with Alzheimer's disease or related dementia. It is designed to enhance your understanding of the disease; how it affects those who have it; and how to effectively deal with it day-to-day.

Event is free. Registration deadline is November 1, 2021.

Contact ADRC at 608-328-9499.

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.

Medicare Annual Open Enrollment Period

*Medicare's Annual Open Enrollment Period is
October 15 - December 7.*

If you are on Medicare, this is an important time to review your current coverage and see if you need to make any changes for next year. Medicare Part D and Medicare Advantage plan details seem to change every year. Sorting through all the options to find the right plan for your prescriptions can be confusing, but help is available.

Contact the Elder Benefit Specialists at the ADRC of Green County for un-biased information and assistance.



The Elder Benefit Specialists do not sell or endorse any insurance plans. There is no charge for this service. We are trained to carefully review your current coverage and compare your plan with other options based on your medications and other details. We'll also check to see if you qualify for programs or benefits that can save you money.

For further information and assistance call the ADRC at 608-328-9499.

Medicare at 1-800-MEDICARE (800-633-4227) or Medicare.gov/find-a-plan

The Wisconsin SHIP Helpline at 1-855-677-2783



Defining the Role: Wellness Prevention Specialist

Some of the programs the Wellness Prevention Specialist offers include:

- Boost Your Brain and Memory (Brain Health)
- Healthy Living with Diabetes (Diabetes Self-Management)
- Mind Over Matter (Women's Incontinence Program)
- Powerful Tools for Caregivers (Caregiver Workshop)
- Sip n' Swipe (Beginner's Learning Tablet Program)
- Stepping On (Falls Prevention)
- Walk With Ease (Arthritis Self-Management/ Physical Activity).

Most programs are offered multiple times throughout the year and are free of charge. So, be sure to take advantage of these when the time comes! Or let others know about them!

Meet Laura Steiner: Wellness and Prevention Specialist

Hi everyone! My name is Laura Steiner and I'm the Wellness and Prevention Specialist for the Green County ADRC Office of Southwest Wisconsin. I am one of the facilitators of the Caregiver Support Groups offered in Green County. Many of you that have been in either the day or night time support groups for a long period of time, know me pretty well, but those that are newer to the group or are wanting to join, let me share a few things about myself.

I'm originally from Darlington, WI. In the spring of 2018, I graduated from the University of Wisconsin – La Crosse with a bachelor's degree in Public Health – Community Health Education and also minored in Photography. I enjoy many things on my free time including but not limited to; wood working, DIY projects, fishing, volleyball, Wisconsin Badger football games, spending time with family, and snuggling up next to my rescue dog from Aruba, all of which keep me very busy.

I started my current position as the Wellness and Prevention Specialist in September of 2018 and have been busy serving the community of Green County and other surrounding counties ever since, with needed health education, resources, support, and much more. I play a large role in the Caregiver Support Groups, but my main responsibility is to disseminate evidence-based programs out to the community members.

There are so many aspects of my role here at the ADRC that I love, but my overall favorite thing is making a difference in people's lives. I'm the, "lady that teaches all the classes," as I've heard myself referenced as. People want to come to me and are so dedicated to put in the effort to improve their overall wellness pertaining to the certain workshop or program I coordinate and facilitate. Hearing how these programs have positively affected people's lives is why I have the job I do. Whether that's on a small or large scale, it's still a step or two in the right direction. I love my job because of people like YOU! Thank you for being the best you can be and working on yourself daily to better improve your overall wellness. You can't take care of others if you don't take care of yourself first. Go be the best version of yourself!



Tips and Tricks

Looking for in-home cares? Here are some tips for what to look for.

1.) What tasks need to get done?

Make a detailed list of caregiving duties and their frequency that you complete and will expect the paid caregiver to do. such as bathing, housekeeping, etc.

2.) What are the pay rates?

Rates can vary depending on time of day (overnights will typically be more expensive) and what type of task is being done (personal cares are typically more expensive than housekeeping). Rates will also vary from county to county and may or may not include transportation costs, especially in rural areas.

3.) What are the ideal caregiving qualities?

Do you require someone specializing in dementia cares or someone that is a trained CNA to help with specialized medical cares? Do you require someone that can be flexible in their availability?

4.) Agency or private pay?

Consider if you would like someone from a certified home care agency or if you are looking to hire privately from another source, such as newspaper ads, word-of-mouth, or the internet. Know where to look for help in hiring, including your local Aging and Disability Resource Center!

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

"Success is not final. Failure is not fatal. It is the courage to continue that counts"
- Winston Churchill

Tools and Tech Corner

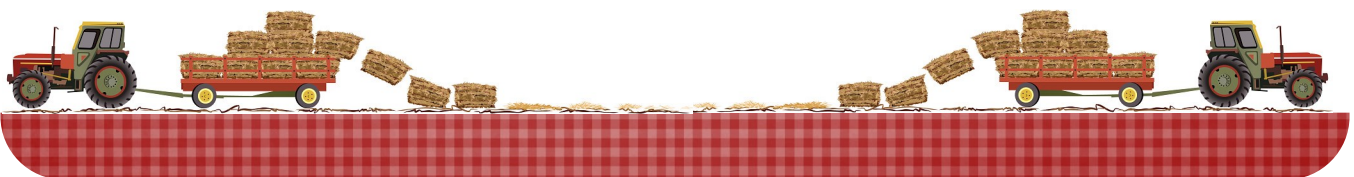
Want to try out items before you buy? Wish it was as easy as checking out a book at the library?

The Wisconsin Assistive Technology Program (WisTech) has a website where you can view accessibility products and check-out to loan them to try, similar to a library! The items that can be loaned will be through Access to Independence (ATI), our local independence living agency located in Madison.

The items listed on the WisTech website are available for loan through ATI or purchase through private individuals. As you browse the website, you can sort for items that are available through ATI.

You can click on each item to view a description, specifications, and pictures. You can add the item to your cart if you like it and then check out when done. A representative from ATI will reach out about the items and the loan period. Items can be small (magnifiers) or large (wheelchair ramps). Access to Independence also provides information and referral services, advocacy assistance, accessibility assessments, and transition services.

The WisTech Library can be found here:
www.wisconsinat4all.com/
Access to Independence can be found here:
www.accesstoid.org/ -OR- 608-242-8484.



October is Breast Cancer Awareness Month!

November is Alzheimer's Disease Awareness Month!

December is Identity Theft Prevention and Awareness Month!

Happy Halloween (Oct. 31st), Daylight Savings (Nov. 7th),
Thanksgiving (Nov. 26th), Hanukkah (Nov. 29th),
Christmas (Dec. 25th) and New Year's Eve (Dec. 31st)!!

Green County ADRC
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Fax: 608-328-9631
Email: resourcecenter@gchsd.org
Website: greencountyadrc.org
Facebook: www.facebook.com/adrcsouthwestwisconsin.com

Wisconsin Policy Updates

Wisconsin has allocated funds for an additional Dementia Care Specialist (DCS) in the Southwest Region! Our DCS, Bonnie, will soon have a coworker to help provide assistance in the community!

The new housing project in Monroe will have 47 units specifically allocated for Senior Housing. These are slated to be available in October 2022.