

L A C R O S S E C O U N T Y A G I N G U N I T

# FAMILY CAREGIVERS NEWSLETTER

## CAREGIVERS NEW YEAR'S RESOLUTION

In this new year, I will.....

- Learn to take one hour out of each day just for myself to read, enjoy a hot bath, journal my thoughts or call a friend.
- Attend at least one caregiver support group to realize that I am not alone and that I can learn from others.
- See my doctor for a physical exam and give my own health needs more priority.
- Use respite care at least once a month so that I may get a break and be refreshed. I will consider using the time I have to discover the benefits of massage therapy, the joy of a musical concert, self expression in a painting class or a day at the spa to find stress relief.
- Eat a balanced diet and exercise at least 20 minutes three times a week even if all I can do is walk around the house, up and down the stairs or exercise from a chair.
- Seek out one new resource to support my caregiver role such as chore services, housekeeping, home care programs or delivered meals.
- Try to find a way to laugh or find humor in the day amidst the sadness or discouragement I may feel.
- Reach out to my family and friends to help with my loved one so that the weight of my responsibility can be lifted and shared. One way I can do this is to keep a list of needs handy so that when help is offered, I can be ready with an answer.
- Seek spiritual support or personal counseling to gain perspective of my life, clarity of my role and keep my mental health in check.
- Finally, by focusing on these resolutions, I will be able to reap the rewards of caregiving, maintain balance in my life and provide care longer for my loved one.

Written by, Kristine Dwyer, LSW— Caregiver Consultant for Carlton County Public Health and Human Services in Cloquet, Minnesota. She is a licensed social worker certified in gerontology and is a past and current caregiver for her family. For more information, visit [Caregiver.com](http://Caregiver.com)

## G R E A T R I V E R S 2 - 1 - 1

**Get the Help You Need:** At different points in our lives, we can all use a little help. It might be dealing with a crisis situation or just making ends meet. We don't always know when—or where—to ask for that help.

**Great Rivers 2-1-1** is a place to make the right connections, whether you need information or help in a crisis situation. **2-1-1** Information and Referral Specialists will listen to your needs and concerns, help you make informed decisions and link you to the right community resources.

**2-1-1** takes the confusion and guesswork out of finding the right place to call. By calling **2-1-1**, you will receive free confidential assistance *24 hours a day, 7 days a week*.

**Great Rivers 2-1-1** offers free, confidential community information, referrals and crisis line services 24 hours a day. To get connected, dial **2-1-1** or **(800)-362-8255**.

Or visit the website at [www.greatrivers211.org](http://www.greatrivers211.org).



## THE LUNCH BUNCH ~ MEMORY CAFÉ



The Lunch Bunch ~ Memory Café is a place to meet with other caregivers and their loved one in a relaxed and friendly atmosphere. Whether you are new to caring for a loved one with a chronic condition, have been providing care for several years, or have lost a loved one you have cared for—the Memory Café is for you!

Once a month the café offers a chance for everyone to step out of their daily roles and share a positive experience in a supportive environment. It's a place to listen, share and to learn from other caregivers who may be on a very similar caregiving journey.

**New Location:** The Lunch Bunch ~ Memory Café will meet at the Black River Beach Neighborhood Center in North La Crosse on Tuesday, January 28, 2014 from 11:30am—1pm. Lunch is available at a suggested donation of \$3 per person and an RSVP is encouraged.

**Caregiver Education:** Each month a different local agency/service provider will be invited to briefly share information about their services. They will also be available to answer questions and visit with family caregivers during the café.

**Arts & Music:** Occasionally, art or special music may be featured at the café. Details will be announced on the monthly invites.

If you would like more information, or to be added to The Lunch Bunch ~ Memory Café mailing list, please contact Amy Brezinka at 608.785.3460 or [abrezinka@lacrossecounty.org](mailto:abrezinka@lacrossecounty.org)

### S o m e t i m e s   Y a   G o t t a   L a u g h

How To Bring More Laughter & Less Stress Into Your Life

1. **REALIZE WHAT LAUGHTER DOES FOR YOU (& WHAT STRESS DOES TO YOU) ~Mind, Body & Soul**
2. **YOUR HUMOR PRINT—Know what makes you laugh!**
3. **SURROUND YOURSELF—Surround yourself with funny people and things.**
4. **ADJUST YOUR ATTITUDE—Be aware of the attitude you are sending out to the world.**
5. **ACT YOUR SHOE SIZE—Take time to play!**
6. **SHIFT YOUR PERSPECTIVE—Nothing is good or bad. It is the thinking that makes it so. ~Shakespeare**
7. **SPECULATE BEYOND THE RECEPTACLE—Think outside of the box!**
8. **FEED YOUR SOUL—A merry heart doeth good like a medicine. ~Proverbs 17:22**
9. **SMILE—It's contagious!**
10. **SAVOR THE MOMENTS—When I could recognize something funny in what a moment before had seemed like a hopelessly grim situation, a wonderful transformation occurred. It was as though I had been suddenly healed and restored to health, even if for only a moment, even if only in my mind.  
~By, Arnold Beisser MD, Flying Without Wings**



# Save The Date

La Crosse County Aging Unit will be presenting  
two Family Caregiving Workshops in 2014

## The Essential to Providing Good Care is Providing Safe Care

### Family Caregivers will learn:

- How to safely move, lift, and transfer loved ones
- How to use assistive devices to make personal cares and transfers safer
- Preventative Care at home

**Date:** Saturday, April 26, 2014

**Time:** 10:00 A.M. to 12:00 P.M.

**Location:** Onalaska Public Library

**Presented by:** Occupational and Physical Therapists from MJ Care &  
Brightstarcare Inc.— Louise Albrecht, RN

## How to Have Those Hard Conversations

### Topics of the day:

- Medical Ethics (How to do the right thing with the best possible outcome)
- How to have those hard conversations with loved ones, and who can help
- What is Palliative Care and Hospice? When is it appropriate?

**Date:** Tuesday, August 12, 2014 (Tentative)

**Time:** 6:00 to 7:30 P.M.

**Location:** Black River Beach Neighborhood Community Center

**Presented by:** Gundersen Health System Staff

Tom Harter—Medical Ethicist

Carrie Lapham—Nurse Practitioner



**If you are interested, please call  
La Crosse County Aging Unit  
at 608-785-9710**



## LA CROSSE COUNTY AGING UNIT

400 4th Street North, Room 2260  
La Crosse, WI 54601-3200  
608.785.9710  
[www.co.la-crosse.wi.us/aging/](http://www.co.la-crosse.wi.us/aging/)

Newsletter Editor:  
Amy Brezinka, Caregiver Coach  
608.785.3460  
[abrezinka@lacrossecounty.org](mailto:abrezinka@lacrossecounty.org)

The **La Crosse County Aging Unit** provides information and services that promote independence, and support the dignity of Seniors by allowing choices for living in and giving to their community.

### Programs & Services include:

- Home-delivered Meals
- Meal Sites
- Elder Benefit Specialist
- Transportation
- Caregiver Coach Program
- Caregiver Support & Education
- Gifted Hands
- Senior Farmers' Market
- Nutritional Supplements
- Wellness & Prevention



It is well known that older adults benefit greatly from regular physical activity!

Now seniors have more opportunities to be active with the **Strong Seniors** program! We currently have 14 strength training exercise classes offered in La Crosse County, and we are still growing. Classes are **\$15 per session for an 11-week session**. That's only \$0.68 per class!! Payments are non-refundable.

Classes are led by La Crosse County Fitness Instructors and community volunteers. All classes are designed to help participants strengthen muscles, improve balance, and build endurance. *Classes are filled on a first come, first serve basis and fill up fast.*

**How do I register?** To register, call the Nutrition Division of the **La Crosse County Health Department** at **(608)785-3498**. Leave your name, phone number and state the class you would like to sign up for including time and location. Someone from the Health Department will call to confirm your class time as soon as possible. This could take a few days, pending the number of calls. **Next Session:** January 6th to March 20th—Registration began December 16, 2013.

### **La Crosse: Myrick Hixon EcoPark**

#### Monday/Wednesday:

8:00 am –9:00 am Basic  
9:15 am–10:15 am Advanced  
10:30 am–11:30 am Advanced

#### Tuesday/Thursday:

8:00 am –9:00 am Advanced  
9:15 am–10:15 am Advanced  
10:30 am–11:30 am Basic

### **La Crosse: First Presbyterian Church (Cass and West Ave)**

#### Tuesday/Thursday:

8:00 am –9:00 am Advanced  
9:15am-10:15am Basic

### **Onalaska: First Free Evangelical Church**

#### Monday/Wednesday:

9:00 am –10:00 am Advanced  
10:15 am–11:15 am Basic

### **Mindoro: Farmington Town Hall**

#### Monday/Wednesday:

8:00 am– 9:00 am Advanced  
& 9:30am-10:30am Basic

#### Tuesday/Thursday:

9:30 am– 10:30 am Basic

### **St. Joseph's Ridge: Greenfield Town Hall**

#### Tuesday/Thursday:

8:00 am - 9:00 am Advanced  
9:30 am - 10:30 am Basic

### **West Salem: Presbyterian Church**

Tuesday/Friday: 9:00-10:00 am Basic