

Family Caregivers Newsletter



January/February 2016

2016 begins with a lot going on!

As 2015 ended, the Aging Department wished a happy retirement to Noreen Holmes who served as the Aging Director for many years. As we looked forward to 2016 and beyond, the individuals, committees and boards that advise and govern La Crosse County's aging services met to discuss the best plan for our future. Due to construction at the downtown county campus, the Aging Department had been planning to relocate its office in November 2016 into the Human Services building next door in order to co-locate with a complimentary program there, the Aging and Disability Resource Center. In December it was decided that the county's Aging Department and the Human Services Department's Aging and Disability Resource Center would integrate operations beginning in January 2016 to create a true "one stop shop" concept to providing information, assistance, and services for the community.

During 2016, the public will notice changes that occur throughout the year as this integration proceeds. The name of the newly integrated section is "Aging and Disability Resource Center", referred to often as "ADRC"; our local ADRC (ADRC of Western Wisconsin) serves Jackson, La Crosse, Monroe and Vernon Counties with information, assistance, benefits specialist services and options counseling regarding long term care needs. With the addition of La Crosse's aging/Older American's Act programming, we will also be providing the additional services to La Crosse residents of congregate and home delivered meals, transportation services, Hmong Elder services, and expanded caregiver support. Those programs that previously existed in the Aging Department will continue with the new integration.

Aside from the name change, the phone numbers and mailing address have changed. To reach the Aging and Disability Resource Center you can locally call 608-785-5700 or toll free 1-800-500-3910. Our business address is now 300 4th St. N. La Crosse, WI 54601; this address will continue to be the address for our services after the construction projects downtown are complete. If you visit our office face-to-face, we are now meeting with the public through the 300 N. 4th location, on first floor; this office will change significantly over the next year as we have temporary space adjustments until our final office space in the same location is ready late this year.

Please don't hesitate to contact myself as the new Aging/ADRC Director, or the staff of the program with any questions you have. We look forward to our continued service to you and La Crosse County's communities in the future ~

Audra Martine
Aging/ADRC Director



*A New Year!
A fresh start and infinite possibilities!*

New Year's Resolutions for Caregivers

It's that time of year again when we make those lists, either on paper or in our heads, of all the things we're going to "do better" or "fix" or "accomplish" in the new year. While New Year's resolutions are sometimes hard to keep, it is a perfect opportunity to look at the future and plan ahead.

Part of our life's plan will most likely include caring for an older loved one - a parent, a spouse, an in-law, a favorite aunt, etc. - which of course brings me to my mantra on how to get us all to try to plan for a role most of us will play: Caregiver.

Resolution #1 – Plan on Being a Caregiver

Caregiving is a life-stage we all face – one way or another we will be involved in caring for an adult with some type of disability or an older loved with a chronic illness - such as heart disease, diabetes, Alzheimer's disease or cancer - or other issues that come with aging such as a broken hip from a fall, hearing impairment, memory loss, etc.

First Lady Rosalynn Carter said it best:

You either have been a caregiver,

You are a caregiver today,

You will be a caregiver,

Or someone will be caregiving for you.

Approximately 44 million Americans are caring for someone over the age of 50. The average profile of a caregiver today is a 48-year-old woman caring for her 72-year-old mother. However, as we all live longer, you could become a caregiver in your 60s or 70s for a parent in their 90s.

Resolution #2 - Create a Caregiving Plan

We're a nation that responds in a crisis but when it comes to long-term planning, we're not quite so active. According to statistics, the average length of time you'll spend caregiving is 4.6 years, but many caregivers can spend 18 years or more in their role. The mystery is that it's hard to know how long you'll be on this journey. While it's hard to plan for the unknown, you can at least start with what you do know. A checklist for understanding the situation as it stands today includes:

- Know your parent's or loved one's wishes for long-term care.
- Know what their long-term care insurance or other plans include (recently a friend of mine thought her mom's LTC plan would be sufficient, but it only lasted for three years.)
- Find out whether your parent or loved one has the proper legal documents prepared - Health Care Directives, Durable Power of Attorney -- medical/health and financial, etc. This can help avoid some family conflict when the crisis occurs.

Have the conversation with your parent, and with the rest of the family, on how the plan will work. Who will be the primary caregiver? What financial assistance for your loved one might be needed? Will others in the family contribute? Etc. Sometimes these family discussions are complicated. If you feel you need some insights on how to approach difficult family situations, check out Francine Russo's book, *"They're Your Parents, Too! How Siblings Can Survive Their Parents' Aging Without Driving Each Other Crazy"*.

“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.” Norman Vincent Peale

New Year's Resolutions cont'd...

Resolution #3 - Remember Caregiving Includes Caring for Yourself

This may be the hardest resolution to keep. I've talked to caregivers all over the country and what tends to happen is that we take care of everyone else - spouse, children, our career/job - but unfortunately give ourselves short shrift. This is why so many caregivers become as ill or worse than the person for whom they provide care. In fact, statistics show that caregivers are **twice** as likely as the general population to develop multiple chronic illnesses earlier in life and can suffer increased stress and a syndrome known as "caregiver burn-out."

What is important to remember is that if you become ill or run down, who will then care for your loved ones? So, have a plan to maintain your own health and wellness:

- Keep those doctor appointments
- Try to stick to a healthy nutrition plan
- Get some form of exercise even if it is just a few minutes of walking a day to relieve your stress

Stay connected to friends and activities you love that will help your own well-being

Make a resolution to take charge and feel empowered by developing a caregiving plan that works for you. Here's to a Happy, Healthy, Caring New Year!

Article Source: Taking Care with Joan Lunden

Website: <http://www.rl.tv/shows/taking-care-with-joan-lunden/articles/new-year-new-you-resolutions-for-caregivers/>

“Learn from yesterday, live for today, hope for tomorrow.” -Albert Einstein

Caregiver Support Groups

Support Group for Persons with Dementia and Care Partners

When: 1st & 3rd Tuesdays of the Month from 3pm to 4pm

Where: Village on Cass, 225 South 24th Street, La Crosse

Contacts: Chris Brown and Terry Fleming at 608-392-9505

Family Support Group—Alzheimer's/Dementia

When: 2nd Wednesday of the month from 6pm-7pm

Where: Bluffview Memory Care, 2101 Bluffview Court, Holmen

Contact: Bluffview Memory Care Management Team at 608-526-5864 for more details

Caregiver Support Group

When: *Last* Wednesday of the month at 1:15pm

Where: Hillview Health Care Center—Sunshine Room

3501 Park Lane Drive, La Crosse

Contact: Nikki Weisenberger at 608-789-4867 for more details

Caregiver Support Group

When: 2nd Thursday of the month at 1pm

Where: Lakeview Health Center, 902 E Garland Street, West Salem

Contact: Luann Rose at 608-786-1400 ext. 40155

Parkinson's Support Group

When: 4th Tuesday of each month from 2pm-4pm

Where: Gundersen Health System

Contact: Julie Halzwarth at 608-775-2789

Great Rivers 2-1-1 ~ For more information about area support groups dial 2-1-1



Community Resources



Free Legal Services in La Crosse County

Legal Clinic:

Local Attorneys and Paralegals Provide Free Legal Advice

3rd Wednesday of Every Month

First Baptist Church (Main St. and West Avenue) Enter on the West Avenue Side of the Building

6:00 p.m. to 7:30pm

Family Law Center:

Staffed by volunteers who do not provide legal advice, but can assist you with various legal actions.

Contact the Family Court Commissioner's Office 785-5600 or request a calendar from the Child Support Office for a schedule of days/hours.

Legal Action of Wisconsin:

Legal Services provided at low or no cost to qualified applicants.

(608) 785-2809

205 5th Ave. S., La Crosse, WI 54601

Coulee Region Humane Society | 911 Critter Court | Onalaska, WI 54650 | 608-781-4014

Ambassadors of Love—Pet Therapy

Our History

The Coulee Region Humane Society's Pet Therapy program began in 1985 with one very special dog and one very dedicated volunteer. Today, with an average of 70 Pet Therapy Teams, our visits touch the lives of nearly 60,000 Coulee Region residents every year.

What is Pet Therapy?

At first glance, Pet Therapy is taking our dogs to go on a visit to a nursing home or hospital. To see it or feel it is something all together different. In different settings, for different people, Pet Therapy reaches out in very different ways.

Ambassadors of Love Pet Therapy Mission Statement

- Love indiscriminately
- Give a nudge and comforting paw
- Break through the loneliness
- Be a companion on the road to recovery
- Teach humanity
- Bring peace
- Let miracles of love and trust unfold



Where You Will Find Pet Therapy

In the community it's the sheer surprise of seeing the dogs where you least expect them. **In the nursing homes and care facilities** it's the "break in the day", the "something to look forward to". The warm and caring touch that comes with no demands or strings attached. **In the schools and libraries** it's READ to Rover, a safe place to learn and try new skills. The dogs don't laugh or judge. **In the hospitals** it's a little taste of home when you're so far away and feel so alone.

For more information, contact: Erin Olson, *Pet Therapy Coordinator* E-mail: erin.olson@couleehumane.com

Tips for Care Partners

Benefits of Humor This Emotional Life | PBS

We don't need scientists to tell us that laughing is fun and makes us feel better. Research is verifying that humor has many of the positive effects that funny people have long suspected.

Researchers have found that you can even “act as if” you are feeling an emotion—say, happiness or irritation—by arranging your face in a smile or a frown, and you are likely to feel that emotion. In a classic study, participants were instructed to hold a felt-tip marker in their mouths in a way that caused their facial muscles to be formed into a smile or a frown. While holding the marker this way, they were asked to view comic strips and say how funny they found them. Those whose facial muscles were mimicking a smile found the same comics funnier than those whose facial muscles were set into a frown.

Physical benefits of mirth and laughter:

- Increased endorphins and dopamine
- Increased relaxation response
- Reduced pain
- Reduced stress

Cognitive benefits of humor and mirth:

- Increased creativity
- Improved problem-solving ability
- Enhanced memory (for humorous material)
- Increased ability to cope with stress, by providing an alternative, less serious perspective on one's problems

Emotional benefits of humor and mirth:

- Elevated mood and feelings of well-being
- Reduced depression, anxiety, and tension
- Increased self-esteem and resilience
- Increased hope, optimism, energy, and vigor

Social benefits of humor and mirth:

- Bonding with friends and family
- Reinforcement of group identity and cohesiveness
- Increased friendliness and altruism
- Increased attractiveness to others
- Happier marriages and close relationships

Laughing out loud, being quietly amused, anticipating something funny, and even forcing a smile or chuckle can all lead to increases in positive emotions and neutralize negative emotions, which can help keep us on the “upward spiral” to greater happiness.

Article source: <http://www.pbs.org/thisemotionallife/topic/humor/benefits-humor>

Life is better when you're laughing!

Tips for Care Partners

8 Reasons Why Meaningful Activities Are Important for People with Dementia

Reasons Why Meaningful Activities Are Important for People with Dementia

Meaningful activities- those that engage the person's attention and connect with their interests- are critical in the provision of care for those with dementia. Consider the following eight reasons why it's important to offer a variety of meaningful activities for people living with dementia:

- **Mental Stimulation**

Providing activities that engage the brain is good for all of us, and all the more so for people who are living with dementia. In fact, some research has suggested that a structured activity program can slow down the progression of Alzheimer's or even improve cognitive functioning immediately and up to three months following the activity program.

- **Physical Activity and General Health**

Some activity programs involve physical movement, which can benefit the body and the brain. Remaining physically active can prevent other health problems and maintain daily functioning and mobility. Research on physical exercise for those diagnosed with dementia has demonstrated significantly improved cognitive functioning.

- **Social Interaction**

Activities facilitate socialization, an important aspect of mental health. If people don't have the opportunity to interact socially with each other, they can feel lonely, isolated or depressed.

- **Improved sleep habits**

Activities can provide a routine for the day, which can in turn improve sleeping at night. If a loved one sits in a chair all day and does not participate in any type of activity, it's likely she'll fall asleep several times throughout the day. This dozing off can interrupt good sleep patterns since the person received some of their sleep during the daytime naps. Providing activities, and ones that engage and have meaning for the individual, helps minimize napping during the day and encourage a better night of sleep instead.

- **Improvement in self-esteem**

Self-esteem- how people feel about themselves- often takes a beating when someone has Alzheimer's or other dementias. Especially in the early stages when people are aware that they are having memory problems, feelings of incompetence, depression and anxiety are common. Offering someone an activity to do can be an encouragement to them by giving them something to do by which they can experience success and enjoyment.

- **Decrease depression and anxiety**

Engaging people with dementia in activities can reduce symptoms of depression and anxiety. Multiple studies have demonstrated an improvement in depression and anxiety through the provision of structured activity programs, and some have even shown that improvement to continue for up to six months after the study was concluded.

- **Minimize behavioral challenges**

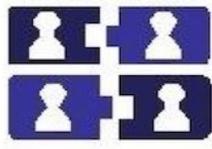
A study published in the American Journal of Geriatric Society demonstrated a significant decrease in challenging behaviors such as shadowing, repetitive questioning, agitation and argumentative interactions when activities that were of interest and at the right skill level were offered to people with dementia. Many other studies have shown similar benefits of meaningful activities.

- **Caregiver benefit**

If the benefits listed above are not enough to convince you that meaningful activities are important, consider the benefit the caregiver experiences. If your loved one is actively engaged, you will spend less time responding to problematic behaviors and more time enjoying positive interactions with your family member.

Community Resources

Connecting People in Need with Caring Volunteers



**Causeway
Caregivers**

(608) 775-9999

Causeway Interfaith Volunteer Caregivers connects people with needs to people who care for ongoing supportive connections. Causeway provides volunteer and community services to the elderly and adults with disabilities allowing them to maintain independence and dignity.

Arts Buddy—Causeway connects a Volunteer with a person who would like to attend live performances in the area, such as the La Crosse Symphony, La Crosse Community Theatre, Viterbo Fine Arts, UWL Toiland Theatre, Marie W. Heider Center for the Arts or La Crosse Area Jazz Society performances. Arts Buddy passes are purchased through Causeway and one pass admits two people.

Visits or Outings—Causeway connects a Volunteer with a person who would like a visit. During a visit they can catch up with chatting about family, friends or community events, play cards, craft, do some baking or scrapbook. Or for a person who would like to go out for a cup of coffee, a drive around the area, to see the paddle wheelers on the river, a church function, try their luck at fishing, or go for a stroll, our Volunteers would like to be connected with you for outings.

Shopping/Errands— Causeway connects a Volunteer to assist with grocery shopping, whether it is with a person or from your list. Besides groceries, our Volunteers assist with clothes or household item shopping. Volunteers can help find items in the stores and put the items away at home. If a person needs to be connected with a Volunteer for assistance with errands they can be a help in getting to the doctor, bank, post office, pharmacy, etc.

Causeway services are for residents of La Crosse County. For more information about Causeway Caregivers, please call **608-775-9999**.



Seeking Participants for UW-L Study—Social Effects on Cognition

Description of the study: Interested participants must be 65+ years old, living independently and with no history of neurological dysfunction (e.g. diagnosis of memory impairment, mild cognitive impairment and dementia). In this project, we are investigating the relationship between how people's social experiences and networks intersect with cognitive function. Data is collected during a single one-on-one session with one of the researchers. Participants will be guided through a set of tasks and surveys on cognition and social relationships. Some of the tasks are paper and pencil and some are computerized. The full session should take no more than one hour of your time.

Location of Interview: The Gerontology Research Lab is in Graff Main Hall on the UW-L campus.

Reward: \$10 gift card to Festival Foods

Contact Information: Please email erozek@uwlax.edu if you are interested in participating. Alternatively, you can call the Gerontology Research Lab directly at 608-785-5240. There is always a researcher in the lab from 2:30pm—4:30pm on Mondays to take phone calls and return messages in order to schedule an interview time.

Give It a Rest: Tips for Sleep-Deprived Caregivers

by Christina Medvescek

Getting enough sleep is essential to a caregiver's physical and mental health — here's some ways to catch more zzzz's



Article Highlights:

- Research shows that a caregiver's sleep levels are the best predictor of depression levels. A caregiver's lack of sleep due to caregiving duties also can lead to a host of other physical and cognitive problems, both for the caregiver and their loved one.
- For caregivers, getting up several times a night may not be as big a problem as not being able to fall back to sleep quickly afterwards, say sleep experts who offer tips on ways to catch enough zzzz's while caring for a loved one.

The National Sleep Foundation recently confirmed what Mom probably told you a long time ago: The average adult requires at least eight hours of sound sleep a night.

But to caregivers who are up and down all night helping their loved ones with serious conditions like ALS, that may sound like a laughable ideal.

Unfortunately, chronically sleep-deprived people don't laugh all that much. A recent University of Texas study of 51 caregivers of terminally ill family members found a clear correlation between lack of sleep and severe depression.

"A caregiver's sleep levels were the best predictor of caregiver depression levels," says the study's lead author, Patricia Carter of the UT School of Nursing in Austin.

Besides depression, sleep-deficit symptoms can range from misplacing the car keys to crashing the car. Researchers say an ongoing lack of sleep can cause: forgetfulness, lowered alertness, reduced creativity, inability to speak and write clearly, lowered resistance to disease, unwanted weight gain, and increased risk of stroke, heart attack and adult-onset diabetes. Sleep-deprived people also are more likely to verbally and physically abuse their children, and are more prone to falling asleep at the wheel.

Great — something else to worry about while staring at the ceiling at 3 a.m., right? Wrong. It's possible to get more rest while still getting up to care for your loved one with ALS.

Actually, getting up several times a night isn't as big a problem as not being able to fall back to sleep quickly afterward, says James Maas, a Cornell University (Ithaca, N.Y.) sleep expert and author of *Power Sleep: The Revolutionary Program That Prepares Your Mind for Peak Performance*, published by Harper-Collins.

Maas and other sleep experts offer these suggestions for improving the quality and quantity of sleep:

- **Make it quick and quiet.** When getting up, don't turn on the lights (use a low-level nightlight if necessary), don't have a conversation or do anything mentally stimulating, and stay up the minimum amount of time necessary.
- **Don't try too hard.** If you can't fall back to sleep within 10 or 15 minutes, get up. Do something relaxing such as reading (nothing work-related, however), light housework or listening to music, then return to bed as you feel yourself getting sleepy.
- **Decrease caffeine, alcohol and nicotine.** Improve your chances of falling back to sleep quickly by avoiding caffeine, especially in the afternoon.

Ditto for nicotine and alcohol. In cases of severe sleep deficit, cut them out entirely, advises Maas. Although some people find that a drink before bed helps them fall asleep, alcohol actually increases the likelihood that you'll wake up during the night.

Give It a Rest cont'd...

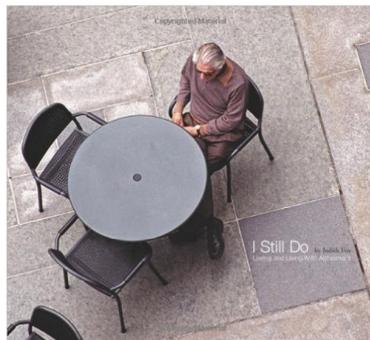
If you're worried about sleeping too long, set a timer. If you can't fall asleep, just rest quietly. But above all, don't try to rev yourself up during the trough by having a coffee or cola, Maas says, because it may cause sleep problems later that night. Instead, force yourself to take a short afternoon rest break.

- **Don't sleep in.** Go to bed and get up about the same time every day, instead of trying to catch up on sleep once a week or so. A simple way to get more sleep is to go to bed a little earlier. It sounds obvious, but tired people will often perversely hang out with the late show rather than turn in earlier.
- **Check out your sleep space.** Is your bedroom actually a restful place? An uncomfortable mattress, snoring spouse, too much light, being too hot or too cold, pets who jump on and off the bed, and outside noises all are subtle distractions that make it hard to settle back down.
- **Don't live with it — take steps to change it!** A fan that creates white noise, eyeshades, putting the pets elsewhere or investing in a great mattress all can improve your sleep — and by extension, your life.
- **Three on, three off.** If it's possible, share the nighttime caregiving duties. For optimum sleep benefits, Maas recommends a three-nights-on, three-nights-off schedule, rather than switching with someone every other night.

If you've tried all of the above — and then some — and still can't get enough rest, talk to your doctor. Not all caregiver sleep problems are caused by stress or getting up in the night. There may be an underlying

Good Reads

I Still Do: Loving and Living With Alzheimer's By, Judith Fox



Three years into their marriage, Judith Fox's husband, Dr. Edmund Ackell, was diagnosed with Alzheimer's Disease. Over the course of the next ten years, Fox watched as the man who used to perform surgery, fly planes, and run universities, forgot how to turn on the coffee maker, place a phone call, or remember what his wife had told him two minutes earlier.

More than 5 million Americans have Alzheimer's. A poignant and beautiful portrait of a man with Alzheimer's as seen through the loving lens and words of his wife and care-partner, ***I Still Do: Loving and Living With Alzheimer's*** puts a human face in front of the statistics, exploring the disease through Fox's intimate photographs and poetic writing. While the details of ***I Still Do*** are personal and unique, this deeply candid story of illness, aging, partnership, and loving is universal.

"Coping with Caring, Daily Reflections for Alzheimer's Caregivers" by Lyn Roche

January 1— I feel good knowing I am a caregiver, not a caretaker. I give care lovingly and freely. I don't take away from my loved one. I won't do for him something he can still do for himself. That would be taking, not giving. It is my aim to respect his dignity at all times. I offer support sometimes with just a smile—sometimes with a hand—always with love.

Today's Tip: In the early stages do as much as you can together. Take the trips.

Visit family and friends. Attend reunions.

Resources for Care Partners

Alzheimer's Association Programs Family & Consumer Education Calendar | February - March 2016

Name of Program	Start Date	Start Time	End Time	Location	Room	Address	City
Caregiver Stress: Take Care of Yourself	2/11/16	1:00 PM	2:30 PM	Goodwill Store	Community Room	3954 Mormon Coulee Road	La Crosse
The Basics: Memory Loss, Dementia and	2/11/16	3:00 PM	4:30 PM	Goodwill Store	Community Room	3954 Mormon Coulee Road	La Crosse
Dementia Cares 1 day	2/24/16	8:30 AM	2:30 PM	Eagle Crest South	Auditorium	Bethany Lutheran Homes	La Crosse
Know the 10 Signs: Early Detection Matters	3/10/16	1:00 PM	2:30 PM	Goodwill Store	Mississippi Community Room	3954 Mormon Coulee Road	La Crosse
Dementia Conversations; Driving, Doctor Visits, Legal & Financial Planning	3/10/16	3:00 PM	4:30 PM	Goodwill Store	Mississippi Community Room	3954 Mormon Coulee Road	La Crosse
Healthy Habits for a Healthier You	3/15/16	12:30 PM	2:00 PM	Northside Community Police Center	Community Room	713 Saint James Street	La Crosse
The Basics: Memory Loss, Dementia and Alzheimer's Disease	3/15/16	2:30 PM	4:00 PM	Northside Community Police Center	Community Room	713 Saint James Street	La Crosse

alz.org® | alzheimer's association®

24/7 helpline | 1-800-272-3900

Care consultation is available 24/7 from a master's-level clinician with interpretation in 140 different languages.



Online Resources

Lewy Body Dementia Carers -This online group is for anybody affected by Lewy Body Dementia (LBD). It was started six years ago on Facebook when the group administrator's mother was diagnosed and had nobody to talk to who knew exactly what she was going through. The group allows others to ask questions about their LBD experiences and to share their experiences in the hope we can help each other. This Facebook group has over 3,000 members.

Resources for Care Partners

Lunch Bunch Memory Café | La Crosse

The **Lunch Bunch Memory Café** is a place to meet with others diagnosed with Mild Cognitive Impairment (MCI), Alzheimer's/ dementia and their care partner in a relaxed and friendly atmosphere. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive environment. It's a place to talk with others who may be on a very similar journey and to learn, "*You are not alone*".

When: This group meets the last Tuesday of every month

Time: 11:30am—1:00pm

Location: Black River Beach Neighborhood Center
1433 Rose Street
La Crosse, WI 54603



Lunch & Beverage provided at a suggested donation of \$4 per person

Topics: Art, music, health and wellness topics will be featured at each café. Details will be announced on monthly invites.

Upcoming Dates:

January 26, 2016—Life Map Activity with Sandy Whiteman, Healing Arts Specialist

February 23, 2016—Special Music by Life in Harmony & Gentle Yoga with Linda Larson, Gundersen Health

March 29th, 2016—Kites Project with Sandy Whiteman, Healing Arts Specialist

April 26, 2016—"Spring Renewal" with Special Music by Life in Harmony

RSVP is encouraged. If you would like more information, or to be added to our mailing list, please contact: Amy Brezinka at 608.789.8575 or abrezinka@lacrossecounty.org

Travelled Roads Memory Café | West Salem

When: 2nd Friday of each month

Time: 10am—11:30am

Location: Hazel Brown Leicht Memorial Library
Community Room
201 Neshonoc Rd | West Salem, WI



Coffee & bakery items provided at a suggested donation of \$1 per person.

The **Travelled Roads Memory Café** is a place to meet with others diagnosed with Mild Cognitive Impairment (MCI), Alzheimer's/ dementia and their care partner in a relaxed and friendly atmosphere. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive environment. It's a place to talk with others who may be on a very similar journey and to learn, "*You are not alone*".

Topics: Art, music, health and wellness topics will be featured at each café.

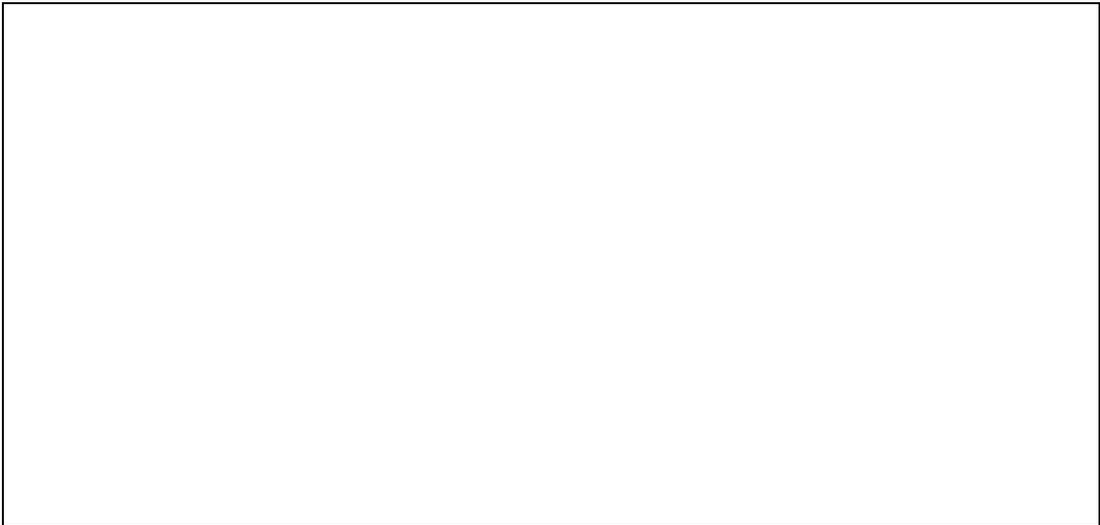
Resources: Community resource information will be available each month. The Caregiver Coach will be available to answer questions and visit with Care Partners during the café.

Upcoming Dates:

January 8, 2016— Life Map Activity with Sandy Whiteman, Healing Arts Specialist

February 12, 2016— "Pet Therapy" with Erin Olson, Coulee Region Humane Society

RSVP is encouraged. If you would like more information, or to be added to our mailing list, contact Amy Brezinka at 608.789.8575 or abrezinka@lacrossecounty.org



Aging & Disability Resource Center
Of Western Wisconsin

Aging & Disability Resource Center of Western Wisconsin
Amy Brezinka, Program Coordinator
Caregiver Coach Program
608.785.5700
abrezinka@lacrossecounty.org
Website: <http://www.adrcww.org/>

Caregiver Coach Program &
Lunch Bunch Memory Café Sponsors:

HELEN BADER FOUNDATION
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GUNDERSEN HEALTH SYSTEM. Where Caring Meets Excellence
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