

Family Caregivers Newsletter

November/December 2014



National Family Caregiver Month 2014 “Be kind to yourself!”

November is National Family Caregiver Month. If you provide care and assistance to someone with a chronic or disabling condition, you are probably a family caregiver. The Caregiver Action Network provided these tips, encouraging family caregivers to “Be kind to yourself”:

- Believe in yourself, trust your instincts, and let your inner voice guide your decision making.
- Protect your health. Recognize that taking care of yourself is just as important as taking care of you loved one.
- Caregiving is mentally, emotionally, and physically draining. If you feel your own health and well-being are suffering as a result, be sure to talk to your doctor.
- Schedule brief periods of rest or breaks often. Respite is not a luxury. You need regular breaks in order to stay healthy and strong.
- Join a support group. It can be a safe haven for sharing feelings, a place to make new friends and a place to receive information and resources on how to deal with what lies ahead.
- Ask for help. Recognize that asking for help is a sign of strength, not weakness. Get comfortable with the idea of talking about your need for assistance and reach out to someone you trust for help.

What is Respite?

Respite is a program or service that is designated to provide family caregivers with “time off” or a “break” from their caregiving responsibility. There are programs available to help fund respite.

Respite Grants: The National Family Caregivers Support Program (NFCSP) and the Alzheimer’s Family Caregiver Support Program (AFCSP) offer financial assistance for respite and other supplemental services to eligible caregivers.

Long Term Care Programs: Family Care provides funds for services that will provide respite and other services to help caregivers to keep eligible individuals in their homes in the community.

Veteran Programs: Respite and other supplemental services may be available for those who are caring for a veteran who is eligible for those programs.

Share the Care: Share the Care is a program that aids people to organize a team of support using friends, family, church and/or various social groups to help someone who needs assistance.

For more information about accessing respite and other services for family caregivers contact Amy Brezinka, Program Coordinator for the La Crosse County Aging Unit - Caregiver Coach Program at 608-785-3460.

**Source: Caregiver Action Network, “Alzheimer’s Disease Family Caregiver Tip Sheet”, @ caregiveractionnetwork.org*

Caregiver Support



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. 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 learn from other caregivers who may be on a very similar journey.

Location, Date & Time: Lunch Bunch Memory Café meets at the Black River Beach Neighborhood Center in North La Crosse on the **last Tuesday of each month from 11:30am—1pm**. Lunch is available at a suggested donation of \$4 per person and an RSVP is encouraged.

Education, Music & Art: Each month a different local 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. Occasionally, art or special music may be featured at the café.

If you would like more information, or to be added to our mailing list, please contact
Amy Brezinka at 608.785.3460 or abrezinka@lacrossecounty.org

Caregiver Support Groups

Early Stage Support Group for Persons with Dementia and Caregivers

When: 1st & 3rd Tuesdays of the Month from 3pm to 4pm
Where: Village on Cass, 225 South 24th Street, La Crosse
Contacts: Chris Brown, Terry Fleming and Art Peek at 608-392-9505

Caregiver Support Group—Alzheimer's/Dementia

When: 2nd Wednesday of the month at 5pm
Where: Onalaska Library, Room A, 741 Oak Ave S, Onalaska
Contacts: Janita Larson at 608-406-3917 or Amy Brezinka at 608-785-3460

Caregiver Support Group

When: 4th 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

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

Caregiver Support Group— *A group for Women caring for someone with Post Traumatic Stress Disorder*

When: Every Monday from 8:30am—Noon
Where: Perkin's in Onalaska—9428 Wisconsin 16, Onalaska, WI
Contact: Mitch Mader at 608-519-0753

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



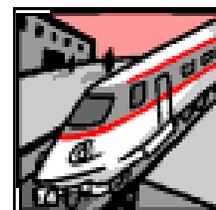
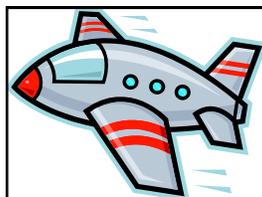
Caregiver Education

Holiday Travel Tips For Alzheimer's Family Caregivers

- Be prepared and get plenty of rest before you start traveling
- Make sure your loved one has a nametag or some form of identification on them in case they become lost during the trip
- Have your trip well planned out, so that you can try to avoid overly loud and crowded places that might further agitate your loved one. Be realistic about how many new things your loved one can handle.
- Avoid caffeine
- Try to make your trips as short as possible. For example if you have to fly, try to make it a direct flight instead of having many stops. Also try to make sure your loved one is seated on the inside of the row so that they cannot wander off.
- Bring with activities to occupy your loved one during a car trip. If your loved one does get agitated during the car trip, pull over to let them call down. Do not keep arguing with them in a moving vehicle.
- If you are staying in a hotel, try to get one with only one exit so that your loved one cannot wander through a back door. Try to get a large quiet room so that you both can relax.
- Above all, have backup plans in case something does not go as planned!

For more information on these tips, go to

<http://www.alzinfo.org/08/treatment-care/10-tips-for-traveling-with-your-loved-one>



Successful Aging Program

Mayo Clinic Health System—Franciscan Healthcare

Strong on Your Feet

Learn the importance of strength training and how to include it in your exercise program to stay strong and balanced on your feet.

Presented by: Barb Helgeson, PT, American Bone Health Representative

Marsha Bateman, PT, MS, CEEAA, Mayo Clinic Health System—Franciscan Healthcare

Cost: FREE

Date: Tuesday, November 25, 2014

Time: 2:30pm—3:30pm (Refreshments will be served at 2pm)

Location: 700 West Ave. South | Marycrest Auditorium | Hospital Building | Second Floor

For more information call 608-392-9505 or 1-800-362-5454 ext. 9505

“Kind words can be short and easy to speak,
but their echoes are truly endless”

Mother Teresa



Caregiver Events



Gundersen's Healthy Aging Conference Motivation for Healthy Aging

Please join us on Friday, November 7th from 7:45am to Noon in The Cargill Room at The Waterfront, 332 Front Street South in La Crosse. This conference will explore what it takes to age with good health, including both physical and mental well-being.

Cost: \$30 which includes all program materials, lunch and beverages throughout the day. Please pre-register by **Monday, November 3rd** by calling Shayna Schertz at (608)-775-3885.

Minnesota Marine Art Museum

"SPARK" Program Open House!

Wednesday, November 12th between 10am and Noon

Four years ago, the Minnesota Marine Art Museum in Winona launched a meaningful program called "SPARK" that is designed for people living with memory loss and their care partners. Through the generous sponsorship of the Helen Bader Foundation and now Winona Health, we have been able to keep this program FREE for all participants.

During this time, families and friends can get a feel for the Museum and meet Museum docents and staff who help run the program. We will welcome you with a cup of coffee and answer any questions you may have about our free monthly SPARK Program. Hope to see you there!

For more information about the "SPARK" Program, please contact Heather Casper at 507-474-6626 or by email: hcasper@mmam.org
Minnesota Marine Art Museum | 800 Riverview Drive | Winona, MN 55987

National Memory Screening Day

November 18, 2014

Mayo Clinic Health System—Franciscan Healthcare

The Mayo Clinic Health System Department of Geriatrics is offering FREE confidential memory screenings on Tuesday, November 18, 2014. To pre-register, please call 608-392-9505 by Thursday, November 11, 2014.

Save The Date



Holiday Getaway Luncheon



Tuesday, December 9th, 2014 from 11:00 AM – 1:00 PM

Radisson Hotel | 200 Harborview Plaza | La Crosse, WI

This holiday celebration is planned just for you or you and your loved one. Don't miss this opportunity to relax, socialize, and enjoy a delightfully delicious lunch.

Cost is \$8 per person

Please RSVP to La Crosse County Aging Unit at 785.9710 by December 2nd.

Respite care and/or scholarship is available.

For more information, call Noreen Holmes @ 785.6148 or Amy Brezinka @ 785.3460.

Opportunities to Share

Seeking Participants for an Online Survey

Caring for Aging Populations: Examining Compassion Fatigue & Satisfaction

Your participation could help the researcher examine the experience of caregivers for aging populations.

Qualifications for Participation:

- Currently (for 6 months or longer) providing care to an individual who is 65 years of age or older.
- You must choose one of the following three categories which best describes you:
 - Formal Caregiver (Employed in a Caregiver Role)
 - Adult Child (Caring for Aging Parent)
 - Spouse/Partner (Caring for Significant Other)
- You must be eighteen years of age or older
- Must have access to the internet for the online survey
- Can read and comprehend eighth grade English

Next Steps:

- Contact the researcher: sjthorsonolesen@viterbo.edu
- Review an Informed Consent Form for more information about the study.
- Follow a link to the online survey (estimated time for participation is approximately 15 minutes)

For more information, please contact: Dr. Stephanie Thorson-Olesen at 608-796-3718.

Participation is voluntary and involvement will be kept confidential. Your willingness to participate in this survey is greatly appreciated, as the researcher strives to better understand and ultimately enhance the experience of caregivers. Thank you for your time and consideration!

We All Have A Story To Tell About Downtown. What's Your Story?



What is "Hear, Here"?

"Hear, Here" is a community effort to record the history and everyday experiences that go on in downtown La Crosse. This is street-level history, the smallest building or nondescript corner can be transformed by the stories we tell about them. We are inviting everyone (especially voices that are sometimes overlooked) to share their stories with us.

How does "Hear, Here" work?

Once our stories are collected they will be indicated by signs in the place they occurred. By calling the phone number posted on the sign you will be able to experience stories at the actual location they occurred. What is unique about "Hear, Here" is that not only will you be able to hear other people's stories; but by pressing pound (#) you can leave your own story as well. Your stories will then be reviewed by a committee and possible added in the years to come.

What's the outcome?

Creating an all inclusive history of La Crosse that can inspire community dialogue for years to come.

If you have an experience from downtown La Crosse that you would like to share, please call 608-487-1724 and leave a message with your name, number and a brief description of your experience.

Thank you for your consideration!

University of Wisconsin-La Crosse "Hear, Here" Team

What Are Adult Day Programs?

If you are a full-time caregiver, adult day centers can provide a much needed break. While the person with Alzheimer's is at the center, you'll have time to rest, run errands or finish other tasks. If you find yourself feeling guilty, ask yourself this, "If I wear myself out to the point of total exhaustion, what good will I be to the person with dementia?"

If you are a caregiver that works during the day, an adult day center can be very helpful as you try to balance a job with caregiving duties. Hours of service vary at each center, but some are open from seven to 10 hours per day. Some also may offer weekend and evening hours, and transportation and meals are often provided.

For people with Alzheimer's and dementia, adult day centers provide a chance to be social and to participate in staffed activities such as music and exercise programs. Keep in mind that the person with dementia will need time to adjust to the experience of going to the center. Some people may resist going at first, but they often look forward to the visit after several weeks of attending, meeting people and joining in activities.

Services: The services provided vary depending upon the center. Common types of services are:

- **Nutrition:** Does the center provide nutritious meals and snacks? Sample a meal to find out. If needed, ask if the center can accommodate a special diet or provide a culturally specific menu. Some centers also offer nutritional education programs.
- **Personal care:** Centers may provide help with hairstyling, toileting, eating, showering and other personal care tasks.
- **Activities:** Daily activities may include music, art, recreation, discussion and support groups. Ask what activities are offered for people with dementia.
- **Special needs:** Make sure the center can accommodate any special needs. For example, is the center equipped to deal with someone who uses a wheelchair, who is hearing or visually impaired, or who is handicapped in another way? Knowing about any service restrictions before using a center may help prevent problems.

*Source: Alzheimer's Association @ alz.org

Adult Day Programs in La Crosse County:

- **Bethany St. Joseph Corporation, MERIT Centre Adult Day Care**
 - North Location: 1020 Windsor Street, La Crosse, WI | Phone: 608-784-2700
 - South Location: 3900 East Ave South, La Crosse, WI | Phone: 608-788-2900
- **Coulee Region Adult Day Center** located at 1062 Oakforest Drive, Suite 160 in Onalaska, WI
Phone: 608-519-2306 | Website: www.couleeregionaduldaycenter.com
- **Riverfront, Inc. Day Services Program** located at 3000 South Avenue, La Crosse, WI
Phone: 608-784-9450 | Website: www.riverfrontinc.org

"If the only prayer you say in your life is
thank you, that would suffice."

Meister Eckhart



Caregiver Resources

Safe Return Program

24/7 Support for Wandering

How It Works

If an individual with Alzheimer's or a related dementia wanders and becomes lost, caregivers can call the 24-hour emergency response line (1.800.625.3780) to report it.

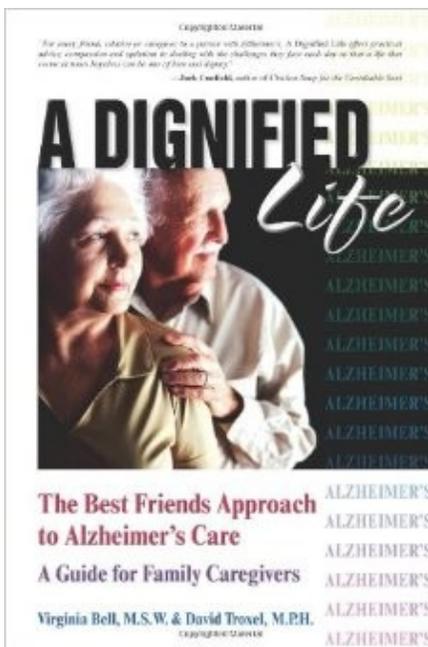
A community support network will be activated, including local Alzheimer Association chapters and law enforcement agencies, to help reunite the person who wandered with the caregiver or a family member. With this service, critical medical information will be provided to emergency responders when needed.

If a citizen or emergency personnel finds the person with dementia, they can call the toll-free number listed on person's MedicAlert + Safe Return ID jewelry. MedicAlert + Safe Return will notify the listed contacts, making sure the person is returned home.

Cost: \$55 + \$7 shipping and handling for an enrollment package which includes a Safe Return ID bracelet or pendant. There is also a \$35 annual renewal fee. For more information call: 1-888-573-8566 or visit the Alzheimer's Association website: www.alz.org

Spotlight Book on Caregiving

A Dignified Life: The Best Friends Approach to Alzheimer's Care, A Guide for Family Caregivers



A Dignified Life is a great starter book for beginning caregivers. It provides helpful, easy to follow instructions. It also teaches you how to be a friend to your loved one and find ways to still interact with them.

“*A Dignified Life* gives caregivers the support and advice they need to be successful and inspired in their demanding roles.”

For more information go to Google books reviews

A Dignified Life is available through the Hillsboro branch of the Winding Rivers Library System

Other Good Reads:

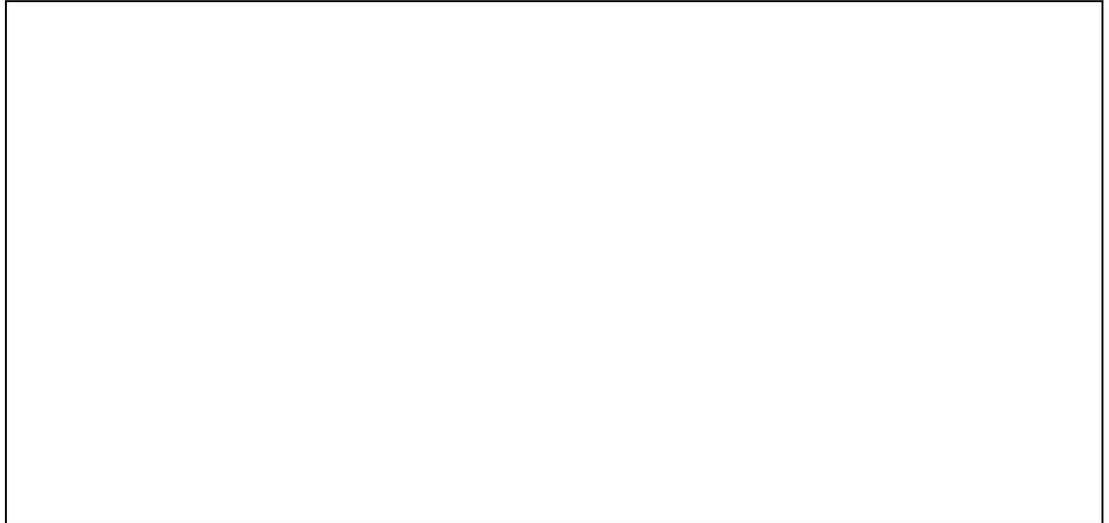
- “The 36-Hour Day” by Nancy Mace, M.A. and Peter V. Rabins, M.D., M.P.H.
- “Passages into Caregiving— Turning Chaos into Confidence” by Gail Sheehy

Both of these books are available through the La Crosse County Aging Unit,
If interested contact Amy Brezinka at 785-3460



La Crosse County Aging Unit
County of La Crosse, Wisconsin
Administrative Center • Room 2260
400 4th Street North • La Crosse, Wisconsin 54601-3200
(608) 785-9710 • FAX: (608) 785-6135
web site: www.co.la-crosse.wi.us

RETURN SERVICE REQUESTED



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La Crosse County Aging Unit
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La Crosse, WI 54601-3200
608-785-9710
www.co.la-crosse.wi.us/aging/

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Caregiver Coach Program
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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
- Senior Life Newsletter

