

# Family Caregivers Newsletter

September/October 2014

## Family Caregiver Alliance Depression and Caregiving: Strategies to Help Yourself

Could the sadness, loneliness or anger you feel today be a warning sign of depression? It's possible. It is not unusual for caregivers to develop mild or more serious depression as a result of the constant demands they face in providing care.

Early attention to symptoms of depression through exercise, a healthy diet, positive support of family and friends, or consultation with a trained health or mental health professional may help to prevent the development of a more serious depression over time.

Depressive disorders can make one feel exhausted, helpless and hopeless. Such negative thoughts and feelings make some people feel like giving up. It is important to realize that these negative views are part of the depression and may not accurately reflect the situation. The National Institute of Mental Health offers the following recommendations for dealing with depression:

- Set realistic goals in light of the depression and assume a reasonable amount of responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Try to be with other people and to confide in someone; it is usually better than being alone and secretive.
- Participate in activities that may make you feel better, such as mild exercise, going to a movie or ball game, or attending a social or community event.
- Expect your mood to improve gradually, not immediately. Feeling better takes time.
- It is advisable to postpone important decisions until the depression has lifted.
- People rarely "snap out of" a depression. But they can feel a little better day-by-day.
- Remember, positive thinking will replace negative thinking that is part of the depression. The negative thinking will be reduced as your depression responds to treatment.
- Let your family and friends help you.

Direct assistance in providing care for your loved one, such as respite care relief, as well as positive feedback from others, positive self-talk, and recreational activities are linked to lower levels of depression. Look for classes and support groups available through caregiver support organizations to help you learn or practice effective problem-solving and coping strategies needed for caregiving. For our health and the health of those around you, take some time to care for yourself.

### **Finding a Professional in your area:**

- Aging and Disability Resource Center at 608-785-5700
- Gundersen Health System at 608-775-2287
- Mayo Clinic Health System Behavioral Health Services at 608-392-9555
- VA River Valley Integrated Health Center at 608-787-6411
- Great Rivers 2-1-1

# Caregiver Education & Support

## Powerful Tools FOR Caregivers

**Powerful Tools for Caregivers** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend. Class meets for 90 minutes, once per week, for six weeks.

### Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

**Dates: Wednesdays, September 10 - October 15, 2014**

**Time: 2pm – 3:30pm**

**Location: Hillview Terrace Assisted Living  
3503 Park Lane Drive, La Crosse**

**Cost: \$10 per person (Includes a copy of “The Caregiver Helpbook”)**

To register or to be added to our mailing list, please contact: Amy Brezinka at 608-785-3460 or [abrezinka@lacrossecounty.org](mailto:abrezinka@lacrossecounty.org)



## Falls Prevention Week ~ September 22, 23, & 24

*Preventing falls one step at a time*

**Falls Prevention Awareness Week** is an opportunity to learn how to prevent falls.

**Free Educational Sessions** will be offered each day (Sept. 22-24) between 10am and 4pm at La Crosse Goodwill—Mississippi Room at 3954 Mormon Coulee Road.

**Free Fall Risk Assessments** will be offered on Sept. 22nd & 24th from 9am-10am and Sept. 23rd from 12pm—1pm at UW-La Crosse Health Science Center with John Greany, PhD, PT.

Attend as many sessions as you would like and don't miss out on the **Resource Night** on Wednesday, September 24th from 5pm—7pm at the Black River Beach Neighborhood Center in La Crosse!

For more information call the Aging Unit at 608.785.9710 or visit [www.lacrossestopfalls.org](http://www.lacrossestopfalls.org)



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**Be Kind To Yourself!  
You Can Do Anything  
But Not Everything.**

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## Living Well Workshop

### Are you an adult with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the **Living Well Workshop** can help you take charge of your life.

### Join Us

Fridays

Sept 19<sup>th</sup> - Oct 24<sup>th</sup>

9:00 am - 11:30 am

Halfway Creek Park

Cost: **FREE**, \$15

returnable book deposit



Call to register or receive more information:  
(608)-785-5700

In Partnership With:  
**GUNDERSEN**  
HEALTH SYSTEM®

## Caregiver Support Groups

### Early Stage Support Group for Persons with Dementia and Caregivers

*(Please note: Not meeting during the month of September)*

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 (New Time & Location!)

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

### 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

# Smart Seniors



***Want to stay sharp?***

***Attend our Brain Fitness workshops!***

Smart Seniors is a new brain fitness program for those who want to stay mentally sharp throughout life (based on the Super Noggin Program, [www.supernoggin.org](http://www.supernoggin.org)).

- Eleven weeks of educational workshops will teach you about the lifestyle choices and activities you can do to maintain and even improve your brain health.
- Weekly meetings will help you stay motivated and connected with the Smart Seniors group.
- Your personal Super Noggin Notebook (**\$10.00 fee**) will provide you with recommended exercises to keep your mind fit. You can also track your progress on a personal chart.

**Dates:** October 3<sup>rd</sup> thru December 19<sup>th</sup> (Friday mornings)

**Location:** Onalaska Public Library  
741 Oak Avenue South, Onalaska, WI 54650

**Time:** 9:30-11:00 AM

**Registration begins Wednesday, September 3<sup>rd</sup>, 2014**

**Starting at 7:00 a.m. (calls before 7:00 a.m. will not be registered)**

**Call La Crosse County Health Department at (608) 785-5776**

Someone from the Health Department will call to confirm your registration as soon as possible. This could take a few days, pending the number of calls.

\*The Smart Seniors Program is supported by a grant from the Otto Bremer Foundation\*

"Learning is about Living and as such is Lifelong."  
~Bente Elkjaer

## Family Caregiver Retreat October 14, 2014

The purpose of this day is to give family caregivers emotional, physical, spiritual, and mental respite, which is vital to your well-being. You take care of others every day. This is the day to take care of you. Relax and enjoy.

### Program will include:

Exercise - Bernice Pollack Olson  
Meditation - Marlene Runyon  
Flower Arranging - Sue Betz  
Massages - Saint Jude Hospice & Globe University  
And much more!



Fee: \$5.00 per person  
October 14th, 2014  
10:00 AM to 1:00 PM  
Black River Beach Neighborhood Center  
1433 Rose St. | La Crosse, WI 54603

Please call La Crosse County Aging Unit at 608-785-9710 to register or for more information.

### 14th Annual September Series on Dementia **Weathering the Storm of Dementia**

Mayo Clinic Health System—700 West Ave South, La Crosse—Marycrest Auditorium

#### **September 2—Under the Dementia Umbrella 6pm—7:30pm**

Many diseases fall under the umbrella of dementia. Join Dr. Loepfe to learn more about Alzheimer's disease, Lewy Body Dementia, Vascular Dementia, Frontotemporal Dementia and others.

~*Thomas Loepfe, M.D., Geriatrician, Mayo Clinic Health System—Franciscan Healthcare*

#### **September 9—Dementia and Driving “We Need to Talk” 6pm-7:30pm**

How do you know when it is time to stop driving or to limit driving? Join Buzz for the AARP's “We Need to Talk” program. Video clips will help illustrate driving issues and concerns.

~*Buzz Marshall, American Association of Retired Persons*

#### **September 16—Cloudy Days...Grief and Dementia 6pm-7:30pm**

People with dementia experience many losses. This may also include the loss of loved ones. Dementia makes healthy grieving difficult. Join Dr. Howell to learn more about the complications of grieving with memory impairment.

~*Lisa Howell, PhD, Psychologist, Mayo Clinic Health System—Franciscan Healthcare*

#### **September 23—Hoarding and Dementia 2:30pm—3:30pm**

Learn how dementia complicates the problem with “stuff”. Why hoarding happens and what to do about it. ~ *Theresa Fleming, CSW, Dementia Care Coordinator, Mayo Clinic Health System*

Brought to you by the Dementia Care Program and Mayo Clinic Health System—Franciscan Healthcare Foundation. **For more information call 608-392-9505 or 1-800-362-5454 ext. 29505.**

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/)

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Caregiver Coach Program

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*“Every day may not be good, but there’s something good in every day.”*

*~Anyonomus*

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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



## 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. 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](mailto:abrezinka@lacrossecounty.org)