

THE GUIDED LIGHT

LA CROSSE COUNTY'S DEMENTIA NEWSLETTER
FOR HOPE, SUPPORT, AND RESOURCES

"Supporting Dementia in Our Community"

HOW YOUR COMMUNITY CAN HELP

Dementia affects us all, more than most people are aware. While dementia might not be diagnosed in their family or they haven't heard of any friend's living with it; it's likely, that will change. Most people are affected by dementia through a coworker, a customer/client they serve, or someone they pass in the community. Raising Awareness through dementia prevalence, importance of early diagnosis, effective communication strategies and the wealth of supports and resources available to persons living with dementia and their care partners is one small way we can improve lives here in our community.



COMMUNITY AGENCIES EMBRACING DEMENTIA

There are numerous resources throughout La Crosse County for persons with dementia and their care partners. Many of the resources are offered through the Dementia Care Specialist (DCS) Program at the Aging & Disability Resource Center.

However, it is very exciting that there are MANY more local agencies that have embraced dementia friendly and offer dementia friendly programs or supports as a part of their regular services, check them out!

- Causeway Interfaith Volunteer Caregivers
- Clearwater Farm (Onalaska)
- Coulee Region Giving Hearts Choir
- Franciscan Spirituality Center (La Crosse)
- La Crosse County Libraries
(Bangor, Campbell, West Salem, Onalaska, Holmen)
- La Crosse Parks, Recreation & Forestry
- La Crosse Public Library

Would your agency be interested learning how to offer dementia friendly programming? Contact DCS to discuss.

ACTIVITY CORNER

Do you or your care recipient enjoy music or singing? Are you looking for more activity and a welcoming community?

Consider becoming a member of the Coulee Region Giving Hearts Choir! It's a group where you can engage socially, have fun together! They are a non-profit group for those in the early to mid stages of Memory Loss along with current and former Care partners. Weekly, they come together to share a love of music.. and sing!

Check out their website for more information and for upcoming concert dates!
www.givingheartschoir.org



DEMENTIA FRIENDLY COMMUNITY COALITION



The mission of the Dementia Friendly Community Coalition is "To build a dementia friendly community through collaborative partnerships that raises awareness, provides education and encourages engagement that will ultimately enhance the quality of life for everyone."

By working together we believe we can make a true impact in the La Crosse area. Dementia is not a disease that is going away. In fact, in the La Crosse area the number of people living with dementia in the community is expected to double by the year 2040, to over 4,000 people! By joining together now, we can make necessary changes to be inclusive of everyone and support the social engagement of a large population of our community.

For some, dementia can feel lonely, however, the dementia friendly community coalition wants to spread the message of hope that we are in this together and will continue to make this a community a place where dementia is accepted. Check out this infographic below to see the kind of work that goes into building a dementia friendly community.



FOLLOW US & GET INVOLVED!

LIKE our Facebook page by searching "Dementia Friendly Community - La Crosse County Dementia Coalition." Or scan the QR code below:



We post information about local resources, tips for caregivers, activity inspiration, and strive to promote awareness about dementia.

If you would like to get join the coalition, message us on Facebook or email [current Chair: kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)



WHAT IS A DEMENTIA FRIENDLY BUSINESS?

A free hour of training for management and staff of businesses and service organizations to understand dementia and take action to create an environment that is safe, respectful and welcoming for people living with dementia, their care partners and your employees affected. Training includes:

- Learn what dementia is
- Recognize signs & risks of dementia
- Learn tips for communicating and interacting with people who have dementia or memory loss
- Become connected with resources in your community
- Receive ideas for creating dementia friendly physical space
- Help for supporting your employees who are impacted by dementia

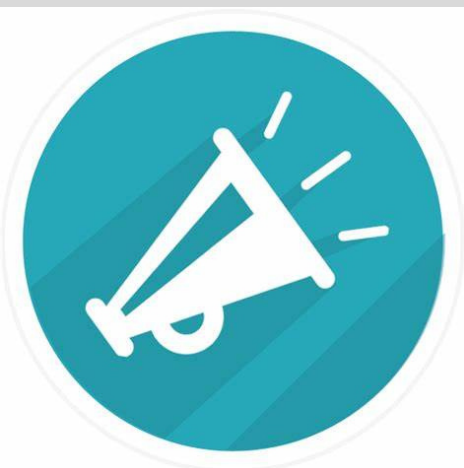
Making it Easier for People with Dementia has Clear Benefits:

- 70% of people with dementia live in the community. These are businesses existing AND future customers!
- 60% of family caregivers are caring for an adult while employed full or part time. These are employees!
- A dementia friendly business or organization receives recognition as a community partner and increased visibility in the community.
- Access to resources, information and ongoing collaboration and support from the Aging & Disability Resource Center and Community Dementia Coalition.



Join the following businesses who have received the free training and now are recognized as dementia friendly in La Crosse County!

- **Causeway Interfaith Volunteer Caregivers**
- **Citizens State Bank**
- **Clearwater Farm Onalaska**
- **Trust Point Inc.**
- **Coulee Region RSVP**
- **La Crosse County ADRC & WREA**
- **La Crosse Parks & Recreation Neighborhood Centers**



ADVOCATE FOR DEMENTIA FRIENDLY

We are in this together! Most businesses do not know about dementia or how it affects them; making it difficult for them to understand how it affects YOU! Be your own advocate by letting the places you patronage know they can receive a free training! Share why it's important and how it would help you; their customer. Need help getting started? The ADRC has flyers and FAQ handouts available (300 4th St. N. La Crosse). Stop in and pick a few up! Drop off or mail to businesses with a personalized letter.

UPCOMING SUPPORT & EDUCATION

September & October

DEMENTIA SPECIALIST WEBINAR: 12-1pm

Sept. 8th: Palliative Care Oct. 13th: Family Conflict & Changes in Social Supports. Virtual registration: https://dhswi.zoom.us/webinar/register/8216051240172/WN_313TCKvcSkCPFMw0YBNk3g

Memory Cafe

Sept 21st 10:30-11:30 Tailgating! Held at Myrick Park | 789 Myrick Park Dr. La Crosse
October 19th 10:30-11:30 Fall Harvest! Held at Black River Beach Neighborhood | 1433 Rose St. La Crosse
Call ADRC 608-785-5700 for more details

DICE Caregiver Class

Tuesdays 2:30-4:00pm | October 5, 12, 19 & 26 Onalaska Library (741 Oak Ave)
for caregivers to learn ways to better manage behaviors. Sessions help with understanding potential causes of, ways to reduce or prevent behaviors. Register: 785-5700

Connect Smart 2nd & 4th Wednesdays 12:30 & 2pm

9/8&22, 10/13&27 CommunityConnectionsCenter LaX
Activities to help people living with dementia maintain physical, social, emotional & cognitive skills, including movement, art and music. Care partner support and education is offered in a separate room. 608-519-2088

Creating Moments of Joy Virtual Presentations by Jolene Brackey, Author

register for either or both! Call 920-386-3580
Oct. 12 1-2:30pm Family moments & quality visits
Oct. 14 1-2:30pm Share skills & Turn challenges to Joy

SPARK! 3rd Wed monthly; Oct 20th 10:30-Noon

Clearwater Farm 760 Green Coulee Rd. Onalaska
Cultural Program for people with memory loss & their care partners. Call to register 608-385-4819

Club Connectivity - in person & outings (Sept-Dec)

designed for people who living with Early Onset Dementia/Mild Cognitive Impairment (MCI). The Club is a welcoming atmosphere that offers fun, meaningful ways to stay socially connected in the community. Call 608-519-2088 for dates/to register.

For Local Support Groups call ADRC 608-785-5700

November & December

In the Garden- One Act Virtual Play about Memory Loss

November 9th, 3-5pm
Hosted by Waukesha Co. Register for virtual link: [eventbrite.com/e/waukesha-county-wi-in-the-garden-tickets-167467530893](https://www.eventbrite.com/e/waukesha-county-wi-in-the-garden-tickets-167467530893)

Do I need an Elder Law Attorney or Financial Advisor or Both?

Hosted by Jefferson Co. & Alzheimer's Association
Two offerings, Nov. 4 12-1:30 OR Nov. 11 6-7:30pm
Zoom or Call in, register: 920-675-4035 or heatherj@jeffersoncountywi.org

DEMENTIA SPECIALIST WEBINAR SERIES: 12-1pm

Nov10 & Dec8: Non-Pharmacological Approaches 1&2
Virtual registration:
https://dhswi.zoom.us/webinar/register/8216051240172/WN_313TCKvcSkCPFMw0YBNk3g

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Boost Your Brain&Memory, Tuesdays 1-2:30p 11/2-12/14

Learn 6 dimensions of brain health, develop strategies & goals. Call 608-785-5700 for location & to register

Refresh and Renew – Caregiver Self Care Series Wednesdays monthly, 1-2pm

Hosted by Aging & Disability Resource Center of La Crosse County & The Franciscan Spirituality Center

Sept. 8: Mindfulness Practices (500 2nd St. La Crosse)
Oct. 13: Restorative Yoga (920 Market St. La Crosse)
Nov. 10: Creating Moments of Joy (920 Market St.)
Dec. 8: Singing Bowls-Helping the Helper (920 Market St.)
Jan. 12: Art as Meditation and/or Prayer (920 Market St.)
Feb. 9: Coffee & Conversation (920 Market St.)
Mar. 9: Labyrinth Experience (920 Market St.)

Classes are free; Questions or To Register: ADRC 608-785-5700

We celebrate all the things that caregivers do every day to support the health and wellbeing of their loved ones. This daily effort can take a toll on your wellbeing. With this Refresh & Renew series, we hope to help support and develop some self-care strategies and take time for you. Moments of restoration can be achieved when you make them a priority.

- **For up-to-date offerings, check out the La Crosse ADRC Calendar:**

www.lacrossecounty.org/adrc/calendar.asp?View=MonthlyView&AppID=3

- Find statewide virtual caregiver resources and events on the Wisconsin Caregiver website: