

August 2024~ Issue 15

## Caregiver Education Series

*This is the fourth session of a 6 part series to support caregivers sponsored by the ADRC of La Crosse County and the Caregiver Coalition of La Crosse County. Future topics include benefits, financial matters, hiring providers, and home safety technology.*

# How to Hire Caretakers for Your Home

The fourth educational opportunity will provide information on where to find volunteer and paid providers to come into your home to provide caretaking services. Other topics include background checks, interview question ideas, and creating a task list for the provider. Additionally, we will talk about funding options to assist in paying for services.

**Time: 1:00 PM to 2:30 PM**

**Location:**

**Hazel Brown Leicht Memorial Library**

**201 Neshonoc Rd**

**West Salem, WI 54669**

Register by calling the **ADRC of La Crosse County 608-785-5700 or 1-800-500-3910**

Any questions can be directed to **Kristine Meyer at 608-386-0922 or [kmeyer@lacrossecounty.org](mailto:kmeyer@lacrossecounty.org)**

## Upcoming Caregiving Education Opportunities

**September 17, 2024    Assistive Technology and How it Can Help Caregivers**

**October 15, 2024    Financial Matters**

# Caregiving Anger & Frustration

Reprinted from *Trualta*

If you've ever felt angry in a caregiving situation, you're not alone. Feelings of anger and frustration can show up in many ways in caregiving. You may feel like the situation that you or your care recipient are in is unfair. Anger can come from different sources, called "triggers":

- **Internal events.** For example, thinking something "shouldn't be this way" or remembering a time your care recipient made you angry.
- **External events.** For example, your care recipient saying something hurtful, a caregiving task not going as planned, or having more responsibilities added to your already busy schedule.

**Can Anger Be Helpful?** Although anger can be an unpleasant feeling, it has a function. It signals to us that there's been an injustice that needs to be addressed. Angry feelings may come up in different ways—frustration, bitterness, humiliation, annoyance, anger, or feeling let down—feelings that can motivate you to fight back or change what's happening. Anger can also help you feel in control when you feel helpless. Expressing anger can help bring a sense of relief.

**When Is Anger A Problem?** Everyone deals with anger differently, and it can depend on the situation. Even if it helps you feel in control in the moment, acting on your anger can cause more harm than good. Doing so can negatively impact your relationships, make it harder to communicate, and affect your ability to provide good care. Too much anger can also cause problems for you in the long term, like high blood pressure and mental health challenges.

**5 Tips To Manage Angry Feelings** If you find that your anger is causing problems in your life or with caregiving, here are some steps you can take to keep your cool in difficult situations.

**Pause & Recognize How You're Feeling** Sometimes anger can be obvious, while other times, it can show up unconsciously. Being able to recognize signs of anger can help you control your response before acting. For example:

- **Body signs.** You may feel hot or have a quickened heartbeat.
- **Behavioral signs.** You may start pacing or clenching your teeth.
- **Angry thoughts** or specific words.
- **Certain triggers** present in the environment.

When you feel like you're starting to get angry, pause. Counting to ten before acting or speaking may seem old-fashioned, but it can help.

## **Use Strategies To Calm Down**

These strategies can help ground you and slow down racing thoughts and emotions. They can also be used anytime and anywhere.

**Repeating a calming word or phrase.** For example, ***“You’re okay”*** or ***“They’re not out to get you.”***

**Using mental imagery.** For example, visualizing a relaxing or beautiful place (from a memory or imagination).

**Using breathing techniques.** Breathing from your belly (not your chest) can help you calm down. Box breathing is a great strategy to try. Here’s how to do it:

1. Imagine a square with 4 sides
2. Breathe in for 4 seconds as your mind travels along one side of the box
3. As your mind moves onto the next side of the box, hold your breath for 4 seconds
4. When you reach the third side of the box, breathe out for 4 seconds
5. On the last side of the box, hold your breath for 4 seconds
6. Repeat as needed

## **Adjust Your Thinking**

Identify negative thinking patterns that are making your anger worse. For example, all-or-nothing thinking could look like, ***“I had to leave work early to pick up dad from adult daycare. My sister never helps with any caregiving responsibilities.”*** Look at the facts and use logic to combat the anger. Replace these thoughts with ones that are more balanced and rational. For example, ***“Even though my sister helps with some parts of Dad’s care, I wish she could have helped today by picking him up. It’s okay to feel upset that I had to leave work early.”***

## **Use Assertive Communication**

You can use assertive communication to express your needs and thoughts while still showing respect for other people. This means that you can express your anger and still maintain important relationships. To use assertive communication:

**Use “I” statements to tell the other person how you feel.** For example, ***“I feel overwhelmed and frustrated.”***

**Describe the other person’s specific behavior that you are referring to.** For example, ***“You haven’t taken Mom to any of her doctor’s appointments”***.

**Tell the other person how their behavior impacts you.** For example, ***“I’ve lost hours at work because I can’t manage all of Mom’s needs”***.

**Use a respectful tone of voice and volume.** Even if you find it hard to change what you say, changing how loud or how intensely you say it can make a difference.

Assertive communication is a skill that takes practice, just like any other caregiving skill. Be patient with yourself and try it out as often as you can.

## Change The Scenery

Sometimes, the best choice is to walk away (if it's safe to do so), so you can cool off. Do your best to take breaks from people or situations that are frustrating to you so that you can look for strategies to manage them when you come back later.

# Kinship 4 Caregivers

Provides an hour of engaging, uplifting personal time for caregivers to practice self-wellness or receive caregiver education. Scheduled Thursdays so those in need of respite can utilize local programming for loved ones.

- ❖ 1st Thursday for Fun Activities
- ❖ 3rd Thursday for Education Topics
- ❖ Events typically do not provide meal, so "eat before we meet" if necessary.
- ❖ Activity or materials provided to inspire connection during times groups do not meet. Book Club in place of education in early Spring.

Kinship...

- ❖ Welcomes current and former caregivers for varying support options including education or activity to form new connections.
- ❖ Opt into the activities that appeal to you and your caregiving journey.

## August

### August 1 2-4p Pontoon Ride

Mosey Landing W7207 N Shore Lane, Onalaska

### 15th 1:30 Self-Preservation while Caring

First Lutheran Church 410 Main St. Onalaska

## September

### Sat. 14th 1:30-3p Caregiver Cruise La Crosse Queen

19th 1:30p Make a Caregiver "To Go" Bag  
First Lutheran Church 410 Main St. Onalaska

### All aboard family caregivers!

We're taking you on a riverboat tour of the mighty Mississippi River. Join us for an afternoon of sightseeing and relaxation aboard the La Crosse Queen. Enjoy free pizza and refreshments. All expenses paid for family caregivers. The person you are caring for is also welcome to join at no cost (limit of 2 per caregiver).

**Saturday, Sept. 14th**  
**1:30pm-3pm**

\*\*Must arrive by 1:10pm for boarding. Departure is at 1:30pm\*\*

Park at "River Cruise Parking" on the north end of Riverside Park in the City of La Crosse.



If you are not sure whether you are a family caregiver or if you have any barriers to attending, please let us know so we can try to help.

**Sign up now!** Call or email the ADRC of La Crosse County  
608-785-5700 [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)

## SAVE THE DATE

### *Caring Better & Braver*

A day of education & support for family caregivers

**SATURDAY, OCT 26, 2024**  
**10AM-4PM**  
Holmen Area Community Center

Registration Begins August 15, 2024

Don't miss this valuable opportunity to gain knowledge, resources, and a renewed sense of purpose in your caregiving journey!



# Cooking for Two

## Jamaican Jerk Pork Chops

**Total Time:** Takes: 25 min.

**Makes** 2 servings

*Jamaican Jerk Pork Chops Recipe photo by Taste of Home*

## Ingredients

- 3 tablespoons butter, divided
- 1/4 cup peach preserves
- 4 boneless thin-cut pork loin chops (2 to 3 ounces each)
- 3 teaspoons Caribbean jerk seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 medium sweet orange pepper
- 1/2 medium sweet yellow pepper
- 1/2 medium sweet red pepper
- Hot cooked rice, optional



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## Directions

1. Soften 1 tablespoon butter; mix with peach preserves.
2. Sprinkle chops with seasonings. In a large skillet, heat 1 tablespoon butter over medium-high heat; brown chops 2-3 minutes per side. Remove from pan.
3. Cut peppers into thin strips. In same pan, sauté peppers in remaining butter over medium-high heat until crisp-tender and lightly browned, 5-6 minutes. Add chops to pan with peppers, top with preserves mixture. Cook, uncovered, until heated through, 30-60 seconds. If desired, serve with rice.

**Health Tip:** Use reduced-sodium or salt-free Jamaican jerk seasoning to significantly reduce the amount of sodium in this dish.

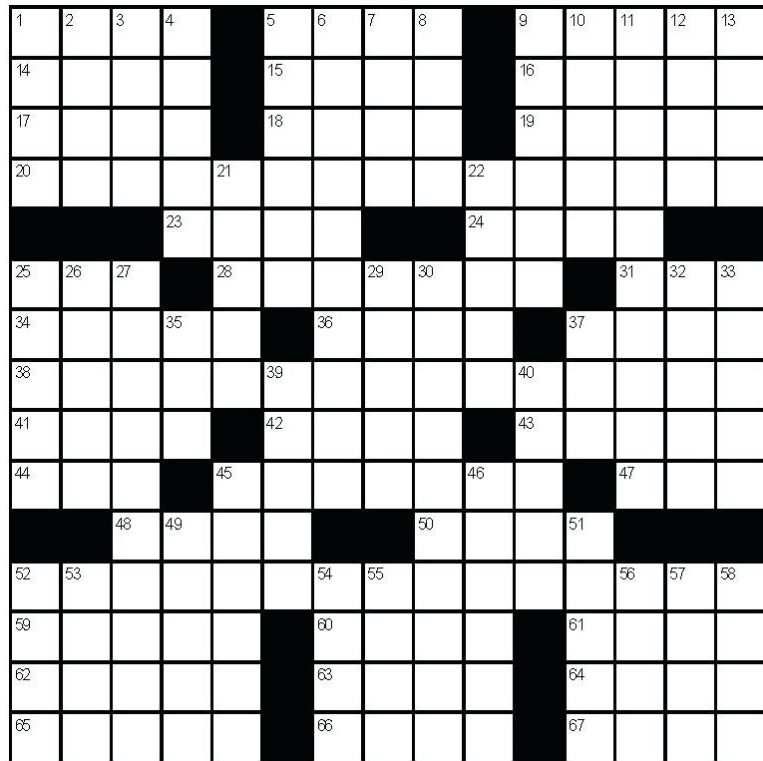
## Nutrition Facts

1 serving: 470 calories, 26g fat (14g saturated fat), 114mg cholesterol, 1190mg sodium, 32g carbohydrate (28g sugars, 2g fiber), 28g protein.



## ACROSS

1. It may come after "after" or before 67-Across
5. Feds
9. Polite Parisian's response
14. \_\_\_-eyed
15. Pro \_\_\_
16. Cover
17. Sauce thickener
18. Sci. of Copernicus
19. "Eat!"
20. "September Song" singer (portrayed on stage by Walter Huston)
23. Mobutu \_\_\_ Seko, one-time strongman of Zaire
24. Beastie Boy Horowitz ('82 apocryphal) who reached for the Skye
25. Economic stat.
28. One damned by Farragut
31. Org. for Nussbaum ('54), Ben-Veniste ('60), or Holder ('69)
34. Vietnam's capital
36. Long, for short
37. Eastern titles
38. Our alma mater, for one
41. Objects in Venn diagrams
42. Ready to serve
43. Court org.
44. Star Wars inits.
45. Evasive maneuvers, much despised by "by-the-books" bureaucrats
47. Suffix with Caesar
48. 5 for B or 6 for C: Abbr.
50. Gazpacho, por ejemplo
52. American photojournalist ('31) known for iconic pictures of the Dust Bowl
59. Twelve-year old (in 1996) whose actions resulted in a pivotal Jeter home run
60. Samoan capital
61. Brithplace of Mach and Gödel
62. Wharton hero
63. Primo who wrote "The Periodic Table"
64. Robert ('30) who played Gershwin in the biopic "Rhapsody in Blue"
65. Leonine locks
66. Singer/actress Linda or a German river
67. Mets, Jets, or Nets



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## DOWN

1. Sticker shock inducer at the car dealership: Abbr.
2. Soothing succulent
3. Praise extravagantly, as in "you must check out: <http://tinyurl.com/gbpuzzle>"
4. Casting choices?
5. Former Connecticut governor Ella or former N.Y.S.E. chairman Richard
6. Main brain
7. "\_\_\_, Brute?"
8. It turns "a one" into "none"
9. Managed
10. Immunoassay linked to Rosalyn Yalow's 1977 Nobel Prize
11. Overelaborate procedure
12. One-time candidate for GOP 2012 Presidential nomination who may have charged 9.99 for pizza delivery
13. Ain't right?
21. Knot again
22. "Quo \_\_\_?"
25. Sport of Larry Evans ('50), Andy Soltis ('64), and Robert Hess ('10)
26. Went white
27. Rite of passage
29. Emergency summoner
30. Leaving no stone untumed
32. Flora and fauna
33. Narnian guardian
35. Tiebreakers, briefly
37. Sounds from a librarian ... and meaningful initials to solvers of this puzzle
39. Kind of society
40. Cycloid or zodiac features
45. Habituates
46. Bald condition
49. Puzzle feature to be deduced
51. Swing time?
52. Radio button
53. Odd, to Ovid
54. Bad breath?
55. Piece of Gail Collins' mind
56. Creator of Perry and Della
57. "Ali G \_\_\_ house" (2002 "Brüno" forerunner)
58. Elkies ('82) who in 1993 became the youngest person ever to be granted tenure at Harvard