

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.

December 5th 11am Cookies, Company & a Concert

Caregivers decorate cookies, Lunch at OASIS, finish day with 1:30 Concert by Coulee Region Giving Hearts Choir

First Free Church 123 Mason St. Onalaska

December 19th 1:00p Memory Book Making

Bring pictures! Other supplies Provided La Crosse Library

La Crosse Public Library 800 Main St. La Crosse

Men's Shed

The ADRC of Monroe County, Tomah Senior Center, VA Caregiver Support Program, and the ADRC of La Crosse County have started the **Men's Shed**. This is an opportunity for men to explore common interests and learn new things.

2025 Dates

January 28, 2025

April 22, 2025

February 25, 2025

May 27, 2025

March 25, 2025

June 24, 2025

Time: 1:30- 3:00 PM

Location: Tomah Senior Center 1002 Superior Avenue Tomah, WI 54660

Come to meet new people, learn something new, and be a part of something new! Bring a friend! Snacks and beverages will be provided. If you have any questions, please contact Kristine Meyer at 608-386-0922 or kmeyer@lacrossecounty.org.

"The disease might hide the person underneath, but there's still a person in there who needs your love and attention." — **Jamie Calandriello**

Caregiver Postcard Project



This is a statewide project designed to lift the voices of caregivers. Secondly, the project will raise the awareness of caregiving experiences. Lastly the project will inspire conversations about the needs and supports for caregivers.

The project is led by Kristin Litzelman, a faculty member at UW- Madison, and Kristin Voss, a family caregiving advocate and founder of the Center for Caregiver Serenity, with collaboration with The Wisconsin Family Caregiver Support Alliance.

The project allows for caregivers to share their experiences by writing a few words, a picture, a poem, or collage. The project encourages you to identify moments of joy in a hard job, sharing the struggles. Your card will join others to create a traveling art piece, educate legislators and policymakers on family caregiver issues, and promote academic research. Contact the ADRC of La Crosse County at 608-785-5700 for a card, check out the website: <https://sites.google.com/wisc.edu/caregiver-postcard-project/>, or scan the QR code.

If you would like a postcard, please contact the ADRC of La Crosse County at 608-785-5700 or adrc@lacrossecounty.org. We would be happy to send one to you!

Cooking for Two

Chocolate Caramel Kiss Cookies

PREP TIME15 min

COOK TIME10 min

YIELD2 dozen

Ingredients

- 1/2 cup butter, softened
- 1/2 cup packed brown sugar
- 1 cup sugar, divided
- 1 large egg plus 1 large egg yolk, room temperature
- 1-1/2 teaspoons vanilla extract
- 1-1/4 cups all-purpose flour
- 3/4 cup baking cocoa
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 3/4 teaspoon salt
- 24 caramel-filled milk chocolate kisses

Directions

1. Preheat oven to 350°. Cream butter, brown sugar and 1/2 cup sugar until light and fluffy, 5-7 minutes. Beat in egg, egg yolk and vanilla. In another bowl, whisk the next 5 ingredients; gradually beat into creamed mixture.
2. Shape rounded tablespoons of dough into balls. Roll in remaining sugar. Place 2 in. apart on ungreased baking sheets. Bake until edges begin to brown, 8-10 minutes. Immediately press a chocolate kiss into center of each cookie (cookie will crack around edges). Cool on pans 2 minutes. Remove to wire racks to cool.

“Caregiving often calls us to lean into love we didn’t know possible.” — [Tia Walker, from The Inspired Caregiver: Finding Joy While Caring for Those You Love](#)

DECEMBER SELF-CARE



“Regardless of what challenge you are facing right now, know that it has not come to stay. It has come to pass. During these times, do what you can with what you have, and ask for help if needed. Most importantly, never surrender. Put things in perspective. Take care of yourself. Find ways to replenish your energy, strengthen your faith, and fortify yourself from the inside out.”

– Les Brown

JANUARY SELF-CARE

- 1 – Write down 10 things you are thankful for right now
- 2 – Go for a long outdoor walk or skate on an outdoor pond
- 3 – Bake your favourite cake and share some with a friend
- 4 – Write down things that calm you.
- 5 – Practice deep breathing. 5 sec in, hold 5, out 5
- 6 – Brighten up your kitchen; clean, scrub, polish or paint
- 7 – Make your favourite meal or try a new recipe
- 8 – Write down three favourite winter memories
- 9 – Swap or move around your photos and/or wall art
- 10 – Write down three things you would not want to live without and why
- 11 – Find something beautiful outside and take a picture
- 12 – Shovel some snow to make a sliding hill or a maze
- 13 – Pick one cupboard or closet and give it a thorough sort and clean
- 14 – Read a book in a bubble bath
- 15 – Reach out to someone you have not connected with for a long time
- 16 – Clean your stove and/or microwave
- 17 – Do some simple stretches and unwind.
- 18 – Doodle on a whole page things about yourself
- 19 – Send a birthday card in the mail to someone celebrating in January
- 20 – Describe on paper your current home: how it sounds, feels, smells
- 21 – Watch your favourite movie while enjoying your favourite snack.
- 22 – Write three positive things about your shadow
- 23 – Listen to a favourite playlist or create a new one
- 24 – Plan your next vacation
- 25 – Send a card or letter to a friend via snail mail
- 26 – Sort your junk drawer...I know you have one
- 27 – Sit on a favourite chair with a blanket and a good book in your PJ's
- 28 – Make a heart on paper, wood or canvas and give it to a loved one
- 29 – Play a favourite board game or card game with friends or online
- 30 – Replenish first aid supplies for your home and in your purse (Kleenex, Tylenol etc)
- 31 – Make a keep busy/self care plan for February

"Sometimes I think, 'What did I do to deserve this?' And then I laugh – and keep going."

You might question it, but you keep showing up every day.

Winter Wonderland

This monster word search includes more than 50 winter words going in every possible direction. Can you find them all?



avalanche
blanket
blizzard
chimney
Christmas
coat
cold
December
 earmuffs
February
fireplace
freeze
freezing rain
frigid

gloves
hail
Hanukkah
heater
hibernate
hockey
holidays
hot chocolate
ice fishing
ice skates
icicles
igloo
Jack Frost
jacket

January
Kwanzaa
lunar new year
melt
migrate
mittens
New Year's Day
quilt
scarf
shovel
skiing
sled
sleet
sleigh

slippery
slush
snowball
snowboard
snowdrift
snowflake
snowman
snowmobile
snowplow
snowstorm
sweater
vacation
Valentine's Day