

# Caregiver Chronicles

June 2017



**AREA AGENCY ON AGING OF DANE COUNTY**  
2865 N SHERMAN AVE, MADISON, WI 53704  
608-261-9930  
[HTTPS://AAA.DCDHS.COM/](https://aaa.dcdhs.com/)



**Did you know that the Farmers' Market Nutrition Program offers older adults the opportunity to buy fresh locally-grown fruits, vegetables, and herbs from certified farmers?**

In Dane County, we have access to so many options for fresh, wholesome produce. See page 4 for information on how to take advantage of the best the season has to offer and an opportunity to get out and experience summer markets together.

## Caregiver Chronicles

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### Summertime is here!

Finally, we have sun and warm weather! June is a beautiful time for getting outside and engaging in community activities when possible. In Dane County, Farmers' Markets are a hallmark of the season that provide opportunities to purchase fresh, nutritious produce while getting outdoors and enjoying a social event. For those who qualify, there is an extra incentive. The Wisconsin Farmers' Market Nutrition Program offers vouchers you can use to purchase locally-grown fruit, vegetables, and herbs. Details on the program and the schedule of 2017 Dane County Farmers' Markets are on pages 4 and 5.

**World Elder Abuse Awareness Day** is June 15th this year with the theme of, "We Can Stop Elder Abuse." Find more general information on page 2, and specifics for Dane County activities on page 9. Elders in the LGBTQ community are particularly vulnerable. Because they likely experienced more discrimination and had fewer protections than younger generations in the LGBTQ community, their perspective and concerns are important considerations in their care. I was recently interviewed by Caroline Werner for the May/June 2017 issue of *Our Lives Magazine* in an effort to provide information to caregivers for members of the LGBTQ community. You can read the article [here](#) on page 29 of the pdf, or in the paper copy available locally on pages 56 and 57.

Summer is a time for getting out and getting away as well. When caregivers travel with older loved ones—particularly those with a dementia diagnosis or memory issues—more careful planning can make all the difference. Nancy Abrahamson, Dementia Specialist at the ADRC of St. Croix County, has compiled some excellent travel tips on pages 6 and 7. Caregivers traveling with young children in addition to older adults will find many of the tips helpful for traveling with them as well.

Due, in part, to proposed changes in so many programs that affect older adults, there is an increase in efforts to advocate for important resources and programs. You will find links to news of particular interest to caregivers on page 8.

Last, but certainly not least, we have updated the list of Caregiver Support Groups in Dane County on pages 10 and 11. These support groups are lifelines to many caregivers who need the information, connection, and knowledge they are not alone. Please contact me at the phone number or email below with general questions about caregiver support groups.



Jane De Broux  
Caregiver Program Coordinator  
Dane County Area Agency on Aging



Phone: 608-261-5679  
Email: [debroux.jane@countyofdane.com](mailto:debroux.jane@countyofdane.com)



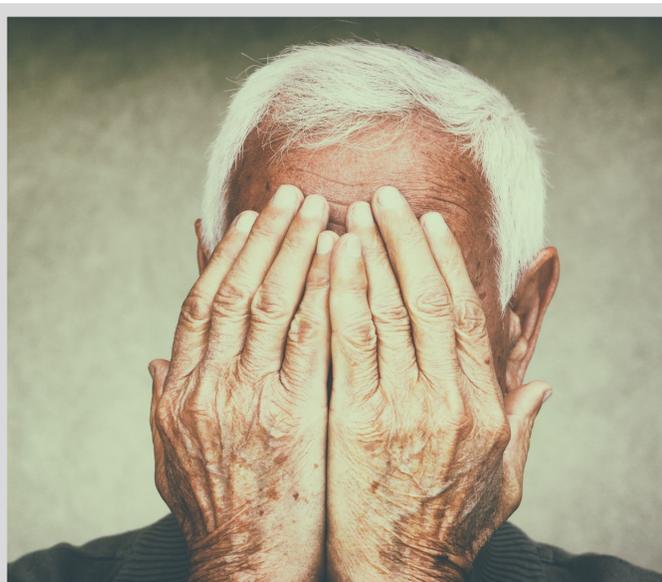
## World Elder Abuse Awareness Day is June 15, 2017

Elder abuse is both a social and economic issue with associated legal and healthcare costs. In the US, older adults lose \$2.6 billion or more in financial abuse and exploitation. Resulting healthcare costs are shouldered by programs like Medicare and Medicaid. Elder abuse also takes some older adults out of engagement with the community.

Older adults are often more vulnerable to abuse than we know and are mistreated more frequently than we may suspect. Caregivers can help by listening and creating stronger connections, and by reporting instances of abuse. As a community, we can reach out to older adults and support initiatives that strengthen supports.

Caregivers must also be aware of their own needs and limits. Seek out respite and help for stressful situations. Contact the Dane County Caregiver Program for support in finding ways to cope. (Contact Jane De Broux at 608-261-5679.)

For more information on Elder Abuse and Neglect Services in Dane County, call the Helpline at 608-261-9933 and see page 9 for more details.



## How Can You Protect and Advocate for Your Loved One?

### 1) Take care of yourself.

- Take breaks when you can. Call a loved one or sit quietly outside.
- Join a support group in your area.
- Know when you've reached your limit.

### 2) Ask for help.

- Seek help from family members.
- Make use of support services such as respite care, home delivered meals, adult day care, and case management.
- Hire a personal care attendant or homemaker.

### 3) Learn to respond appropriately to difficult behaviors.

- Observe your loved one's behaviors and discuss problems with a professional.
- Learn more about dementia and ways to respond to difficult behaviors.

### 4) Identify "stress triggers".

- Know the aspects of caregiving that are particularly stressful.

### 5) Inform your family.

- Inform your family members about elder abuse so they can be aware.

### 6) Know the signs and speak up!

- If you suspect that someone is being abused or exploited, report your suspicions to your local Adult Protective Services Agency.

## Wisconsin Farmers' Market Nutrition Program

If you are a senior adult age 60+, or a caregiver who would like to see the senior adult you care for take advantage of the fresh produce available at Farmers' Markets, the Senior Farmers' Market vouchers are available as an option. (Quantities are limited and distributed on a first-come-first-served basis.)

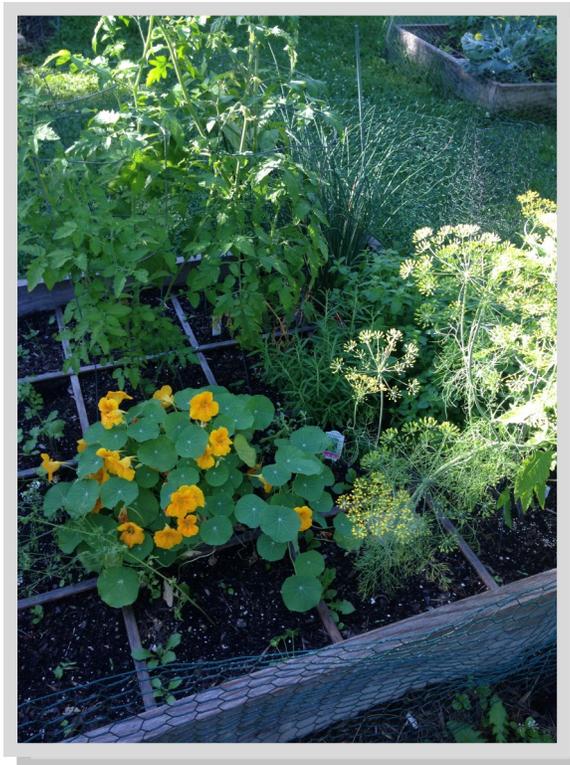
**Eligible households** (member age 60+) must be located in Dane County. A household is defined as anyone living together sharing expenses. Gross household income must be under \$22,311 per year (or \$1,860 per month) for one person; and under \$30,044 per year (or \$2,504 per month) for two people. By filling out the State application for the program and signing, you declare yourself qualified for the program.

Each qualified household receives three vouchers valued at \$3, and four vouchers valued at \$4 for a total of \$25 for the season. Only once set per household. The vouchers cannot be mailed to a household, but a pre-authorized person outside the household may pick them up with the completed and signed application.

### How to shop

Vouchers are good at any participating farmers' market or roadside stand in nearly every county in Wisconsin, so you can use them while traveling. Just look for the yellow sign at an authorized market vendor on the list you receive from the agency that provides the vouchers to your household. You can use them to purchase approved locally-grown fruits, vegetables, and herbs.

**For more information and how to participate in the program**, contact Mary Browning, DTR, Senior Nutrition Program Coordinator, 608-261-5678, or any Dane County Senior Center/Focal Point.



# 2017

## Dane County Farmers' Markets

City	Location	Address	Day	Times	When
Black Earth	Shoe Box Parking Lot	Hwy 14 & Mill St	Wednesday	3:30–6:30 pm	June–September
Cambridge	Veterans Park	100 E Main St	Friday	8–noon	May–October
Cross Plains	Parkway Market	1680 Main St	Wednesday	4–7 pm	June–September
DeForest	Fireman's Park	Stevenson & Jefferson St	Tuesday	3–6 pm	May–October
Fitchburg	Agora Pavilion	5511 E Cheryl Pkwy	Thursday	3–6 pm	May–October
Madison	City-County Building	200 Martin Luther King Dr	Wednesday	8:30 am–2 pm	April–November
	Capitol Square	Downtown	Saturday	6 am–2 pm	April–November
East	Central Park	202 S Ingersoll St	Tuesday	4–7 pm	April–October
	Capital View	N Star & Gemini Dr	Wednesday	3–7 pm	June–October
North	Northside Town Center	2817 Sherman Ave	Sunday	8:30 am–12:30 pm	May–October
South	Labor Temple	1602 S Park St	Tuesday Sunday	2–6 pm 11 am–3 pm	June–October April–October
	Novation Campus	2500 Rimrock Rd	Mon & Wed	2–6 pm	June–October
West	Edgewood College	2219 Monroe St	Sunday	9 am–1 pm	May–October
	Hill Farms	University&University Row	Saturday	7 am–12:30 pm	May–October
	Hilldale Shopping Ctr	N Segoe Rd	W & Sat	7 am–1 pm	May–October
McFarland	McFarland Center	5100 Farwell St	Thursday	2–6 pm	May–October
Middleton	Capital Brewery	7734 Terrace Ave	Tuesday	2:30–6 pm	June–October
Middleton	Greenway Station Ctr	Green way & Deming Way	Thursday	8 am–1 pm	May–October
Monona	Ahuska Park	400 E Broadway	Sunday	9 am–1 pm	May–October
Mt Horeb	Downtown	300 E Main St	Thursday	3–6:30 pm	May–October
Oregon	Dorn Parking Lot	N Main St & W Richards	Tuesday	2–6 pm	May–October
Stoughton	Plaza Shopping Ctr	1050 W Main St	Friday	7 am–1 pm	May–October
Sun Prairie	City Hall Parking Lot	300 E Main St	Saturday	7 am–noon	May 7–October
Sun Prairie	W Main Shopping Ctr	956 W Main St	Tuesday	2:30–6 pm	May 10–Oct 25
Waunakee	Waun-A-Bowl	301 S Century Ave	Wednesday	3–6 pm	May–October



*Created by the Area Agency  
on Aging of Dane County*



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*Current as of 5/8/17*

### Tips for Traveling with Someone with Dementia or Memory Issues

Summer is a great time to get out and do things. Traveling out of town gives you something to look forward to and can be a very rewarding and fun experience. If you are a caregiver for a loved one with dementia or memory issues you may wonder if you should just stay home but, with careful planning, you can still get away. You just need to do some additional preparation for the unexpected. Consider these tips when planning a trip:

#### *Before you leave:*

**Gather important documents.** Collect insurance cards, passports, physicians' phone numbers, a medication list, a recent photo, and a summary of medical records. Carry them with you, do not check them with your luggage in the event it doesn't arrive with you.

**Gather medications.** Note any refills that will be needed during the trip and ask for them in advance. Never travel without extra as you may be delayed if flights or other transportation schedules change.

**Carry a list of emergency contacts.** Even if you keep them on your phone, you may also want to purchase a wallet on a string to hold information so your loved one can wear it.

**Purchase an identity bracelet or necklace.** [Safe Return](#) jewelry provides excellent tracking should your loved one wander away. It also works for international travel.

**Request a letter from your physician.** Have the letter with you for use with hotels or airlines should an emergency cause a sudden change in plans. Consider travel insurance should you need to change tickets or accommodations.

**Prepare cards with the name, address, and phone number for where you plan to stay each night.** Place one of these in the pocket of your loved one each day before you go out.

**Carry an "OCCUPIED" sign for the bathroom door.** Using a restroom sometimes takes extra time when your loved one needs help. You may need to bring your care receiver into the bathroom with you even if he or she is of the opposite sex.

**Invite someone along with you.** It will make things safer and easier, and they can manage things if you need to be away from your loved one.

**Build in enough time between connecting flights.** Let the airline know you are traveling with someone who has a dementia diagnosis who will need time to transition if you're not taking a direct flight. Order special meals as needed.

**Leave an itinerary with family members.** Keep a copy with you at all times.



***On the trip:***

**Stop every two hours if you're driving.** Take time to stretch (and it helps with travel anxiety). Plan for stops that allow you to take your loved one to the bathroom. Be sure to carry a change of clothes in your bag or car.

**Notify the attendants of your loved one's dementia diagnosis if you're flying.** Let them know what they can do to reassure your loved one and make them more comfortable.

**Maintain a schedule.** If possible keep a schedule close to what you do at home to minimize disruption and confusion for your loved one.

**Never leave your loved one alone.** Don't leave your loved one unattended in a car, restaurant booth, or anywhere as wandering may become a problem in a strange location.

—Nancy Abrahamson, Dementia Specialist, ADRC of St. Croix County

# Caregiver Chronicles

## Online Resources for Caregivers

### Bill Pending in Congress Would Give Family Caregivers a Tax Break

*Consumer Affairs*, May 23, 2017

“The Credit for Caring Act would provide some financial relief to family caregivers who work by helping with the cost of services such as in-home care, adult day care, respite care, and other types of support. Specifically, the bill would give eligible family caregivers the opportunity to receive a tax credit for 30% of qualified expenses above \$2,000 paid to help a loved one, up to a maximum credit of \$3,000.”

<http://bit.ly/2qwzOTP>

### US Senate Considers RAISE Family Caregivers Act

*AARP*, May 12, 2017

“The RAISE Family Caregivers Act recognized this tremendous need and calls for the development of a national strategy to support family caregivers, bringing together stakeholders from the private and public sectors to identify specific actions communities, providers, government, employers and others can take to make it easier to coordinate care for a loved one, get information, referrals and resources, and improve respite options so family caregivers can reset and recharge.” <http://bit.ly/2saMVqZ>

### Severe Shortage of Direct Care Workers Triggering Crisis

*Kaiser Health News/Disability Scoop*, May 9, 2017

“Acute shortages of home health aides and nursing assistants are cropping up across the country, threatening care for people with serious disabilities and vulnerable older adults. . . . In Minnesota and Wisconsin, nursing homes have denied admission to thousands of patients over the past year because they lack essential staff, according to local long-term care associations. . . . The emerging crisis is driven by low wages—around \$10 an hour, mostly funded by state Medicaid programs—and a shrinking pool of workers willing to perform this physically and emotionally demanding work: helping people get in and out of bed, go to the bathroom, shower, eat, participate in activities, and often dealing with challenging behaviors.” <http://bit.ly/2qSXAZA>



***Connecting People with the  
Assistance They Need***

**Open 7:45—4:30 pm Monday through Friday**

**Call (608) 240-7400**

**Visit the ADRC office, 2865 N. Sherman Ave., Madison**

**Website: [www.daneadrc.org](http://www.daneadrc.org)**

**Email: [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com)**

June 15<sup>th</sup>

# World Elder Abuse Awareness Day

*Elder Abuse is a violation of human rights and a significant cause of illness, injury, loss of productivity, isolation, and despair.*

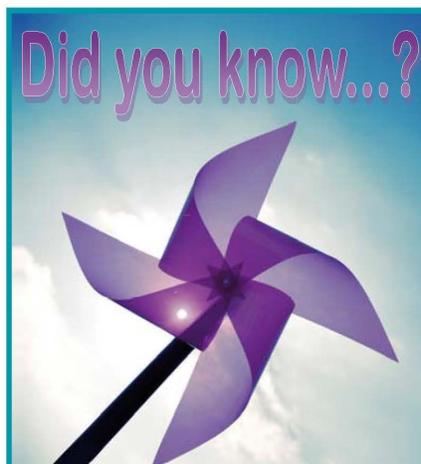
The Dane County Elder Abuse Coordinated Community Response team is sponsoring several events this year to prevent and protect against elder abuse:

- **Talking** about *Elder Abuse* on WORT's Access Hour: June 12<sup>th</sup> @ 7 pm & NPR's Larry Meiller Show: June 13<sup>th</sup> @ 11 am
- **Hosting**—with Pelliteri Waste Systems—*Shredfest*: June 13<sup>th</sup> @ 1-2pm, 128 E. Olin Ave (parking lot near Coliseum Bar)
- **Presenting** *Elder Abuse Info Session*: June 16<sup>th</sup> @ 12:15pm, Bethel Lutheran Church (312 Wisconsin Ave/Madison)



On display June 9-16:

- *359 Purple Pinwheels* @ Bethel Lutheran Church (312 Wisconsin Ave/Madison) which represents the number of investigated elder abuse/neglect reports in Dane County
- *Elder Abuse Banners* along 1202 Northport Dr/Madison



**Elder Abuse** is one of the most overlooked public health issues in the United States. Research indicates that 1 out of 10 community-based elders suffer abuse, neglect, or exploitation. However, it is estimated that only 1 in 23 cases are reported. Dane County Human Services investigated 359 cases of elder abuse and/or neglect in 2016. This number will only grow as 10,000 baby boomers turn age 65 each day.

*For more information, call (608) 261-9933*

# Caregiver Chronicles

## Dane County Caregiver Program

## Caregiver Support Groups May 2017

General Caregiver Support				
<b>DeForest</b> , <a href="#">DeForest Area Community and Senior Center, 505 North Main St</a>	3rd Wednesday @3:00 pm	Natalie Raemisch	608-846-9469	Grief Support
<b>Mt. Horeb</b> , <a href="#">Mt. Horeb Senior Center, 107 N. Grove St</a>	2nd Tuesday @1:00 pm	Lynn Forshaug	608-437-6902	
<b>Oregon</b> , <a href="#">Oregon Area Senior Center, 219 Park St</a>	3rd Monday @9:00 am	Dana Ames	608-835-9454	
<b>Verona</b> , <a href="#">Verona Senior Center, 108 Paoli St</a>	1st & 3rd Tuesday @10:00 am	Becky Losby	608-845-7471	
Alzheimer's & Dementia				
<b>DeForest</b> , <a href="#">DeForest Area Community and Senior Center, 505 North Main St</a>	3rd Thursday @3:00 pm	Natalie Raemisch	608-846-9469	
<b>Fitchburg</b> , <a href="#">Fitchburg Senior Center, 5510 E Lacy Rd</a>	2nd Thursday @10:00 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Sponsored by Alzheimer's & Dementia Alliance of WI
<b>Madison/Central</b> , <a href="#">Capitol Lakes Retirement, 333 W. Main St</a>	2nd Monday @noon	Natasha Killian	608-283-2000	Sponsored by Alzheimer's Assoc. South Central WI
<b>Madison East/Monona</b> , <a href="#">East Madison/Monona Coalition of the Aging, 4142 Monona Dr</a>	4th Tuesday @6:00 pm except January & July	Erin Gentz	608-234-6783	Sponsored by Alzheimer's Assoc. South Central WI
<b>Madison/West</b> , <a href="#">Krupp Offices, 749 University Row #101</a>	1st Monday @noon	Alzheimer's Assoc. South Central WI staff	608-203-8500	Sponsored by Alzheimer's Assoc. South Central WI
<b>Madison/West</b> , <a href="#">Alzheimer's &amp; Dementia Alliance of WI, 517 N Segoe Rd</a>	1st Wednesday @6:00 pm	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Adult Children
<b>Madison/West</b> , <a href="#">Convenant Presbyterian Church, 326 S Segoe Rd</a>	1st Thursday @10:00 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Sponsored by Alzheimer's & Dementia Alliance of WI
<b>Stoughton</b> , <a href="#">Stoughton Area Senior Center, 248 W Main St #1</a>	2nd Thursday @2:00 pm	Sue Hawrylo	608-203-8500	Sponsored by Alzheimer's Assoc. South Central WI
<b>Sun Prairie</b> , <a href="#">New Perspective Senior Living, 222 Bristol St</a>	2nd Tuesday @6:00 pm	Kim Peterson	608-347-3399	Sponsored by Alzheimer's Assoc. South Central WI
<b>Sun Prairie</b> , <a href="#">Colonial Club Senior Activity Center, 301 Blankenheim Ln</a>	3rd Tuesday @6:30 pm	Joann Clark	608-837-8994	Sponsored by Alzheimer's & Dementia Alliance of WI
<b>Sun Prairie</b> , <a href="#">Hyland Park, 881 Liberty Blvd</a>	4th Thursday @1:30 pm	Lizzie Gernon	608-213-7810	Sponsored by Alzheimer's Assoc. South Central WI
<b>Waunakee</b> , <a href="#">Waunakee Senior Center, 333 S Madison St</a>	3rd Wednesday @3:30 pm	Melissa Woznick	608-849-8385	Sponsored by Alzheimer's & Dementia Alliance of WI

**Dane County Caregiver Program**

**Caregiver Support Groups May 2017**

Dementia Supper & Support				
<b>Cross Plains</b> , <a href="#">Northwest Dane Senior Services, 1837 Bourbon Rd</a>	3rd Tuesday @6:00 pm For caregivers and persons with dementia	Bonnie Nuttkinson	608-203-8500	Sponsored by Alzheimer's Assoc. South Central WI; group eats together then splits for support and activities
<b>Oregon</b> , <a href="#">Sienna Crest Office, 845 Market St</a>	4th Wednesday @6:00 - 7:30 pm	Sienna Crest staff	608-835-0040	Sponsored by Alzheimer's Assoc. South Central WI
Memory Loss Caregiver Support				
<b>Stoughton</b> , <a href="#">Stoughton Area Senior Center, 248 W Main St #1</a>	2nd Thursday @2:00 pm	Stoughton Area Senior Center staff	608-873-8585	
Men's Group, Dementia				
<b>Madison/West</b> , <a href="#">Alzheimer's &amp; Dementia Alliance of WI, 517 N Segoe Rd</a>	2nd Thursday @9:15 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	
Young Onset Dementia				
<b>Madison/West</b> , <a href="#">Alzheimer's &amp; Dementia Alliance of WI, 517 N Segoe Rd</a>	2nd Saturday @10:00 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Caring for a person with dementia under age 65
Parkinson's Disease				
<b>Monona</b> , <a href="#">Monona United Methodist Church, 606 Nichols Rd</a>	1st Wednesday @2:00 pm	Jordan Mooney	608-229-7628	
<b>Verona</b> , <a href="#">Verona Senior Center, 108 Paoli St</a>	3rd Friday @10:00 am	Becky Losby	608-848-0432	
<b>Waunakee</b> , <a href="#">Waunakee Senior Center, 333 S Madison St</a>	Last Tuesday @2:00 pm	Candice Duffek	608-849-8385	
Grandparents & Other Relatives as Parents				
<b>Madison/Central</b> , <a href="#">The Rainbow Project, 831 E. Washington Ave</a>	2nd Saturday @10:00 am - noon	Serena Breining	608-255-7356 Ext 324	Children age 18 and under
Latinx Grandparents Raising Their Grandchildren				
<b>Madison/Central</b> , <a href="#">Madison Senior Center, 330 Mifflin Ave</a>	4th Wednesday @5:30 pm	Rodrigo Valdivia	608-243-5252	Offered in Spanish only

The caregiver support group listing is located on the Dane County Area Agency on Aging website here: [https://aaa.dcdhs.com/cg\\_support.aspx](https://aaa.dcdhs.com/cg_support.aspx). You will find the latest update with live links to location maps for each of the groups. If you have a general question about support groups, call the Dane County Caregiver Program at 608-261-5679 or email: [debroux.jane@countyofdane.com](mailto:debroux.jane@countyofdane.com).

# Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

Primary Business Address

Address Line 2

Address Line 3

Phone: 608-261-5679

Fax: 608-240-7402

Email: debroux.jane@countyofdane.com



## Save paper and reduce postage costs

Please let us know if:

- You are willing to receive the newsletter via email
- You are no longer interested in receiving the newsletter

Contact:

Jane De Broux

608-261-5679

debroux.jane@countyofdane.com