

# Caregiver Chronicles

March 2017



AREA AGENCY ON AGING OF DANE COUNTY  
2865 N SHERMAN AVE, MADISON, WI 53704  
608-261-9930



William Langston Lathrop, 1897, Metropolitan Museum of Art, public domain

*Springtime is the land awakening. The March  
Winds are the morning yawn.*

—Lewis Grizzard

## Lift Your Spirits

I've lived my entire life in Wisconsin. Even so, I'm typically burned out on Winter by the time March arrives. Too much cold, not enough sun, challenging travel, feeling house bound, colds and flu—all are part of what can be difficult about Winter. While it's nothing new given the time of year, it can take a toll if I don't make an effort to find ways to counteract the seasonal slump. Challenges I find manageable in Spring and Summer feel more difficult this time of year and I know I need to find ways to buoy my spirit. My typical self-care regimen needs a boost, and it comes from connection to community and creativity.

As caregivers, we may also be aware of times when there is more wear and tear on our spirits. We are occupied with everything that needs to be done just to keep things going, but that can become harder to do without something that connects us to what moves and inspires us. This issue of *Caregiver Chronicles* includes resources to support ourselves and our loved ones through connection and creativity. A great place to start is the new *Creative Caregiving Guide*, recently debuted by the National Center for Creative Aging (see page 3). It's especially useful for times when the weather makes it difficult to get out and about. Although it was created with adults who live with Alzheimer's in mind, anyone who enjoys the creative arts can benefit.

If you like cooking and eating colorful, healthful, and delicious meals, the "Eat Well, Care Well" Nutrition Program makes it easy with one-skillet recipes (see pages 4 and 5). Sharing a beautiful meal—one that doesn't exhaust you to put together—can provide an opportunity to spend some quality time while making sure everyone is properly fueled.

During the gray, muddy month of March, look for color and beauty wherever you can find it, and seek out the little things that bring you joy. Notice a painting, bring home some flowers, listen to your favorite music. Look for opportunities to create, whether you color a page in a coloring book, make a journal entry, knit, or cook. Brainstorm ways to make some time for the things that feed your soul as well as your body.

Here's hoping March goes out like a lamb!



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Dane County Area Agency on Aging



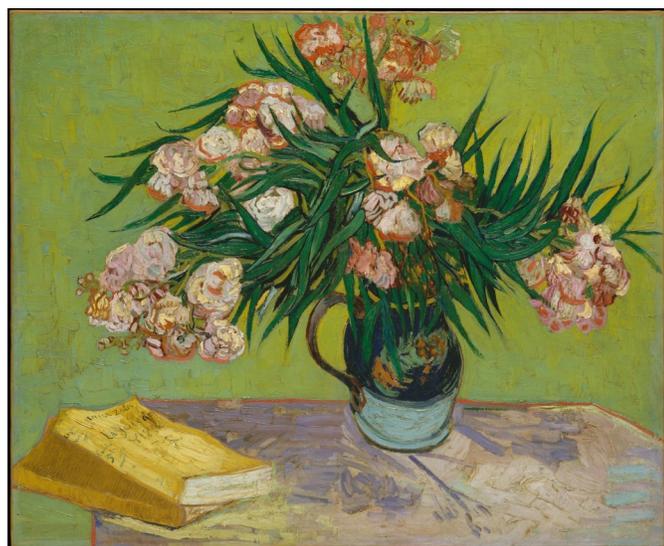
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## Creative Caregiving

The screenshot shows the NCCA Creative Aging website. At the top left is the logo for the National Center for Creative Aging (NCCA). To the right is a navigation menu with links for Home, About, Lessons, and DONATE, along with a search icon. Below the navigation is a video player area. On the left, a video titled 'Welcome v2' is playing, showing a group of people in a room, some in wheelchairs, engaged in an activity. On the right, a video titled 'Tips for a Successful Session' is shown with a play button overlay. Below the video player, there is a paragraph of text: 'Every lesson integrates evidence-based science with the benefits of creativity and discovery into your caregiving experiences.' Underneath this is a section titled 'Learn More About The Basics' with three links: 'Summary of the Basics', 'A Word About Time', and 'More Detail About the Basics'.

The NCCA Creative Caregiving Guide is a FREE web-based resource designed for family and professional caregivers of adults who live with Alzheimer’s disease and related cognitive disorders. The activities include singing, dancing and art, and are modeled on the work of master teaching artists. The videos are clear and easy to follow. You can access them by computer, tablet or smart phone. <http://creativecaregiving.creativeaging.org/>



Oleanders, Vincent Van Gogh, 1888, Metropolitan Museum of Art, public domain

### Need a quick art fix?

Does viewing art lift your mood?

The Metropolitan Museum of Art has more than 400,000 works of art available for viewing, including artworks in the public domain which are available for unrestricted use at no cost. From paintings like this masterwork from Van Gogh to sculptures and garments, you can add beauty to your day with a click of your mouse or touch on your screen.

Link to the collection:

<http://www.metmuseum.org/art/collection>

## Recipes to Lower Mealtime Stress

For some of us, cooking is a creative pursuit. For others, it's an unpleasant chore. Wherever you fall on the spectrum, these recipes can reduce stress around the time needed to prepare and clean up after meals. They also address the need to prepare healthy, nutritious foods that look appealing and taste great.

### Apple Cider Chicken **Makes 4 servings in only 30 minutes! 286 calories and 30 grams**

**of protein.** This recipe is brought to you from <http://www.wellplated.com/apple-cider-chicken/>

#### INGREDIENTS:

- 4 teaspoons extra virgin olive oil, divided
- 1 ½ pounds boneless, skinless chicken thighs (about 8, depending on size)
- 1 teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- ½ cup fresh apple cider
- 2 teaspoons Dijon mustard
- 3 medium firm, sweet apples, cored and cut into ½-inch slices
- 2 teaspoons chopped fresh rosemary, plus additional for serving

#### DIRECTIONS:

1. Heat 2 teaspoons of oil in a large skillet over medium-high. Sprinkle the top of the chicken evenly with ½ teaspoon kosher salt and ¼ teaspoon pepper. Once the oil is hot and simmering, add the chicken to pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3-4 additional minutes. Remove to a plate and cover with foil to keep warm.
2. In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining ½ teaspoon salt, ¼ teaspoon pepper, and rosemary. Cook 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to pan and pour the cider mixture over the top. Let cook 4-5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.



GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students Issue 1: 1-1-17 by Dana Lemke

This Mexican Quinoa recipe makes 7—9 servings. If you are the caregiver for someone who doesn't live with you, this dish yields plenty to share.

**Mexican Quinoa** Makes 7-9 servings in only 40 minutes! 290 calories and 20 grams

of protein This recipe is brought to you from <http://www.joyfulhealthyeats.com/healthy-one-pot-mexican-quinoa-casserole>

**INGREDIENTS:**

- 2 tablespoons olive oil
- 2 boneless chicken breasts, cut into ½" cubes
- 1 cup diced red onion
- 2 garlic cloves, minced
- 6 mini assorted color sweet red peppers, sliced
- 2 (4 oz.) cans diced green chilies
- 14 oz. can low sodium pinto beans, rinsed and drained
- 1 cup diced roma tomatoes
- 1 cup quinoa
- 2 cups low sodium chicken broth
- 2 teaspoons cumin
- ½ teaspoon smoked paprika
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- ¼ cup fresh cilantro, chopped
- ½ cup shredded Colby cheese
- 1 avocado, diced
- ¼ cup diced green onions

**DIRECTIONS:**

1. Heat a large skillet to medium high heat.
2. Add olive oil to pan as well as diced chicken. Cook until chicken is no longer pink, turning throughout. About 5-7 minutes.
3. Remove chicken from the pan and put on plate. Set aside.
4. Add onions to pan. Sauté until translucent, approximately 3-4 minutes.
5. Add in garlic, sauté for 30 seconds and immediately add in mini peppers. Sauté for 1-2 minutes.
6. Add in green chilis, pinto beans, chicken broth, roma tomatoes, quinoa, cumin, smoked paprika, salt, ground pepper, and cilantro to the pan.
7. Stir and bring to a boil.
8. Add chicken in, stir, cover, and reduce to simmer.
9. Simmer for 15-20 minutes, until liquid is evaporated and quinoa is cooked through.
10. Remove from heat.
11. Add cheese to the top. Place cover on and let sit for 1 minute until cheese is melted.
12. Serve with fresh avocado, green onions, and fresh cilantro.



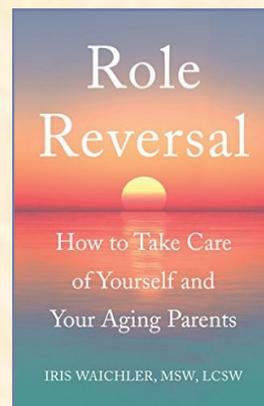
## Caregiver Chronicles

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### Online Resources

#### **Eight of the Best Books About Caregiving , 2017**

“Shared wisdom from experts—especially those who’ve been there themselves—can be a much-needed source of practical knowledge and inspiration.” Eight new titles are reviewed by Laura Dixon of Caring.com. They cover a range of topics, from reducing stress to finding joy. <http://bit.ly/2mH6jbz>



#### **Why Men Have Such a Hard Time With Aging** ***The Wall Street Journal, February 26, 2017***

“Researchers are focusing on a factor that makes aging harder for men: having to let go of their sense of masculinity.

That sense includes things like the need to be strong and stoic, or that it’s weak to ask for help. The trouble is, such ideas are a bad fit with the realities of old age, leaving many senior men poorly equipped to handle the challenges that come with growing frailer, retiring, losing a spouse or even needing to disclose their ailments.” <http://on.wsj.com/2ILP5ub>



#### **The Aging and Disability Resource Center of Dane County (ADRC)**

The ADRC offers free, unbiased information and assistance on resources and services for older people and adults with disabilities. Staff provides information to all callers regardless of their income, assets, age, or disability, and they help callers identify options, solve problems, and plan for the future.

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

**Call** (608) 240-7400

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

*Appointments are not necessary*

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

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

## **≡ 2 FREE *Welcome to Medicare* Seminars**

**Sponsored by: Area Agency on Aging of Dane County**



### **What you need to know about enrolling in Medicare**

If you are turning **age 64** this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? **Some decisions and actions about Medicare need to take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit.**

Want easy to understand answers to all of these complex questions? Sign up to attend one of the following **2 Free *Welcome to Medicare* Seminars**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs.

**Tuesday, May 9, 2017 @ 5:30—8 pm**

**(free dinner at 5 PM)**

**1**

#### **Mt. Horeb Senior Center**

107 N Grove Street, Mt. Horeb WI 53572

**Reservations Required by May 5th!**

Call (608) 437-6902 to reserve your spot!

**Saturday, September 23, 2017 @ 9-11:30 AM**

**2**

#### **Stoughton Area Senior Center**

248 W. Main Street, Stoughton WI 53589

**Reservations Required by September 20th!**

Call (608) 873-8585 to reserve your spot!

# Caring for the Caregiver Program

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- You are no longer interested in receiving the newsletter

Contact:

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