

Caregiver Chronicles

May 2018



Caring for Caregivers

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/)



Music is the language of the Spirit. It opens the secret of life bringing peace, abolishing strife.

—Kahlil Gibran

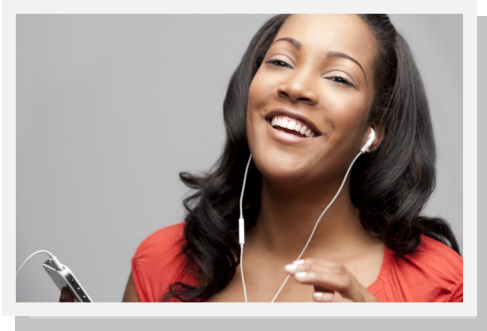
Play That Tune!

We know music improves the quality of life for people with Alzheimer’s, dementia, and other cognitive disorders by helping them connect through music-triggered memories (see p. 4 & 5 for article link and contact information for public library Music & Memory programs). Research also suggests that music benefits our physical and mental health in a number of ways. In an article published on USA Today’s website titled, *20 Surprising, Science-backed Health Benefits of Music* (<https://usat.ly/2ovHrcg>), author Scott Christ of *Greatist* lists improving sleep quality, reducing stress, and elevating mood among music’s positive effects.

The American Psychological Association, in the article, *Music as Medicine* by Amy Novotney, published on its website (<https://bit.ly/189j4TG>), explains further music’s healing power. Because music’s sound is “rooted in vibration,” scientists are exploring whether these vibrations can actually help ease the symptoms of debilitating diseases such as Parkinson’s, fibromyalgia, and depression. “Thalamocortical dysrhythmia—a disorientation of rhythmic brain activity involving the thalamus and the outer cortex” appears to play a role in these illnesses.

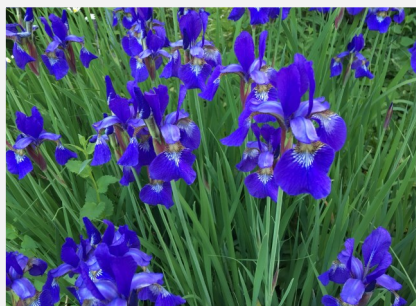
When it comes to music, what’s good for the care recipient is equally good for the caregiver. If you find yourself under stress, consider relaxing with some beautiful classics, or boosting your energy by dancing to the beat. Music can also help you connect with your loved ones by providing a pleasant way to share memories. Did you sing, play, or dance together? Listening to music is an easy way to transport you back through time and to revisit important milestones. Jane Mahoney explores this idea further in her article, “Music Can Enhance Your Life” on page 3.

Since Spring is finally here, you may want to take that playlist and use it as the pace-setter for a walk. Don’t underestimate the value of getting outside and moving after a long Winter!



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Music Can Enhance Your Life

Let me call you sweetheart, I'm in love with you.
 Let me hear you whisper that you love me, too.
 Keep the love-light glowing in your eyes so blue.
 Let me call you sweetheart, I'm in love with you.

Reading the words of a song you love can stir up some wonderful feelings. Hearing the song from the first dance on your wedding day can take you back in time. And what about the emotions you feel while listening to the war songs that were so popular when you or your spouse were serving in the war?

Music is a powerful tool in so many ways. Whether you need to reduce stress, relieve loneliness, or are looking for a way to connect with a loved one, music can be a curative answer for both the caregiver and the recipient of care.

Listening to music can be enjoyable and beneficial for anyone. Hearing music from your youth promotes memory and opens the window to laughter or tears. Caregiving brings about a wide range of emotions including joy, sadness, frustration, and guilt. Music reaches into your soul like nothing else, bringing to the surface those feelings that are often unnamed. Releasing pent up emotions through music can be healing and renewing.

Music can reach a person whose ability to communicate is affected by dementia, stroke or other disease. Listening to favorite songs with your loved one is a wonderful way to share time together. Music helps a person feel calm and relaxed, reduces stress and promotes wellness. Playing soothing music during a meal might increase the amount eaten, or make unpleasant tasks, such as bathing or grooming, more bearable.

For the past or current performer, playing an instrument or singing offers a way to express feelings that are hard to put into words. Picking up an instrument or singing out loud is fun and is a great way to remember the "good old days." The goal isn't to impress anyone, just to express yourself and have fun. Making music for or with a grandchild can also be a delightful activity. And, for the person who has never played an instrument before, beating on a drum or shaking a tambourine to some music can be fun as well as relieve stress.

Try enhancing your life by adding music to your day. Turn on some upbeat music in the morning to get you going. Try something familiar and relaxing during mealtimes. Find your old favorites to enjoy with a loved one for an extra special afternoon, then listen to soft, slow music in the evening to help prepare for a good night's sleep.

So, dig up those old songbooks, find a good radio station or ask your grandchild to look up your favorite songs online and see where the music takes you.

—Jane Mahoney
 Older Americans Act Consultant
 Greater Wisconsin Agency on Aging Resources



Hot Topics Online

[Eight of nine Madison Public Library Locations now offer Music & Memory Program](#)

Madison Public Library, April 6, 2018

<https://www.madisonpubliclibrary.org/new/music-memory>

“Library patrons can check out an iPod from eight of the nine participating libraries in the City of Madison. Each will be pre-loaded with music carefully selected for that particular individual by librarians who have received appropriate certification training.” (See opposite page for library locations and contact information.)

[How Medicare’s Conflicting Hospitalization Rules Cost Me Thousands of Dollars](#)

NPR, Alison Kodjak, April 20, 2018

<https://n.pr/2qMDyO8>

“This is a story of how money, outdated laws, and federal budget rules can interfere with patient care and leave elderly patients vulnerable.”

[LGBT Adults Fear Discrimination in Long-Term Care](#)

By Victoria Sackett, AARP, March 27, 2018

<https://bit.ly/2HytKPh>

“Many lesbian, gay, bisexual or transgender (LGBT) older adults are worried that they won’t have the familial and social caregiving support they’ll need as they grow older. They are also concerned that they will face discrimination or harassment in long-term care facilities. Those are the findings of a new AARP survey of LGBT adults age 45-plus, ‘Maintaining Dignity: Understanding and Responding to the Challenges Facing Older LGBT Americans.’”

Be sure to check out [Resource Wise](#), the newsletter for the ADRC of Dane County.



Connecting People with the Assistance They Need

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

Call (608) 240-7400

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

Website: www.daneadrc.org

Email: ADRC@countyofdane.com



What song brings you back?

It is estimated that 70-80% of people living with dementia, live in their homes. Dane County public libraries are providing the Music & Memory program, **FREE**, for library patrons who have dementia, or are caring for someone with dementia.

Please contact one of the following libraries for additional information.

Participating Dane County Libraries

Alicia Ashman Library 733 N. High Point Rd., Madison (608) 824-1780	January 2018!	Meadowridge Library 5726 Raymond Rd., Madison (608) 288-6160	January 2018!
Black Earth Public Library 1210 Mills Street, Black Earth (608) 767-4905		Middleton Public Library 7425 Hubbard Ave., Middleton (608) 831-5564 www.midlibrary.org/musicandmemory	
Central Library 201 W. Mifflin Street, Madison (608) 266-6302	January 2018!	Pinney Library 204 Cottage Grove Rd., Madison (608) 224-7100	January 2018!
DeForest Area Public Library 203 Library Street, DeForest (608) 846-5482		Rosemary Garfoot Public Library 2107 Julius Street, Cross Plains (608) 798-3881	
Goodman South Madison 2222 S. Park Street, Madison (608) 266-6395	January 2018!	Sequoia Library 4340 Tokay Blvd., Madison (608) 266-6385	January 2018!
Hawthorne Library 2707 E. Washington Ave., Madison (608) 246-4548	January 2018!	Sun Prairie Public Library 1350 Linnerud Dr., Sun Prairie (608) 825-7323	
Lakeview Library 2845 N. Sherman Ave., Madison (608) 246-4547	January 2018!	Verona Public Library 500 Silent Street, Verona (608) 845-7180 www.veronapubliclibrary.org/music-memory	
Waunakee Public Library 710 South Street, Waunakee (608) 849-4217			

musicandmemory.org

Library-based Music & Memory is made possible through grant 90DS2020 from the federal Administration for Community Living and the efforts of your local library staff.



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 WELLMED
www.caregiverteleconnection.org



A LEADING VOICE FOR CAREGIVERS

PRESENTS

Validation Breakthrough
Special guest speaker
Naomi Feil, M.S.W., A.C.S.W.



Monday, May 21st
Eastern Time 2:00 pm
Central Time 1:00 pm
Mountain Time 12:00 pm
Pacific Time (Arizona) 11:00 am

Naomi Feil, M.S.W., A.C.S.W., developed Validation, which is a proven method of communication that helps improve the connection between caregivers and older adults experiencing dementia. Numerous studies have shown that Validation reduces stress for caregivers (which includes professionals and family members) while enhancing dignity and happiness for those they care for.



To register please call:
(866) 390-6491 Toll Free or go to
www.caregiverteleconnection.org



TELECONNECTION

www.caregiverteleconnection.org



Free Telephone Learning Sessions

Date	Time	Topic
Tuesday, May 1st	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific (Arizona)	Talking about Suicide: Overcoming the Taboo with Stacey Freedenthal, PhD, LCSW <i>Stacey Freedenthal, PhD, LCSW will discuss the need for caregivers to directly ask people at risk for suicide if they are having suicidal thoughts, obstacles to having this conversation, and ways to overcome those obstacles. This will include discussing specific techniques for asking about suicidal thoughts.</i>
Thursday, May 10th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific (Arizona)	Lucy Barylak, MSW as “Dear Lucy” <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. You can submit your questions or comments by e-mail or phone.</i>
Monday, May 14th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona)	Maintaining Dignity in Dementia with Melissa Griffin <i>How do caregivers maintain dignity while their loved one becomes increasingly dependent on them? Join this presentation lead by the Alzheimer’s Association to learn tips on preserving dignity for the person with the disease and increasing their quality of life. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Tuesday, May 29th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona)	Strategies for treating dementia-related sleep issues with Nancy A. Hodgson, RN, PhD <i>Most individuals living with dementia experience changes in their sleep patterns. Understanding and treating these sleep disturbances can be challenging for caregivers. Research suggests that sleep medications are not effective; however, nondrug approaches are helpful in improving sleep in persons with dementia. This presentation will describe the link between dementia and sleep disorders, and discuss strategies for treating dementia-related sleep issues.</i>

Call. Learn. Share.



WELLMED
CHARITABLE FOUNDATION

A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free

*****Registration required at least 24 hours in advance*****

Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

2865 N. Sherman Avenue
Madison, WI 53704



Caring for Caregivers

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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:

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debroux.jane@countyofdane.com