

# Caregiver Chronicles

June 2019



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/)



**I**f you do not make time for your wellness, you will be forced to make time for your illness.



### Make time for wellness

Recently, I was avoiding some final evening chores by distracting myself with a quick scroll through Facebook. I knew it was already late and I should have turned in for the night. As I glanced through my feed the quote from the cover of this month's issue popped up as a stark reminder. "If you do not make time for your wellness, you will be forced to make time for your illness." It had been posted by a member of a caregivers group, and these are folks who know what burning the candle at both ends looks like.

It also happened that the chores I was avoiding by focusing on my phone instead included things I needed to do in preparation for my upcoming vacation. This vacation had been delayed twice due to family caregiving situations, and it never seemed like the ideal time for a break emerged. I found myself caught up in wondering if this was a good time either, but the quote felt like a message meant for me so I put down the phone and got into bed. I know well that when I get too little sleep a cascade of issues follows suit—more difficulty eating well, getting exercise, and making time for things I enjoy. In my case, sleep is the foundation on which all other self care is built. (Check out the article in Online Resources, "Why Caregivers Should Focus on Better Sleep," page 9.)

What is the self-care practice that will have the greatest impact for you? Is there a broad category that needs attention? June is Brain Health Month. Take some time to implement any of the "10 Ways to Love Your Brain" (page 3). Is your physical health and mobility most at risk if you don't eat well and exercise? Visit a Farmers' Market and get outdoors to stroll through and pick up some of the best local food you'll find all year (information on Senior Farmers' Market vouchers, pages 10 & 11).

Is what you need support, community, and tools to cope with your caregiving situation? Check out the upcoming Powerful Tools for Caregivers Class at the Oregon Area Senior Center. The evidence-based program has been proven to help caregivers cope and thrive (page 7).

Are you stressed out by the news these days? Take a look at Maria Shriver's *Sunday Paper*. A partner of the Women's Alzheimer's Movement, also founded by Shriver, it presents an alternative to those looking for positive media content particularly relevant for caregivers (page 9).

Does getting out and helping others feed your soul or meet your need to contribute? Participate in events for World Elder Abuse Awareness Day (page 8); support elders in the LGBTQ Community through Pride Month activities (page 6) or learn more about issues for LGBTQ caregivers (page 5); and check out activities for "The Longest Day" on the Summer Solstice to fight Alzheimer's (page 9).

The Dane County Caregiver program is here to help caregivers find the resources and support they need to care for themselves while caring for others. And if you're staying up late trying to figure out when or how you can get a break, we can help. Call or email for help and support.

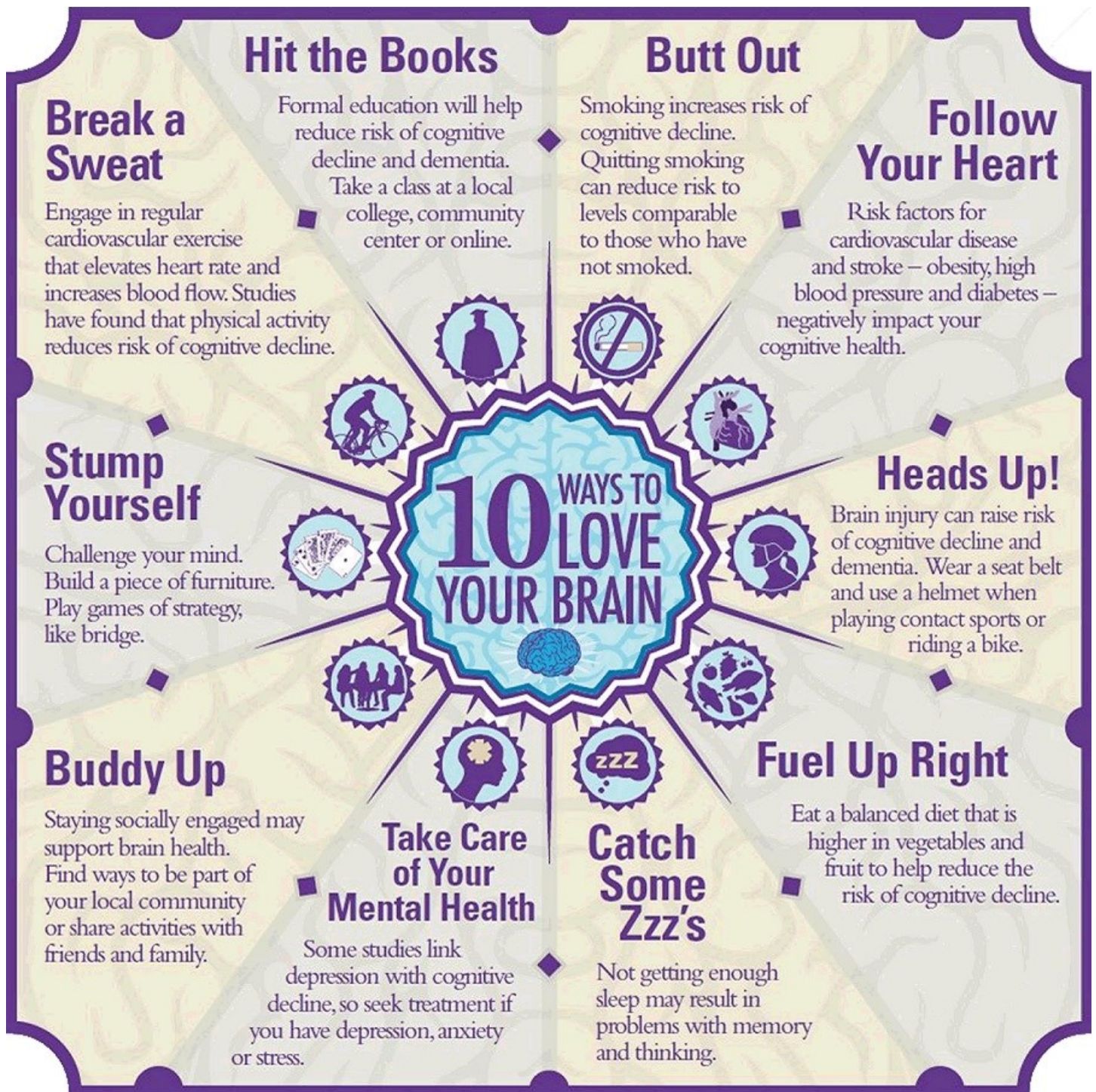


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# June is Brain Health Month





www.caregiverteleconnection.org



**Date Time Topic A LEADING VOICE FOR CAREGIVERS**

**Tuesday, June 4th** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific

**Adult Protective Services with Raymond Kirsch** *Join Ray Kirsch with Adult Protective Services (APS) as he discusses what APS can and cannot do. He will cover the definition of abuse, neglect and exploitation as well as how APS uses the least restrictive options to help maintain individual rights. You will learn about different ways that APS can be a great resource that offers assistance to older adults and persons with disabilities and their families in times of need.*

**Monday, June 10th** 1:00 pm Eastern  
12:00 pm Central  
11:00 am Mountain  
10:00 am Pacific

**Overview of State of Texas Services with Cathy Stump** *What services are available for older adults and caregivers through the state. Many of these services are also funded with federal funds. **\*\*Sponsored by the North Central Texas Caregiver Teleconnection\*\****

**Wednesday, June 19th** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific

**Hoarding Disorder: Let's not Call them Hoarders! with Helen Flores, BS** *This presentation focuses on why hoarding behaviors occur. Recently included in the DMS of Mental Disorders, 5th edition, more conversations are being had on this topic and it does not have to be a family's secret. People who exhibit hoarding tendencies may place a high value of importance on an object we may not understand. We will review the origin of hoarding disorder, the implications it has on the person them self and their family, to include public safety concerns.*

**Tuesday, June 25th** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific

**Caring for someone who has Cancer with Rachel Cannady** *Cancer impacts the entire family, not just the person diagnosed. In this teleconnection, Rachel Cannady (Strategic Director, Cancer Caregiver Support – American Cancer Society) will discuss the multidimensional needs of those providing care to loved ones with cancer. She will describe the comprehensive suite of evidence-informed resources that the American Cancer Society has developed for caregivers.*

**Wednesday, June 26th** 2:00 pm Eastern  
1:00 pm Central  
12:00 pm Mountain  
11:00 am Pacific

**Las señales que revelan el estrés de la person aque cuida a otra con Gloria Miranda, BA** *El estrés de cuidar a un ser querido o familiar puede causar problemas emocionales y físicos. Usted aprenderá que las experiencias tanto buenas como malas pueden provocar estrés y cómo reconocer las señales de advertencia para tomar las medidas necesarias.*



**A program of the WellMed Charitable Foundation**

**Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free**



www.caregiverteleconnection.org



**Date                                  Time                                  Topic                                  A LEADING VOICE FOR CAREGIVERS**

## The Pride of Caring: Issues for LGBTQ Caregivers

Thursday, June 6th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Families of choice and of Relation with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</b> Join Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW as they discuss issues impacting LGBT caregivers and those who care for LGBT elders. They will define families of choice as well as explore how to negotiate family dynamics. Also, they will discuss how to identify and access resources to help in the caregiving role.
Thursday, June 13th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>The Importance of Paperwork with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</b> Join Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW as they discuss how to create an Estate Plan, which includes a Living Will, Advanced Directives, a Will, Revocable Trust, Durable Power of Attorney etc. They will also share how to create "The Folder" on your smart phone where pictures and important documents can be stored.
Thursday, June 20th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>A Community to be Proud of with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</b> Join Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW as they discuss how to identify community resources and supports for caregivers. Learn about LGBT-affirming programs and services as well as how to have a "cup half-full" outlook.
Thursday, June 27th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>The Pride of Professionals with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</b> Join Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW as they discuss how professionals can change the health care culture for the LGBT community. They will share available resources for professionals to help them in their support of LGBT caregivers and clients. There will also be a discussion on the importance of cultural sensitivity in our language.



**A program of the WellMed Charitable Foundation**

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**WELCOME TO PRIDE**  
A PRACTICAL GUIDE TO MAKING PRIDE PARADES,  
MARCHES AND FESTIVALS AGE-FRIENDLY




**Celebrate Pride 2019!**

During June there are Pride events around the country with special projects devoted to the [Stonewall](#) generation of LGBTQ elders for the 50th anniversary of the LGBTQ rights movement. SAGEUSA, the national organization providing advocacy and services for LGBTQ elders, has a guide for helping them feel welcome at events and celebrations. (Click on the photo for the link).

SAGE has other resources for LGBTQ elders including [caregiver resources](#).

In Madison and South Central Wisconsin, the LGBT Community Center, [Outreach](#), provides resources to the community. The [LGBT Senior Alliance](#) is a joint project of Outreach and the Madison Senior Center, which hosts [Gay, Gray & Beyond](#).

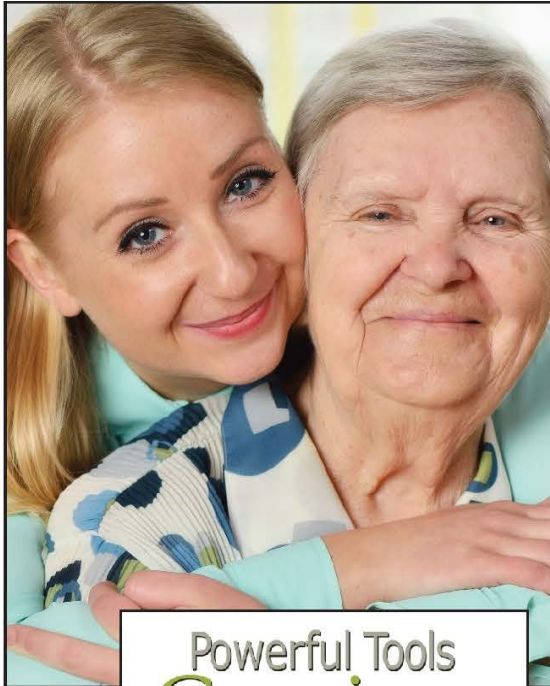


*Connecting People with the Assistance They Need*

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](http://www.daneadrc.org)



Powerful Tools  
**FOR** Caregivers

**Thursdays 1 to 3:30 p.m.  
May 30th to July 11th**

**Oregon Area Senior Center  
219 Park Street, Oregon**

**The cost is \$25 and includes  
snacks and the caregiver  
handbook. There are  
scholarships available if the  
cost is a hardship for you.**

**Call Anne at (608) 835-5801  
to find out more about the  
program and to register.**

# Caregiving is rewarding.

**But it can be challenging too.**

Caring for someone with an injury or illness - such as dementia, cancer, heart disease, Parkinson's disease, stroke or others - can be physically, emotionally and financially demanding.

*Taking care of yourself is important.*

Powerful Tools for Caregivers (PTC) can show you the way!

**What is Powerful Tools for Caregivers?  
And why should I take it?**

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger and depression and improve emotional well-being
- Manage time, set goals and solve problems
- Master care giving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors and other helpers



[stoughtonhospital.com](http://stoughtonhospital.com)



Saturday  
June 15, 2019



*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:

### Presenting

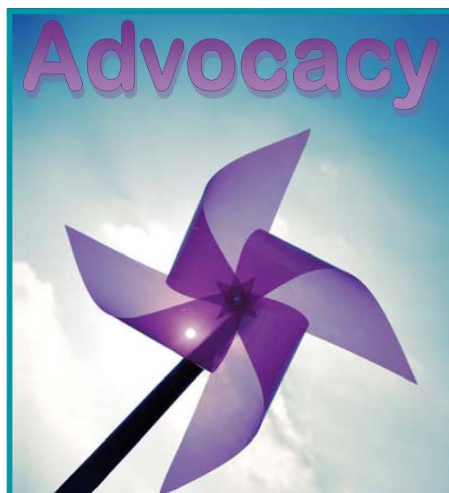
*WEAAD County Board Resolution:*  
June 6<sup>th</sup> @ 7pm, City-County  
Building (210 MLK Jr Blvd/Madison)

### Hosting

*Senior Safety Shredfest:* June 13<sup>th</sup>  
@ 1–2pm, Northside Town Center  
(1865 Northport Dr/Madison)—also  
sponsored by Pellitteri Waste  
Systems

### Displaying

*479 Purple Pinwheels* @ Bethel  
Lutheran Church (312 Wisconsin Ave/  
Madison) & Good Shepherd Luther-  
an Church (5701 Raymond Rd/  
Madison) representing elder  
abuse/neglect investigations in  
Dane County (June 7-14) and  
*Elder Abuse Banners* on Park  
Street pedestrian bridge/  
Madison & Stoughton Hospital  
(June 3-17)



**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 479 cases of elder abuse and/or neglect in 2018. This number will only grow as 10,000 baby boomers turn age 65 each day. The Area Agency on Aging of Dane County Board, Dane County Elder Abuse Coordinated Community Response (EACCR), and Dane County Financial Abuse Specialist Team (FAST) committee membership supports the **Wisconsin Elder Abuse Task Force** and their initiatives on behalf of elder victims of abuse and exploitation. These initiatives aim to better understand the impact of elder abuse in Wisconsin, improve outcomes, and strengthen protections.

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



## Online Resources

### [Journalist Paula Span on The New Old Age](#)

<http://agewyz.com/journalist-paula-span/>

*Agewyz*, by Jana Panarites, January 10, 2019

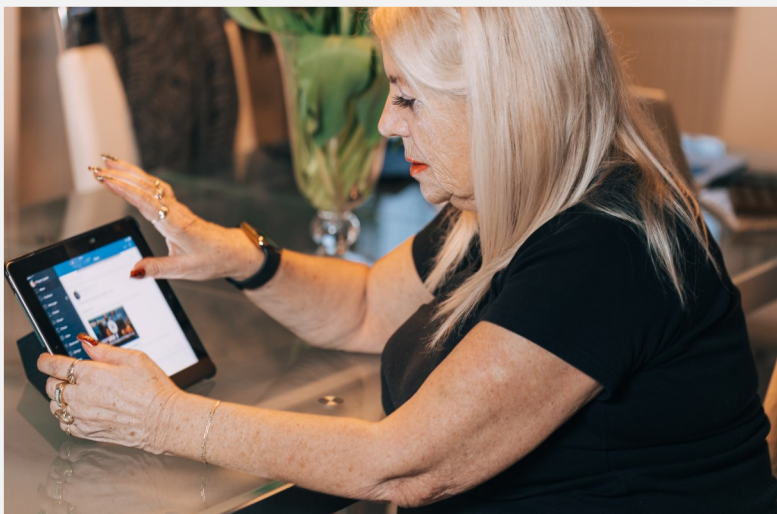
Veteran journalist Paula Span writes for the only dedicated space in the *New York Times* that talks about aging issues and caregiving. In the podcast, Paula shares her experiences and the stories behind some of her pieces.

### [Why Caregivers Should Focus on Better Sleep](#)

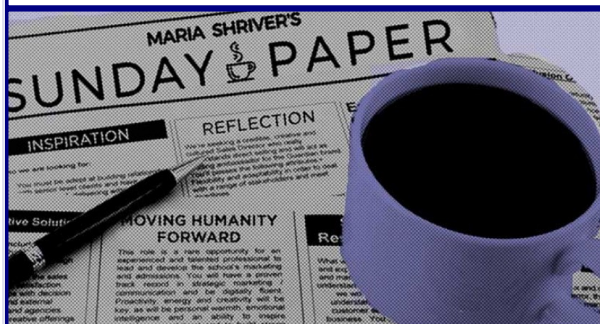
<https://www.tuck.com/why-caregivers-should-focus-on-sleep/>

*Tuck.com*, by Amelia Wilson, June 4, 2018

“Lose out on sleep for too long, and you’ll end up in a constant state of chronic sleep deprivation. Sleep deprivation isn’t just dangerous for you as the caregiver; it also puts your loved one or patient at risk.” This article presents sleep as one of the biggest challenges of caregiving and offers seven tips for getting better sleep.



The longest day is the day we fight! June 21 is the Summer Solstice and a day when people across the world recognize “the strength of our light will outshine the darkness of Alzheimer’s.” To learn more about how you can participate, click [here](#) or on the graphic (above) to learn more



“I’VE BEEN THINKING”

MARIA SHRIVER'S  
**SUNDAY PAPER**  
NEWS AND VIEWS FOR A MEANINGFUL LIFE

Maria Shriver’s *Sunday Paper* is “a proud partner of The Women’s Alzheimer’s Movement, a nonprofit founded by Maria Shriver dedicated to raising awareness about women’s increased risk for Alzheimer’s and to educating the public.” Maria Shriver’s father, Sargent Shriver, one-time Democratic presidential candidate and first Director of the Peace Corps, was diagnosed with Alzheimer’s in 2003 and died in 2011.

The *Sunday Paper* is inspiring and timely. It offers an alternative for those looking for positive media content and aspires to publish news and views that uplift readers.

Click on the photo to read the May 2019 issue, or visit: <https://mailchi.mp/mariashriver/joy-of-connection-sunday-paper?e=5bbdc91105>

## Senior Farmers' Market Vouchers and Distribution

**Starting in June**, the Area Agency on Aging of Dane County will begin distributing farmers' market vouchers to seniors for the 2019 season, which runs from June 1 to October 30. Vouchers may be used to purchase any combination of fruit, vegetables, or herbs worth \$25 (sets of vouchers are worth \$3 or \$4 for a total of \$25) at Farmers' Markets and roadside farm stands in Wisconsin. Availability is on a first-come-first serve basis for Dane County residents ages 60 or older with a gross income under the 185% poverty level (\$23,170 per year or \$1,926 per month for a one-person household; and \$31,284 per year or \$2,607 per month for a two-person household).

*Limit is one set of vouchers per household regardless of household size.*

### **Vouchers cannot be mailed.**

If you need someone to pick up vouchers for you, your designee must bring your completed and signed application with them. To receive an application prior to pick-up dates, contact your local senior services center or Alyce Reichenbacher at (608)261-5678.

Vouchers will be handed out at various locations throughout Dane County. If you received a voucher last year, 2019 letters were sent out May 1 with the distribution location and times available. If you didn't receive a letter and would like one, call (608)261-5678. No appointment is necessary.

*By filling out and signing the State of Wisconsin application you are declaring your eligibility to receive vouchers.*



## Farmers' Market Voucher Distribution Schedule for 2019

Location	Date	Time
<b>Cross Plains: NW Dane Senior Services</b> ,1837 Bourbon Rd.	June 7	11:30 am-12:30pm
<b>De Forest:</b> Senior Center, 505 N Main	June 10	10-11:30 am
<b>Fitchburg:</b> Senior Center, 5510 E Lacy Rd	June 6	10-Noon
<b>Madison – NewBridge East</b> , 4142 Monona Drive	June 5	9-11:00 am
<b>Madison – Northeast:</b> Goodman Ctr., 149 Waubesa St.	June 20	2-3:00 pm
<b>Madison – Northeast:</b> Warner Park Ctr, 1625 Northport Dr	June 3	10-11:30 am
<b>Madison – Northeast:</b> ADRC, 2865 N Sherman Ave*	July-Sept	By appointment
<b>Madison – South:</b> Madison Senior Center, 330 W Mifflin St	June 17	10-11:00 am
<b>Madison – South:</b> Dane County Office, 2306 S. Park St	June 25	1-3:00 pm
<b>Madison – South:</b> Romnes Housing, 540 W Olin Ave	June 19	2-3:00 pm
<b>Madison – West:</b> Good Shepherd Lutheran Church, 5701 Raymond Rd.	June 18	10:30-Noon
<b>Madison – West:</b> Lussier Community Ctr, 55 S Gammon Rd	June 21	11:00 am-12 Noon
<b>McFarland:</b> Outreach Center, 5915 Milwaukee St	June 14	1-2:00 pm
<b>Middleton:</b> Senior Center, 7448 Hubbard Ave	June 11	11:30-1:00 pm
<b>Monona:</b> Monona Senior Center, 1011 Nichols Rd	June 12	10-11:00 am
<b>Mount Horeb:</b> Senior Center, 107 N Grove St	June 7	9:30-11:00 am
<b>Stoughton:</b> Senior Center, 248 W Main St	June 13	1-3:00 pm
<b>Sun Prairie:</b> Colonial Club, 301 Blankenheim Ln	June 11	9-10:30 am
<b>Waunakee:</b> Senior Center, 333 S Madison St	June 4	10-11:30 am

- Vouchers sets for 2019 is as follows: three \$3 and four \$4 for a total of \$25
- You may come to any of the locations on the day and time listed above to sign up for Senior Farmers Market Vouchers. Appointments will not be taken for the ADRC/AAA office until after the regular distribution is complete and will not be available until July 1.
- Vouchers will be handed out on a first come, first serve basis.
- **Due to my busy schedule, the last application will be at the ending time. Those arriving after the ending time may not be able to pick-up a voucher at that time.**
- **You must be 60 years old and over**, live in Dane County and are under the income guidelines. By signing the application, you will be self declaring that you qualify for this program. If you are found to be ineligible, you will be asked to return the vouchers or repay the amounts. **Income guidelines are as follows: Your GROSS income must be under \$23,170 per year for a one-person household \$31,284 per year for a two-person household**
- Only one voucher set per household per season.
- Someone may pick up vouchers for you **if** they are pre-authorized by you and bring your filled out, signed application.
- VOUCHERS CAN **NOT** BE MAILED.

*\*Contact Alyce Reichenbacher at (608) 261-5678 or [reichenbacher.alyce@countyofdane.com](mailto:reichenbacher.alyce@countyofdane.com) to set-up an appointment for the ADRC/AAA office after July 1. You will not be seen without an appointment.*

# Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

2865 N. Sherman Avenue  
Madison, WI 53704



Caring for Caregivers

Phone: 608-261-5679

Fax: 608-283-2995

Email: [debroux.jane@countyofdane.com](mailto: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](mailto:debroux.jane@countyofdane.com)