

# Caregiver Chronicles

August 2020



Caring for Caregivers

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

**I shall pass this way but once: any good that I can do or any kindness I can show to any human being; let me do it now.**

*—Etienne de Grellet  
Quaker Missionary*



## The Wonder Spot

Back in 2009, a friend and colleague wrote an article published in *Wisconsin Magazine of History* titled: "[Only in Photographs, Memories of Beloved Wisconsin Dells Attractions.](#)" It featured many beloved retro attractions and one of my favorites was a cabin known as *The Wonder Spot*. Open from 1952 – 2006, it was billed as a place "where the laws of natural gravity seem to be repealed." When you entered you were unable to stand up straight and the optical illusions gave a topsy-turvy feeling to everything inside. It was fun and my visit there as an 8<sup>th</sup> grader left me determined I could somehow overcome the effects of the way my eyes perceived the cabin interior.

I hadn't given any thought to the Wonder Spot since I edited the article eleven years ago but when considering how to describe the current state of events it came to mind. Right now things feel surreal and certainly the natural order appears to be completely upended. We are in a place where the normal structure and schedules are disrupted. Many of us have been home, first going out only for essential trips then, later, going out for solitary exercise and limited socially-distanced and masked activities. At first I found it wonderful to have more time at home, particularly when summer allowed for use of the screened porch and time in the garden. Now, like most people I know, I miss my family, my friends, and the summer activities I normally look forward to all year. We don't know how everything will unfold or how long until things return to something resembling the way things were, but we do know that nothing will ever be the same.

Like my 8<sup>th</sup>-grade self in the Wonder Spot cabin, we cannot overcome the effects of our current surroundings by willing ourselves to do so. And although we may feel as though we are in some kind of suspended animation, our lives continue and there is no do-over. The quote on the cover of this issue speaks to that fact and reminds us that now is the time to be kind and do whatever good we can. In order to fuel ourselves with the energy and inspiration we need to be kind during hard times, it is helpful to turn to resources that uplift and connect us. Maria Shriver's *Sunday Paper* and Anne Tumlinson's *Daughterhood* website offer both (page 3). The Milwaukee County Department on Aging is beginning "Virtual Conversations for Dementia Caregivers" with lighthearted topics to start the day with friends (page 5).

The cover quote from Etienne de Grellet also states the importance of doing good now. The AARP's upcoming webinar can help make sure your voice is heard with your vote (page 4) and Leilani Amundson's *Monthly MIPPA Moment* reminds us that now is not the time to neglect our necessary medical care despite COVID-19 (page 7).

Last but not least, if you have fond memories of the retro attractions in and around Wisconsin Dells, you can download the article and travel through time for a virtual vacation for free. Just click on the article title above. Menu options to view image & text, download, or print are to the left of the table of contents.

Stay safe and don't hesitate to call or email if you need caregiver support.



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

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



## Resources for Caregiver Connection

"NEWS & VIEWS ABOVE THE NOISE"

MARIA SHRIVER'S  
**SUNDAY PAPER**  
INSPIRE HEARTS & MINDS. MOVE HUMANITY FORWARD.



Maria Shriver has long been involved with Alzheimer's Disease research, raising funds, and talking about Alzheimer's and caregiving. She lost her father, Sargent Shriver, to Alzheimer's in 2011. Her weekly newsletter, [Maria Shriver's Sunday Paper](#) is a digital read filled with inspiration, motivation, and self-care. You can receive the free newsletter via email at the link above.

Her [website](#) includes more information on fighting Alzheimer's Disease.



### [Daughterhood](#): Online circles, blog, and podcasts

Anne Tumlinson is founder of [daughterhood.org](#). She has worked for 27 years in government, policy research, and as a consultant to hospitals, nursing homes, assisted living providers and home care companies. However, her knowledge of the system did not prepare her or educate her on "how seriously families are suffering as a result of the real-life, day-to-day chaos in our health and elder care systems." She was shocked by how little support people receive. In response she created a place for caregivers to connect. She has a special mission to help women but also hopes men will take advantage of the information.

In-person daughterhood circles exist around the county but in the time of COVID-19 the 1st National Daughterhood Circle Meeting took place online July 19. Click the photo of the screen on the [left](#) to view the video. Included is a session on *Self Care with Self Massage* with Dr. Erin Raskin DACM. Connecting with other caregivers can help reduce loneliness, overwhelm, and feelings of not knowing where to start or turn for resources.

The [website](#), offers podcasts, readings, and ways to connect with virtual meetings in smaller groups.

## How Long Should I Keep This?

One challenge of caring for a loved one can be organizing their important documents. Keeping paperwork in order may feel overwhelming, especially if a system for sorting and organizing has not yet been put in place. But however unpleasant this job might seem, keeping this paperwork organized will make life easier moving forward. Here are the recommendations for how long certain documents should be stored:

### Keep for Less than 1 Year

- ATM, bank-deposit, and credit-card receipts until you reconcile them with your monthly statements. Once you've done that, shred the paper documents (to avoid ID theft) or securely trash electronic files unless you need them to support your tax return.
- Insurance policies and investment statements until new ones arrive.
- Pay stubs to verify W-2 at the end of the year.

### Keep for More than 1 Year

- Loan documents (until the loan is paid off).
- Vehicle titles until you sell the vehicles.
- Investment purchase confirmations in stocks, bonds, mutual funds, or anything else. Keep until you sell the investment so you can establish your cost basis and holding period. If that information appears on your annual statements, you can keep those instead.

### Keep for 7 Years

- Supporting tax documents (W-2, charitable donations receipts, etc.)

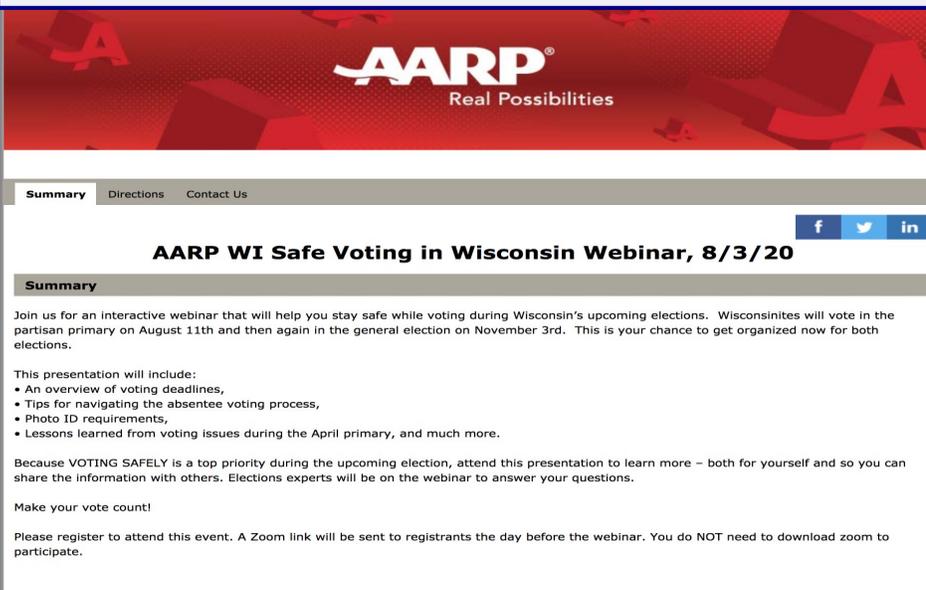
### Keep Forever

- Essential records such as birth and death certificates, marriage licenses, divorce decrees, Social Security cards, and military discharge papers.
- Defined-benefit plan documents, estate-planning documents, life-insurance policies, and an inventory of your bank safe-deposit box.
- Annual tax returns.

—by the GWAAR Legal Services Team

Sources: <http://www.consumerreports.org/taxes/how-long-to-keep-tax-documents/>

<https://www.bankofamerica.com/deposits/manage/how-long-to-keep-documents-before-shredding.go>



The screenshot shows the AARP Wisconsin Safe Voting Webinar registration page. At the top, the AARP logo is displayed with the tagline "Real Possibilities". Below the logo, there are navigation links for "Summary", "Directions", and "Contact Us". The main heading is "AARP WI Safe Voting in Wisconsin Webinar, 8/3/20". There are social media icons for Facebook, Twitter, and LinkedIn. The "Summary" section is expanded, showing the following text: "Join us for an interactive webinar that will help you stay safe while voting during Wisconsin's upcoming elections. Wisconsinites will vote in the partisan primary on August 11th and then again in the general election on November 3rd. This is your chance to get organized now for both elections." Below this, it lists the presentation topics: "An overview of voting deadlines," "Tips for navigating the absentee voting process," "Photo ID requirements," and "Lessons learned from voting issues during the April primary, and much more." It also states: "Because VOTING SAFELY is a top priority during the upcoming election, attend this presentation to learn more – both for yourself and so you can share the information with others. Elections experts will be on the webinar to answer your questions." At the bottom, it says: "Make your vote count! Please register to attend this event. A Zoom link will be sent to registrants the day before the webinar. You do NOT need to download zoom to participate."

### AARP Wisconsin Safe Voting Webinar

Make sure you have the opportunity to participate and make your voice heard. Learn about deadlines, photo ID requirements, navigating the absentee voting process and more.

[Click here](#) or on the image (left) to register.

# Let's Talk Over Coffee

## Virtual Conversations for Dementia Caregivers



Take some time out of your day to discuss lighthearted topics. Join our Dementia Care Specialists in creative conversations online together with other caregivers. Nothing beats a delicious cup of freshly brewed coffee and fun conversation to start the day.

**3rd Tuesday of Every Month  
9am-10am**

To register contact us at:

[dcs@milwaukeecountywi.gov](mailto:dcs@milwaukeecountywi.gov)

(414) 289-6259

*Bring your favorite morning beverage to our virtual coffee house and join us.*



MILWAUKEE COUNTY  
**Department on Aging**



1220 West Vliet Street, Suite 300 | Milwaukee, WI 53205 | (414) 289-6874 | [county.milwaukee.gov/aging](http://county.milwaukee.gov/aging)

**Committed to the Independence and Dignity of Older Adults Through Advocacy, Leadership and Service.**



Date	Time	Topic <span style="float: right;">A LEADING VOICE FOR CAREGIVERS</span>
Wednesday, August 5th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Caring for someone with Parkinson's Disease with Elaine Book, MSW, RSW</b> <i>Join our talk on Caregiving and Parkinson's Disease to learn about some of the challenges in providing care that are unique to Parkinson's Disease, how those challenges may impact you as a caregiver along the continuum of care and what you need to know to better manage your caregiving responsibilities.</i>
Monday, August 10th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>How to Make Self-Care Tips REALLY Work with Zanda Hilger, LPC</b> <i>Explore how to make self-care suggestions move from "Yes, but" to "I think I can try that." Using years of caregiver-to-caregiver experiences from caregiver support groups, conferences, Teleconnection and one on one counseling, this is also an interactive session with participants. Participants will be able to ask for help and also hear about what works. <b>**Sponsored by the North Central Texas Caregiver Teleconnection**</b></i>
Thursday, August 13th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Dear Lucy: How to safeguard your loved one with dementia by creating a safe home environment with Lucy Barylak, MSW</b> <i>Join Lucy Barylak as she takes a look at safety concerns in the home that may arise for yourself and the person you are caring for. She will discuss how to re-evaluate the home regarding safety and steps to take to avoid potential hazards.</i>
Tuesday August 18th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Tools to Help Your Doctor Help Your Loved One with Tam Cummings, PhD.</b> <i>Dementia professionals use a variety of tools to determine decline and remaining function in Persons With Dementia (PWD). Families using these tools are able to give physicians a better picture of what is happening with their loved one. Assessing your loved one for depression, anxiety, ADLs, IADLs, Pain, etc., keeps arguments out of the doctor's office and helps you to better understand the disease process. <b>***Sponsored by VITAS Healthcare***</b></i>
Thursday, August 20th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Impacto emocional del coronavirus en Cuidadores: Recomendaciones para mitigarlo con Leticia Guzman</b> <i>El coronavirus está suponiendo un impacto psicológico para todos. Sus consecuencias sanitarias, económicas y sociales se asocian a sentimientos de angustia, malestar emocional y alteraciones comportamentales. Aprenda a manejarlo.</i>
Wednesday, August 26th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>The Importance of Self-Care with Pam Greenstone, M.A., L.P.C.</b> <i>Being a caregiver is tough in many ways and sometimes we need to take quick moments of downtime for major self care! Join Pam as she helps you to assess your needs and introduces effective techniques that will help you have more of what you need for yourself. Pam will lead the group through many different distress tolerance and relaxation techniques. You will leave this session feeling more relaxed and more prepared. Small changes can make a big difference!</i>

## Monthly MIPPA Moment: August is National Wellness Month

*MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.*

August is a time to focus on self-care, managing stress, and healthy choices. Part of this includes making sure to get necessary medical care without delay during the Covid-19 pandemic. Therefore, Medicare has temporarily expanded its coverage of telehealth services to respond to the current Public Health Emergency. The services are an expansion of current telehealth-covered services to help you get access from more places, such as your home, with a wider range of communication tools, such as smartphones, to interact with a range of providers. This will help ensure you are able to visit with your doctor from your home without having to go to a doctor's office or hospital, which puts you and others at risk of exposure to COVID-19.

While providers and facilities will continue to use telehealth services when available and appropriate, they have also been offering more in-person health care services for non-emergency and non-COVID-19-related care when deemed necessary. Providers and facilities will minimize exposure, so you may experience some changes during your visit, including:

- Waiting in your vehicle until the start of the visit
- Using a limited entrance
- Screening for COVID-19, including having your temperature checked
- Avoiding waiting rooms and areas
- Maintaining social distancing
- Wearing a face covering, which will be provided to you if you don't have your own

Stay healthy and do not put off your necessary medical care when it can endanger your health even more.

*Adapted from: <https://www.medicare.gov/medicare-coronavirus>.*

**For more information on MIPPA Programs call MIPPA Program Specialist Leilani Amundson at 608-240-7458.**



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

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

**(608) 240-7400**

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

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

*Click on the button below to follow the  
ADRC on facebook.*



# 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)

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### 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)