

Caregiver Chronicles

February 2020



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/)

And I'll rise up, I'll rise like the day

I'll rise up, I'll rise unafraid

I'll rise up and I'll do it a thousand times again

And I'll rise up high like the waves

I'll rise up in spite of the ache

I'll rise up

And I'll do it a thousand times again

For you

—Andra Day, singer and songwriter
lyrics from her song, [Rise Up](#)



Take Heart

In the middle of February, winter’s coldest days and landscape blanketed in white snow contrast with the bright hearts, candies, and flowers that serve as symbols of Valentine’s Day. Drawing from that theme, this issue of *Caregiver Chronicles* focuses on heart—both the physical and the spiritual—and ways to connect, care for, and strengthen it.

When we are downhearted music can provide an immediate lift. “Let the Music Move You” (page 3) suggests turning to music to help improve mood, increase energy, and provide motivation to get moving. “Music Therapy—Caregiving Tool” by Board-Certified Music Therapist Ingrid Gruett (pages 4-5) demonstrates the many ways music therapy can help people with memory loss and their caregivers to cope with the challenges dementia brings and to make connections with loved ones when communication is difficult.

February is also designated as American Heart Month. Heart disease is the leading cause of death in America and making nutritious food choices and increasing physical activity throughout the day are two excellent ways to help your heart beat strong. AAA Registered Dietitian Alyce Miller describes the benefits of eating more fiber on heart health and shares easy ways to increase the fiber in your diet (page 6). MIPPA Program Specialist Leilani Amundson explains how to get a free cardiovascular screening and exam with Medicare to help lower your risk of cardiovascular disease (page 7).



Take heart—on February 1 there are just 42 days until Spring. Meanwhile, if you need caregiver support, education, or referrals contact the Dane County Caregiver Program.



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

Caring for Caregivers

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Let the Music Move You

February can be an exhausting month, particularly in cold climates like this one. It takes more work to get everyone ready to go and transport them where they need to be. The days are still short and often dark affecting mood and energy levels. For older adults and caregivers there are heightened worries about falls, isolation for older adults who can't easily get out and about, and keeping up with healthy meals when fresh, local produce isn't abundant. When you're running on empty, how do you keep doing the things you think are most important?

When I'm feeling particularly drained, I find listening to or playing or moving to music are quick ways to increase energy and elevate mood. I looked at my own playlist to see if there were songs that might be particularly meaningful to the perspective of a caregiver. Andra Day's [Rise Up](#) came to mind and the lyrics inspired the cover quote for this month's newsletter. When interviewed about the meaning of her song Day said it was about perseverance. When she wrote the lyrics she was thinking, "What would I want to hear right now? To be reminded if you can stand up you can take the next step and the next one after that. No matter what someone's struggle is, they need to be reminded to persevere and hope no matter how long the tunnel is, there's light at the end of it."

Music can also lift up those around us including our care partners. The story and [video](#) of an 83-year-old dementia patient from Scotland has gone viral on YouTube and may provide some inspiration. Margaret Mackie's duet of Frank Sinatra's *My Way* with her caregiver, Jamie Lee Morley, was ultimately recorded to raise funds for charity. People around the world have been enjoying their story and powerful rendition of an old classic.

For many of us music is a way to connect with ourselves and our feelings when they're the most difficult to access. You may find a lift just in the process of searching for your own inspirational anthem and playlist. What songs would make up the soundtrack of your life's joyful experiences? Put together some music sure to brighten the moment. When you feel that rising up and taking the next step is more than you can manage, you can play your favorites and see if it doesn't help you get the boost you need to keep moving.

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



Music Therapy - Caregiving Tool

Board-certified music therapists are helping people with memory loss and their caregivers throughout the U.S. to cope with the challenges dementia brings as well as helping them find new connections with their loved ones through the music. In addition to working in various settings such as schools and hospitals, music therapists also work specifically with individuals who have memory loss or difficulty with communication due to various diagnoses.

How can a music therapist help my loved one who has memory loss?

Anxiety – When someone is engaged in the musical moment, whether creating music or listening to it, the music can provide an escape from the anxiety that can come from memory issues. During music therapy sessions the music itself provides a bridge to conversation about feelings or about the music which provides further engagement and relief from anxiety.

Sundowning/Agitation – When someone with dementia feels anxious or displays agitation in the late afternoon or evening it is often referred to as sundowning. Music therapists use techniques to help decrease this type of agitation by matching the intensity shown by the person with memory loss, then very gradually altering the attributes of the music until they show signs of calming. Reducing agitation in this way helps caregivers provide better care and, most importantly, offers relief for the person with memory loss by providing comfort through music therapy principles.

Emotional/Spiritual Support – Music therapists offer emotional and spiritual support by using music selected by the person with memory loss or their caregiver. Doing so provides both an opportunity to relive memories together and experience them through the music. People with memory loss will frequently verbalize more than usual after having purposeful music experiences. For a person with memory loss who can no longer participate in worship services, a music therapist can bring the musical elements of that experience to them in their own living space and support that aspect of their lives which can be meaningful and comforting.

Stimulation (without causing agitation) – For individuals in later stages of dementia, a board-certified music therapist can provide musical stimulation to encourage engagement while avoiding overstimulation. This may allow them to connect with others through the musical experience when other avenues of connection may be challenging.

Pain – Music therapists are trained to watch for non-verbal signs of pain in individuals and track the efficacy of music therapy interventions in diminishing the pain. When pain is present, music therapists use various techniques to reduce the perception of pain and encourage relaxation.

How can caregivers use music to help their loved ones?

Playing recorded music for people with memory loss can be effective in providing connection or for promoting calm. When possible, listening to recorded music as a shared experience can be ideal for enhancing the connection between caregiver or family member and the person with memory loss.

Headphones should only be used with close supervision for individuals who have dementia, especially if they cannot remove the headphones without assistance should they become overstimulated. An option for listening together with a loved one is to use a headphone splitter so that both people can plug headphones into one device and enjoy recorded music together. It is important to watch the response of the person with dementia and determine if it is a positive experience. Overstimulation can be avoided by monitoring the volume and the type of music used. If the person with memory loss is showing signs of agitation, using music more calming in nature is recommended while also ensuring the volume is appropriate. *(continued page 5)*

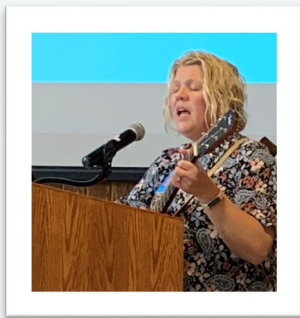
(continued from page 4)

What does a music therapist have to offer?

Music therapists travel to the home of an individual with memory loss to provide music therapy services. Sessions may include family members and can vary those in attendance from session to session to best meet the caregiver's needs as well. A Board-Certified Music Therapist can be a dedicated member of the care team for a person with dementia and can provide support to families as well.

Are there funds available to support music therapy?

Some longterm care insurance and health insurance plans cover music therapy. If an individual's insurance doesn't cover the services, caregivers can apply to pay for them with National Family Caregiver Support Program grants. Contact the [Dane County Caregiver Program](#) for more information.



—*Ingrid Gruett, MT-BC, WMTR**
Owner, Middleton Music Therapy Services

Article author Ingrid Gruett demonstrated the benefits of music therapy at “Make Time for Joy!: A Celebration of Caregivers” on October 16, 2019.

*Music Therapist Board Certified, Wisconsin Music Therapist Registered

Online Resources for Music and Alzheimer's Caregiving

[Videos, music on tablets boost moods of dementia patients and caregivers](#)

University of Wisconsin—Madison NEWS, by Eric Hamilton, September 3, 2019

“[A pilot study](#) analyzed by researchers at the University of Wisconsin—Madison School of Pharmacy finds that dementia patients given access to tablets loaded with apps for photos and music, and common apps such as YouTube, experience more positive moods. Half of the patients involved in the study saw improvement in their moods.

Caregivers were able to personalize how dementia patients interacted with the tablets and they, too, benefitted, especially when they felt the tablet sessions made their loved ones feel better.”

[How Music Can Help in Your Alzheimer's Caregiving](#)

Together In This

August 2, 2018 by Carolyn Ridland

“But how does music help those afflicted with Alzheimer's, you ask? Well, in this article, we will detail a few case studies that have shown a nexus between music and the ‘feel good’ chemicals in the human brain, namely norepinephrine, serotonin, prolactin, and melatonin.

Sure, music can encourage us to dance, smile, and make us feel good; however, the impact that it has on those struggling with Alzheimer's is immeasurable.”

February is American Heart Month

Heat disease is the leading cause of death in America. Making nutritious food choices and being physically active throughout the day are two excellent ways to help your heart beat strong. One heart-healthy change you can make in your diet is to increase your fiber intake.

Dietary Fiber

Dietary fiber contributes to wellness in a number of ways. First, it promotes **heart health** and can help lower cholesterol. Second, it helps prevent constipation and other **digestive issues**. Third, it aids in providing fullness after meals, which helps promote a **healthy weight**. And fourth, adequate fiber from food helps to **control diabetes** by keeping glucose within a healthy range. Women should aim for 25 grams of fiber per day, while men should target 38 grams.

Natural Sources of Fiber

Fiber is found in plant foods. Eating the skin or peel of fruits and vegetables provides a greater dose of fiber, which is found naturally in these sources. Fiber also is found in beans and lentils, whole grains, nuts and seeds.

With a few simple and tasty substitutions, you can increase your fiber from foods in no time. For breakfast, choose steel cut oats with nuts and berries instead of a low-fiber, refined cereal. At lunch, have a sandwich or wrap on whole-grain tortilla or bread and add veggies, such as lettuce and tomato, or serve with veggie soup. For a snack, have fresh veggies with whole-grain noodles instead of white rice or pasta made with white flour.

Here are a few foods that are naturally high in fiber:

- 1 large pear with skin (7 grams)
- 1 cup fresh raspberries (8 grams)
- 1 cup boiled broccoli (5 grams)
- 1/2 cup cooked black beans (7.5 grams)
- 1 cup instant oatmeal (4 grams)

When increasing fiber, be sure to do it gradually and with plenty of fluids. Dietary fiber needs water to travel smoothly throughout the body. If you consume more than your usual intake of fiber but not enough fluid, you may experience nausea or constipation.

—AAA Dane County Registered Dietitian Alyce Miller
Adapted from *Academy of Nutrition & Dietetics*



If you are an adult age 60 plus living in Dane County and have nutrition-related questions or difficulties, you can receive free nutrition counseling through a Dane County contracted program with NewBridge Madison.

Contact: Alyce Miller at 608-261-5678
or miller.alyce@countyofdane.com

Monthly MIPPA Moment: Get Free Cardiovascular Screening and an Exam with Medicare

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

February is American Heart Month. Heart disease, or cardiovascular disease, generally refers to conditions that can lead to heart attack or stroke. Medicare will cover one visit per year with a primary care doctor in a primary care setting to help lower your risk for cardiovascular disease, as long as your provider accepts assignment. The doctor may discuss aspirin use, check blood pressure, or provide healthy eating tips.

Screening blood tests for cholesterol, lipid, and triglyceride levels can also be covered by Medicare Part B at 100% once every five years, when ordered by your provider if they accept Medicare assignment. You do not need to show signs of heart disease or have any particular risk factors to qualify for these tests.

During the course of your heart disease screening, your provider may discover and need to investigate or treat a new or existing problem; additional care is considered diagnostic, meaning your provider is treating you because of certain symptoms or risk factors. Be advised that Medicare may, however, then bill you for a portion of any follow up diagnostic care you receive.

—Adapted from Medicareinteractive.org

**For more information on Medicare Preventive Services, call
MIPPA Program Specialist Leilani Amundson at
608-240-7458.**



**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



CAREGIVER TELECONNECTION



www.caregiverteleconnection.org



A LEADING VOICE FOR CAREGIVERS

Date	Time	Topic
Wednesday, February 5th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	When Enough is Enough: Setting Personal Boundaries as a Caregiver with Evalyn Greb, LCSW <i>Setting personal boundaries is an important step in managing the stress of caregiving. This session will help participants understand what it means to set boundaries, why it is important to set boundaries, and strategies for setting boundaries. Participants will hear strategies from other caregivers on this important topic and will be able to share their own questions and comments.</i>
Thursday, February 6th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Estrés de cuidador: Cuando un acto de amor se vuelve una carga agobiante con Letty Guzman-Sanchez <i>Las exigencias emocionales y físicas que son parte del cuidado de una persona mayor enferma pueden estresar incluso a la persona más resiliente. Por ello, es tan importante aprovechar todos los recursos y las herramientas disponibles para manejar el estrés. Expondremos cuáles son las características que definen el estrés de cuidador y como se puede manejarlo.</i>
Monday, February 10th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Emergency and Disaster Preparedness for Older Adults/ Caregivers with Andy Crocker, MS <i>Emergencies and disasters can strike quickly and without warning. Learn about ways to plan ahead for health, weather, loss of services such as electricity, and other emergencies and disasters. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Thursday, February 13th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy With Lucy Barylak, MSW <i>This month she will discuss how to handle difficult behaviors when dealing with a loved one living with dementia. This is an interactive session where Dear Lucy will answer questions and have a conversation with caregivers regarding the issues they face in their caregiving journey.</i>
Tuesday, February 18th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	The Dementia Dialogues: Identifying the Nine Most Common Forms of Dementia with Tam Cummings, PhD <i>Nine dementias account for 98 percent of all dementias. Recognizing the signs and features of each dementia helps family caregivers recognize and identify which form or forms of dementia their loved one is displaying, allowing for better care planning.</i>
Wednesday, February 19th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	The Dementia Dialogues: Five Dementia Questions and Their Answers with Tam Cummings, PhD <i>There are five questions about dementia every family caregiver needs to understand to prepare for the disease process with their loved one.</i>
Tuesday, February 25th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Addressing common issues family caregivers face with Spencer Brown, MSG, LNFA, CMC, Care Manager <i>There are many issues that a caregiver will face when providing care for someone. How do you decide what level of care is needed? When is it time to look into long term care? How do you help but still maintain your loved one's independence? Find out the answer to these questions and many more as Spencer Brown with Accountable Aging Care Management joins us to discuss common topics related to caregiving.</i>



A program of the WellMed Charitable Foundation

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

Powerful Tools
FOR Caregivers



I don't think of myself as a caregiver.
I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

There's a Powerful Tools for Caregivers workshop starting soon near you!

Powerful Tools for Caregivers is Coming to McFarland!

Tuesdays
March 3 – April 14, 2020
1:00PM - 2:30PM

E.D. Locke Public Library
5920 Milwaukee Street
McFarland, WI 53558

Cost: \$30

To register call: 608-838-7117



E. D. LOCKE
PUBLIC
LIBRARY

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 caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

McFarland VILLAGE OF
Senior Outreach



wiha
Wisconsin Institute
for Healthy Aging

Home is Where We Grow Old

University of Wisconsin-Madison researchers are interested in talking with older adults, who are experiencing mobility issues due to the current design of their home and are considering having their home modified. Learning about challenges older adults face and how home modifications help will allow researchers to identify ways to assist older adults to remain in their homes as they age.



Am I eligible to participate?

Adults who are 60 years of age and older, have difficulty doing daily activities, plan to live at their current home for the next 12 months, and are interested in signing up for home modification services are eligible to participate.

What does my participation include?

If you decide to participate in the study, a researcher will make four 1 ½-hour visits to your home. During these visits, the researcher will ask you about challenges you face in doing daily activities in your home and will also ask you to wear a small camera for 24 hours and wristband for 48 hours.

What will I receive for participating?

To thank you for participating, you will receive:

\$50.00 in cash after the completion of the study, a free home assessment, and up to **\$1,000** worth of home modifications.

Who should I contact if I have questions about the study?

Contact Youhung Her-Xiong at 608-571-2580 or ageinplace@sohe.wisc.edu.

What should I do if I am interested in participating in the study?

Please contact Youhung Her-Xiong at 608-571-2580 or ageinplace@sohe.wisc.edu



Saturday, March 14, 2020

Wyndham Garden Hotel, 2969 Cahill Main, Fitchburg

Solomon Carter Fuller Brain Health Brunch

Celebrating 10 years!

Workshops | Wellness fair



This event is held annually to build awareness of Alzheimer's disease in the African American community. It is named in honor of Dr. Solomon Carter Fuller, a pioneering African American scientist who made significant contributions to the study of Alzheimer's disease.

Join us! Free and open to the public.



Find more details online at adrc.wisc.edu/scf2020
or call Barbara McKinney at (608) 232-3400.

Caring for the Caregiver Program

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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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