

Caregiver Chronicles

August 2017



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/)



Photo by Gail Brooks

We are increasingly open to understanding how we are all connected and that if we sink the ship that we are all on, we all drown. However, we have simultaneously become so focused on our own life experiences that we think we are alone.

—Yehuda Berg

The Human Chain

In the current political climate it often appears there is an unending stream of negativity. So, when I saw the news story about the beachgoers in Panama City Beach, Florida, who formed a human chain to rescue a drowning family, I was heartened and inspired. (If you missed the story, you can check out a news clip here: <http://abcn.ws/2tyrNKA>.)

Caregivers immediately came to mind when I saw the story. Just as it happens for some caregivers, the young boys separated from their family were caught completely unaware by the riptide that carried them further from shore. By the time their family members caught on to what was happening, the situation had become dangerous and they were unable to rescue the children or save themselves. Their cries for help caught the attention of other swimmers, some of whom tried to rescue them and were also caught in the riptide. The police had decided it best to wait for rescue to arrive, but some of the bystanders were moved to act immediately. A young man who had grown up on the water knew they needed something to bring them back to shore and had the idea to link arms and make a chain to reach the stranded swimmers. One by one, strangers on the beach joined in the chain, grounding the length of the group to land. The strongest swimmer headed out on her boogie board and brought each swimmer to the chain where they were safely handed down to shore. The rescued family and observers at the scene were all moved that a group of strangers came together in the way they did. In the end, everyone was safe, including the boys' grandmother who'd had a heart attack attempting to rescue them.

Caregivers can also find themselves under water, and there are some useful lessons in the story of the human chain rescue. First, people joining together succeeded where the individuals who attempted rescues on their own could not. Second, the successful rescue depended on the grounding of the human chain to the shore and the boogie board used as a tool by the strongest swimmer. In a similar vein, how well caregivers fare depends both on their willingness to ask for help (see Jane Mahoney's article p. 2) and the resources at hand. If you're feeling overwhelmed, there are people and resources to help you. The Caring for Caregivers Program was put in place to provide them. You're not alone—we're a call or email away.



A handwritten signature in black ink that reads "Jane De Broux".

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

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Photo by Rosalind Blackton

Asking for Help

Everyone needs help from time to time. Sometimes a crisis occurs—an accident, major change in health or the death of someone close. Other times, we simply find we are unable to do all the things we used to do, or we just have a tough week when lots of little things go wrong. However the challenging times come, we all find ourselves in a position where we need a little bit of help now and then.

For caregivers, responsibilities can get to the point where they feel completely overwhelming and it still feels hard to ask for help. We are taught to take care of ourselves and may see asking for help as a sign of weakness or failure. We may tell ourselves that it will get better or that there isn't anything anyone else can do anyway. We may believe that no one else can do our job. We may even talk ourselves into thinking we actually don't need help but, deep down, we know we could use some assistance. Admitting that we need help is the necessary first step to getting help.

When you are ready to ask, be specific in what you need the most. Sometimes you need something tangible like a ride to the store or an appointment, your lawn mowed, your house cleaned, a meal prepared, or a break from caregiving. Other times, you may need someone to talk to or a shoulder to cry on. It may be you just don't quite know what you need. If you can't figure it out, ask a friend, relative, or counselor to help you. Try writing down what you need. If you allow yourself to name your needs, you can plan to get them met.

Once you've written them down, review your list to determine the times you need help the most. That way, you can anticipate the situation and arrange for help ahead of time. Next, think about the people you know who might be able to help. Consider asking neighbors and people you've met at church or community centers as well as family and friends. Many people would feel honored to be asked. Contact community resources including the [Dane County "Caring for Caregivers" Program](#), the [Aging & Disability Resource Center of Dane County](#), and the local [Senior Centers and Coalitions](#) that could offer assistance.

The next step is to ask for help directly. The first time is the most difficult, but it gets easier. Be sure to be specific in your request. For example, "Would you drive me to the grocery store sometime today or tomorrow?" or "Would you be able to rake my leaves this weekend?" or "Would you like to have coffee with me tomorrow—I need someone to talk to." By being specific, it is more likely for your need to be fulfilled and it makes it easier for the person helping to know exactly what you want. If the answer to your request is no, don't get discouraged. It may take a few tries to find someone who can assist you.

Sometimes an unsolicited offer to help may catch you off guard and you can't think of anything you need right at that moment. To remedy this, maintain a list of the various things you could use help with as you think of them. Then, when people ask, "How can I help you?" you can simply consult your list and give them a specific task. Writing things down as you think of them helps you remember the things you would like assistance with and it also provides an opportunity for people to choose something that they feel most comfortable doing.

Build on your progress and continue to evaluate your situation. Needs change over time. The point is to make sure you are getting your needs met so you can be as healthy and happy as possible.

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

Caregiver Chronicles

Caregiver News Online

[11 Caregiver Support Groups on Facebook You'll Want to Join](#)

Daily Caring <http://bit.ly/2vY7HMw>

No time to attend a support group? The list includes a variety of groups from those caring for loved ones with Alzheimer's and Dementia to caregivers from the sandwich generation and more. If you're checking Facebook anyway, you can quickly make a connection or get information from others dealing with similar issues.

[Where Family Caregivers Can Find How-To-Videos](#)

Next Avenue, May 19, 2017 <http://bit.ly/2vfgKdZ>

"Family Caregivers are often asked to help with medical tasks, but aren't shown how. Now, groups around the country are mobilizing to help family caregivers manage medications, give injections, clean catheters, tend to wounds, and perform other tasks typically handled in medical facilities by nurses or nursing assistants."

A new national consortium, the Home Alone Alliance, has produced and released a series of short videos that provide better training and instructional materials for family caregivers (both in English and Spanish). Founded by the [AARP Public Policy Institute](#), the [Family Caregiver Alliance](#), [The United Hospital Fund](#), and the [Betty Irene Moore School of Nursing at the University of California, Davis](#), their goal is to share the videos as widely as possible and "Bridge the gap between what family caregivers are expected to do and what we actually teach them to do."



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



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

Open 7:45—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

MAKE YOURSELF A PRIORITY, TOO

[TIPS FOR CAREGIVERS]

Nearly
15 million
Americans provide
unpaid care
to an older adult.



National Health and Aging Trends Study, 2011



Caregivers who provide
substantial care are
more likely to have
**physical & emotional
health problems.**¹

National Health and Aging Trends Study, 2011

¹ Substantial care refers to involvement in health care activities,
including care coordination and medication management.

Take care of yourself.

It is one of the most important things you can do as a caregiver.



Ask for help when you need it.

Spend time with friends.



Join a support group—
in person or online.

Take breaks each day.



Keep up with hobbies.

Use these tips, and learn more about
caregiving at www.nia.nih.gov/caregiving.



[Stressful Experiences Can Age
Brain “by year,” Alzheimer’s Experts
Hear](#)
[The Guardian, July 16, 20](#)
<http://bit.ly/2wekpWN>

“Experts led by a team from Wisconsin University’s [sic] school of medicine and public health in the US found that even one major stressful event early in life may have an impact on later brain health. . . . Other research has suggested there are plausible links between stress and chronic inflammation, which in turn may accelerate the development of dementia. But experts believe that a healthy lifestyle and a healthy diet can help mitigate this risk, even for those people going through stressful events.”





Free Telephone Learning Sessions

Date	Time	Topic	Call. Learn. Share.
Monday, August 7th	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Identifying and Working with Combative Dementia Behaviors with Tam Cummings, PhD	<i>Caregivers often must deal with combative, aggressive and agitated behaviors from those who suffer from dementia. During this presentation, Tam will help audience members understand how dementia brain damage can result in negative verbal and physical behaviors. She also will introduce them to a behavioral charting system and teach them how to adapt their response to negative behaviors for the best possible outcome.</i>
Monday, August 14th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Assessing Needs and Finding Community and Online Resources	<i>What does you loved one need and where can I find help and services? What is available for you as a caregiver? During these challenging times when resources are increasingly in demand, tools to find help can reduce the stress and manage expectations about what may be available. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Wednesday, August 23rd	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	Caregiving As A Human Rights Issue with Carol Zernial, MA	<i>This session will look at the issue of caregiving through the lens of international human rights laws. Carol Zernial, MA, is the Executive Director of the WellMed Charitable Foundation, and the chair of the Board for the National Council on Aging. Join us as Carol leads us through this fascinating topic.</i>
Tuesday, August 29th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Caregivers and Grief and Loss with Evalyn Greb, LCSW	<i>This session will help participants understand that grieving is a process that may start at the diagnosis of a degenerative condition, that loss and grief are universal human conditions that cannot be avoided but must be endured, and that caregivers may grieve over long periods of time. Evalyn will discuss the techniques and resources that are available for help.</i>



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

NIH to Hold Summit on Caregiving Keynote by Judy Woodruff, PBS News Hour

Monday, August 7 from 12 p.m. to 5 p.m. and Tuesday, August 8 from 8:30 a.m. to 3:30 p.m. (Eastern Time)

The event will be live streamed and archived at <https://videocast.nih.gov/>

On August 7-8, 2017, the National Institute of Nursing Research (NINR) and partners will convene a Summit, *The Science of Caregiving: Bringing Voices Together*, on the NIH campus in Bethesda, Maryland. The summit will provide perspectives across the spectrum of caregiving, including the importance of caregiving across the lifespan as well as current and future directions for research to improve the health of patients and caregivers.

Judy Woodruff, Anchor and Managing Editor of the PBS NewsHour, will present the Summit's keynote address. She is dedicated to raising awareness of the critical role that caregivers play in our society because of her experience caring for her oldest son, who was born with spina bifida.

Gail Gibson Hunt, President and CEO of the National Alliance for Caregiving (a non-profit coalition dedicated to conducting research and developing national programs for family caregivers and the professionals who serve them), and Dr. Laura Gitlin, founding Director of the Johns Hopkins Center for Innovative Care in Aging and Professor will serve as Directors of Ceremonies at the Summit.

About the National Institute of Nursing Research (NINR): NINR supports basic and clinical research that develops the knowledge to build the scientific foundation for clinical practice, prevent disease and disability, manage and eliminate symptoms caused by illness, and enhance end-of-life and palliative care. For more information about NINR, visit the website at www.ninr.nih.gov.

About the National Institutes of Health (NIH): NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.





EAT WELL, CARE WELL. HOW TO BUILD A HEALTHY SALAD

There are many components to a healthy and delicious salad. Let's begin with the obvious one, greens! Greens don't have to be lettuce, think of dark leafy greens like arugula, spinach, and kale. These are rich in vitamins A, C, E and K. You can also add fresh herbs, cabbage and radicchio. Grains are another component of a healthy salad, these help to keep you full and satisfied after your meal. Try something different and add quinoa, wild rice or buckwheat. The next component is protein and while some grains offer a good amount of protein, it doesn't hurt to add more. When we think of protein, we often think of meat like chicken or turkey but you can also add chickpeas, eggs or beans. Proteins can help you to feel satisfied for even longer. Next, add some fruits and veggies. Try to add a rainbow of colors for the best flavor and a variety of nutrients. Last but not least, dressing! Consider making your own dressing with some oil, vinegar and some fresh herbs. Homemade dressing only takes a few minutes to make and tastes much better than store bought. Try the recipes below to complete your delicious healthful salad.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students Issue 7: 7-1-17 by Dana Lemke

WEEKLY CHALLENGES

CREATE A SALAD WITH
ALL OF THE
COMPONENTS

TRY ONE OF THE
RECIPES PROVIDED

ADD SOMETHING NEW
TO YOUR SALAD LIKE
QUINOA OR CHICKPEAS

ADD SOMETHING
EXTRA TO YOUR SALAD
LIKE CHEESE OR
CRUNCH (NUTS, PITA
CHIPS, SUNFLOWER
SEEDS ETC.)

DID YOU KNOW?

LETTUCE IS THE
SECOND MOST
POPULAR VEGETABLE
IN THE UNITED STATES.
WHAT'S THE FIRST?
POTATOES.

PERFECT BALSAMIC VINAIGRETTE

These recipes are brought to you from <https://greatist.com/health/healthier-salad-infographic>.
Each recipe makes enough dressing for 2 salads. Refrigerate after preparing if there is leftover.

INGREDIENTS:

- 4 tablespoons Balsamic Vinegar
- 8 tablespoons Olive Oil
- 2 tablespoons Dijon Mustard
- Pinch salt and pepper

DIRECTIONS:

1. Combine ingredients, shake well.



CREAMY HONEY MUSTARD DRESSING

INGREDIENTS:

- ¼ cup plain Greek yogurt
- 1 tablespoon mustard (yellow or Dijon)
- 2 teaspoons honey
- ½ tablespoon lemon juice
- Water, to thin (if necessary)

DIRECTIONS:

1. Combine ingredients, shake well.



HEALTHIFIED RANCH

INGREDIENTS:

- ¼ cup plain Greek yogurt
- ½ teaspoon dried dill
- Pinch salt and pepper
- 1 very small clove garlic (or ½ of a larger one) finely minced
- 1 tablespoon parmesan
- 3 tablespoons olive oil

DIRECTIONS:

1. Combine ingredients, shake well.





VA 5th annual
**MENTAL
HEALTH
SUMMIT**

Save the Date!

September 13, 2017
9:00 am – 3:30 pm

This Summit is a great opportunity to:

- Connect with knowledgeable providers and family members
- Gain new information on a variety of Veteran issues
- Learn how to access resources
- Build partnerships to improve outcomes
- Share your ideas and experiences to bridge resources

Bethel Lutheran Church
312 Wisconsin Avenue
Madison, WI 53703

An additional email with registration information will be sent early August



VA |  U.S. Department
of Veterans Affairs

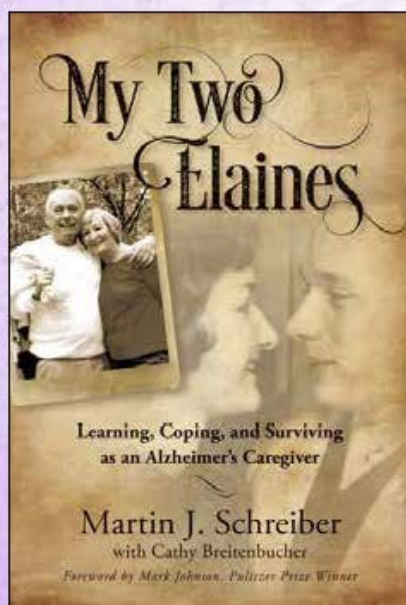
Questions :
Contact Donald Bialkowski at
donald.bialkowski@va.gov
608-280-7084 x 11980

LEARNING, COPING, AND SURVIVING AS AN ALZHEIMER'S CAREGIVER

*Presentation by Martin J. Schreiber,
Former Governor of the State of Wisconsin and Family Caregiver*



Martin J. Schreiber
Former Governor of the State
of Wisconsin and Family
Caregiver



Join former Wisconsin Gov Martin J. Schreiber as he shares lessons from his decade-plus journey as a caregiver for his wife, Elaine, who lives with Alzheimer's disease. Governor Schreiber will candidly describe his challenges and missteps, and highlight how compassion and humor provide comfort to both caregiver and the person with dementia. His raw honesty and practical advice will inspire other caregivers to find patience, courage and love as they climb the Alzheimer's mountain. *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver* will be available for purchase for \$15. Net proceeds will be used to promote Alzheimer's caregiver support programs.

Tuesday, September 19th

5:30 - 7 p.m.

Stoughton Hospital

900 Ridge Street, Stoughton

Bryant Health Education Center

(lower level)

Light appetizers will be served. To register for this free event, please go to stoughtonhospital.com and click on "Classes & Events."

Questions? Please contact Sonja at (608) 873-2356.

Sponsored by Azura Memory Care & Stoughton Hospital



stoughtonhospital.com



Caring for the Caregiver Program

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Save paper and reduce postage costs

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- You are willing to receive the newsletter via email
- You are no longer interested in receiving the newsletter

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