

September 2017

Caregiver Chronicles



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/)



*If you're someone people count on,
particularly in difficult moments,
that's a sign of a life lived honorably.*

—Rachel Maddow

The Caregiving Dance

Some of life's most difficult moments arise in the relationship between caregiver and care receiver. An adult caring for a young child is the natural order of things in our culture, but when someone becomes caregiver for a spouse, parent, or other older adult family member or friend it can feel like the relationship has suddenly been turned upside down. It may be that someone who has always been there is no longer able to fulfill that role for us. More than that, they may need help maintaining their own independence and managing things they had always done on their own before. Perhaps the person who needs care is ill, and requires more than companionship or help with chores at home—maybe they need help with personal and medical care as well.

In some cases the caregiver relationship evolves over time. Sometimes, the change is sudden and dramatic. In any case, it can be a difficult balance between the caregiver and the one receiving care. One of the most difficult situations presents itself when any or all of these changes happen simultaneously and the person who now needs care refuses to accept help, or even to acknowledge help is needed. This is a situation I hear about from caregivers often—the worry and anxiety about a loved one who needs help but is not at a point of being able to accept it, even when there is risk if they continue to go forward on their own. Exploring the care recipient's point of view may help provide insight for different ways to proceed (see article p. 2). One of those options may be engaging professional caregiving help.

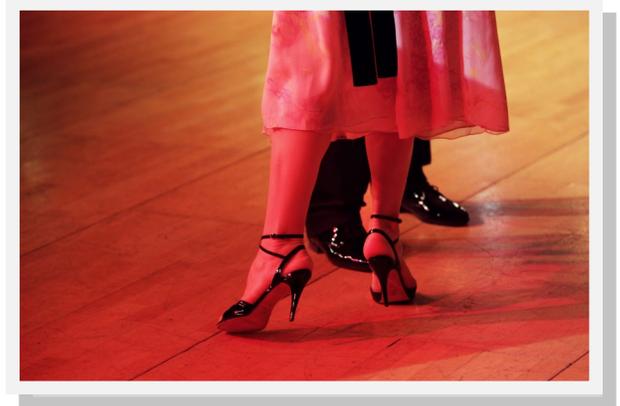
Coincidentally, while thinking about support from professional caregivers, I received a different type of submission for publication in *Caregiver Chronicles*. It came from a colleague who had served in the aging network over the course of a long career and has now embarked on a journey as a professional caregiver. The essay is a love poem of sorts—one that deeply appreciates both professional and family caregivers. It's a beautiful reflection on the life of one she cares for, celebrating the dance that is at once giving and receiving. It captures the losses that will one day come to us all while celebrating the simple joys in the here and now. "In the Queen's Suite," by Caroline Werner, debuts on page four. I expect it will touch many and inspire awe and appreciation for those professional caregivers who do their jobs with love and dedication.

The caregiver relationship, like dance, requires balance, grace, and the ability to tune into one's partner. The degree to which we can employ all of these will help determine whether we trip ourselves up or create something lovely. And, it takes two to tango!



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

Jane De Broux
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Dane County Area Agency on Aging
608-261-5679
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Accepting Care with Grace, or Not

My grandma's sister was one of the most important people in my life as a child. Patient, kind, and with endless good humor, she was a source of unconditional love and warmth. She had a fall before I was born and seriously damaged her hip. It ended her career as a waitress and she walked with a cane from her late 50s on. She was slow to move, so we enjoyed doing quiet things together. She patiently allowed my sister and I to glop her hair with Dippity-do styling gel, roll her hair on onto wire brush rollers secured with pink plastic picks, and to paint her fingernails bright red. We loved to watch her favorite soaps and classic movies or play old records. Sometimes we played cards, but often we just quietly hung out together—her sitting outside on Gram's chaise lounge, and me spinning on the tire swing nearby that hung from one of the old oaks.

My great aunt was self-sufficient for a very long time, but in her mid-80s it became too difficult for her to navigate the steep steps in my grandparent's old home, and she eventually needed a wheelchair. At that point, she entered a nursing home. During the ten years she spent there, she was a staff favorite. She always kept her warmth and good humor, and enthusiastically joined in activities. She found herself living with some old high school friends at the home, and continued to be socially engaged. But she did need more and more help with her physical cares. I always noticed how easy her interactions with the nursing staff appeared—she accepted help with the most personal tasks with grace. Perhaps it helped that she had learned to accept her loss of mobility at a younger age than it comes for many of us. I just know she retained her dignity despite a loss of privacy and the ability to perform many daily tasks of living. I remember noting, when we lost her at age 94, one of the great lessons I could learn from her was the ability to accept care with grace, appreciation, and good humor. Of course, that was a long time before I could ever imagine what it might be like to be in her place one day.

Due to an injury at a similar age to when my aunt sustained her injury, I found myself in need of some help and rehabilitation. I was coping with chronic pain and mobility challenges. Having spent a lifetime as a strong, athletic person, I found it difficult and discouraging. I heard that exercise in a warm water therapy pool could help, so I signed up for a class that was tailored to people with arthritis, pain, and mobility issues. When I walked into the locker room for my first class, I saw most of the women were my mom's age and older. I felt my eyes sting with tears of frustration and a bit of self pity. Then I spotted the oldest woman in our class (she proudly announced she was 87) waiting patiently with her swimsuit halfway on. "Can you help me?" she asked. "Of course," I replied, and it took two seconds to help her get the straps of her swimsuit over her shoulders. She thanked me for my help and headed to the showers. As I looked around, I noticed that for most of my classmates, getting ready for class and dressing afterward was going to be the hardest part. It was for me, too, at first—mostly keeping my balance and moving gingerly through the joint pain. It was an excellent lesson in how it feels to depend on others for simple tasks most of us take for granted. As someone who works supporting caregivers, it provided me with some insight to share on how it feels to be a care recipient—coping with loss and reluctant to ask for needed help.

People in our class ranged in age from mid-50s to late 80s. Most were there to retain as much mobility and fitness as possible while they aged. The younger class attendees, like me, were there to recover from injuries or because they had autoimmune illnesses that caused pain and seriously impacted their mobility. Some of us would recover much of what we'd lost, but others never would. During one class, I spoke with one of the other younger women in the class. We talked about how hard it was to accept needed help and that the lesson before us was to keep at it, but to learn to accept our limitations with grace, even as we worked to move beyond them.

(continued on page 8)

In the Queen's Suite by Caroline Werner

I've known you for only 6 months
You, a vibrant 86; and me, hard working at age 76.
As one of your several caregivers, I clean and
do your laundry while also caring for you,
protecting you and your health
in your daughter's home environment.
She gave you the "Queen Suite."

Caring for you is easy when we get along so well.
Alzheimer's hasn't touched your sense of humor!
We share a lot in common; we're instant friends.

You're very honest, innocent, and open with me.
I hear you when you tell me about the good times
as well as when you share the physical pain of aging.
I trust whatever you share about what it is you feel,
knowing it's real and in the moment.

You recall what's most important to you—the good stuff.
You're dealing with over-loaded file cabinets, winnowing.
It's OK that God cleared out the irrelevant to retain
the love and fun in your long life.

Others can fill in the hourly stuff. No biggy.
I'm OK reminding you. It's an opportunity
for conversation and continuing contact. Let's keep it up!
Boring? When we see the big picture, it's enjoyable.
Let's shake hands on that.

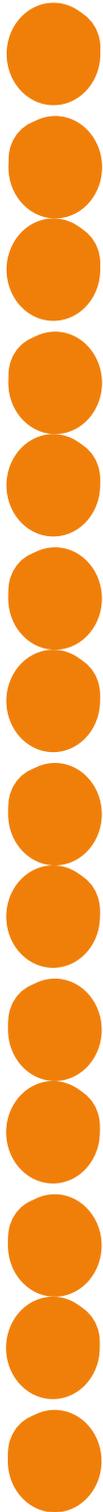
Good touch is healthy and necessary. You offer your hand often
for handshakes and soak up grandchildren's hugs. Occasional
back rubs and lotion on sensitive skin feels soothing.

I test the water on my gloved hand first before a shower,
assuring myself and you that it's a temperature you can enjoy.
How good the flowing water feels as it caresses your hands and fingers.

Sometimes we have a conflict with whether shoes can be on
or off. We resolve the issue with mutual respect.
Cooperation is important to accomplish our mutual goals.
Compromise works for both of us.

You remain active in your life. You're not relinquishing control.
I want to know how you feel. Caregiving is a two-way street.

How blessed you are now and have been.
You had a great life with loving parents, now deceased;
a loving husband, now deceased. Pictures are on the shelf.



Pictures of family outings, parties, and rock climbing validate and supplement memories. You learned much from life as a child on a Wisconsin farm. Fond memories of cows and milking them by hand combine with the enjoyment of being in a large family.

That love of family carried over to your six children. They love and appreciate you and how you raised them. Now they return the favor, being there for you.

Your daughter cooks and oversees your care. Others visit, call, write, and send flowers or gifts from a distance.

What is distance?—a heart does not know distance. Miles are irrelevant. One's voice, one's thoughts, in this moment, are all that's relevant.

Grandchildren live in the same house or nearby. You hear their voices playing. You watch from the window. In and out of the house they come and go. Occasionally, before they go to bed, they visit and give you hugs to end your day. You're *so* blessed. We talk and pray about that.

You care about me and ask how I am and what's important in my life. You give me the opportunity to live in the moment with memories, as well.

There's so much joy between us. We both appreciate your loving family. Giving support is as important for them as it is for you (and me). Giving is a mutual act. I almost feel as much a part of your family as you are.

You continue to share your life's energy generously. Much of it is apparent through pictures in your scrapbooks, the legacy you will leave your grandchildren.

You have plans of your own. You'd like me to help you problem solve. How can you get back to have dinner with your parents? They're deceased? Not in your mind. It's difficult to grasp the thought, grieving a little again.

When will YOU die—in God's time. For now your days are filled with other people's goals for you.

They get you up at 6:30 a.m., regardless that you want to sleep all day, and hope to be awake at night. As night arrives, your plan is to dress yourself and leave to go home to visit your parents.

Here, three meals and at least one snack are provided free of charge each day. One meal might be sufficient. Do they realize your middle is expanding?

You love cranberry juice and another favorite of a lemon/honey/water mix. Lots of fruits and veggies with ground flax seed in addition to a multi vitamin.



Caregiver Chronicles



Variety, color, lots of flavor and protein in well-balanced meals keep you naturally healthy. You enjoy your meals, taking pride in cleaning your plate and not wasting food.

Your brain gets tired doing word search games, card games, scrabble, and big puzzle pieces. You're doing exercises others think are necessary for you to retain mobility, regardless of excruciating pain. Everything is a balancing act.

You're dealing with creaking knees, aching back, and shoulder pain from previous injuries and surgery. Osteoarthritis, aging body, are all natural. Physicians can't make it better.

Conflict between Alzheimer's medication and pain medications, you can have four over-the-counter Tylenol per day, used as little as possible to avoid potentially dangerous side effects.

Your health is our biggest concern, yet losses are imminent and we're limited with what we can do. We're trying our hardest. "Very trying" you say, quoting from your mother about childhood efforts. You have nuggets of wisdom from memories still relevant at age 86.

Walking is a required exercise. Oops you fell; knee buckled. Neuropathy in both feet limits your stability. At your side, your fall is broken using a trusty gait belt. Not down for the count, you're up and moving again.

A strong woman all your life, it's hard to realize you no longer have the strength to get out of a chair without assistance. You need a walker that is an embarrassment to you and your self-esteem. Hold on with both hands. Ride on it if you get tired pushing it up the long driveway. I have to consider safety, making sure you're safe and comfortable on our brief return journey.

Months later, another fall—this time in the kitchen near the sink. You like helping with dishes. No broken bones or concussion, not even bruises. You're alert, telling us you are on the floor to clean a lower cabinet, dish cloth in hand. With no water on the floor, you don't recall how you got there.

Now, how to get up? Thank goodness it's near the end of the work day and your son can leave work. Your daughter-in-law arrives with their oldest son to assess the situation.

They're a recreational family with two camping mats to put beside you onto which you can safely roll to your side and gradually move onto a chair. Luckily we're all there. No need to call fire rescue; but it's scary for us all.

Your independence is important to you. We balance your desire for independence with our need to hover over you. Sometimes I wish we could put you in a bubble to keep you safe from yourself and your body's quirks. Aging—it's not for sissies, you remind us. Caregiving isn't either.

You make it all worthwhile. You recall the best poems for every occasion. Your strength and resilience is visible to us every day.

Your love of life and family sustain you and us. You are an example.
You remember only the best stuff; no need to focus on the negative; life's too short.
You laugh a lot with us.

No denying the changes over just six months, however. It's harder for you to get up from your bed or the chair. It's very painful for you to move. You pray to God when you endure the pain of required physical therapy exercises, after which you hurry to the rocker and your back massager or take a nap to relax your muscles.

There's a delicate balance between efforts to strengthen your body and acknowledging the changes in your brain and body over time for which we have no control. I wish we could do something to rid you of the physical pain. You don't deserve to have to live with it.

Once I caught myself slipping from my professionalism. I called you "Honey."
Sometimes complete strangers call people "Honey," it's easy to do with elders.
I know you see me as a friend, maybe because we've had some similar experiences?
I see you as a friend, too; but as a professional, I maintain a personal boundary.

You are a joy to be around! We have the best philosophical and spiritual talks.
Our mutual sense of humor got us both to the age we now experience.

I may be where you are 10 years from now. I hope I have wonderful people and resources around when I need them, as you have. You are very blessed.

Yes, I'm sure you'll go to Heaven! You've been a gift and continue to be of valuable service to all the people who've known you.

Let's review those scrapbook pictures and letters one more time. We can never do that enough!
You were present for your granddaughter's First Communion this spring.
Now, in August, you'll attend the christening of your youngest grandchild.
Pictures record these events for posterity.

You have a purpose here. You can't go yet. Tomorrow you can visit your parents and see your husband again. Let's shake on that!

Tonight we'll have dinner together, and listen to the CD of your favorite tenor, whom I never met and whom you adore—although you've never met him and sometimes get him mixed up with your husband who often said he loved you so much.

Then you'll sleep in your monitored "Queen Suite," wearing your tracker and your "Do Not Resuscitate" bracelet on your wrist.
Good night; God bless you. When I hear or see the monitor indicate that you're moving in bed, I'll awaken and go to your room to help. Sleep well; there's another busy day ahead.

P.S. Those embarrassing, humbling moments of very personal care giving with which you entrusted me will remain forever confidential, as a parent holds confidentiality with a child and any loved family member.

With love, your friend and professional caregiver,
Caroline



Caregiver Chronicles

(continued from page 3)

We all age at different rates. Genetics, epigenetics, disease, injury—all play a part. Our lifestyles and careers, environment, and stress levels combine to exert their impact. Eventually, each of us experiences the losses illness and aging bring.

If you, as a caregiver, struggle to convince the person you care for that it is time for them to accept more help, or stop doing activities they see as tied to their identity and independence, it may help if you can put yourself in that position when you formulate your approach. If you understand more about why they resist, it will help you work with them to preserve what they value most for as long as possible. In Dane County, you can contact your local senior center or coalition to learn more about programs that support older adults in maintaining their independence, or contact the Aging & Disability Resource Center (see contact information at the bottom of this page). The Caregiver Program offers referrals and options counseling tailored to caregivers.

For more information contact the Dane County Caregiver Program, 608-261-5679 or email debroux.jane@countyofdane.com.

—Jane De Broux, Dane County Caregiver Program Coordinator

Caregiver News Online

[Drinking on the Rise in U.S. ,Especially for Women, Minorities, Older Adults](#)

August 10, 2017, *NPR*

“The researchers didn’t theorize as to why older adults are drinking more than they used to. But they noted that the increase in high-risk and problem drinking among older adults is ‘unprecedented.’ And it’s worrying, because older adults are at a high risk of death, injury or disease connected to alcohol use—from falls, for instance, or from adverse interactions between drugs and drinking.”

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



TELECONNECTION

www.caregiverteleconnection.org



Free Telephone Learning Sessions

Call. Learn. Share.

Date	Time	Topic
Wednesday, September 6th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	About younger-onset Alzheimer's with Ginny Funk <i>Younger-onset Alzheimer's with Ginny Funk, the Director of Programs and Advocacy with the Alzheimer's Association. Learning about the unique challenges of living with younger-onset Alzheimer's (under the age of 65) is the first step in understanding the impact the disease will have on you and your family, which can help relieve some of the anxieties and fears you may have about the future, and allow you more time to focus on the things that bring you joy.</i>
Monday, September 11th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Dealing with Grief and Loss with Lynell Bond, LPC <i>Learn more about how to deal with the natural response to grief, Stages of grief, physical and emotional symptoms of grief, guilt, useful and harmful ways to deal with grief and loss, dealing with significant dates and events, Learn tools for self-care and how to manage your life during this difficult time. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Thursday, September 21st	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 pm Pacific	Strokes and what Caregivers need to know with Dr. Susan Epner <i>Dr. Epner is a board certified adult neurologist and has been practicing adult general neurology in Texas for the past 18 years. Strokes are a common disease that can have devastating effects. Dr. Epner will discuss the impact of strokes and what caregivers need to know in order to best care for their loved one who has suffered one.</i>
Tuesday, September 26th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	The Paradox of Loving Life while Caregiving with Maria Sirois, PsyD <i>This session will explore the paradoxes of finding happiness while present to anguish, of remembering the good as we live with fear, anger, sadness, and of loving the life we have, even as it may not be the life we wanted. Dr. Sirois, PsyD is a licensed clinical psychologist and consultant and author of A Short Course in Happiness After Loss (and Other Difficult Times) and Every Day Counts: Lessons in Love, Faith and Resilience.</i>



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

The first day of Fall (September 22) kicks off Falls Prevention Awareness Week. Join Home Health United in stepping up the effort to reduce falls and fall related injuries.

Preventing falls is much more effective than treating them. There are many underlying causes for falls in older adults such as difficulty managing medication, muscle weakness, improper footwear, impaired vision, poor lighting, clutter and uneven surfaces. While falls can happen anywhere they most often occur at home. Home Health United is committed to helping reduce falls through our SAFE at Home program. SAFE is provided in partnership with United Way of Dane County and focuses on reducing falls in Dane County seniors age 60 and older.

SAFE at Home provides:

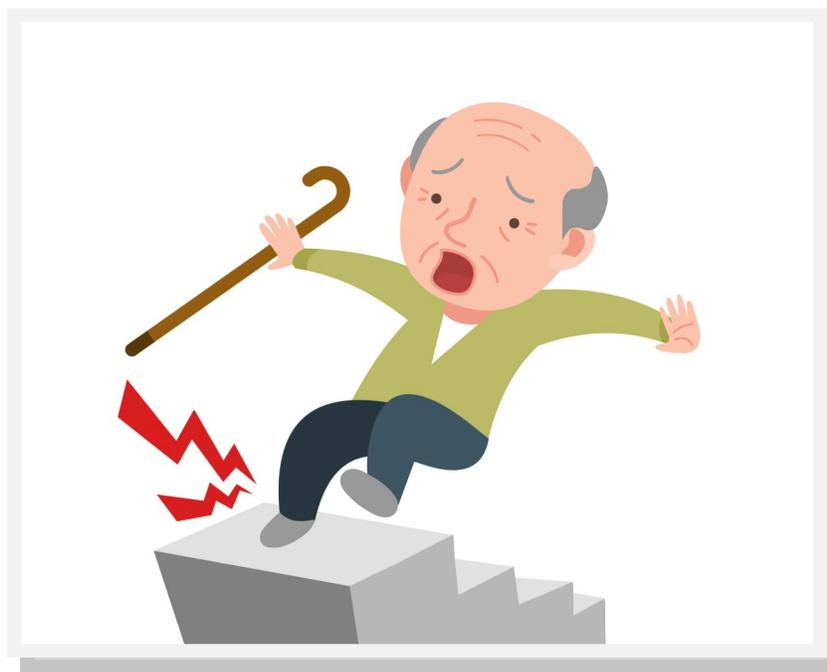
- Basic in-home safety assessment
- Medication review by a pharmacist
- Safety aids including a pill box and nightlight
- Home safety recommendations
- Information about community resources
- Six months of follow-up by a medical social worker



Our goal is to reduce falls and help participants live as safely and independently in their own homes for as long as possible.

Need more information or would like to schedule a SAFE assessment?

[Learn more about the program.](#)



ARE YOU CONCERNED ABOUT FALLING?

Only Leaves Should Fall

Falls Prevention Event

Tuesday, September 26th, 2017

Boys and Girls Club of Dane County

4619 Jenewein Rd., Fitchburg, WI

10:30 a.m. - 2:30 p.m.



Schedule

10:30 a.m. Registration
10:45 a.m. Resource Booths
11:15 a.m. Welcome
• Demonstrations
• Lunch (Provided)
• Speakers
12:00 p.m. Screenings
1:30 p.m. Raffle Drawing
2:00 p.m. Wrap-up & Debrief

Featured Events

Demonstrations:

- Stepping On
- Tai Chi
- Chicago Steppin'

Screenings::

- Gait, Balance & Strength
- Blood Pressure
- Vision
- Medication Review
- and More

Registration

Contact Safe Communities
608-441-3060 by Monday,
September 12, 2017

Safe Communities
P.O. Box 6652
Madison, WI 53716

Supported by:

Falls Prevention
Task Force of
Dane County

Leck Grant Dane
County Area
Agency on Aging



BOYS & GIRLS CLUB
OF DANE COUNTY



Lunch provided - Transportation available upon request

Preventing Falls Gives Family Caregivers Confidence and Strength

At first glance, falls prevention might seem an unlikely way to improve health for older adults who are family caregivers. But in Wisconsin—where September is Fall Prevention Awareness Month—preventing falls is an urgent public health issue. Our state has one of the nation's highest death rates from falls for adults over 65, and public health experts can't fully explain the underlying reasons for the grim statistic.

"Many factors increase falls risk: medications; vision problems; and even common health conditions like Type 2 diabetes," says Betsy Abramson, Executive Director of the Wisconsin Institute for Healthy Aging, which supports research and leader training for the Stepping On falls prevention program. Studies in Wisconsin have shown that Stepping On reduces falls for participants by up to fifty percent. During 7 weekly sessions, participants hear from community health and safety experts, and practice strength-building exercises supervised by a physical therapist.

"Falls prevention is especially important for family caregivers who often put their own well-being on the back burner while they care for a loved one," says Abramson. "Since many older adults are family caregivers, a fall can mean a serious health crisis that could impact an entire family. Lack of awareness combined with fear can make it hard to persuade older adults to make preventing falls a health priority, however, even when they have a lot at stake."

"Often a caregiver's biggest fear is becoming sick or hurt themselves," explains Katy Hansen of the Aging & Disability Resource Center of Racine County. "Knowing what to do to avoid a fall reduces that worry tremendously." In Racine County, the Caregiver Support Specialists integrate falls prevention referrals into their work with older family caregivers. "It starts with rapport," says Hansen. "Caregivers are at ease working with our specialists. They know the team understands the unique pressures and stresses each person faces."

Sawyer County Health Promotion Coordinator, Samantha Phillips, sees how Stepping On improves the health and outlook of participants who are also family caregivers. When Phillips ran into her 7th grade English teacher, she recognized an all too common situation had developed for her childhood mentor. "She didn't want to think about taking care of herself," Phillips recalls. "She was worried about taking care of her husband." Like so many family caregivers, the retired teacher dismissed her own health concerns as simply getting older.

Fortunately for the teacher, Samantha Phillips wasn't just any former student—she was a trained leader for Sawyer County's Stepping On program. Phillips got her former teacher enrolled in the class. Now, they talk about the progress she's made with exercises that strengthen her posture and legs. "It has given her a ton of confidence," says Phillips.

Learn more about Stepping On by visiting wihealthyaging.org or call (608) 243-5690.

Anyone over age 60 who has fallen, or is concerned about falling, should consider taking a Stepping On workshop. See page 10 for a list of upcoming Stepping On classes in Dane County.



Sacred Hearts Catholic Church

221 Columbus St., Sun Prairie
Tuesdays, September 19 – October 31; 1:00pm – 3:00pm
To register: Contact Sacred Hearts at 608-837-7387 ext 237
Ron Dorr/Kay Sweeney

Deerfield Public Library

12 W. Nelson St., Deerfield
Wednesdays, September 27 – November 8, 3:00pm – 5:00pm
To register: Call Deerfield Community Center 608-764-5935
Kaaron Keene/Judy Pearson

St. Mary's Hospital

700 S Park St., Madison
Tuesdays, October 3 – November 14, 1:00pm – 3:00pm
To register: Contact Ruth Meyer, Ruth.M.Meyer@ssmhealth.com or 608-258-6645
Ruth Meyer/Charlotte Reott

Mt. Zion Baptist Church

2019 Fisher St., Madison
October - TBD
Dr. Joann Pritchett/Kathryn Bowen

UW Health at the American Center

4602 East Park Blvd, Madison
Thursdays, October 5 – November 16, 9:00am – 11:00am
CJ Aspenson/Judy Gomoll
To register: Contact Brenda Barger, Steppingon@uwhealth.org or call 608-890-5651

UnityPoint Health-Meriter Monona Clinic

6408 Cops Ave., Monona
Thursdays, October 5 – November 16, 9:30am – 11:30am
To register: Contact Krista Spiro, krista.spiro@unitypoint.org or 608-417-8272
Krista Spiro/Jayne Rudersdorf

Stoughton Senior Center

248 W. Main St., Stoughton
Thursdays, October 5 – November 16, 1:00pm – 3:00pm
To register: Call Stoughton Senior Center at (608) 873-8585
Jill Izydor/Sue Wall

Madison Senior Center

330 W. Mifflin St., Madison
Mondays, October 9 – November 20, 9:00am – 11:00am
Susanne Galler/Jan Johnson
To register: Laura Hunt at the Madison Senior Center, 608-266-6581



Where

Alisha Ashman Library
733 N High Point Rd
Madison, WI 53711

When

Saturday,
October 7, 2017

Registration:

9:30 am

Program:

10:00 am - 2:00 pm

To Register or For Information:

Call 608.203.8500

bnuttkinson@alz.org

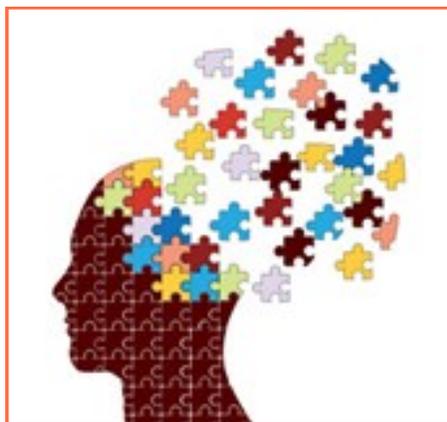


CARE. CONNECT. THRIVE.

Dane County
Caregiver Boot Camp
October 7, 2017
10 AM - 2 PM

The number of families impacted by Alzheimer's disease and related dementia continues to rise. Knowledge is key in providing support, empowerment, and care for someone with dementia. Caregiver Boot Camp is designed for any family member/care partner that has questions or concerns about supporting individuals in their family with memory loss or simply wants to know more.

The program is available regardless of where the loved one lives and is completely FREE of charge.



alzheimer's  association®



BRAIN HEALTH WORKSHOPS



The brain is integral to overall health. Learn how to protect and improve brain health. Offered by MSCR in cooperation with the Aging and Disability Resource Center of Dane County and the Alzheimer's Association. **100% FREE COURSES, REGISTRATION REQUIRED**

BRAIN HEALTHY LIVING | Course #16137 | Thursday 10/5/2017 | 1 - 2 PM

Bonnie Nuttkinson, Programs & Advocacy Manager, Alzheimer's Association of South Central Wisconsin & Joy Schmidt, Dementia Care Specialist, Aging & Disability Resource Center of Dane County (ADRC).

BRAIN HEALTH & THE ARTS | Course #16138 | Thursday 10/19/2017 | 1 - 2 PM

Angela Johnson, MA, MFA, SPARK Coordinator at Madison Children's Museum & exhibitions coordinator at James Wautrose Gallery.

HEALING POWERS OF NATURE | Course #16139 | Thursday 10/26/2017 | 1 - 2 PM

Gail Brooks, Case Manager & photographer & John Daly, retired educator and Coordinator of Programs for older adults at Pheasant Branch Conservancy.

MUSIC & MEMORY | Course #16140 | Thursday 11/2/2017 | 1 - 2 PM

Les Thimming, PhD, Professor, School of Music, University of Wisconsin.

EXERCISE & BRAIN HEALTH | Course #16141 | Thursday 11/9/2017 | 1 - 2 PM

Dr. Jill N. Barnes, PhD, Assistant Professor, Department of Kinesiology, University of Wisconsin and researcher with the Wisconsin Alzheimer's Disease Research Center.

BRAIN HEALTH & NUTRITION | Course #16142 | Thursday 11/16/2017 | 1 - 2 PM

Sarah Van Riet, MS, RDN, CDE. Registered Dietitian Nutritionist, UW Health

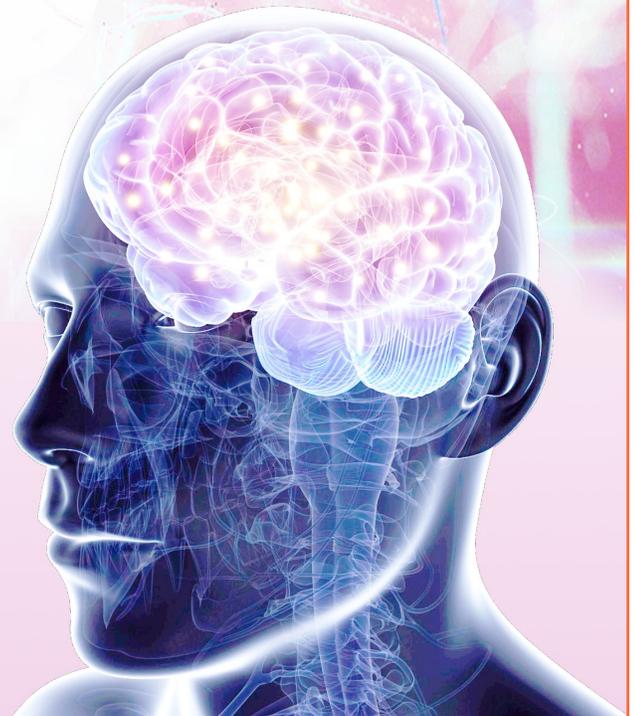
WORKSHOPS FOR PERSONS AGE 50+

LOCATION:

**Madison School & Community Recreation EAST
4620 Cottage Grove Rd, Madison, WI**

**FOR MORE INFORMATION CALL 608-204-3000
OR REGISTER ONLINE AT MSCR.ORG**

SPONSORED BY:



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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