

Caregiver Chronicles

April 2018



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/)



**Easter is meant to be a symbol of hope,
renewal, and new life.**

—Janine di Giovanni

Welcome Spring!


Spring is a time we long for in the rotation of seasons, particularly in a part of the country that can have some rough Winter weather. We feel hopeful and delight in signs of new life. I was thrilled to see tips of my alliums poking through the soil this week. A gift from my granddaughter for my birthday, seeing them reminds me of the newest generation of our family. Next, I went over to check on the beautiful deep purple iris my mother gave me to transplant from her garden. They were already an inch or so above ground. Checking on the progress of my garden brought me full circle in my thoughts about those I've cared for, and those who have cared for me.

Caregiving spans generations, and is often like my garden—complicated, colorful, and filled with the old and new in an endless cycle of life and death. At the same time I take delight in all the firsts for my grandchild, I savor what may be the final times I have with my parents. Knowing the time with my father is growing short has prompted me to reflect on what we've shared—good and not so good, and to acknowledge all the feelings that come as a result.

Grief over the course of caregiving shifts and changes over time. It encompasses smaller, incremental losses like the inability of a loved one to do the things you used to do together; larger losses like abilities, function, and memories; and, eventually, the finality of death. Grief and loss is an inherent part of caregiving. Kate Doyle's article, "Caregiver Grief and Loss," (page 3) discusses the importance of acknowledging our losses along the way, feeling them, and gently accepting their presence. The benefit of doing so is to allow yourself to be present to your experiences, and to care for yourself along the way.

Relationships between generations can also be enriching and sustaining. "A Grandpa's-Eye View of the March for Our Lives," (page 6) shares the experience between granddaughter and grandfather at a time when politics appear to escalate pitting one generation against another, which has a significant impact on how we view caregiving in our culture. Taking the time to share between young and old can yield some surprising revelations. However, being of a similar generation doesn't mean we all see eye to eye. "Sibling Rivalry and Caregiving" (page 6) addresses the issues that can come up among those who shared our formative years with us.

Ultimately, the beauty of having a garden is the ability to arrange it to attract what you want and eliminate what you don't, within the parameters of the climate where you live. I avoid setting up nesting opportunities or putting out bird feed that attracts non-native sparrows that chase virtually every other bird out of the yard. I plant vibrant red bee balm and cannas to attract the hummingbirds. We can do the same with our caregiver experience. Avoid the pitfalls we know create stress, and cultivate the self-care that allows us to enjoy life and weather the storms. This year, I'm planting a serviceberry because I have never seen a cedar wax wing, and I really want them in my yard. What would you like to see for support and stress relief in your caregiving role? The Dane County Caregiver Program is here for you. Just call or email.



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

608-261-5679
debroux.jane@countyofdane.com



Caregiver Grief and Loss by Kate Doyle

If you find yourself feeling the effects of a loss of any kind, it may be helpful to think back to how you handled loss in the past. Did it help to talk about your feelings with others? Did it help to think about the loss by yourself, away from others? Did it help to keep busy? No two losses are the same, but you may find that what has helped you in the past may help you again. It is an art, not a science. The speaker in Elizabeth Bishop's poem, *One Art*, tries to convince himself or herself that "the art of losing isn't hard to master," but saying this over and over does not make it convincing. It is, in fact, impossible to master once and for all. Have patience with yourself.

The art of losing isn't hard to master;
so many things seem filled with the intent
to be lost that their loss is no disaster.

Lose something every day. Accept the fluster
of lost door keys, the hour badly spent.
The art of losing isn't hard to master.

Then practice losing farther, losing faster:
places, and names, and where it was you meant
to travel. None of these will bring disaster."

—Elizabeth Bishop

Excerpted from the poem, **One Art**



When we think about loss, many of us think first about the death of a loved one. Although this type of loss can be the most affecting, loss is something that pervades our existence. It is a necessary part of being human.

Elizabeth Bishop is correct in asserting that some things seem to exist only to be lost. For example, raising a child is essentially a process of letting go. The child begins completely dependent on the mother in the womb. From the moment of birth, however, the child begins gaining independence. The first day of daycare or kindergarten is a poignant one for many parents. For the first time, the child will have adventures that do not involve the parent. A wedding day may be similarly moving. As a bride or groom embraces friends and family, there is a sadness in the recognition that things will never be quite the same as they were before.

In these cases, there is gain that is balm for the loss. The parents' hearts swell as the child makes new friends and learns new things at school. Those close to a bride or groom realize that they have gained a new loved one in that person's new spouse. These events yield what feels like growing pains, a mixture of sadness and delight. It should also be recognized that, in these situations, there is usually ample time to prepare for the loss. There is a timeline and predictable sequence of events.

It is, of course, a different story when loss occurs suddenly, as a result of an emergency, a diagnosis. It is also different in the case of a slow decline for which we did not prepare. We have to "practice losing farther, losing faster." In grief studies, researchers speak of many kinds of loss that can occur unexpectedly. One is physical loss, the loss of something tangible that was with us before and now is not. One can lose something small, like door keys, or something significant, like mobility, or the physical presence of someone important to us.

Continued on page 4

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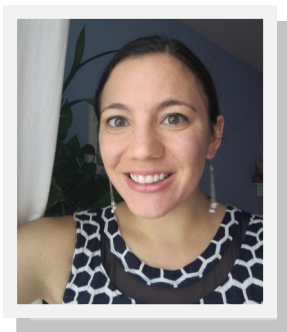
Continued from page 3

Other types of losses can occur alongside or in addition to physical losses. One is relational loss, when a relationship has been fundamentally changed or when it when leaves your life, through passing away or leaving by some other means.

Perhaps your dad was always the one to call to check on you when you were home sick from school and now you are the one to call to check on him a few times a day to make sure he is okay. You miss the time when he was able to be the caregiver. You miss the person he used to be.

Symbolic losses refer to something intangible, such as hopes or dreams. Maybe you always imagined that you and your mom would be commiserating about the ups and downs of raising a teenager, and maybe your mom's cognitive decline has made you realize that this will not be.

Caregivers may be reticent to call what you have experienced losses, since those you care for are still with you. But losses occur with any change that reorients the course of your life or your family's life. Allow yourself to view them in this way, and allow yourself to feel and react. "Accept the fluster."



Kate Doyle is an MSSW student at the Kent School of Social Work at the University of Louisville and an intern at the Area Agency on Aging of Dane County.

More Resources for Coping with Grief

Listen to the Podcast

Good Grief, hosted by Cheryl Jones

Revolutionary Conversations, March 28, 2018

<https://bit.ly/2pRpHpn>

"With life experience, particularly loss experience, do we sometimes become more interested in connection, communication and compassion? For Barbara Gaughen-Muller, this is true. Her life work in facilitating meaningful conversation has sustained her through many of life's most difficult trials, including the death of her beloved husband. Join us to talk about how revolutionary conversations have informed her life and profoundly influenced her work and relationships. What are the tools she has discovered that enrich and sustain communication? How can we insure that we are truly understanding each other? How can we heal relationships when understanding has been lacking? A few simple tools can influence our ability with huge effects."





TELECONNECTION

www.caregiverteleconnection.org



Free Telephone Learning Sessions

Date	Time	Topic	Call. Learn. Share.
Monday, April 9th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Working More Effectively with Social Workers: Hospital Discharge Planning, Rehab, Transition Home and Long Term Planning with Christine Casbeer, LMSW <i>Who are social workers and what is their role? Where are family caregivers likely to come in contact with social workers? Learn ways for caregivers to partner with social workers so that their loved one gets the best hospital and rehab care with a smoother transition home. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>	
Thursday, April 12th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Lucy Barylak, MSW as "Dear Lucy" <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. You can submit your questions or comments by e-mail or phone.</i>	
Tuesday, April 17th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Developing Coping Strategies with Evalyn Greb, LCSW <i>Do you feel like you are coping with caregiving as well as you might? If not, this session will discuss how to learn new techniques, validate the ones you use that are working, and provide the opportunity for other caregivers to share how they have developed coping strategies that make life better.</i>	
Thursday, April 26th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Lucy Barylak, MSW as "Dear Lucy" <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. You can submit your questions or comments by e-mail or phone.</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

Hot Topics Online

Gen2Gen

A Grandpa's-Eye View of the March for Our Lives

By Rachel Gutman, *The Atlantic*, March 26, 2018

<https://theatlantic.com/2E7r9cm>

"I felt like each and every one of those kids up there could've been my grandkids,' he told me. And he thinks that feeling is spreading among the older generation."

Sibling Rivalry and Caregiving

DailyCaring

<https://bit.ly/2GB5bnl>

"Working with siblings to care for aging parents can be stressful and frustrating. There's a lot to deal with – old conflicts, living in different places, tough decisions, and unequal contributions."

Employed Caregivers

Maria Shriver Shares Advice On Managing Caregivers At Work

By Raquel Baldelomar, *Forbes*, March 23, 2018

<https://bit.ly/2Gn15Mj>

"As Baby Boomers age, many employees are taking on the role of caregiver at home to an aging relative. More than one in six Americans are working full- or part-time and caring for an elderly or disabled family member, according to a Gallup-Healthways survey. In addition, 70% of caregivers reported work-related difficulties as a result of their dual roles, according to the National Alliance for Caregiving and AARP. Caregivers have had to rearrange their schedules, decrease hours or take unpaid leave of absences in order to care for an aging family member."

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



***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

**Madison VA
Hospital
Room B-2055**

Caregiver Day Off: Fri. May 4th, 2018

**Free classes for
Caregivers of Veterans
Or
Vets who are Caregivers**

9am-12pm

Taking Care of Yourself

1pm-4pm

Managing Stress

CLASSES and refreshments provided in partnership with the Memphis VA Caregiver Center. **Please come to this event!**

Take one or both classes. RSVP is necessary to save your space in class.

To RSVP call **608-280-7085**. Please leave a message to include:

- YOUR NAME and your Veteran's name
- PHONE NUMBER you can be called back at
- **LUNCH is included If you attend BOTH CLASSES**

For more information, please contact:

Margaret Flood, LCSW or Meghann Schmitt, CISW
Caregiver Support Program at the
William S. Middleton Memorial Veterans Hospital
2500 Overlook Terrace, Madison, WI

#608-256-1901 ext 11485 or ext 13059



**VA
HEALTH
CARE**

Defining
EXCELLENCE
in the 21st Century

JOURNEYS: A LIVING WELL WITH DEMENTIA EARLY STAGE SERIES

For Caregivers & People with Dementia

Location:

Monona Public Library

1000 Nichols Rd

RSVP Required:

608.203.8500 ext 8002

bnuttkinson@alz.org

3 Part Series:

- April 25
- May 2
- May 9

Time: 1pm - 3pm

The diagnosis of Alzheimer's disease or another type of dementia is life-changing and leads to many questions.

- What will this mean for me and my family?
 - How do I plan for the future?
 - Where can I get the help I need?

Join us for this three-part program and have a chance to hear from others who have been where you are discussing what you need to know, what you need to plan, and what you need to develop and work with your care team.



BRAIN HEALTH WORKSHOPS



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

SPRING 2018 COURSES

BRAIN HEALTHY LIVING | Thursday April 12 | 1 - 2 PM

Bonnie Nuttkinson, Programs & Advocacy Manager, Alzheimer's Association
Joy Schmidt, Dementia Care Specialist, Aging & Disability Resource Center

HEALING POWERS OF NATURE | Thursday April 19 | 1 - 2 PM

Gail Brooks, Case Manager/Nature Photographer
John Daly, Coordinator of Programs for older adults at Pheasant Branch Conservancy

MUSIC & MEMORY | Thursday April 26 | 1 - 2 PM

Julie Hyland, Director, Wisconsin Music & Memory

BRAIN HEALTH & NUTRITION | Thursday May 3 | 1 - 2 PM

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

EXERCISE & BRAIN HEALTH | Thursday May 10 | 1 - 2 PM

Max Gaitán, MEd, Research Specialist/Exercise Physiologist, Wisconsin Alzheimer's Disease Research Center

BRAIN HEALTH & THE ARTS | Thursday May 17 | 1 - 2 PM

Angela Johnson, MA, MFA, SPARK Coordinator, Madison Children's Museum & Exhibitions
Coordinator, James Wautrose Gallery
Kaitlyn Schumacher, Program & Special Events Coordinator at Wisconsin Historical Museum

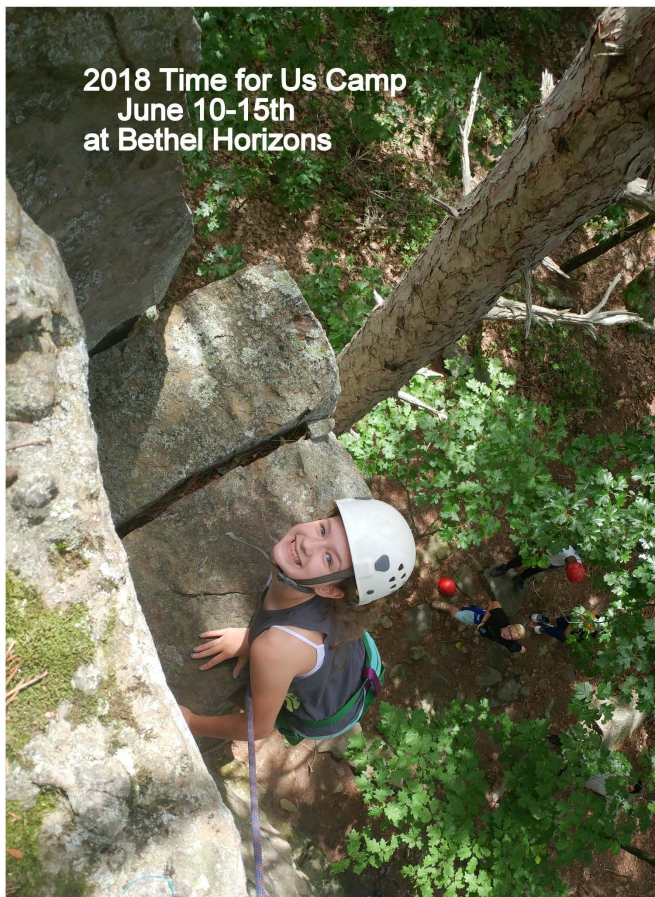
LOCATION:

Waunakee Senior Center
333 South Madison Street, Waunakee, WI

TO REGISTER OR FOR MORE INFORMATION
CALL **608-849-8385**

SPONSORED BY:





Time for Us Camp June 10th - 15th 2018

TIME FOR US is a great camp opportunity for youth ages 10 to 18 who have a loved one with neurological challenges of the Alzheimer's, Parkinson's, ALS, Post Traumatic Stress Disorder or similar Memory/cognitive challenges.

Our nature-based *Keepers of Memories* activities help campers & families find paths toward: understanding changes, coping skills, nutrition, and connections between cognitive health and the health of our environment. Past campers expressed, "It was great!" and "I can once again play with my Dad"

10th Year !

This year TIME FOR US will be held at BETHEL HORIZONS camp located in Dodgeville outside of Madison, adjoining Governor Dodge State Park.

Bethel Horizons camp not only complements our nature-based concept, but also adds the structure and support of a fun five day camp experience.

Watch this YOUTUBE to learn more: <https://www.youtube.com/watch?v=xRd5OzILrHA>

Contacts for Registration, Forms & Information:

Christine 920-734-9638 cbvanryzin@gmail.com or Mary Kay 608-935-5834 marykbaum@gmail.com

forMemory, Inc

Building Hope in Early Onset Cognitive Changes

Christine Van Ryzin, Camp Coordinator
821 W. Browning St. Appleton WI 54914
920-734-9638
cbvanryzin@gmail.com
www.forMemory.org



(Formerly the Alzheimer's Association South Central Wisconsin Chapter)

517 N. Segoe Rd. Suite 301
Madison, WI 53705
608-232-3400
www.alzwisc.org

BETHEL HORIZONS CAMP

4601 C. Rd ZZ
Dodgeville, WI 53533
608-257-3577
www.bethelhorizons.org



August 20-23, 2018 **Memory Camp**

A Time for Relaxation & Inspiration for People Living with Dementia & their Families

This special camp is designed for people living with mild to moderate dementia and their care partners (spouses, adult children and friends). Experience a holiday in a beautiful Northwoods environment with trained volunteers and camp staff who will provide a variety of programs. If you've ever been to a memory café, picture this event as resembling a café but with all meals and snacks provided for several days along with comfortable cabins that accommodate small or large groups or entire families. Grandchildren are welcome! Sit by the lake, go fishing, swim, take walks, do arts and crafts projects, chat with others living with dementia, all in an environment that invites you to feel relaxed and renewed.

Moon Beach
1487 Moon Beach Rd.
St. Germain, WI 54558
www.ucci.org

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: 608-240-7402

Email: 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