

# Caregiver Chronicles

June 2018



Caring for Caregivers

AREA AGENCY ON AGING OF DANE COUNTY  
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[HTTPS://AAA.DCDHS.COM/](https://aaa.dcdhs.com/)



**W**hen you are a caregiver, you know that every day you will touch a life or a life will touch yours.

# Caregiver Chronicles

## Hello June!

June launches the beginning of Summer along with several observances.

It's Alzheimer's and Brain Health Awareness Month, and we've included a number of related resources in this issue:

**Caregiver Teleconnection** (page 3). The Tuesday, June 14th call features Tam Cummings, PhD. who will discuss the progression of dementia, its impact on caregivers, and more.

**Hot Topics Online** (page 4) provides a link to an excellent podcast from the Wisconsin Alzheimer's Disease Research Center, *Dementia Matters*, with Dr. Nathaniel Chin. Our recommended episode features Dane County ADRC Dementia Care Specialist, Joy Schmidt, who discusses support after diagnosis.

**2018 Alzheimer's Disease Facts and Figures as compiled by the Alzheimer's Association** (page 7). Unpaid caregivers who provide care for people with Alzheimer's and Dementia now number more than 16.1 million.

**Lifestyle recommendations to maximize brain health** (pages 8 & 9). Guidelines compiled by the Wisconsin Alzheimer's Institute, University of Wisconsin School of Medicine and Public Health.

**Farmers' Market Voucher Program and Farmers' Market Schedule** (pages 10 & 11). Information on where you can find local fruits and vegetables and how low-income seniors can get help to pay for them.

Then, in mid-June, we celebrate Father's Day which turns our attention to family. Caregiving can be stressful and that sometimes brings out challenging behaviors. Conflict is particularly common when siblings disagree about their parents' care. In her article, *Conflict Over Caregiving is Common* (page 4), Jane Mahoney makes suggestions to minimize disputes.

After a long Winter and unusual Spring, here's hoping you find an enjoyable beginning to your Summer. As always, if you need caregiver support, the Dane County Caregiver Program is a phone call or email away.



  
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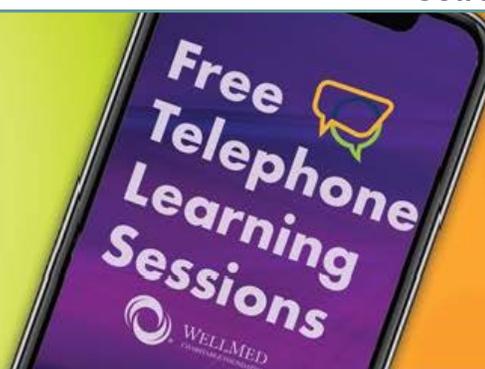
#ENDALZ

 Caring for Caregivers



# CAREGIVER TELECONNECTION


 WELLMED  
[www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Wednesday, June 6th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific (Arizona)	<b>Caregiving for the Visually Impaired with Nancy Gawlik</b> <i>During our "Caregiving for the Visually Impaired" presentation we will cover blindness sensitivity and some basic caregiving information. This will include common types of vision loss, meeting a blind person, orientation and mobility, and sighted guide techniques. We will also address how to recognize vision loss and questions to ask the doctor.</i>	
Monday, June 11th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona)	<b>Why it Matters While Caring for Others with Sharon Gayle, MA, LPC, LCDC</b> <i>It is a fact of life that everyone makes mistakes from time to time. When the mistake hurts someone we love, we can experience depression, anxiety, shame, and guilt over the pain we caused. The antidote to that shame and guilt is found in self-compassion. Sharon Gayle will discuss the features of self-compassion, how it serves to give hope and healing to the person who uses it in daily practice. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>	
Thursday, June 14th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific (Arizona)	<b>Lucy Barylak, MSW as "Dear Lucy"</b> <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. <b>You can submit your questions or comments by e-mail or phone.</b></i>	
Tuesday, June 19th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific (Arizona)	<b>Untangling Dementia with Tam Cummings, PhD</b> <i>Tam's signature talk, which is based on the name of her popular book "Untangling Dementia: A Guide to Understanding Alzheimer's and Other Dementias", provides family and professional caregivers an in-depth understanding of the disease from diagnosis to death. During her presentation, Tam explains the progression and staging of dementia, the physical causes of disease-driven behaviors, changes in perception and communication abilities, the impact of the disease on caregivers, and much more.</i>	
Wednesday, June 27th	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific (Arizona)	<b>Caregiving and Family Dynamics with Dr. Yvonne Lozano</b> <i>Family members are deeply and emotionally connected despite feeling distant or disconnected In this session- understanding family dynamics and caregiving begins with the family systems theory. Dr. Lozano will present types of underlying family dynamics and the impact of these dynamics on caregiving. Lastly, this session will review five methods to assess your relationship with siblings and how caregivers are identified early in the development of the family.</i>	



A program of the WellMed Charitable Foundation

### Conflict Over Caregiving is Common: Take Steps to Minimize Disputes

If caring for an older person is causing conflict within your family, you are not alone. Conflict is often part of family caregiving situations. Even the best of intentions to help mom or dad may cause tension. Because everyone approaches things differently, each family member's opinion about what is best for Mom or Dad can vary greatly. But there are steps you can take to keep family conflict at bay when dealing with caregiving concerns.

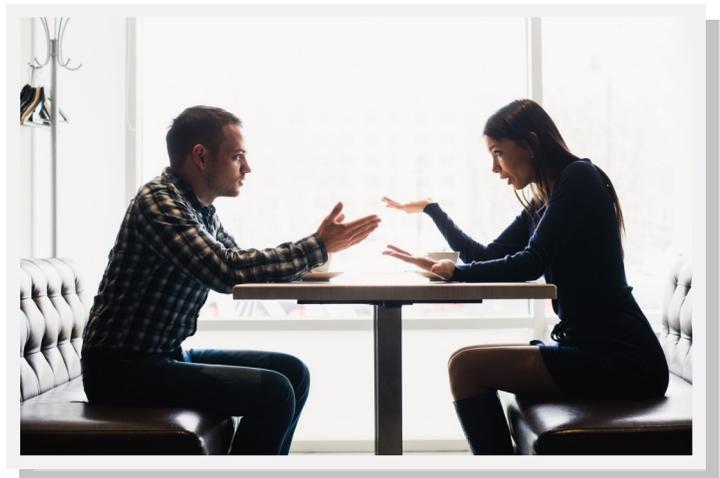
**Why the conflict?** Different attitudes toward family caregiving, depending on personality or family situation, can lead to conflict and alienation between siblings and other relatives. Sometimes the family member with the strongest personality dominates the decision-making process or takes on caregiving responsibilities without consulting other family members. Some family members might deny there is a need and be unwilling to offer assistance. There are also situations where people who have their own children to care for expect an unmarried or childless sibling (or other relative) to take on caregiving responsibilities. The unmarried family member may not welcome this expectation.

**Minimizing conflict.** Family caregivers need to recognize that conflict is not unusual and getting help is important. If differences continue, family relationships can be permanently damaged. Also, the person being cared for may feel guilt, believing he or she is the cause of conflict. The best way to approach family conflict is to get everyone concerned about the care of the person into the same room to discuss their feelings, create a care plan, and assign responsibilities. Face-to-face discussion eliminates the potential for misunderstandings due to information being received second hand. If conflict continues, the next best step is to get everyone in the same room but with a non-family member in the discussion. The person should be someone whose opinion everyone agrees to respect.

**Other steps to take.** Sometimes these suggestions just don't seem to work. Don't lose heart. Resolving conflict among families takes time. Be patient and keep doing your best at open, honest, communication. Attending a support group by yourself or with family members can also be helpful. Other members may share ideas that worked in similar situations, and you will have the reassurance that you are not alone in your struggles! Lastly, seeking professional counseling as an individual or with family members can greatly improve the situation.

If you are dealing with conflict over family caregiving issues you may contact the Dane County Caregiver Program for resources and tips on how to handle conflict.

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





# Caring

it's not the hard  
part of caregiving

**Caring for someone  
and feel exhausted?  
Overwhelmed?  
Like you can't keep it  
up much longer?  
Call us. We can help.**

Jane De Broux, Caregiver Program Coordinator  
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Caring for Caregivers

Wisconsin's  
**Family**Caregiver  
Support Programs

# June is Alzheimer's & Brain Awareness Month



## *Listen to the Podcast*

### [A Podcast About Alzheimer's Disease](#)

***Dementia Matters*, Dr. Nathaniel Chin**

<http://www.adrc.wisc.edu/dementia-matters>

This informative podcast was created by the [Wisconsin Alzheimer's Disease Research Center](#) "to help humanize Alzheimer's disease by speaking with the experts in our community." Host, [Dr. Nathaniel Chin](#), is an assistant professor of medicine, geriatrics, and gerontology at the UW-Madison School of Medicine and Public Health. **Caregivers will be interested in episode 14: *Support After Diagnosis: Dementia Care Specialists and Dementia Friendly Communities* featuring Joy Schmidt, Dementia Care Specialist at the Aging and Disability Resource Center of Dane County.** You can listen via the links above, or subscribe on Apple Podcasts or [Stitcher](#).

### [It's Time to Support Young Caregivers](#)

**by Jason Resendez, NCOA Blog, *Healthy Aging, May 24, 2018***

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

"While Alzheimer's disease is most common among people aged 65 and older, its effects are being felt more and more by young people. In fact, 1 in 6 millennial caregivers—at an average age of 27—is caring for someone living with Alzheimer's or another form of dementia."



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

Call (608) 240-7400

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



# 2018 ALZHEIMER'S DISEASE FACTS AND FIGURES

ALZHEIMER'S DISEASE IS THE

**6<sup>TH</sup>** leading cause of death  
in the United States

**16.1 MILLION AMERICANS**  
provide unpaid care for people with  
Alzheimer's or other dementias

These caregivers provided an estimated  
**18.4 BILLION HOURS**  
of care valued at over  
**\$232 BILLION**

Between 2000 and  
2015 deaths from heart  
disease have decreased

**11%** 

while deaths from Alzheimer's  
disease have increased

 **123%**



**1 IN 3**

seniors dies  
with Alzheimer's  
or another  
dementia

It kills more than  
breast cancer and  
prostate cancer

**COMBINED**



EARLY AND ACCURATE DIAGNOSIS  
COULD SAVE UP TO

**\$7.9 TRILLION**  
in medical and care costs

IN 2018, Alzheimer's and other  
dementias will cost the nation

**\$277 BILLION**

BY 2050, these costs  
could rise as high as

**\$1.1 TRILLION**



**5.7  
MILLION**

Americans are living  
with Alzheimer's

BY 2050, this  
number is projected  
to rise to nearly

**14  
MILLION**



**EVERY  
65 SECONDS**  
someone in the  
United States  
develops the  
disease

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

## LIVE A FULL LIFE

### Lifestyle Recommendations to Maximize Brain Health

What's the best recipe for optimal brain health? Live a full life! Nutrition, exercise, sleep, leisure activities, and stress all impact brain health. The healthier a person is physically, the more likely that person is to stay cognitively healthy. While there's no guarantee a healthy lifestyle will eliminate the risk of developing dementia, healthy living will certainly improve the odds of long-term cognitive health. Here are some specific suggestions.

#### Physical and Leisure Activity

- 30 minutes of physical activity 5 days a week that raises your heart rate and causes you to breathe faster is highly recommended
- Pursue physical and leisure activities that you enjoy (eg: bowling, gardening, walking, swimming, yoga, dancing, golf, biking, etc.)...the possibilities are endless
- Sit less and move more: hour-after-hour sitting is now considered as harmful as smoking
- If you're new to exercise, start by simply moving more
- Focus on endurance, strength, balance, and flexibility



#### Cognitive Activity

- Engage in cognitive activities that you enjoy
- Challenge yourself with new activities
- Be a lifelong learner
- Enjoy board games, puzzles, cards, and other games
- Listen to music
- Keep up with technology



#### Social Engagement

- Spend time with people you enjoy
- Engage in stimulating conversation
- Talk with family and friends
- Learn to video chat with friends and family at a distance



#### Eat Well

- What's good for your heart is good for your brain!
- The Mediterranean-DASH (MIND) Diet: one example of a diet that has been associated with brain health

#### Rest, Relaxation, and Sleep

- Maintain a consistent bed and awake time
- Limit napping to 20 minutes a day
- Encourage daytime light exposure
- Keep sleep areas as dark as possible
- Avoid large meals, alcohol, caffeine, and nicotine close to bedtime
- Do vigorous exercise earlier in the day
- Keep bedroom quiet and comfortable temperature
- Practice meditation, deep breathing, or other relaxation techniques

#### Overall Health

- What's good for your heart is good for your brain!
- Maintain a healthy weight
- Limit alcohol consumption (2 drinks/day for men; 1 drink/day for women)
- Maintain normal blood pressure
- Have regular check-ups
- If you smoke, talk to your healthcare provider and develop a plan to quit

#### References:

National Institute on Aging, [www.nia.nih.gov](http://www.nia.nih.gov)  
UW School of Medicine and Public Health, [www.uwhealth.org/news/what-research-says-about-preventing-alzheimers/49638](http://www.uwhealth.org/news/what-research-says-about-preventing-alzheimers/49638)  
UW School of Medicine and Public Health, [www.med.wisc.edu/news-events/team-approach-to-alzheimers-advances-prevention-diagnosis-treatment/48273](http://www.med.wisc.edu/news-events/team-approach-to-alzheimers-advances-prevention-diagnosis-treatment/48273)  
Alzheimer's Association, [www.alz.org/brain-health/brain\\_health\\_overview.asp](http://www.alz.org/brain-health/brain_health_overview.asp)  
Rush University Medical Center, [www.rush.edu/news/diet-may-help-prevent-alzheimers](http://www.rush.edu/news/diet-may-help-prevent-alzheimers)  
Morris MC, Tangney CC, Wang Y, Sacks FM, Bennett DA, Aggarwal NT, MIND diet associated with reduced incidence of Alzheimer's disease. *Alzheimer's and Dementia*. 2015; 9: 1007-1014.



## The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diet

The MIND Diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) is an example of a diet that has recently been associated with brain health. MIND is a combination of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) Diets.

### The MIND approach includes:

- Green leafy vegetables (at least 6 servings a week)
- Other vegetables (at least 1 a day)
- Nuts (5 servings a week)
- Berries (2 or more servings a week)
- Beans (at least 3 servings a week)
- Whole grains (3 or more servings a day)
- Fish (at least 1 serving a week)
- Poultry (2 servings a week)
- Olive oil (use as in cooking and dressings)
- Wine, especially red (1 glass a day)

### The MIND approach avoids:

- Red meat (less than 4 servings a week)
- Butter and margarine (less than 1 tablespoon daily)
- Cheese (less than 1 serving a week)
- Pastries and sweets (less than 5 servings a week)
- Fried or fast food (less than 1 serving a week)

References:  
Morris MC, Tangney CC, Wang Y, Sacks FM, Bennett DA, Aggarwal NT. MIND diet associated with reduced incidence of Alzheimer's disease. *Alzheimer's and Dementia*. 2015; 9: 1007-1014.  
Rush University Medical Center, [www.rush.edu/news/diet-may-help-prevent-alzheimers](http://www.rush.edu/news/diet-may-help-prevent-alzheimers)



**Wisconsin Alzheimer's Institute**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

November 2017



## Farmers' Market Voucher Distribution Schedule for 2018

Location	Date	Time
<b>Cross Plains: NW Dane Senior Services</b> ,1837 Bourbon Rd.	June 13	10-11 am
<b>De Forest:</b> Senior Center, 505 N Main	June 15	10-11:30 am
<b>Fitchburg:</b> Senior Center, 5510 E Lacy Rd	June 6	10-Noon
<b>Madison – East:</b> EMMCA, 1625 Monona Drive	June 18	9-11 am
<b>Madison – Northeast:</b> Goodman Ctr., 149 Waubesa St.	June 20	2-3 pm
<b>Madison – Northeast:</b> Warner Park Ctr, 1625 Northport Dr	June 11	10-11:30 am
<b>Madison – Northeast:</b> ADRC, 2865 N Sherman Ave*	July-Sept	By appointment
<b>Madison – South:</b> Madison Senior Center, 330 W Mifflin St	June 20	10-11 am
<b>Madison – South:</b> Dane County Office, 2306 S. Park St	June 11	1-3 pm
<b>Madison – South:</b> Romnes Housing, 540 W Olin Ave	June 13	2-3 pm
<b>Madison – West:</b> Good Shepherd Lutheran Church, 5701 Raymond Rd.	June 27	10:30-Noon
<b>Madison – West:</b> Lussier Community Ctr, 55 S Gammon Rd	June 22	11:00-Noon
<b>McFarland:</b> Outreach Center, 5915 Milwaukee St	June 4	2-3 pm
<b>Middleton:</b> Senior Center, 7448 Hubbard Ave	June 13	11:30-1:00 pm
<b>Monona:</b> Monona Senior Center, 1011 Nichols Rd	June 8	2-3 pm
<b>Mount Horeb:</b> Senior Center, 107 N Grove St	June 4	9:30-11:00 am
<b>Stoughton:</b> Senior Center, 248 W Main St	June 6	2-4 pm
<b>Sun Prairie:</b> Colonial Club, 301 Blankenheim Ln	June 22	8:30-10 am
<b>Waunakee:</b> Senior Center, 333 S Madison St	June 8	10-11:30 am

- Vouchers sets for 2018 is as follows three \$3 and four \$4 for a total of \$25
- You may come to any of the locations on the day and time listed above to sign up for Senior Farmers Market Vouchers. Appointments not taken except for the ADRC/AAA office after the regular distribution is complete. Starting in July.
- Vouchers will be handed out on a first come, first serve basis.
- **Due to my busy schedule, the last application will be at the ending time. Those arriving after the ending time may not be able to pick-up a voucher at that time.**
- **You must be 60 years old and over**, live in Dane County and are under the income guidelines. By signing the application, you will be self declaring that you qualify for this program. If you are found to be ineligible, you will be asked to return the vouchers or repay the amounts.

**Income guidelines are as follows: Your GROSS income must be under**  
**\$22,459 per year for a one-person household**  
**\$30,451 per year for a two-person household**

- Only one voucher set per household per season.
- Someone may pick up vouchers for you **if** they are pre-authorized by you and bring your filled out, signed application.
- VOUCHERS CAN **NOT** BE MAILED.

*\*Contact Mary Browning at (608) 261-5678 or [browning.mary@countyofdane.com](mailto:browning.mary@countyofdane.com) to set-up an appointment for the ADRC/AAA office only*

# 2018



## Dane County Farmers' Markets

City	Location	Address	Day	Times	When
*Cross Plains	Parkway Market	2404 Main St.	Wed.	4-7 pm	June-Sept.
De Forest	Fireman's Park	Stevenson & Jefferson St.	Tues.	3-6 pm	June-October
Fitchburg	*Agora Pavilion	5511 E Cheryl Pkwy	Thurs.	3-6 pm	May -October
Madison	*	200 Martin Luther King Dr.	Wed.	8:30 am-1:45 pm	April-November
	*Capitol Square	Downtown	Sat.	6:15 am-1:45 pm	April-November
	Edgewood HS Parking Lot	2219 Monroe St.	Sun.	9 am-1 pm	May - October
East	*Central Park	202 Ingersoll St	Tues.	4-7 pm	April-October
	Capital View	N Star & Gemini Dr	Wed.	3-7 pm	June-October
North	*Northside- Town Ctr	2817 Sherman Ave	Sun.	8:30 am-12:30	May -October
South	El Mercadito de Centro	810 W. Badger	Wed.	4-7 pm	June-September
	*Labor Temple	1605 S Park St	Tues.	2-6 pm	May -October
			Sun.	11 am-3 pm	April-October
	*Novation Campus	2524 Rimrock Road	Mon & Wed	2-6 pm	June-October
West	*Villager Mall	2234 S. Park St.	Friday	2-6 pm	June-October
	Elver Park Farm Market	1250 McKenna Blvd	Saturday	8 am-Noon	June-September
	Hilldale Farmers' Market	702 N. Midvale	Wed & Sat	8 am-1 pm	May -October
Middleton	*Greenway Station Ctr	Greenway & Deming Way	Thur.	8 am-1 pm	May-October
Monona	*Ahuska Park	400 East Broadway	Sun.	9 am-1 pm	May -October
Mt Horeb	*Downtown	315 E. Main St	Thurs.	3 pm- 6:30 pm	May-October
Oregon	Dorn Parking Lot	131 W. Richards	Tues.	2-6 pm	May -October
Stoughton	Plaza Shopping Ctr	1050 W Main St	Fri.	7 am-1 pm	May- October
	*Downtown	Forrest & Main	Sat.	8:30 am-12:30 pm	May - October
Sun Prairie	City Hall Parking Lot	300 E Main St	Sat.	7 am-noon	May -October
	West Main Mall	956 W Main St	Tues.	2:30-6 pm	May -October
Waunakee	Waun-A-Bowl	301 S Century Ave	Wed.	3:30-6:30 pm	May -October



Current as of 5/11/18

Created by the Area Agency on Aging of Dane County



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# Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

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

**Contact:**

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