

# Caregiver Chronicles

May 2020



Caring for Caregivers

AREA AGENCY ON AGING OF DANE COUNTY  
2865 N SHERMAN AVE, MADISON, WI 53704  
608-261-9930

**S**ometimes it's not the strongest tree that survives but the most adaptable.

—Anne Scottlin  
*Writer and actress*



## We Are Resilient

It's been five weeks since Governor Evers' Safer At Home Order took effect in Wisconsin. Because our workplace was nimble and prepared to move staff, I've been working from home for nearly a week longer. At this point it's hard to track time as the usual structure has fallen away. I can still do my job but I do it without the same connection to my colleagues. I can socialize with friends and even see them online but the interactions are less energizing than seeing people in person. The ability to connect online is a wonderful option and so much better than not having it yet it's not the same. I miss seeing my family, visiting my granddaughter, and even doing normal things like grocery shopping which was once relaxing and is now a completely different experience. Living during a pandemic also involves worry for family, friends, and community hoping all those we care about are safe and well. Not knowing how this surreal circumstance will end adds additional stress on top of that.

When I came across the quote on this month's cover I found it inspiring. It reminds us that getting through difficult times is not dependent on the strength of our bodies or the strength of our wills but on our ability to adapt. If that is the case, I've seen a lot to be encouraged about. Like the tree on the cover photo bent into a new form by forceful winds, we are changed but still surviving. There is a kind of beauty in that.

Please remember during this challenging time that you are not alone—and reaching out for what you need is part of adapting to get through. We are here to help. This month we are introducing new programs for caregiver education (see page 6) and a new music therapy program (page 5). You can also join in a Family Caregiver Panel discussion (page 7), find new meal options, and check out services provided by Dane County Senior Focal Points (see pages 10 and 11 for updates). Let us know what you need.



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

The logo for 'Caring for Caregivers' features a red heart outline to the left of the text 'Caring for Caregivers' in a serif font.

608-261-5679  
[debroux.jane@countyofdane.com](mailto:debroux.jane@countyofdane.com)



## Men's Caregiver Support Group First Mondays from 10:00 - 11:00 AM

Are you a male caregiver caring for someone with Alzheimer's or dementia? *Coffee Break for Male Caregivers* meets the first Monday of the month from 10:00 - 11:00 am and provides a forum for male caregivers to talk about their experiences caring for a loved one living with dementia. During the social distancing period of COVID-19 the group will meet online and group members can also join the meeting by phone.

The group is facilitated by Joy Schmidt, Dementia Crisis Program Specialist.  
Contact Joy at [Schmidt.joy@countyofdane.com](mailto:Schmidt.joy@countyofdane.com) or 608-286-8183 to register.

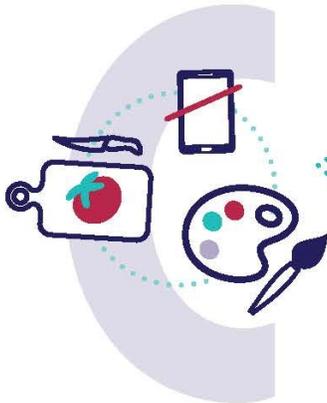
# CALM

Tips for **caregivers** from **caregivers**



We all experience stress in our lives, and everyone reacts to and copes with stress in their own way. What is stressful for one person may not be stressful for someone else. CALM is a method used to minimize stress, anxiety and depression.

## Create over Consume



Spend more time creating than consuming. If you are struggling today try to create a new normal until this passes.

## Action Focused



Try immediate problem-solving to work on calming down the emotional response in your body. Challenge yourself to focus on what you can control.

## Lean in and Learn



Lean in with curiosity to learn. Go to the greater experience of what you are going through.

## Move Forward



Move forward by taking incremental steps forward daily. Recreate actions daily that are normal to you. Move your body every day.

Stress overload may cause us to become ill, irritable, depressed and interfere with our daily function. If you're experiencing any of these symptoms, you may want to seek out additional support and guidance from the Alzheimer's & Dementia Alliance of Wisconsin.



# CAREGIVER TELECONNECTION

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



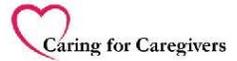
Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Tuesday, May 5th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Diagnóstico y tratamiento de la demencia con el Dr. Nestor H. Praderio</b> <i>El Dr. Néstor H. Praderio repasará el proceso de diagnóstico de la demencia y explicará los tipos de demencia, incluso los síntomas y las etapas. El doctor también hablará sobre las opciones de terapia y tratamiento.</i>	
Thursday, May 7th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>I'm not the Same Person Anymore: Coping with Caregiver Role Changes with Evalyn Greb, LCSW</b> <i>Do your caregiving responsibilities make you feel like a different person? This session will help you understand the definitions of role changes, role reversal, role overload, and role engulfment. You'll also find out why caregivers are susceptible to role related challenges and learn how to cope with role-related challenges.</i>	
Monday, May 11th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Dementia 101: Dementia Types, Stages, and Hope Through Research with Barbara L. Harty, RN, GNP</b> <i>Identify different types of dementia. How do you know what stage dementia someone is in? How can the latest research help caregivers?</i> <b>**Sponsored by the North Central Texas Caregiver Teleconnection**</b>	
Thursday, May 14th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Dear Lucy with Lucy Barylak, MSW</b> <i>This month she will discuss what caregivers can do for themselves during this difficult time. This is an interactive session where Dear Lucy will answer questions and have a conversation with caregivers regarding the issues they face in their caregiving journey.</i>	
Tuesday, May 19th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>What Does That Behavior Mean? with Tam Cummings, PhD</b> <i>The lobes of the brain are each responsible for certain behaviors or reflexive actions. Knowing the normal function of each lobe and the behaviors or changes that occur as the disease progresses, allows caregivers to determine behaviors which indicate the disease versus behaviors which indicate infection, stroke, anxiety or depression.</i> <b>**Sponsored by VITAS Healthcare**</b>	
Thursday, May 28th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Legal Issues for Caregivers with Carol Bertsch, Certified Elder Law Attorney</b> <i>Carol Bertsch is a practicing elder law attorney, who is well known in her field as a fierce advocate for older adults and their family caregivers. Listen as Carol discusses those important legal issues and documents with which caregivers and seniors need to be familiar.</i>	



A program of the WellMed Charitable Foundation

Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free

## **NEW! Music Therapy Program for Older Adults and Caregivers**



### **How can music therapy help older adults and caregivers?**

Music therapy can have a powerful impact – studies have found that pain, grief, and a wide variety of other problems can be effectively treated with music. The music therapist provides therapeutic care to address physical, emotional, cognitive, and social needs of individuals. In particular it helps aging adults with:

- Stress reduction and anxiety (which also helps the caregiver)
- Connection in a time of isolation
- Memory recall
- Physical skills – can inspire movement
- Speech skills – including communication post-stroke
- Pain management
- Breathing
- Mood and emotional state
- Creativity and self-expression



### **Who is eligible?**

The caregiver, care partner or both (the caregiver must be age 60+ to enroll) are eligible to receive music therapy. No need for a diagnosis of any kind. Addressing anxiety during social distancing or connecting to reduce isolation are ideal reasons to enroll.

If an individual is already receiving a *Caring for Caregivers* grant they can also receive music therapy.

### **What technology is required to participate?**

The music therapy participant must have a device: smart phone (android or iPhone), tablet, laptop, or desktop computer with a working camera. The music therapist sends the client/caregiver a URL that automatically activates the session, no downloading of Zoom, Go To Meeting, or similar application needed. The music therapist's platform is HIPPA compliant.

The program participant must be able to turn the device on, find the internet browser, connect to the internet, and adjust the volume as necessary.

### **How will the program work?**

Applications will be forwarded to the music therapist who will contact the caregiver to decide on a plan for the individual receiving music therapy including the frequency and duration of sessions. The music therapist will then bill Dane County directly for sessions.

### **Who is providing the service?**

Middleton Music Therapy is the provider for the music therapy program. Ingrid Gruett is a board-certified music therapist. Her website is here: <http://www.middletonmusictherapy.com>

### **How do I enroll someone in in the program?**

A *Caring for Caregivers* grant assessment is not required. Caregiver can contact Jane De Broux, Caregiver Program Coordinator at 608-261-5679 or [debroux.jane@countyofdane.co](mailto:debroux.jane@countyofdane.co)



## Help with Caregiving Skills for Family Caregivers

The Dane County Caregiver Program has partnered with Trualta to provide a new option for caregiver education. Online learning modules are presented in clear, easy-to-use format with engaging evidence-based content from experts like Teepa Snow.

The program is free to Dane County caregivers for older adults age 60+ and caregivers for adults with Alzheimer's or dementia of any age.

For more information and to sign up for the program contact:

Jane De Broux, Caregiver Program Coordinator, 608-261-5679, [debroux.jane@countyofdane.com](mailto:debroux.jane@countyofdane.com).

### Practical Skills | Personalized Info | Self-Care



**Lessons are available online through video, audio, printable pages, tip sheets, and interactive e-learning!**

- PERSONAL CARE**
  - Denture Care Tips
  - Helping with Daily Tasks Around the Home
  - Managing Medication at Home
  - Managing Pain in Older Adults
  - Oral Care
  - Shaving
  - Showering
  - Skin Care
  - Toileting and Incontinence
- BRAIN HEALTH**
  - Agitation and Anxiety
  - Asking the Right Questions
  - Communication and Dementia
  - Delirium, Depression, and Apathy
  - Delirium: Signs and Symptoms
  - Dementia and Assisting with Dressing
  - Dementia Knowledge
  - Eating and Appetite Concerns
  - Palliative and Hospice Care
  - Sexuality and Dementia
  - Sleep and Dementia
  - Surgery: Cognitive and Memory Changes
  - Transitioning from Hospital to Home
  - Understanding Behavior Change
  - Verbal and Physical Aggression
  - Wandering
- DEMENTIA EXPERT**
  - Care Chat: Driving and Dementia
  - Challenging Situations in the Home
  - Teepa Snow: Become a Better Detective
  - Teepa Snow: Dementia Care Provisions
  - Teepa Snow: PAC Skills Make a Difference
- SAFETY AND INJURY PREVENTION**
  - Aging and Nutrition
  - Home Safety: Fall Hazards
  - Home Safety: Dementia and Injury Prevention
  - Dementia-Friendly Interior Design
  - Elder Abuse
  - Falls Prevention at Home
  - Financial Safety: Avoiding Scams
  - Moving and Transferring
  - Moving Techniques
  - Power of Attorney
  - Pressure Injuries
  - Reducing Medication Risks
  - Safety Tips when Caring
  - Transferring from a Bed to a Chair
  - Urinary Tract Infections: A Guide for Families
- CAREGIVER WELLNESS**
  - Balancing Work and Caregiving
  - Caregiver Guilt
  - Energy Conservation
  - Keep Your Cool
  - Temporary Relief for the Family Caregiver
- MUSIC THERAPY BY ALZHEIMER'S MUSIC CONNECT**
  - A Smooth Jazz Christmas
  - Big Band Medley
  - Country
  - The Songs and Spirit of Christmas
  - Vocal Standards

**Trualta is continually adding content!  
Log in to see what's new.**



## FAMILY CAREGIVING DURING COVID-19

TUES MAY 5, 2020  
10 AM – 12 PM

## FREE ONLINE VIRTUAL PANEL DISCUSSION

The Aging & Disability Resource Center (ADRC) of Dane County will be offering an online virtual panel discussion for family Caregivers. The COVID-19 pandemic has added to the challenges and demands of modern caregiving.

This is **part one of a three part series**. In this session we will be sharing important information from the Public Health Department and discussing emergency safety plans that can be implemented by family caregivers

**REGISTRATION IS REQUIRED.** To register email [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com) and have **COVID-19 Panel Discussion Part 1** as the subject. Please include your name and phone number. Instructions on how to join the panel discussion will be sent to you.

Call (608) 240-7400 for more information.



# Free Grocery Deliveries

Dane County Delivers:  
Senior Grocery Solutions

Call: 608-242-6489

For people 60+ or with disabilities

Donations accepted

## Falls are the #1 cause of injury death in Wisconsin



During this time of social distancing, it's important to keep moving and to eliminate fall hazards in your home.

If you are worried about falling and would like guidance on helpful exercises and home safety during COVID-19, please call **Ron Dorr at 608-212-9120** Monday – Friday between the hours of 10:00 a.m. – 12:00 p.m.

Resource provided by Safe Communities of Madison-Dane County

**THERE ARE THINGS YOU CAN DO TO PREVENT A FALL**  
[www.safercommunity.net/falls-prevention/](http://www.safercommunity.net/falls-prevention/)

**Fall Prevention Project Sponsors:** Dane County Area Agency on Aging, United Way of Dane County  
Wisconsin Institute for Healthy Aging

**Sustaining Members of Safe Communities**

**Lifesavers:** Dane County, City of Madison, American Family Insurance, UW Health/Quartz/UPH-Meriter

**Heroes:** SSM Health, Rich and Amy Steffen

**First Responders:** AAA Wisconsin, Group Health Cooperative of SC WI, Madison Gas and Electric



## Monthly MIPPA Moment for Caregivers: May is National Stroke Awareness Month

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

May is National Stroke Awareness Month. It is important for caregivers to recognize the signs and symptoms of a stroke and to act F.A.S.T. (Face drooping, Arm weakness, Speech difficulty, Time to call 9–1–1) if someone is having a stroke. Stroke is the fifth leading cause of death in the United States and a leading cause of severe disability. In the United States, one person dies from stroke approximately every 4 minutes according to the CDC (see more facts here: <https://www.cdc.gov/stroke/facts.htm>). Other important signs to look for include suddenly-occurring numbness, confusion, or severe headache; and difficulty seeing or walking (<https://www.stroke.org/en/about-stroke/stroke-symptoms>).

A stroke can be preventable and treatable. There are certain risk factors that can increase a person's chances of having a recurring stroke, like smoking and drinking, high blood pressure, high cholesterol, diabetes, and bad eating habits. Knowing the risk factors can help prevent a stroke from happening again. You can also prevent 80% of recurring strokes through lifestyle changes and medical interventions. Medicare covers the following preventive services that can help reduce stroke risk, and in most cases, the beneficiary will pay nothing for these services:

- Cardiovascular disease screening (includes blood test screening for cholesterol)
- Cardiovascular disease (behavioral therapy)
- Alcohol misuse screening and counseling
- Diabetes screenings and self-management training
- Nutrition therapy services and Obesity screening and counseling
- Smoking and tobacco use cessation counseling (to stop smoking or using tobacco products)

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



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

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

**(608) 240-7400**

Website: [www.daneadrc.org](http://www.daneadrc.org)

Email: [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com)

*Building is closed during Safer at Home.*

# Dane County Senior Focal Points Meals & Programs During COVID-19

**Colonial Club Senior Activity Center** (608-837-4611), [www.colonialclub.org](http://www.colonialclub.org)

**Congregate meal site closed; Home-delivered meals (HDM) available.**

- HDMs delivered on Mondays (one hot meal and one cold meal); Wednesdays (one hot meal and two cold meals)

**Case Management Program** - continues to work with clients (via phone/email as much as possible)

**Supportive Home Care and Adult Day Center** - continues

**Staff check-ins on older adults** - continues via phone calls/emails

**DeForest Area Community & Senior Center** (608-846-9469) [www.deforestcenter.org](http://www.deforestcenter.org)

**Congregate meal site closed (including DeForest Family Restaurant); Home-delivered meals (HDM) available.**

- HDMs delivered on Mondays (one regular hot meal and one cold meal), Wednesdays (with one hot meal and two cold meals).

**Case Management Program** - continues to work with clients (limited in-person contact)

**Care kits**

**Staff check-ins on older adults** - continues via phone calls/emails

**Establishing phone buddy program**

**Fitchburg Senior Center** (608-270-4290) [www.fitchburgwi.gov/621/Senior-Center](http://www.fitchburgwi.gov/621/Senior-Center)

**Congregate meal site closed; Home-delivered meals (HDM) available.**

- HDMs delivered on Tuesday (2 meals), Thursday (2 meals), and Friday (1 meal)

**Case Management Program** - continues to work with clients (limited in-person contact)

**Provide grocery shoppers and telephone assurance calls**

**McFarland Senior Outreach Services** (608-838-7117) [www.mcfarland.wi.us/senioroutreach](http://www.mcfarland.wi.us/senioroutreach)

**Congregate meal site closed to public; Home-delivered meals (HDM) available.**

- HDMs delivered on Tuesday (2 meals), Thursday (2 meals), and Friday (1 meal)
- Drive up meals at Cambridge Community Center on Tuesdays and Fridays 12:00 - 1:00 pm. Call McFarland Senior Outreach a day in advance to request

**Case Management Program** - continues to work with clients (limited in-person contact)

**Staff and volunteer phone check-ins**

**Middleton Senior Center** (608-831-2373) [cityofmiddleton.us/109/Senior-Center](http://cityofmiddleton.us/109/Senior-Center)

**Congregate meal site closed; Home-delivered meals (HDM) available.**

- HDMs delivered on Tuesday (1 meal), Wednesday (2 meals), Thursday (2 meals)

**Case Management Program** - continues to work with clients (limited in-person contact)

**Staff and volunteer phone check-ins**

**Buddy Phone Call Program**

**Volunteers sewing masks**

**NewBridge Madison** (608-512-0000) <https://newbridgemadison.org/>

**All congregare meal sites closed; restaurant meal sites closed (Cranberry Creek, Cuco's Mexican, Festival Foods); Home-delivered meals (HDM) available.**

- Romnes residents offered HDMs and take-out meals on Monday, Tuesday, and Friday; take-out Monday (2 meals), Tuesday (1 meal) and Friday (2 meals)
- Fisher Taft residents offered HDMs Monday- Friday via SSM
- Drive-thru meals offered at Messiah Lutheran Church (5202 Cottage Grove Rd, Madison) on Tuesdays and Thursdays 11:30 - 12:30 pm, call NewBridge by 10:00 am Thursday the week prior
- LJ's Sports Tavern and Grill (8 N. Patterson Madison) Friday 3:00 - 4:00 pm, 2 meals, hot Fish Fry and cold meal to reheat, call NewBridge by Thursday noon to order 2 meals for pickup delivered to car
- **Starting May 6** Gallagher Tent & Awning (809 Plaenert Drive Madison) Wednesdays 3:00 - 4:00 pm, 2 meals catered by Kavanaugh's Esquire Club, call NewBridge by prior Thursday noon to request 2 meals for pick up
- **Starting May 6** Kavanaugh's Esquire Club (1025 N. Sherman Ave Madison) Wednesdays 3:00 - 4:00 pm, 2 meals delivered to cars, call NewBridge by 10:00 prior Thursday to request 2 meals

**(continued page 11)**

**NewBridge Madison (continued from page 10)**

- **Starting May 1** Home Bound only meal delivery Friday 3:00 - 4:00 pm, 2 meals catered by Kavanaugh's Esquire Club Transit Solutions will pick up and deliver, call NewBridge by 10:00 am the prior Thursday

**Case Management Program** -continues to work with clients (limited in-person contact)

**Offering Food Bridge food pantry grocery delivery and Necessities from NewBridge emergency supplies**

**Bridge Buddies** - friendly caller volunteers for safety checks and social/friendly calls

**NW Dane Senior Services (608-798-6937) [www.nwdss.org](http://www.nwdss.org)**

**Congregate meal site closed; Home-delivered meals (HDM) available.**

- HDMs delivered on Tuesday (1 meal), Wednesday (2 meals), and Thursday (2 meals)

**Case Management Program** -continues to work with clients (limited in-person contact)

**Staff and volunteer phone check-ins**

**Adult Day Center** - closed

**Emergency pet food available**

**Oregon Area Senior Center (608-835-5801) [www.vil.oregon.wi.us/?SEC=B0101D27-E782-4ADF-9F4C-6AACCA292D04](http://www.vil.oregon.wi.us/?SEC=B0101D27-E782-4ADF-9F4C-6AACCA292D04)**

**Congregate meal site closed ; Home-delivered meals (HDM) available:**

- HDMs delivered on Tuesday (2 meals), Thursday (2 meals), and Friday (1 meal)
- Ziggy's BBQ Smoke House - Wednesdays and Fridays 11:30 am - 12:30 pm; pick up ticket at Oregon Senior Center parking lot then drive to Ziggy's parking lot, food delivered to your car (show staff ticket thru window)

**Case Management Program** - continues to work with clients (limited in-person contact)

**Staff and volunteer phone check-ins**

**Adult Day Center** - closed

**Online "Zoom Zumba" classes, StrongWomen Exercise Classes via Zoom, and card playing apps**

**Stoughton Area Senior Center (608-873-8585) <https://stoughtonseniorcenter.com/>**

**Congregate meal site closed; Home-delivered meals (HDM) available:**

- HDMs delivered on Monday (2 meals), Wednesday (2 meals), and Friday (1 meal)
- Starting May 7 Thursday 11:00 am—12:00 pm, call Stoughton Senior Center by noon Wednesday to order

**Case Management Program** - continues to work with clients (limited in-person contact)

**Staff and volunteer phone check-ins**

**Matching volunteers to do Spring cleanup yard work for older adults**

**SW Dane Senior Outreach/Mount Horeb Senior Center (608-437-6902)**

**<https://www.mounthorebwi.info/departments-services/sw-dane-county-outreach>**

**Congregate meal site closed Home-delivered meals (HDM) available.**

- HDMs delivered on Monday (2 meals), Wednesday (2 meals), and Friday (1 meal)
- Fink's Restaurant (204 W Main St Mt Horeb) Tuesdays - Thursdays 11:00 am - 1:00 pm, call 608-437-8922 to place food order from a specials menu for pick up

**Case Management Program** -continues to work with clients (limited in-person contact)

**Staff and volunteer phone check-ins**

**Sugar River Senior Center (608-424-6007)**

**Congregate meal site closed; Home-delivered meals (HDM) available.**

- HDMs delivered on Tuesday (2 meals), Thursday (2 meals), and Friday (1 meal)

**Case Management Program** -continues to work with clients (limited in-person contact)

**Grocery delivers**

**Offering emergency kits**

**Waunakee Senior Center (608-849-8385) [www.waunakee.com/seniorcenter](http://www.waunakee.com/seniorcenter)**

**Congregate meal site closed; Home-delivered meals (HDM) available.**

- HDMs lunch delivered Monday - Friday, 2 HDM dinners Mondays and Wednesdays late afternoons; shelf-stable food box offered Fridays

**Case Management Program** - continues to work with clients (limited in-person contact)

**Staff and volunteer phone check-ins**

# 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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## 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](mailto:debroux.jane@countyofdane.com)