



*A Bi-Monthly Newsletter
for Family Caregivers*

Sauk County ADRC:
(608)355-3289

www.co.sauk.wi.us/adrc

f @adrcsauk



As summer winds down, the ADRC is gearing up for fall programming!

1. Our 7th Annual Caregiver Boot Camp is scheduled for Saturday, November 15, 2025. It will be held at the Baraboo High School Library (1201 Draper St, Baraboo, WI 53913) from 9:30am - 2:30pm. Caregiver Boot Camp is a free educational 'survival' program for families coping with Alzheimer's Disease and other dementias. The agenda includes Dementia 101, Frequently Asked Questions, Dementia Live simulation, and ADRC Resources. We are excited to announce our Keynote Speaker, Jody Krainer from the Wisconsin Alzheimer's Institute. Her presentation, Reimagining the Family Caregiver Experience, will look at family caregiver burnout, self-care, and strategies to minimize the risk of burnout when caring for someone living with Alzheimer's dementia. The flyer is on Page 6 and includes registration information!
2. Our Fall Powerful Tools for Caregivers (PTC) workshop has a couple spots up for grabs! PTC focuses on caregiver well-being and has been shown to help family caregivers reduce stress, guilt, anger, and depression and improve emotional well-being. The workshop runs for 6 consecutive weeks, starting on Tuesday, September 9, from 1:30 - 3:00pm and will be held at the Frank Fischer Senior Center (20 Wisc Dells Pkwy S, Wisc Dells). See the flyer on Page 8

September is National Preparedness month and it's something that many of us probably overlook. As a family caregiver, it is critical for you to be prepared in case of a natural or medical emergency. What happens if you are forced to leave your home because of a flood? What happens to your loved one if you require a hospital stay? Think early and think often about these potential situations. One thing you can do to be prepared is to build an emergency kit for you and your loved one. From FEMA, here are some items to get your kit started:

- | | |
|--|---|
| <input checked="" type="checkbox"/> Note in kit identifying communication preferences | <input checked="" type="checkbox"/> Medical supplies: incontinence supplies, oxygen, syringes |
| <input checked="" type="checkbox"/> Visual schedule | <input checked="" type="checkbox"/> Assistive devices/spare batteries: hearing aids |
| <input checked="" type="checkbox"/> Contact info of care team and their responsibilities | <input checked="" type="checkbox"/> Change of clothes |
| <input checked="" type="checkbox"/> Copies of POA and advance directives | <input checked="" type="checkbox"/> Mobility aids: wheelchairs, standers, braces |
| <input checked="" type="checkbox"/> Complete list of medications and pharmacy | <input checked="" type="checkbox"/> Preferred foods/snacks |
| <input checked="" type="checkbox"/> Cooler/ice packs to keep refrigerated medications cool | <input checked="" type="checkbox"/> Comfort items: weighted blanket, earplugs, fidget toys |



Sincerely,
Marina Wittmann

Aging Program Supervisor
Caregiver Support Program Coordinator
marina.wittmann@saukcountywi.gov

**The ADRC will
be closed on
Monday,
September 1**



Ask Kurt!

What does the Dementia Care Specialist actually do?

Kurt Goeckermann
Dementia Care
Specialist



The year 2025 has been full of diverse activities for your Sauk County Dementia Care Specialist. Your question is a good catalyst to summarize some of them.

As might be expected, much of my time is spent with individuals with a dementia diagnosis, their families and caregivers. Many visits are also with those with no diagnosis, but who are concerned about something related to their cognitive status or brain function. The DCS can become involved at any point of the journey. Visits can take place in many settings including in homes, at the ADRC, via phone or online. These consultations may be brief or last several hours depending on the situation. Some are a one-time event, others lead to multiple meetings. Every person and support system is different. The Dementia Care Specialist Program has the flexibility to meet those diverse needs.

While these meetings are an integral part of the DCS job, they are far from my only responsibilities. The program is tasked with making Sauk County Agencies and the community at large more dementia friendly. In that effort this year training was provided to the County Crisis Intervention Team and I recently spoke to all the heads of Sauk County Departments. The DCS trains the ADRC itself on an annual basis and I am always available to any county entity. I have spoken at schools and trained banks. The DCS is available to speak to Sauk County groups, organizations and churches. Earlier this year I did a walk through with staff at a church to look at how to make the environment (entry, seating, signage, bathrooms, etc) more dementia friendly.

There are also numerous educational and support offerings the Dementia Care Specialist is a part of. We held a six week “Powerful Tools for Caregivers” class in conjunction with Columbia County earlier this year and have another upcoming September in Lake Delton. In November we have a full Saturday “Caregiver Bootcamp” training in Baraboo. A month ago, I collaborated again with Columbia County to offer Memory screens in Wisconsin Dells. This led to numerous people requesting memory screens individually. Look for another screening event later this year in the Prairie du Sac/Sauk City area. We started a new dementia caregiver support group in Spring Green earlier this year and have a long-established group in Reedsburg. Also in Reedsburg is our monthly Memory Café, a fun, stress free social time for people with dementia and their caregivers. In conjunction with county libraries we are currently working on Activity Kits that can be checked out by caregivers working with someone who has dementia.

The strength of the Dementia Care Specialist program is its flexibility in meeting Sauk County needs. Whether you are an individual or group please contact me with any questions, needs or ideas.

Sincerely, Kurt

Caregiver Support Meetings & Memory Cafe's

General Family Caregiver Group

- **Riverwood Senior Living**, Wisc Dells, Last Tuesday @ 10am | Contact Sue, 608-886-0873
- **Woodman Senior Center**, Richland Center, 4th Monday @ 10:30m | Contact Pam, 608-548-3954

Veteran Specific Caregiver Group

- **Baraboo VA Clinic**, 3rd Monday @ 1:30pm | Contact Meghann Schmitt, 608-256-1901 ext. 12308
*caregiver of an enrolled veteran or enrolled veteran who is a caregiver

Parkinson's Specific Group

- **First Congregational Church** in Baraboo, 3rd Monday @ 2pm | Contact Geri Schoenoff, 608-356-3473

Mental Health Specific Group

- **West Square Building**, UW Extension Room, 3rd Monday @ 6pm | Contact Ted Hall, 608-301-5390
 - Virtual option available: <https://us02web.zoom.us/j/84660758640> *for adults with a loved one who has symptoms of a mental health condition, including alcohol or substance use disorders

Dementia Specific Groups

- **Maplewood** in Sauk City, 4th Tuesday @ 3pm | Contact Theresa Grimes, 608-643-3383
- **Virtual Morning Coffee Connect**, Every Monday @ 10am | Contact Pam Kulberg, 608-548-3954
- **Reedsburg Library**, 3rd Wednesday @ 12pm | Contact Marina Wittmann, 608-355-3289
- **Spring Green Community Library**, 3rd Monday @ 3:30pm | Contact Kurt Goeckermann, 355-3289

Huntington's Disease Specific Groups

- **Virtual Huntington's Disease Groups**, 3rd Tuesday @ 6:30pm (Caregivers), 2nd Tuesday @ 6:30pm (Young Adults, 16-35), 1st Saturday at 10:30am (Statewide) | Contact Deb Zwickey, 414-257-9499

Memory Cafe's

A space where caregivers and those living with dementia can socialize and participate in fun activities!

- **Fusch Community Center**, 2nd Friday @ 10am | Contact Kurt Goeckermann, 355-3289
- **Reach Out Lodi**, 4th Friday @ 1pm | Contact 697-2838

Alzheimer's Association Virtual Statewide Groups | call 800-272-3900 to register

- For Persons Living with Mild Cognitive Impairment, 2nd Wednesday @ 10am
- Family Caregivers for Loved One with Dementia Living at a Facility, every other Friday @ 10am
- Family Caregivers for Loved One with Frontotemporal Degeneration, 3rd Wednesday @ 6pm
- Family Caregivers for Loved One with Dementia in the Early Stages, 4th Tuesday @ 10am

SUPPORT, GUIDANCE AND CONNECTION FOR NEWLY DIAGNOSED PEOPLE – ALL IN ONE APP



My ALZ Journey

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is excited to introduce **My ALZ Journey**, an innovative and accessible free tool designed for newly diagnosed, early-stage individuals and their care partners to help navigate their journey with Alzheimer's or other dementias.

Developed for those who enjoy using apps in their daily life, **My ALZ Journey** provides personalized guidance, education, planning tools, interactive activities and local community resources.

By delivering the right information at the right time, **My ALZ Journey** fosters connection, combats stigma and empowers individuals and their care partners to take action with confidence.

What You Can Expect

- **Made just for you** – Personalized content based on who you are (individual or care partner), your location and age at diagnosis.
- **Step-by-step help** – Guidance for adjusting to the diagnosis, staying independent and planning for the future.
- **Local support** – Connections to your local Alzheimer's Association chapter and nearby programs.
- **Tools and activities** – Planning tools, helpful checklists and creative ways to stay engaged.
- **Based on true stories** – Developed with input from individuals living with dementia and their care partners to reflect real life, not just research.

Get Started in 3 Easy Steps

1. **Download** – Find My ALZ Journey in the Apple App Store or Google Play Store.
2. **Customize** – Answer a few questions to tailor the app to your needs.
3. **Explore** – Access trusted resources, tools and support anytime, anywhere.

ALZHEIMER'S GUIDANCE ANYTIME, ANYWHERE

Download and start your journey today! **My ALZ Journey** is available for free at the Apple App Store and Google Play Store.

Visit alz.org/MyALZJourney for more information.



For Grandparents and Relative Caregivers

EXPLAINING A PARENT'S ABSENCE AS A RELATIVE CAREGIVER

Many complex issues create circumstances that lead to a child being separated from their parents. Those circumstances can be difficult to talk about. The child in your care will likely have many questions, and answering them may be one of the most challenging tasks you face as a relative caregiver. Remember that shame or blame does not serve anyone well in the long run. Instead, focus on compassion. Listed below are three key points to remember when such conversations occur.

1. Validate the child's feelings while not assigning blame to the parent.

A simple phrase such as ***"I know how much you were looking forward to this, and I know it feels bad when your mom can't make it"*** will address the hurt in a neutral manner.

2. Explain that the same situations that made it hard for their parent to take care of them also make it hard to follow through on plans that they made.

For example, ***"Dad is having a hard time taking care of himself right now, which can make it difficult to remember visits. That doesn't mean that he doesn't miss you."***

3. Reaffirm your love for the child. If appropriate, reaffirm the parent's love, too.

"You are a great kid, and I love you [and they love you]. I'm sorry they are missing this time with you."

In addition to the points above, take opportunities to connect a parent's positive attributes with characteristics you see in the child. For example, when you notice that they love drawing or have the same favorite food as their parent, comment on this shared interest. This will enhance feelings of connection and demonstrate to the child that they are loved and cared for by many. For more information on this topic, visit the [Grandfamilies and Kinship Support Network](#).



7TH ANNUAL **CAREGIVER BOOT CAMP**

Join the Sauk County ADRC for a FREE educational "survival" program for families coping with Alzheimer's Disease & other dementias.

Saturday, November 15, 2025

Baraboo High School Library; 1201 Draper St.

9:30am - 2:30pm

Boot Camp Agenda:

Dementia 101: Gain a basic understanding of what dementia is

Frequently Asked Questions:

Submit questions and get answers

Dementia Live: Step into the shoes of someone living with dementia

ADRC Resources: Learn about ADRC services and programs

And MORE!!

Keynote Speaker:

Jody Krainer, Dementia Diagnostic

Clinic Network Manager | Wisconsin

Dementia Resource Network Manager,

Wisconsin Alzheimer's Institute

Reimagining the Family Caregiver

Experience - this presentation will look at family caregiver burnout, self-care, and strategies to minimize the risk of burnout when caring for someone living with Alzheimer's dementia.



**Registration Required & Appreciated
Contact Marina Wittmann:**

📞 ADRC: (608)355-3289

✉️ marina.wittmann@saukcountywi.gov

📱 Or scan the QR code to register online!

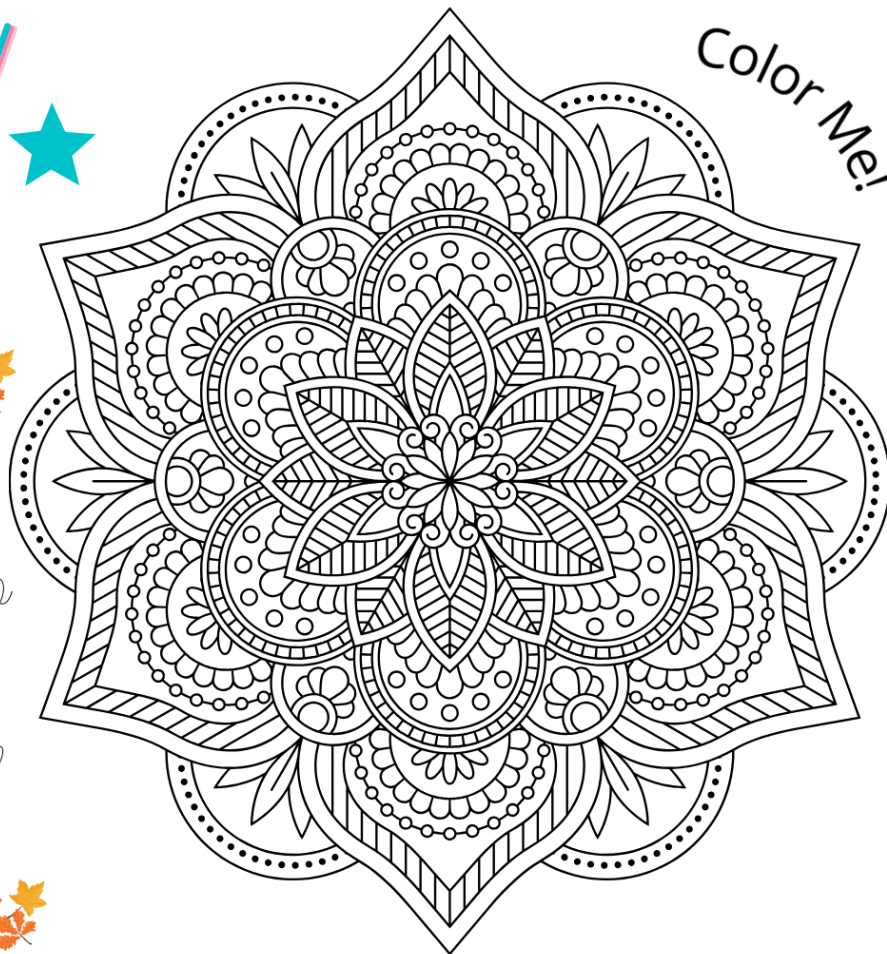


**Included with Boot Camp:
Light Breakfast, Lunch and "Survival Kit"**

"My favorite part was the dementia live group discussion. Being able to wear the glasses and headphones helped me understand how things are challenging for the person in so many ways." ~Former Boot Camp Participant

Take 5!

Color Me!



*Life starts all over
again when it gets crisp
in the fall.
~ F. Scott Fitzgerald*

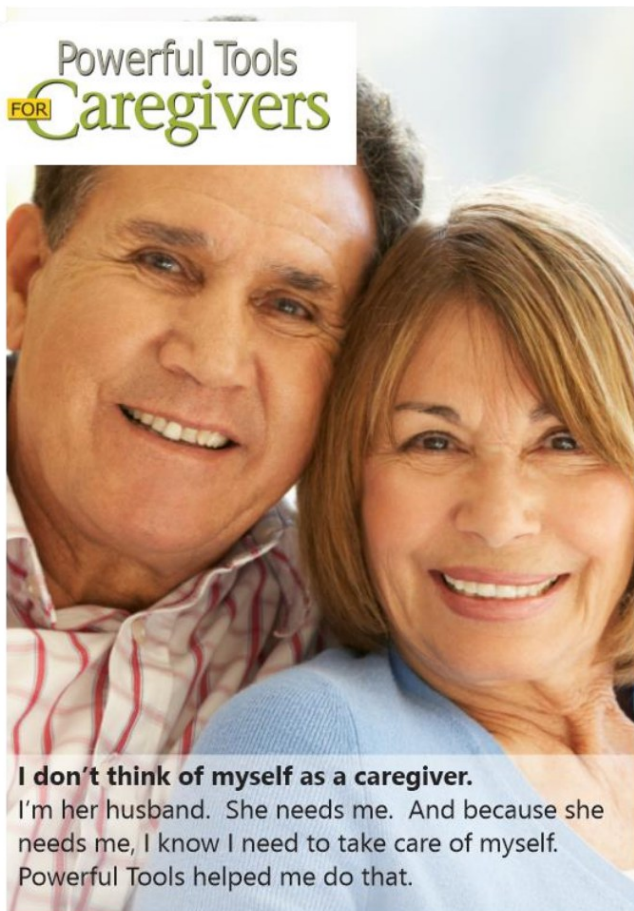
NUMBER SEARCH

Numbers in the puzzle might be placed forwards or backwards, diagonally, up and down, or across,

231481	854132358
300688822	91850504
306092336	97070
343086581	5162624387
35557607	60183
429005111	628743
4543773687	702916862
483082	77835
4992219298	81551
5011492	841709139
5137035	

2	4	9	1	6	6	9	4	6	6	0	7	5	3	8	0	7
2	1	5	6	7	1	0	9	2	0	3	3	2	3	5	2	7
5	4	0	3	8	2	4	0	4	9	5	1	8	7	0	7	8
6	5	3	4	3	1	1	1	1	0	0	1	9	4	4	8	3
0	4	1	0	5	2	8	2	1	5	4	0	3	7	0	1	5
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3	7	8	4	1	4	3	7	7	6	2	4	3	5	0	1	4
8	3	2	9	4	5	7	6	0	4	3	0	4	6	9	4	1
7	9	7	2	8	8	1	7	7	6	9	7	0	7	0	7	1

Solution on Page 12



I don't think of myself as a caregiver.
I'm her husband. She needs me. And because she needs me, I know I need to take care of myself. Powerful Tools helped me do that.

Fall 2025 Workshop

Starts: Tuesday, September 9

Time: 1:30 – 3:00pm

6 consecutive weeks

Location: Frank Fischer Senior Center
(20 Wisc Dells Pkwy S, Wisc Dells)

Suggested Contribution: \$20

Register with Marina Wittmann at the
Sauk County ADRC (608)355-3289

Workshop co-sponsored by the
Columbia County ADRC and Sauk
County ADRC.

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources





CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



Limited space still available. Register today.

Program for Family Caregivers of People with Dementia.

Facilitated by the ADRC of Rock County & ADRC of Southwest Wisconsin

**Do you provide care for a loved one with Alzheimer's
disease or other form of dementia?**

You Are Not Alone

- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at no cost to Rock, Green, Grant, Iowa & Lafayette residents
- SPACE IS LIMITED

Information

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets

- 9 weeks
- 90-minute, virtual classes

Where: Virtual Class via Microsoft TEAMS

When: Wednesday evenings, 5:30-7pm
September 3 – October 29, 2025

Developed at



Please call for more information or to register:

Rock County call Karen 608/741-3615

Green or Iowa Counties call Bonnie 608/426-4295

Grant or Lafayette Counties call Hailey 608/426-0185

Depression & Stroke

Emotional changes are common after a stroke. Learn to recognize signs of depression and use tips to help.

Your care recipient may be trying to cope with feelings of loss, anger, frustration, denial, and shock. About 30% of people develop depression within 5 years following a stroke. Depression may also go away and come back, so it's important to recognize the signs and seek support.

Recognize The Signs Of Depression

Depression can be mild, moderate, or severe. If you notice any of these signs for more than 2 weeks, make an appointment with the doctor to see if depression could be a factor.

- Feeling hopeless, worthless, or guilty
- Losing interest or pleasure in previously enjoyed activities
- Low motivation
- Changes in sleep patterns
- Changes in eating habits
- Feeling restless or impatient
- Low energy or fatigue
- Difficulty concentrating, making decisions, or remembering
- Changes in weight or appetite.
- Thoughts of death or suicide (or self-harm attempts).



Many of the symptoms of depression can also be symptoms of stroke, making it hard to determine what the underlying cause is. If you suspect that your care recipient is depressed, speak to their doctor.

Important: If you or your care recipient are thinking about suicide, reach out for help right away. You can contact a local distress center or call 9-1-1.

How To Help

If your care recipient is showing signs of depression post-stroke, there are a few things you can do to help:

- Talk to the healthcare team. As well as improving symptoms, getting the right treatment for depression supports stroke recovery. Depending on your care recipient's assessment and needs, a doctor might recommend medications, therapy, or a combination of both.
- Find support & talk it out. Research has shown that lower levels of support are associated with depression. Support includes taking time to check in and talking about their feelings. If it's accessible to you and your care recipient, explore support groups or talk therapy options.
- Support involvement in activities they enjoy. Examples include going outside, using the computer, cooking, or doing something creative.
- Stick to a routine. This can help someone feel more in control. They should try to wake up around the same time, get dressed, and do some activities each day.
- Stay social. It's easy to become isolated after a stroke. Research has shown that people who had more social interactions after a stroke had lower depression scores. Help them stay in touch with family and friends to regain their confidence and support their recovery.

Article Continued...

Care For Yourself

Caregivers often have to cope with strong emotions, feelings of loss, and stress after a stroke. As high as 60% of caregivers experience depression after a care recipient's stroke, though this can depend on many factors. Studies have shown that caregiver depression can have a negative effect on both the caregiver and the care recipient's quality of life, so it's essential to take care of yourself.

- Find ways to refresh your mind and do something that supports your well being. Even if you think you can't do this every day, it's important to do even something small.
- Make your own daily routine and stick to it.
- Remember you are not alone. Seek support from family, friends, or support groups for caregivers of stroke survivors.
- Find ways to lighten your load. This might be a respite program, housekeeping, home health services, or simply asking a friend or family member for help.



Article From:



Dementia Caregiver Support Meeting

Led by ADRC Dementia Care Specialist, Kurt Goeckermann
ADRC: (608)355-3289

**3rd Monday of
Every Month**

3:30pm

Spring Green Community Library | 230 E Monroe Street





for Well Connected!

Call or Email Marina Wittmann

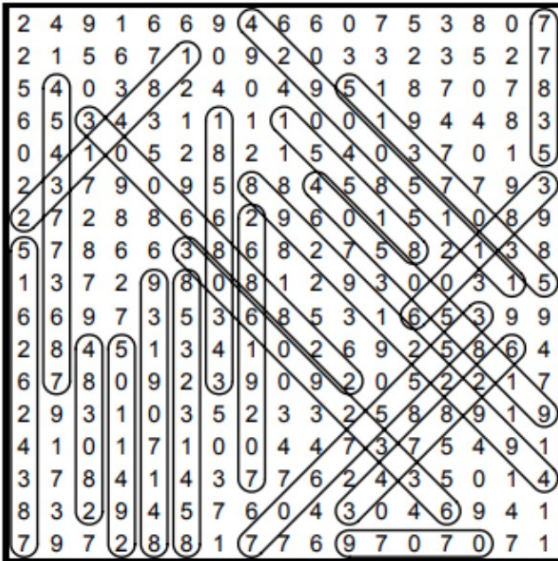
ADRC: (608)355-3289

marina.wittmann@saukcountywi.gov

ADRC

505 Broadway St

Baraboo, WI 53913



Solution for Number Search



Caregiver Self-Care: ADVICE TO AVOID BURNOUT

Caregivers may feel guilty or selfish for paying attention to their own needs, but self-care allows the caregiver to be healthier, happier and more effective.

Practice Self-Compassion



Take time for yourself. Give yourself credit for the difficult work of caregiving and silence the inner critic.

Sleep, Exercise and Eat Well



This is simple, but often easier said than done. Don't neglect your physical health, including preventive care and health screenings.

Set Goals



Setting meaningful, yet attainable goals helps keep you focused and highlights progress.

Ask for—and Accept—Help



Don't wait until you are overwhelmed or exhausted. Reach out for help before you need it.

Stay Connected



Maintain social connections to feel less isolated. Hospitals and local organizations often offer caregiver support groups.

Sources: Harvard Medical School, Family Caregiver Alliance

CORPORATE SYNERGIES®
corpsyn.com

Visit HealthDiscovery.org/subscribe to get more health & wellness advice