



*A Bi-Monthly Newsletter  
for Family Caregivers*

**Sauk County ADRC:  
(608)355-3289  
[www.co.sauk.wi.us/adrc](http://www.co.sauk.wi.us/adrc)**

**f @adrcsauk**

Strangely, the typical Wisconsin weather that looks something like this: blizzard conditions, snow days, frigid temperatures, 4-wheel drive, clearing snow, bundling up, and watching for the snowplow, has not arrived. Even so, the season of winter can be the most difficult of the 4 seasons we see in Wisconsin and we will probably have some of those 'experiences' at some point. That said, I encourage Family Caregivers to take extra care of yourself during this time. When it is cold outside and the sun is incognito, it can make caregiving much more difficult. Are you struggling to keep your loved one occupied? Are you getting restless with limited options of activities to do? You are not alone!

At the support group I facilitate at the Reedsburg Library, a caregiver recently had a 'lightbulb' moment when they said "I don't think I'm giving my husband enough to do". It's easy to just take care of things yourself, because like the old saying - if you want something done right, you do it yourself! Whether your loved one has cognitive issues or physical disabilities, there's almost always something they can do! Ask them to set the table and if it's not up to your standards, it's okay! Ask them to fold the towels, organize the junk drawer, sort a box of buttons, create a flower bouquet with artificial flowers. It gives them purpose. It is certainly not easy to let go of how you want things to look or be, but giving your loved one purpose will make the winter days go by faster and add brightness to your home.

Lastly, I wanted to point out I have updated the Caregiver Support Meetings and Memory Cafe listings. Please note the Sauk City Memory Cafe has changed days. That is on Page 5. Take advantage of those groups to get you through the cold Wisconsin winter! As always, reach out if you need us!



*Sincerely,*

*Marina Wittmann*

**Aging Program Supervisor  
Caregiver Support Program Coordinator  
[marina.wittmann@saukcountywi.gov](mailto:marina.wittmann@saukcountywi.gov)**



**Kurt Goeckermann**

*Dementia Care  
Specialist*



*Dear Kurt,*

What does a Dementia Care Specialist do again?

Over the last year I have written multiple articles addressing specific issues related challenges faced by people with dementia and those who assist them at home and in the community. It might be helpful to revisit a broader view and talk about what exactly the Dementia Care Specialist (DCS) program is and what it is trying to accomplish. A significant number of Sauk County residents will have new dementia diagnosis and new people move into Sauk County who may not be aware of what the DCS can offer.

The Dementia Care Specialist program is unique to Wisconsin. We now have at least one DCS in every county in the state. This is a model that other states are looking at to develop similar programs. The DCS in each county is charged with three primary goals. The first is to ensure that the Aging and Disability Resource Center itself is dementia friendly and able to implement approaches that best help those with the diagnosis and their caregivers. This is accomplished by regular trainings and being available to ADRC employees to consult on questions they may have.

The second goal is helping to help make Sauk County a dementia friendly community. The Dementia Care Specialist accomplishes this through trainings and events that educate other governmental agencies, first responders, places of business, houses of worship, schools and community organizations. Last year this included training the staff of libraries and bank employees. Early in 2024 I will be working with all law enforcement in Sauk County at their annual multi-day in-service. If you are a leader or part of any of these entities in Sauk County, please feel free to contact me to set up a training. These can be adapted for content and time to meet the needs of the entity.

Lastly, the Dementia Care Specialist is to work with individuals living with dementia and caregivers to improve their quality of life while they meet the challenges of the diagnosis. This is often done through direct consultations in the home or at the ADRC. While the DCS is not an acute crisis manager, they can provide suggestions that may alleviate issues and improve quality of life for all involved. They can also answer specific questions about the diagnosis, treatment and what to generally expect. One of the benefits of the program is that each DCS networks with the other Dementia Care Specialists in the state. With widely varied backgrounds and talents, this networking greatly expands the knowledge, resources and suggestions available. Also available are group trainings and events throughout the year. Watch for announcements in the ADRC newsletters and postings.

Whatever your role or question please contact me at any time (ADRC, Kurt Goeckermann 608-355-3289).

*Sincerely, Kurt*

# The Caregiver Solution to New Year's Resolutions

Alzheimer's Association Blog

One of the things I hate about New Year's Resolutions is they seem to be about taking away something rather than giving yourself something. I suppose one could argue if you lose weight with more exercise and eating more nutritiously you are giving yourself a longer, healthier life. But when our brains think of resolutions as punishment rather than pleasure, it's hard to maintain them.

For caregivers, resolutions are even harder since you are typically juggling many of life's balls – children, career, caregiving – and most often, the ball getting dropped is the one that says “self-care.” Adding one more thing to your To Do List in 2024 is enough to make you cry (or scream, or throw something or grab that pint of mint-chocolate-chip ice cream that makes you feel better, until you step on the scale).

But, there is hope.

Here is my solution for caregivers to those daunting New Year's Resolutions. Let's re-wire our brains to think “what am I giving myself” instead of “what am I not going to give myself.” This year, you are going to give yourself a gift – that's right – no cutting back, no cutting out and no cutting corners. If you follow these steps, you will not only improve your physical health but your mental health and that is a resolution worth celebrating.

## **The Me Time Monday<sup>SM</sup> Reality Show (52 Episodes)**

When you become a caregiver, you often feel like you entered one of today's popular reality TV programs – it is like Survivor and The Amazing Race all at once. Instead of frantically looking for clues, or worrying about what the tribe will say, let's call your 2024 reality show Me Time Monday; there are 52 episodes (one each Monday).

### **What Is Me Time?**

Me time is the essence of self-care, which is the balance you need when you are caregiving. First of all, you need to make a list of all the things you love to do that are just for you. These are probably things you have abandoned or at least don't get to as frequently if you are caregiving. It helps to think about things you loved to do as a kid (bike riding, hopscotch), or activities you enjoyed when you had no pressing responsibilities (such as kids, a job, a husband or a loved one to care for). Me Time is how you define it. Your Me Time may be gardening, reading a good book or magazine, painting or sculpting, getting a mani/pedi, going for a scenic drive, or perhaps it is hula hooping like First Lady Michelle Obama. Make sure you only list things you love that are just for you – if you wrote down exercise but it's something you feel you have to do rather than love to do, it's NOT Me Time.

### **Why Monday?**

Monday is part of our cultural DNA. It is the start of the work week, the school week and we feel renewed energy to start something after a nice weekend break. The Monday Campaigns was founded in 2005 in association with Columbia University, Johns Hopkins University and Syracuse University in order to apply marketing best practices to public health challenges. Continued...



According to the research, The Monday Campaigns show a projected 74 percent of American adults older than age 25 believe giving healthy intentions a Monday start will make them more lasting throughout the week. Part of the Monday Campaigns is Caregiver Monday, a specific campaign targeted to helping the nation's caregivers take care of themselves.

“Day in and day out, millions of caregivers give so much of themselves caring for their loved ones that they often neglect their own health and well-being,” says Sid Lerner, founder and chairman of The Monday Campaigns. “Caregiver Monday encourages them to use that first day of each hectic week as their recharge day, to refocus on their own condition to better serve their dependent parent, child or spouse.”

### How to ‘Make It Work’

The famous saying by Tim Gunn on the Project Runway reality show works for your Me Time Monday as well. Think about the following:

1. **Write it down.** Put your Me Time Monday activity on sticky notes. Post these notes on your refrigerator, your bathroom mirror, in your wallet, on your smartphone, on your car dashboard – anywhere you will see the words every day. These are love notes to yourself.
2. **Take baby steps.** If your Me Time is taking a 30-minute walk to enjoy nature and outdoors (a great stress reliever), start with buying new walking shoes on your first Monday (it's all about the shopping for me). The following week it may be getting just a few minutes to walk around the block – you don't have to achieve 30 minutes on Week 1 – just get started. Once you get in the groove you will find you plan your Me Time because of the comfort it brings you. If you miss a week – don't beat yourself up. Evaluate what derailed you and see if you can eliminate the obstacle the next week. What's great about Me Time Monday – you have 52 chances to stay on track! And you don't have to do your activity on Monday – just use Monday as your “check in” point for the week to figure out what you are going to do and how to find that time.
3. **Track your progress.** Put a little heart on your weekly calendar when you do your Me Time or tell a friend who can be your cheerleader about your plan and let them applaud your weekly progress (and help give you a caregiving break so you can get your Me Time – see the Alzheimer's Care Team Calendar as a great way caregivers can get help to get a break). Getting reinforcement – whether through a friend or seeing a lot of hearts on your calendar will keep you motivated.
4. **Live in the moment.** When you are practicing your Me Time take a few minutes to really feel it. Close your eyes and put your imaginary remote control on “Pause.” Feel everything around you. Stop and try to use each of your senses in what you are doing. Can you see yourself happier? Do your shoulders relax? Do you feel a little more refreshed? Do you hear the sounds around you? Do you smell the wonders of your environment? Do you feel re-energized so you can keep caring for everyone around you because you took a little Me Time? Sensory cataloguing is a great way to revisit your Me Time and re-wire your brain to crave that Me Time so it becomes essential to your well-being.

Now push “Play” on your imaginary remote control and let your Me Time Monday reality show begin! To view the Me Time Monday videos, visit: <https://www.youtube.com/user/caregivingclub>



# Caregiver Support Meetings & Memory Cafe's

## General Family Caregiver Group

- **Virtual**, 4th Monday @ 10:30m | Contact Pam Kulberg to register, 608-548-3954

## Veteran Specific Caregiver Group

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

## Parkinson's Specific Group

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

## Mental Health Specific Group

- **West Square Building, UW Extension Room**, 3rd Monday @ 6pm | Contact Ted Hall, 1-608-301-5390
  - 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, 643-3383
- **Virtual Morning Coffee Connect**, Every Monday @ 10am | Contact Pam Kulberg, 548-3954
- **Reedsburg Library**, 3rd Wednesday @ 12pm | Contact Marina Wittmann, 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 safe space where caregivers and loved ones with dementia can socialize, listen to music, and have fun!

- **Sauk Community Center**, 3rd Wednesday @ 9:30am | Contact Kurt Goeckermann, 355-3289
- **Fusch Community Center**, 2nd Friday @ 10am | Contact Kurt Goeckermann, 355-3289
- **Reach Out Lodi**, 4th Friday @ 1pm | Contact Penny, 592-4592

## 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

## ADRC Support for Caregivers | ADRC: (608)355-3289

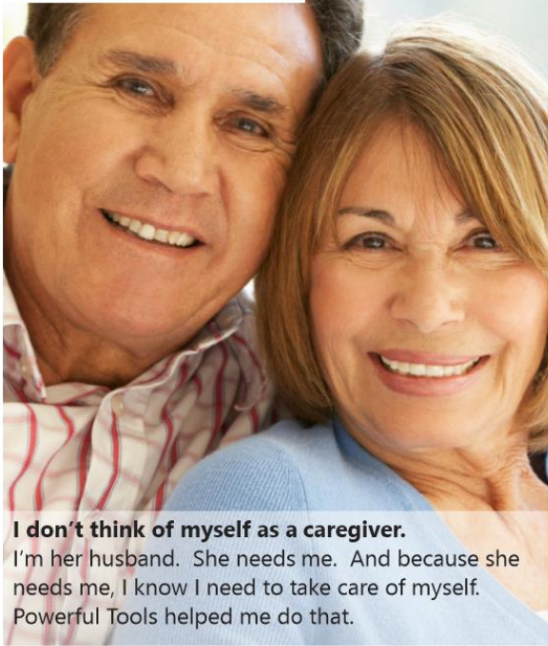
- Powerful Tools for Caregivers, Caregiver Lending Library, Respite Funding and more available!

ADRC: (608)355-3289



[www.co.sauk.wi.us/adrc](http://www.co.sauk.wi.us/adrc)

Powerful Tools  
FOR Caregivers



**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.

# Caregiving is rewarding. But it can be challenging too.

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

## 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, solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors and other helpers

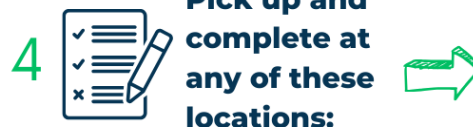
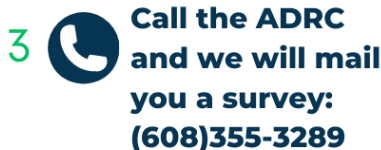
**We are gearing up for a Spring 2024 workshop! Interested? Call us to let us know where we should hold the workshop! We will bring it where there is interest. Contact Marina at the ADRC: (608)355-3289, [marina.wittmann@saukcountywi.gov](mailto:marina.wittmann@saukcountywi.gov).**



## LET'S HEAR YOUR IDEAS!

**The Aging & Disability Resource Center is looking for your thoughts and ideas to help us improve programs and services for residents of Sauk County as they age. Answers will help us develop our next 3-Year Aging Plan (2025-2027).**

### Complete the survey 1 of 4 ways:



Reedsburg Library  
Spring Green Library  
Merrimac Village Office  
North Freedom Village Office  
Sauk Prairie Community Center  
Baraboo Senior Center (BASCO)  
ADRC - West Square Building,  
Baraboo

# For Grandparents and Relative Caregivers

## RAISING WISCONSIN'S CHILDREN

Conference 2024

Tuesday January 9, 2024  
9:00 AM – 4:00 PM



Raising Wisconsin's Children is a virtual, day-long event for dads, moms, grandparents, teachers, and other people caring for kids. This free, online conference provides supportive, practical parenting and child development information. Please see our schedule below for speaker information and topics. All sessions will be closed captioned.

- 9:00 am || Boosting the Benefits of Screen Time: Choosing High-Quality Shows and Apps for Young Children | Those Media Moms, Roxy Etta, PhD & Liz Horgan, PhD
- 10:15 am || Creating Gender Affirming Homes for ALL Children | Abra Vigna, PhD
- 11:30 am || Mirror, Mirror on the Wall: Nurturing Positive Body Image in Kids | Mateja Savoie-Roskos
- 12:45 pm || Healthy Sports: Strategies to Encourage Participation and Avoid Specialization for Youth Athletes | Evan Nelson, DPT, PhD
- 2:00 pm || What We Know About Social Media Use and Adolescent Mental Health | Chelsea Olson, PhD
- 3:15 pm || Meditating Parents: How to train your mind to be more present, resilient, and appreciative | Chad McGehee, MA, MEd

**Register: <https://parenting.extension.wisc.edu/raising-wisconsins-children-2024-conference/>**

## Wisconsin Wayfinder: Essential Children's Resources

Wisconsin Wayfinder supports families of children with delays, disabilities, special health care needs, and mental health conditions. Children's resource guides are helpers who assist families, caregivers, professionals, and organizations in finding a wide array of supports and services available through the Children's Resource Network. Their services are free and confidential.

Connect with a children's resource guide. Call (877) WiscWay or use our contact form.

 **Talk with a children's resource guide on the phone.**

Call (877)947-2929



**Connect with a children's resource guide online.**

[www.dhs.wisconsin.gov/wiscway/index.htm](http://www.dhs.wisconsin.gov/wiscway/index.htm)



# NEED SOMEONE TO TALK TO?

## Call UpliftWI

*By Wisconsin Department  
of Health Services*



**UPLIFTWI**  
HERE WHEN YOU NEED AN EAR

The Wisconsin Department of Health Services (DHS) announces a new phone line is now available allowing all Wisconsinites to share their successes and challenges with a peer who will listen and offer support. Built by Mental Health America of Wisconsin under a grant from DHS for people experiencing mental health and substance use concerns, UpliftWI can be reached at (534) 202-5438 daily from noon to midnight, with 24/7 operation expected by the end of the year. This non-emergency service is free and confidential.

“We’re pleased to partner with Mental Health America of Wisconsin on this expansion of peer services in Wisconsin,” said DHS Deputy Secretary Deb Standridge. “The peer-to-peer support offered by UpliftWI is a proven way to get people the help they need and stay healthy. This service is going to improve lives by providing preventive care for people experiencing stress or other challenges in their lives.”

Callers to UpliftWI speak to certified peer specialists with diverse life experiences stationed across the state. A certified peer specialist is a person who has navigated their own mental health and substance use challenges, completed a training course, and passed a state exam that tests their skills and knowledge about how to support others. They use their personal experiences to help callers identify and pursue their own wellness goals and will share information about community resources if requested. Callers are not required to provide their name, address, or other identifying information.

“The goal of UpliftWI is to help callers feel connected, understood, and less isolated in an effort to prevent mental health and substance use crises,” said Mental Health America of Wisconsin Chief Operating Officer Brian Michel, the leader of the team responsible for the service. “We all have times of challenge. UpliftWI is a safe place to share those challenges with a supportive voice who will listen in confidence without judgment or criticism.”

UpliftWI is funded by a \$600,000 annual grant awarded to Mental Health America of Wisconsin in 2022. The grant comes from Wisconsin’s share of funding allocated to mental health and substance use services from the American Rescue Plan Act and will be available through 2025.

UpliftWI adds to Wisconsin’s growing network of peer services that now includes statewide options for support by phone, drop-in, and overnight stays. Drop-in support is available at one of 11 state-funded peer recovery centers. Eight of those centers focus on mental health support and three focus on substance use support. Overnight stays are available at one of the six state-funded peer respite centers. People need to call ahead to arrange a respite stay of up to one week.

Anyone experiencing mental health and substance emergencies should call, text, or chat the 988 Suicide & Crisis Lifeline. If the emergency is life-threatening, call 911.





# Caregiver GPS

Learn how to navigate  
the journey of caregiving

Join us in 2024 for a monthly webinar series



Thursdays beginning 1/18/2024  
Noon-1pm



Expert speakers



Useful tools



Topics including: dementia information;  
communication & caregiving skills; legal,  
financial & crisis planning; home safety; difficult  
conversation; asking for & getting help; traveling  
and enjoying the holidays

If you have questions or would like the link to join us,  
please contact

Karen at 608/741-3615 or

Ellen & Kayla at [danedcs@countyofdane.com](mailto:danedcs@countyofdane.com)

Facilitated by the ADRCs of Dane & Rock Counties



**Available to any caregiver  
in Wisconsin!**





# Take 5!

## QUOTE OF THE ISSUE:

BEGIN DOING WHAT YOU WANT TO DO NOW. WE HAVE ONLY THIS MOMENT, SPARKLING LIKE A STAR IN OUR HAND, AND MELTING LIKE A SNOWFLAKE.

LET US USE IT BEFORE IT IS TOO LATE.

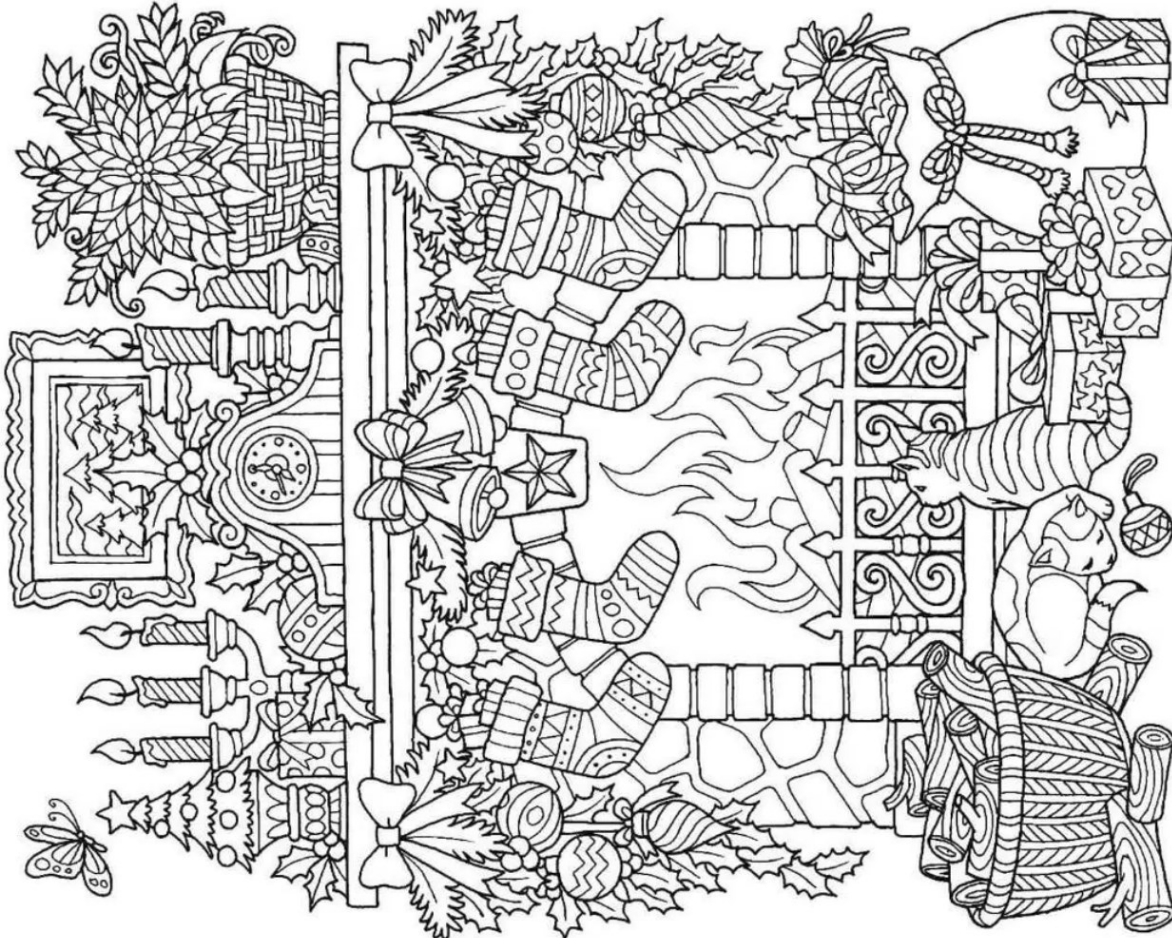
~MARIE BEYNAN LYONS RAY

Solution on Page 12

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

### Sudoku Rules:

Fill in the blanks so that each of the nine rows, columns, as well as each of the nine 3x3 grids must contain one of each number 1-9.



Color Me! 





# Community Care Stories

## Meet Tamara Contingency Plans



What happens to my grandmother if something happens to me?

I am relatively new to caregiving, my 82-year-old grandmother was diagnosed with vascular dementia about a year ago. After the diagnosis, I decided to move in with her full time to help out and care for her needs.

At the moment things are manageable, but her care needs are increasing quite quickly. I recently got into a minor car accident. This really got me thinking, "What would happen to her if something more serious happened to me?". The thought of this quickly became overwhelming. I'm single, with little family nearby. I'm having trouble getting my brothers involved currently, and Mom and Dad passed away years ago. If something happened to me, my grandmother would have no one to depend on. I was feeling a little lost but I knew I had to do something.

I started making notes every time something new came to mind. I wrote down everything and anything I would want someone else to know if they were caring for her. Things like how her hearing aids are in her drawer, but she never remembers them unless I remind her, and that she has a cup of chamomile tea every night. I wrote down stories from her past that bring out joy and happiness in her. And more subtle comforting things like her love of the ocean, the color yellow, and her crush on Elvis. I also started compiling any important documents, like her medical history and insurance. I am putting all of it in a binder so it's easy to find.

It's still a work in progress as I make an effort to build a support network around me, but at least if someone had to come into the home to help her, they could use this information and know where to start. It's also been useful to reflect on all the great years with my grandmother, reminding me of all the special moments we've shared. It's given me newfound pride and gratitude for my ability to provide care to a woman who's shown me so much love.

Contact Marina to  
learn more about  
Trealta!



ADRC  
(608)355-3289



# for Well Connected!

ADRC  
505 Broadway St  
Baraboo, WI 53913

Call or Email Marina Wittmann  
ADRC: (608)355-3289  
marina.wittmann@saukcountywi.gov

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

Solution for Sudoku



## How can you beat seasonal depression?



### Exercise

A daily 30-minute walk may help prevent depression, so take a brisk stroll down a snowy path!



### Enjoy the Sunlight

As little as 15 to 30 minutes of sunlight, best in the early morning, will go a long way toward alleviating the winter blahs.



### Get Enough Sleep

A lack of sleep can take a toll on your mood-so aim for seven to nine hours of sleep each night.



### Adjust Expectations

Don't let visions of perfection spoil everything. Learn that most things can be good enough, such as food, family and friends.

*Infographic inspired by the Johns Hopkins Seasonal Depression graphic.*