



*A Bi-Monthly Newsletter for
Family Caregivers*

Sauk County ADRC:

(608)355-3289

www.co.sauk.wi.us/adrc

f @adrcsauk

Happy HOT Summer!

Remember in January when we were complaining about the cold? Well complain no more because this heat is here to stay! I hope you are finding ways to stay cool during these hot summer days. Make sure you hydrate throughout the day. It's so easy to get dehydrated when it's so steamy outside.

The ADRC offices have officially moved to the 2nd floor and we are finally settled into our new spaces. If you haven't checked out the new space, stop by sometime! You will find us on the 2nd Floor of the West Square Building (Room 234) in Baraboo. When you exit the elevator, the office is directly in front of you on the corner of the hallway.

I'd like to draw your attention to Page 4 which includes information about our ADRC Memory Cafe's. Kurt Goeckermann, ADRC Dementia Care Specialist, has taken over the Memory Cafe's from Janet Wiegel from the Alzheimer's & Dementia Alliance. If you haven't been to a Memory Cafe yet, definitely check it out! Our July theme will be All About America. If you attend, feel free to represent Red, White and Blue in whatever way you see fit! More details about when the cafe's happen can be found on Page 4.

As always, feel free to reach out with any questions. Have a great summer!



Sincerely,

Marina Wittmann

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



**The ADRC office
will be closed on
Tuesday, July 4**

Kurt Goeckermann

*Dementia Care
Specialist*



Dear Kurt,

When should admission to a facility be considered for a person with a dementia diagnosis?

The answer to this question is that there is no concrete answer. Each person is different, each family/support system is different. The key to the best outcome is a collaborative approach, carefully evaluating the available resources as well as the physical and emotional well-being of the person with dementia AND their family/caregivers. Even in the best of circumstances this is a difficult decision, but there are steps that can be taken to make it less so.

The first step is open lines of communication. It is beneficial to have realistic discussions about what you would want in certain health situations long before they may arise. Every potential health crisis cannot be addressed, but the individual and those involved can get a sense of what a person may want or where they may want to be in certain situations. The creation of a Health Care Power of Attorney document can be a good catalyst for these discussions. If one is already in place, get it out and review your wishes with those involved. Consider including family and loved ones beyond the designated agents. This may alleviate stress and disagreement later at a time when difficult or acute health care decisions are needed. Keep in mind that statements such as "I never want to go to a nursing facility" are generally unhelpful. These can increase guilt and stress in very difficult situations where both the individual and the caregivers are not doing well at home or an acute health care need arises. A more realistic statement might be "I want to stay at home as long as possible", followed by a discussion of what alternatives might be if that is not possible or the situation at home becomes too difficult or detrimental to those involved.

When dementia is diagnosed, the earlier discussions of contingency planning happen the better. Avoiding the topic or putting off conversations, however difficult, will decrease the chance to have them successfully. Dementia is progressive, over time the individual will become less able to advocate for themselves and their wishes or realistically evaluate the limitation of caregivers, support and finances. Involving professionals can help. Consultations with your doctor, lawyer/financial planner, specialists at the ADRC or organizations such as the Alzheimer's Association can be very beneficial. Family and caregiver inclusion in these discussions will also help.

Article Continued...

Included in those conversations can be what facilities might be acceptable if needed. Contrary to perception, most people with dementia are at home. Facility placement is not always needed and not always permanent. However, there may come a time when staying at home is problematic. This can be for a multitude of reasons, often in combination. For the person with dementia these might include safety, falls, social isolation, nutrition, hygiene, mental health, behaviors and finances. There can also be acute health issues that necessitate an admission to a facility in the short term. The need for long term change is usually not as clear cut. Touring facilities, having contingency plans, getting on wait lists can ease stress if the need to consider a placement arises.

As noted earlier, each situation is different. What one family and caregiver can manage is not the same as another. It may be helpful to look at what others have done and how they have managed, but both the individual with dementia and the caregivers in each situation are unique. Each has their own history, strengths, weaknesses, perceptions, personality, finances, and relationships. Importantly, the person needing caregiving is not the only consideration. If the caregiver or caregivers are not doing well, the person receiving care will eventually not do well. Caregiver stress and burnout is real. Yes, perhaps if the caregivers could be there 24/7 or quit their job or not have depression or kids they could manage, but this is frequently unrealistic. Guilt is often a significant factor. While some may be able to leave a job to provide caregiving this may be completely impossible for others. While one person may be able to manage their emotional well-being by attending online caregiver support groups, another may be sinking into depression. Each person and situation is unique and requires a unique response.

As always, communication is a key to better outcomes. Guilt and emotional distress can be alleviated with good communication. Define the issues, ask for help, accept it when offered and available. Involve the doctor, ADRC, professional caregivers, legal/financial advisors, and support services to make sure all avenues have been considered practically, financially, and emotionally. If they have, and a facility placement is still the best option, move on to making that the best transition possible. Be it at home or in a facility the ADRC will continue to be a good source for advice, options and referrals.

Sincerely, Kurt



The ADRC Office is now located on the 2nd Floor of the West Square Building (505 Broadway Room 234, Baraboo). Stop by and say HI!

MEMORY CAFÉ

A program for caregivers and loved ones living with Alzheimer's, dementia or memory loss to socialize, enjoy music, food and fun in a safe, relaxing environment!

Fusch Community Center

2090 Ridgeview Dr, Reedsburg
2nd Friday of Each Month
10:00am

Sauk Prairie Community Center

730 Monroe St, Sauk City
3rd Thursday of Each Month
9:30am

Memory Cafe Hosted By:



July Cafe: All About America!
Show your Red, White, and Blue!



For more information, contact ADRC
Dementia Care Specialist,
Kurt Goeckermann:
kurt.goeckermann@saukcountywi.gov
(608)355-3289

ALZNAVIGATOR™

ALZHEIMER'S ASSOCIATION®

Build an Action Plan with ALZNavigator. Whether you're a caregiver, a person living with dementia, or someone concerned about memory loss, find the support you need with ALZNavigator™. Just answer a few questions about your situation and ALZNavigator will guide you to the resources and tools you need today and throughout each step of the disease — all in one place.

What you can do with ALZNavigator

- Learn what to expect and how to prepare for the future.
- Get connected with local resources and find support.
- Gain the confidence to live well through every stage of the disease.

Getting started is easy



Choose a topic.

What would you like to learn more about? Where could you use some support? Topics include home safety, financial planning, living well and much more.



Answer a few questions.

Based on your answers about your current situation, ALZNavigator will add information, educational programs and local resources to your action plan.



View your action plan.

Find all your resources in one place. Reference your action plan whenever you need it by printing it, downloading it to your computer, saving the link or sharing it.

ALZNAVIGATOR Website:

<https://www.alz.org/help-support/resources/alznavigator/welcome>

Need to talk to someone now?

The Alzheimer's Association is here whenever you need us — day or night — offering reliable information and support.

Call our free 24/7 Helpline (800.272.3900). Available 7 a.m.–7 p.m. CT, Monday through Friday

For technical support, please email ALZNavigator@alz.org.

Caregiver Support Meetings Around Sauk County

General Family Caregiver Groups

- **First Congregational Church** in Baraboo, 2nd Monday @ 2pm | Contact Mary Larson, 254-7002
 - **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 Groups

- **First Congregational Church** in Baraboo, 3rd Monday @ 2pm | Contact Sylvia Kriegl, 356-7096

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

- **Monk's Restaurant** in Sun Prairie, 3rd Saturday @ 10:30am | Contact Deb Zwickey, 414-257-9499
- *All are welcome - those with HD, family and friends
- **Virtual Huntington's Disease Group**, 3rd Tuesday @ 6:30pm | Contact Deb Zwickey, 414-257-9499, dzwickey@hdsa.org

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 Thursday @ 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
- **Grief & Bereavement Group** | contact Shai Wise 414-775-7578

ADRC Support for Caregivers

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

Contact Marina Wittmann at the ADRC: marina.wittmann@saukcountywi.gov | ADRC (608)355-3289



For Grandparents and Relative Caregivers



National Family Caregiver Support Program (NFCSP)

Support for Grandparents and Other Relatives Raising Children



Relatives As Parents Program (RAPP)

NFCSP provides information, support and other resources to help grandparents and other older relatives who have taken on the responsibility of surrogate parenting due to the absence of the parents.

WHAT CAN THE PROGRAM PROVIDE?

Limited short-term respite, services and items that help provide care including:

- Child care
- Extra-curricular school activity fees and supplies
- Tutoring or educational aids
- Summer camps
- Transportation
- Home modifications to create a safe environment
- Equipment and supplies necessary to care for the child
- Adaptive equipment or assistive technology for the caregiver such as raised toilet seat, grab bars, emergency response system, etc.
- Legal expenses related to guardianship or custody
- Individualized services as approved that assist the relative in caring for the child

WHO IS ELIGIBLE?

The following criteria must be met to qualify:

- Must be a grandparent or other relative of the child
- Must be age 55 or older
- Must be the primary caregiver of the child
- Child must be under 19 years of age
- Must live with the child

HOW DO I APPLY?

There are no fees or income requirements to enroll in this program. Contact your County or Tribal Aging Office or Aging & Disability Resource Center for more information. To find your local office visit www.wisconsin caregiver.org or call 608-355-3289.



SENIOR FARMERS' MARKET VOUCHERS AVAILABLE!



Each summer, the ADRC helps distribute the Senior Farmers' Market Nutrition vouchers. These vouchers are provided to older adults by the USDA to encourage shopping at local farmer's markets and eating more fresh fruits and vegetables. Eligible individuals receive **\$35.00 in vouchers** which are spent just like cash at approved farmers' markets and farm stands.

We have a limited number of vouchers and they will be given out on a first come serve basis. The ADRC distributed vouchers at in-person distribution in June and we have many vouchers up for grabs! To apply for vouchers, the process is as follows:

- Call the ADRC (355-3289) to fill out an application with one of our staff members.
- Staff will then mail the completed application to you to sign.
- Mail your signed & completed application back to the ADRC.
 - 505 Broadway, Baraboo, WI 53913
- Once we receive your signed and completed application, we will mail the vouchers to you.

To qualify, you must be a resident of Sauk County, be over the age of 60 (or age 55 if you are Native American), AND your annual income must be below \$26,973 for an individual or \$36,482 for a household of 2. Please note that EACH individual is eligible for coupons as long as they meet the income and age requirements.



QUESTIONS?

WANT TO SIGN UP?

CONTACT THE ADRC AT (608) 355-3289

Take 5!

QUOTE OF THE ISSUE:

"Sunflowers end up facing the sun, but they go through a lot of dirt to find their way there."



Head-Scratching Riddles!

(ANSWERS IN LOWER RIGHT CORNER)



1. What can you put in a bucket to make it weight less?
2. What is 3/7 chicken, 2/3 cat, and 2/4 goat?
3. Why is Europe like a frying pan?
4. What building has the most stories?
5. What has four wheels and flies?
6. What starts with T, ends with T, and has T in it?
7. What has 13 hearts but no other organs?
8. I am easy to lift, but hard to throw. What am I?
9. What has to be broken before you can use it?
10. What has many teeth but cannot bite?

Solution on Page 12

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

Sudoku Rules:

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.

~Alan Cohen



1. A hole
2. Chicago
3. Because it has Greece in the bottom
4. A library
5. A garbage truck
6. A teapot
7. A deck of cards
8. A feather
9. An egg
10. A comb

"Rosalynn Carter leads by example with dementia diagnosis announcement"

By reducing stigma and starting an important conversation, it bookends her decades of work on mental health and reminds us there is meaningful life after diagnosis.

~News Center Main, Published by Chrissie Diez, 5/31/2023

ATLANTA — It takes a special person to tackle an issue shrouded in shame and stigma, but 50 years ago, Rosalynn Carter brought mental health out of the shadows and into boardrooms, government chambers and kitchen tables.

Even the announcement that Mrs. Carter has been diagnosed with dementia marks a meaningful step in the former first lady's legacy. By reducing stigma and starting an important conversation, it bookends her decades of work on mental health.

Rosalynn Carter Institute for Caregivers CEO Dr. Jennifer Olsen has witnessed this work firsthand, noting "I think that's what's so incredible about Mrs. Carter's work. Both mental illness and caregiving were issues that were rarely talked about."

On Tuesday, the Carter Center released the news with a statement that emphasized Mrs. Carter is "living happily at home with her husband, enjoying spring in Plains, and visits with loved one." That alone is an important point. In the statement, Mrs. Carter reminds people one can still live a meaningful life after a dementia diagnosis.

At 95, she continues to teach people how to age well and with dignity, how to have difficult conversations, and how to ask for help.

There is an understandable sadness at the news. But also, there is pride. Mrs. Carter has been fighting for people living with dementia and their caregivers, for more than 50 years.

"It's the greatest honor of my life to be able to work for an incredible 95-year-old woman," Dr. Olsen said. "She gently nudges you toward making big things happen."

Facing her own dementia diagnosis, the former first lady leads by example, pushing a hard conversation forward once again.

"This is another example where the Carters are leading the way and being open about what they're experiencing, which I think is so courageous," Dr. Olsen added.

Many of the services and legislation of present day are available because of Mrs. Carter's relentless fight. She co-founded the Carter Center which has its own mental health branch. There, Paige Alexander continues her work as the center's CEO.

"This is not an end-of-life moment for people. It is an opportunity for people to recognize that there is another stage," she said of dementia.

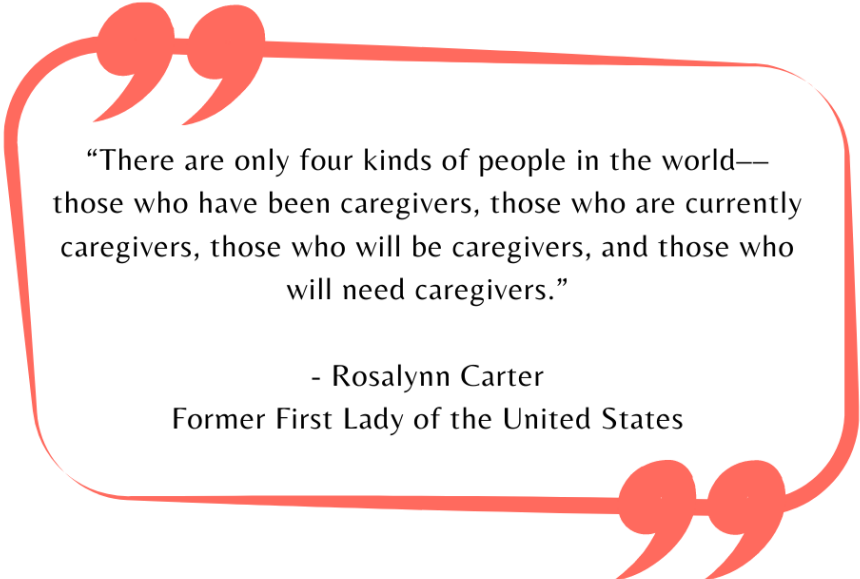
Article Continued...

“She put her name next to this population in a way that creates visibility that otherwise wouldn’t exist,” Dr. Olsen added.

Alexander noted, “[The] announcement is just part of a process of hoping that families around the dinner table and around doctor’s offices can have conversations about these issues.”

As news about Mrs. Carter’s diagnosis sinks in, advocates know now is when the work begins. “The window has opened, and our job is to seize this moment and do something about it,” Dr. Olsen said.

It’s just as Mrs. Carter would want it.



“There are only four kinds of people in the world—those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”

- Rosalynn Carter
Former First Lady of the United States

Am I A Caregiver?

Although caregiving will likely affect all of us at some point in our lives, many caregivers do not identify as a caregiver. Too often we hear caregivers describe themselves as “just” a daughter, husband, friend, or neighbor. If you provide support such as errands and grocery shopping, wound care and prescription management, or cooking, cleaning, and personal care at home – you are a caregiver, and you deserve to be seen and supported.

We are Here for You

RCI (Rosalynn Carter Institute) fulfills its promise to champion the family caregiver by building cross-sector partnerships, leading research projects and strategic initiatives, developing and implementing evidence-based programs, and advocating for public policy – and we engage family caregivers every step of the way.

ROSALYNN **FOR**
CARTER **CAREGIVERS**
INSTITUTE 

<https://rosalynncarter.org/>



**for
Well
Connected!**

ADRC
505 Broadway St
Baraboo, WI 53913

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

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

Solution for Sudoku

SUMMER HEALTH TIPS & RISKS

SUNBURN¹
Apply sunscreen 30 minutes before sun exposure and reapply every 2 hours and after swimming or sweating.

DEHYDRATION^{2,3}
SYMPTOMS INCLUDE:
CRAMPING, DIZZINESS, DROWSINESS, TROUBLE FOCUSING, IRRITABILITY

LYME DISEASE¹
An estimated 300,000 Americans are diagnosed with Lyme Disease each year.
TIP: Avoid unmarked & untended trails to reduce exposure to ticks and always wear insect repellent when outdoors.

POISON IVY OAK & SUMAC⁴
of people are allergic to Poison Ivy, Sumac, or Oak. It is the Most common allergy in America, affecting 85% of 50 million per year.

EYE SAFETY⁵
Long-term exposure to UV rays may increase risk of cataracts.
Wear UV protective sunglasses & hats to reduce exposure.

TIP: Skin can burn in as little as 15 minutes.

TIP: Wear long sleeves and long pants when walking on trails.

TIP: Wear goggles in the pool to avoid irritation from chlorine & bacteria.