



*A Bi-Monthly Newsletter
for Family Caregivers*

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

f @adrcsauk

It seems that spring is in the air! Not that we've had a harsh winter per se, but we all deserve to experience that crisp spring air and feel the warmth of sunshine on our faces. So let's start thinking about spring and all it offers. Spring is a season to appreciate nature's beauty and spend quality time with friends and family. It's a great opportunity for growth, discovery and fun! From thereclusehub.com, here are 10 ways to take advantage of the spring season:

1. Take a long walk in a park or through your neighborhood and enjoy nature.
2. Plant some flowers and vegetables in your garden and watch them grow.
3. Try a new craft like painting or knitting to get creative.
4. Visit a local zoo or museum together with family for an educational experience.
5. Plan an outdoor movie night with friends and snacks.
6. Try out challenging recipes in the kitchen to perfect cooking skills.
7. Play board games as a group to bond with family, friends, or roommates at home.
8. Relax with a good book or get inspired by reading blogs online about different topics you're interested in exploring further in life.
9. Attend local celebrations and festivals to experience different cultures in your area.
10. Go outdoors and take on a DIY project such as repainting furniture or creating something from scratch for a unique expressional outlet.

No matter how you choose to spend the season, make sure to appreciate every moment of spring and find joy in the little things!



Sincerely,

Marina Wittmann

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



Kurt Goeckermann

*Dementia Care
Specialist*



Dear Kurt,

My 82-year-old father seems somewhat confused at times lately. How do I tell if he has early dementia?

You have taken a good first step, asking questions and not ignoring issues. While your father may indeed be having signs of dementia, other factors may be impacting him or, if dementia is present, making it worse. We all function poorly when not feeling well. As we age, this impact may be even greater.

Delirium is a short-term change in cognition. It can arise from numerous issues. Delirium can look like dementia, but usually comes on quickly, not over time. If your father was very oriented one week and confused the next, it is important to consider a multitude of factors that may be the cause. Even if he has dementia, he can become more confused due to the effects of acute problems.

The list of potential issues is long. Sleep disturbance, nutrition, any illness, pain, discomfort, stress, and depression can all contribute to confusion or decreased cognitive ability. Has a new medication recently been added, itself causing problems, or negatively interacting with a previous prescription? Older adults may have less tolerance for alcohol than in the past, or their medications can be problematic with alcohol use. It will be important to involve your father's doctor in evaluating these.



The good news is that most delirium, unlike dementia, is reversible. If the causation can be located there is good potential for recovery and improvement. If cognitive issues persist, a further evaluation can be done to assess for a dementia diagnosis.

In situations where acute confusion results in significant safety issues, an emergency room visit may be necessary if your primary doctor cannot see you quickly. While the Dementia Care Specialist is not a crisis responder, I can be involved in problem-solving and locating resources if small problems are gradually arising, or after the fact if more immediate help is required.

Sincerely, Kurt

~Caregiver Support Services~

FOR CAREGIVERS

Limited Respite Funding

- Respite (In-Home Care, Chore, Personal Cares)
- Items that complement care (supplies, safety equipment, & more)

Support Meetings

- Access to local support groups as well as ADRC sponsored Caregiver Support Meeting

Educational Programs

- Powerful Tools for Caregivers, an evidence-based workshop is designed for caregiver well-being
- Dementia Live is a simulation experience that heightens awareness of life with dementia

FOR FAMILY, CAREGIVERS & THOSE LIVING WITH DEMENTIA

Dementia Care Specialist

- Works with families, caregivers and those living with dementia
- Provides free memory screens
- Trains businesses to become Dementia Friendly

Memory Cafe

- 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!



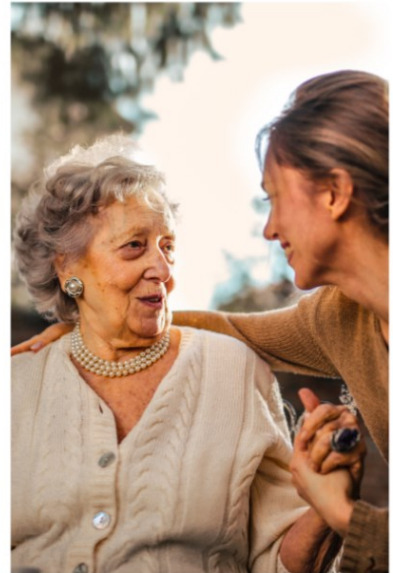
FALLS PREVENTION FOR CAREGIVERS

Why it Matters...

Caregivers may provide care for an older adult that has fallen or is at risk of falling and may be the first line of defense in prevention.

Caregivers can help their care recipient access healthcare providers, pharmacists, physical or occupational therapy, balance and strength exercise programs, and assist with home safety modifications.

Caregivers may also be at increased risk of falls themselves due to physical strain of caregiving responsibilities or having a fear of falling.



The Wisconsin Institute for Healthy Aging (WIHA) and Falls Free® Wisconsin are surveying family caregivers to learn more about your thoughts on falls risk and prevention. We would greatly appreciate your input! Please take 3-5 minutes to complete the survey below or scan the code to the right. Thank you for your time and consideration! Survey link: <https://bit.ly/3SF5Vfp>



SCAN ME



[FallsFreeWI.org](https://www.FallsFreeWI.org)
falls@wihealthyaging.org



Caregiver Support Meetings & Memory Cafe's

General Family Caregiver Group

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

For Grandparents and Relative Caregivers

STRONG FEELINGS: EMOTION COACHING

Emotion coaching helps children understand and manage their feelings. Learning to talk about emotions is an important lifelong skill. It adds to “emotional intelligence,” which can lead to better relationships, fewer behavior problems, and more success in school. Emotion Coaching is easy with some practice. Remember: LEAPS.



LEAPS—LABEL, EMPATHIZE AND PROBLEM-SOLVE



1. Label: Notice and Name Feelings

Children don’t always know the words they need to talk about emotions. Research shows that when kids can name their feelings, they can handle them better. You can help children identify emotions they are feeling, instead of telling them how they *should* feel. Children feel reassured when they know their feelings are normal and they have the words to talk about them.



- “Sounds like you feel _____.” or “That must have felt _____.”
- “The frown on your face makes me wonder if you are feeling mad.”
- “You look really proud today.”

2. Empathize: Validate Feelings

Empathizing with your child’s feelings shows that you understand. If children don’t think you understand what they are experiencing, they may try to show you (loudly) just how upset they are. This can sometimes lead to negative behaviors. Children need to know you understand before they can move on to problem-solving.

- “I would feel _____ if that happened to me.” Or “It’s normal to feel _____ when _____.”
- “I understand. Those shadows in the corner *do* look scary. Let’s check them out.”
- “When I was your age and that happened to me, I remember feeling _____ too.”

EMOTION COACHING WITH LEAPS (CONTINUED)

3. Problem-Solve: Help Your Child Think of Ideas

If there's a problem that needs addressing, encourage your child to think of suggestions. This sends the message that your child is capable of solving problems, which builds confidence! When your child comes up with a solution, it is more likely to work for them—and you. If your child can't think of a good solution, you can suggest an option or two (one at a time) and let them choose. Emotion coaching doesn't mean all behaviors are acceptable. We still need to guide children toward positive actions.

- “What do you think would help you feel better right now?”
- “It's ok to feel _____, but it's not ok to _____. Can you think of something to do or say next time you feel this way?”
- “You and your sister both want _____. Do you have ideas about how we can solve this?”

Books can help us to talk with kids about feelings!

Here are some books to read and share. (These are available at most libraries.)

[The Boy with Big, Big Feelings](#) by Britney Winn Lee—*Big feelings matter!*

[How Do You Feel?](#) by Lizzy Rockwell—*All sorts of feelings. They all look different.*

[Mad, Mad Bear](#) by Kimberly Gee—*It's normal to feel mad sometimes.*

[Jabari Jumps](#) by Gaia Cornwall—*Doing scary things takes courage. Talking helps.*

[B is for Breathe](#) by Dr. Melissa Boyd—*ABC's of Coping with Feelings*

[You Weren't with Me](#) by Chandra Ghosh Ippen—*When a loved one is (or was) away.*

If you have access to the Web and you'd like information, videos, and books on this topic, visit [Strong Feelings at https://parenting.extension.wisc.edu/strong-feelings/](https://parenting.extension.wisc.edu/strong-feelings/). Feel free to share this with another parent or caregiver.



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38TH ANNUAL WISCONSIN STATE CONFERENCE

Presenting sponsor:



**Pioneering
HOPE**

*through research, treatment,
education and support.*

MAY 5-6

Kalahari Resort,
Wisconsin Dells

Register today: alzconference24.eventbrite.com

The **Wisconsin State Conference** is one of the largest and most comprehensive statewide conferences dedicated to Alzheimer's disease and dementia in the country. Please join us May 5-6, 2024 for our 38th annual conference, Pioneering Hope.

This year's event is entirely in person over the span of 1.5 days. It features keynote speakers, panels, workshops, and our annual caregiver awards dinner and ceremony. Topics range from the latest in Alzheimer's research, mental health & and caregiver stress, how dementia impacts diverse communities, and caregiver safety.

Together we are Pioneering Hope: Through Research, Treatment, Education, and Support. We invite you to join us so that together, we can improve the lives of those living with dementia and their families.

Register: alzconference24.eventbrite.com

Take 5!

QUOTE OF THE ISSUE:

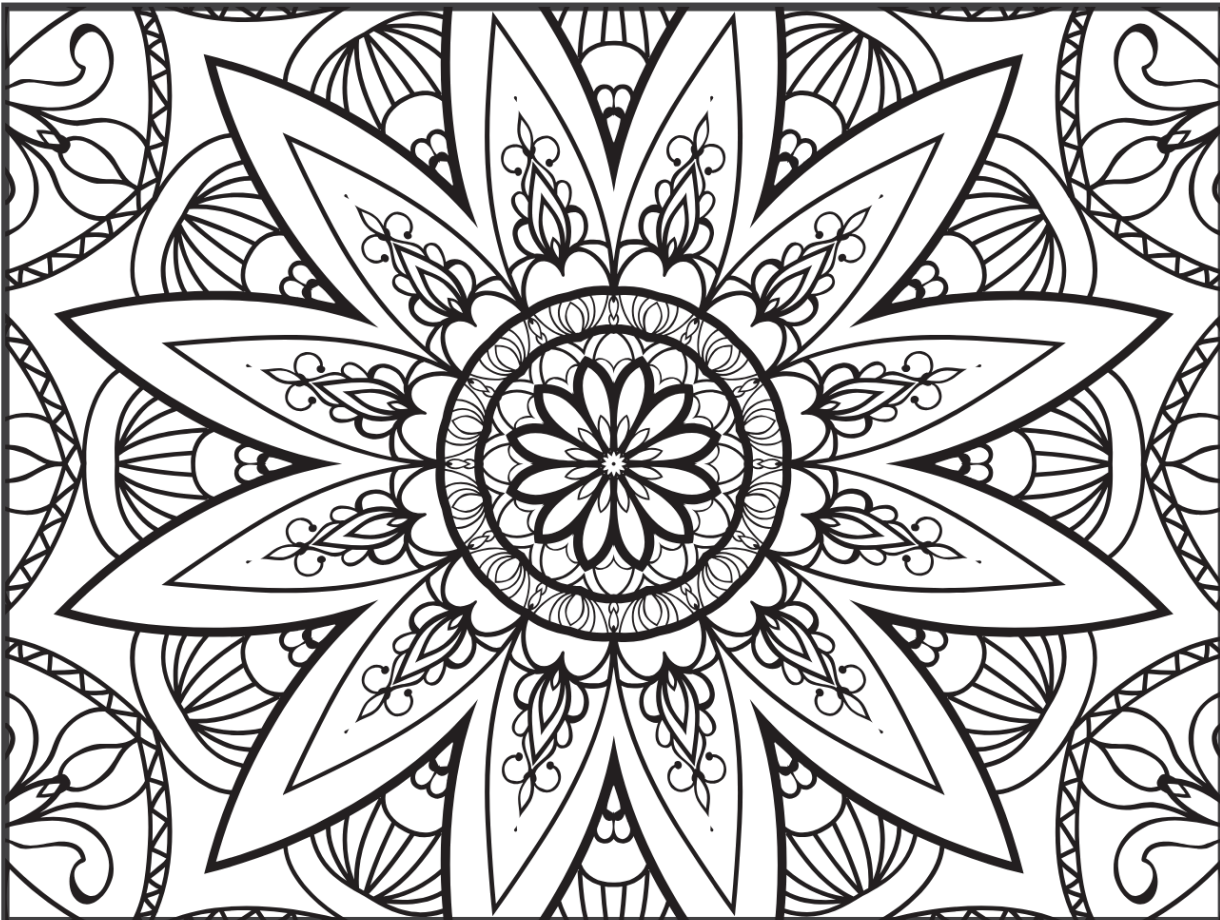
*Spring: a lovely reminder of how beautiful change can truly be.
~unknown*

Solution on Page 12

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

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! 

Aging & Nutrition



Changing Eating Habits

Nutrition is very important to health. Your loved one requires an adequate amount of nutritious food to maintain their health and prevent them from becoming ill.

As a caregiver, you may have noticed that your loved one’s eating habits have changed over time. This is typical with aging. However, if your loved one is not eating enough food or is not eating regularly, you may start to worry about them. There are several strategies you can use as a caregiver to support proper nutrition for your loved one.

Strategies to Support Nutrition

If this is a concern	Try this
Your loved one has a low appetite. They only eat small amounts of food.	Offer small portions frequently throughout the day instead of serving three large meals. Keep in mind that if your loved one is less active, then they won't eat as much as they used to.
Food may not taste good to your loved one. Their senses of smell and taste can diminish with age. Medication can also cause food to taste bad.	Use additional seasoning to make foods more appealing. Try out different foods. The food your loved one likes may change from day to day.
Your loved one’s digestive system does not absorb nutrients as well.	Provide nutritional supplements, such as smoothies or prepared beverages.
Your loved one is less sensitive or more sensitive to the temperature of their food.	Ensure that food is a proper temperature when served. Consider testing the food before serving it to your loved one.
Your loved one experiences constipation. This may be due to digestive problems or medications.	Prepare fiber-rich foods like fruit, dark vegetables, beans, whole wheat bread, brown rice, and oatmeal. Look for cereals with 5g or more of fiber.
Your loved one experiences fatigue or tiredness that makes it hard for them to finish a meal.	Try to serve ready to eat food. For example, put butter on bread before serving. If your loved one has trouble sitting up, try using pillows to improve their posture.
Your loved one has problems with their vision.	Ensure the eating environment is attractive and well lit. Arrange food around the plate and tell them where each item is. For example, say “the fish is at 2 o'clock, potatoes are at 6 o'clock, etc”.

Continued...

If this is a concern	Try this
Your loved one has problems with their teeth or gums that make it difficult to eat.	Food may need to be cut into small pieces. Soft foods that are easy to chew. Ensure your loved one has regular appointments with their dentist. Mouth discomfort could be from poorly fitting dentures.
Your loved one has difficulty using a fork and knife due to weakness in their hands or a tremor.	You can purchase utensils with larger handles that are easier to grip. You can also purchase plates that have high sides.
Your loved one has experienced a change in mental status or cognition.	Some people who have cognitive impairments do well when provided with soft finger foods such as chopped hard-boiled eggs, sandwiches cut into small pieces or small pieces of soft fruits such as strawberries or bananas.
Your loved one has difficulty swallowing. The medical term for this is dysphagia.	If your loved one has dysphagia, you should consult your healthcare provider for tips on how to prepare meals.

Consider Products that Make Meal Preparation Convenient

As a caregiver, you may have many responsibilities. Supporting the nutrition of your loved one is just one of them. You may find it helpful to make individual portions in advance and keep them in the freezer. Check to see if there are any meal delivery programs for older adults available in your area. You can also consider purchasing pre-cut foods, frozen dinners, and pureed foods to reduce the time required to prepare food.



Ensure your Loved One is Hydrated

Drinking enough water is also important to maintain health. If your loved one doesn't drink enough water and becomes dehydrated it can lead to medical problems and a trip to the hospital. To encourage your loved one to drink water, make sure there is always a glass or bottle of water available nearby for them to drink from.



for Well Connected!

Call or Email Marina Wittmann
ADRC: (608)355-3289

marina.wittmann@saukcountywi.gov

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

Solution for Sudoku

ADRC
505 Broadway St
Baraboo, WI 53913

Facts about Laughter

1. Laughter has been proven to burn calories.



If you laugh for one hour non-stop you lose the equivalent of one bag of Lay's potato chips

2. Rats laugh when they are tickled.



A rat's laugh is so high pitched that special equipment is needed to hear their laugh

3. Laughter is good for relationships.

Couples who laugh together have been proven to have longer relationships and higher levels of satisfaction in their relationships.



4. Laughter is attractive.



Studies have shown that in cross-gender conversations women laugh 126% more than men.

5. There is a such thing as a laugh researcher.

A laugh researcher is called a Gelotologist.

6. Children laugh more than adults.

the average baby laughs 300-400x a day, while the average adult only laughs 15-20x a day

7. Your Brain can detect fake laughter.

Your Brain's anterior medial prefrontal cortex begins to decode the reason for fake laughter when you hear it.



8. Laughter is contagious.

The sound of laughter sets off a certain region of your brain called the premotor cortex which controls facial expressions. This triggers laughter. Therefore, laughter is contagious.

9. You are more likely to laugh around other people.

Social laughter occurs 30x more frequently than solitary laughter.

Facts 1,2,3,4,7,8, and 9 taken directly from www.mercola.com- 10 things you may not know about laughter
Fact 5 taken from curiosity.com- video- scisthow- Why do we laugh?
Fact 6 taken directly from wikipedia