



*A Bi-Monthly Newsletter for
Family Caregivers*

Sauk County ADRC:

(608)355-3289

www.co.sauk.wi.us/adrc

f @adrcsauk

Happy (almost) Spring?

The calendar claims it's Spring, but I'm writing this as the white stuff falls from the sky! At least we can look forward to spring flowers popping, trees blooming, gardens being planted, and more time outside. Get out there and enjoy it! I have a few updates this month:

The last issue of Well Connected contained information about our Powerful Tools for Caregivers workshop. We have a full class and it's going great! If you didn't get a chance to register for this workshop, I can add you to the waitlist for the next class. You would have first dibs on registering for the workshop. We will hold another workshop this Fall. In the next issue of Well Connected, I will share feedback from the participants who took the workshop so you can hear directly from other caregivers.

Please see Page 5 for an important note from Janet Wiegel and the Alzheimer's & Dementia Alliance of Wisconsin.

Last and certainly not least, the ADRC is moving to the 2nd floor of the West Square Building! We are hoping all staff will be moved by Mid to Late-June. Look for signs pointing you in the right direction.



Sincerely,

Marina Wittmann

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



Take 5!

QUOTE OF THE DAY



Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.

~Oprah Winfrey



Solution on Page 12

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

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.

WHAT TO DO WITH 5 MINUTES:

- Call a friend
- Walk around the block
- Organize your spice rack
- Water your plants
- Find a recipe for dinner
- Make the bed
- Meditate or sit quietly
- Make a cup of tea
- Do a yoga stretch
- Have a dance party
- Practice a phrase in a different language
- Clean out your purse or wallet
- Have a snack
- Work on a crossword puzzle



- Refill your water bottle
- Make a to-do list
- Make a shopping list
- Wash your face
- Watch a 5-minute video on puppies
- Deep breathing
- Play your favorite song, twice
- Write about a worry you have
- Soak up the sun
- Think about a good memory
- Rest your eyes
- Read a chapter in a book
- Order flowers to surprise someone
- Write a letter or post card and mail it

Kurt Goeckermann

*Dementia Care
Specialist*



Dear Kurt,

What are some activities I can do with my loved one who has little to no interest in doing things?

This is a question that arises with great frequency. In earlier stages of dementia, people may realize they are going to struggle with certain activities and attempt to avoid them, thereby avoiding embarrassment or potential failure. Offering help or reassurance may be beneficial. They may be more confident and willing to go to play cards if a trusted individual will go with them. Simplifying the activity may also improve acceptance. Perhaps the person can no longer remember how to initiate the timing and planning of a woodworking project. This makes the statement, "you should go down in the basement tomorrow and do some woodworking" problematic. However, they may still be able to partake in the activity if someone would help setting up the time, space and materials. Failure to recognize and adapt to changing abilities will often result in avoidance or refusals of the activity.

As dementia progresses, the amount of help and guidance needed will increase. Simply visualizing what the activity would be becomes difficult. Even further simplification is needed at this point. For some activities, a caregiver may need to be present throughout. The person may need very simple one-step directions and cues. If a helper says "just thread the needle with the red thread, then pass it through the cloth and tie it off on the backside before you start stitching" the person is likely to be unable to complete the task. If, however, you hand them a needle and thread and say "thread the needle" success is much more likely. This is especially true if the individual was familiar with sewing, as old learning is usually retained longer in the dementia process. This does not mean you should not try new things but expect to have to provide more assistance. Utilizing activities that are historically familiar may increase comfort and acceptance.

If the activity involves larger, noisier venues or groups, keep in mind that as dementia progresses people are less able to make sense of and manage complex situations. Smaller settings with less extraneous noise may help acceptance and allow the individual to remain engaged longer without feeling anxious or overwhelmed. A setting that they were familiar with in the past may also increase comfort, again using old learning.

Some final suggestions. Often if you present the activity in the form of a question, the reflex response from the person with dementia may be "No". Instead of, "do you want to do a puzzle today" try "come and do this puzzle with me". Instead of "Do you want to go to church today" try "It's time to go to church". Of course, the person still has the right to refuse but this approach may reduce the automatic, reflexive "No". Secondly, do not give up on an activity after one or two failures. It may be the person was tired that day. We all have moments when we do not feel like doing something. Try moving activities earlier as often people with dementia may be less able to cope later in the day. Try another person, a relative or friend suggesting or assisting with the activity. Do not take an activity being brief as a failure. If the person engages for 15 minutes instead of the hour you were planning, take that as a 15-minute success. If it becomes obvious that a certain activity consistently is not being accepted, move on to something else. Finally, identify other issues that may be impacting the situation. Are hearing and vision deficits negatively impacting the activity. Are there mobility or pain issues. Accounting for these may increase success.

There are resources to assist you. A simple online search will reveal numerous ideas and suggestions for specific activities to try with a person who has dementia. There are Senior Centers, Meal Sites, Memory Cafés, and Adult Day Centers that have programs available to Sauk County residents and their caregivers. Please contact the ADRC to help you identify and examine the possibilities.

Sincerely, Kurt

MEMORY SCREENING

FREE MEMORY SCREENINGS

Wisconsin Dells, WI

June 8th, 2023

10:00AM-12:00PM

Kilbourn Public Library

620 Elm Street

Wisconsin Dells WI 53965

WHY SHOULD I GET A MEMORY SCREENING?

Screening for dementia, much like screening for other diseases or chronic conditions, is a good way to detect the changes that can be signs of the onset of disease or other changes in cognition. Early detection is important. Stay in control of your own life!



A Memory Screen is a wellness tool that helps identify possible changes in memory and cognition; it creates a baseline to track changes in memory over time.

The event is free and open to all residents of Columbia and Sauk County. Registration is required. To register, call the number below according to what county you live in.



Sauk County Residents
Please Call:
608-355-3289



Columbia County Residents
Please Call:
608-742-9233



A Note from Janet & the Alzheimer's & Dementia Alliance

Dear Friends:

It is with great sadness I need to share some news with you. As you may have heard, our agency has made the hardest decision we have ever had to make, to close. My heart breaks as we begin to share this news, but we hope you will continue to share our mission and carry it out in your interactions and in your futures. It has been my greatest honor to work with all of you and partner to serve our communities' needs. I have always done this job as a work of heart as have all my co-workers, and we will truly miss working with you. I am so happy to announce that the staff in the ADRC will be continuing our programs at their current time and places, so there will still be lots of groups to attend! I have so loved working with all of you, and truly, I will miss seeing your amazing faces!

Please take care of yourselves, and
Wishing you all good things!



Janet Wiegel

Please Note:

There are some changes to the Caregiver Support Meetings Around Sauk County page so pay special attention to the new contacts. The Reedsburg Memory Cafe and Sauk Prairie Memory Cafe will now be led by ADRC Dementia Care Specialist, Kurt Goeckermann. The Reedsburg Support Group will now be led by ADRC Aging Program Coordinator, Marina Wittmann. Please call the ADRC with any questions about programming: (608)355-3289.

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



Rediscover Love, Care & Happiness in Your Dementia Journey ... and KEEP IT!



Join us for 1 or all 3 VIRTUAL programs

Are You Kidding...LOVE Myself?

Thursday, April 20th | 11:00-12:00 PM

Julia Johnson, SLP-CCC Dementia Care Consultant



Loving YOURSELF while being a caregiver is tough! Join us for a program where YOU are the main focus. Where YOU will gather solutions to reduce your stress and become the best care partner while still loving YOU!! In this program you will learn about the areas of the brain that are responsible for stress responses, identify ways stress affects your brain and body, and leave ready to implement practical solutions, especially during the challenges of caregiving. YOU will learn how to make changes that will bring light and hope to each day as a care partner.

Happiness is a Warm Puppy and Side of French Fries!

Wednesday, May 17th | 1:00-2:00 PM

Jenn Taylor, Ph.D., CTRS, University of WI-La Crosse

What are the actual elements that promote happiness and how can YOU foster these elements during YOUR care partner journey? This program will provide YOU with practical research-based strategies to incorporate into YOUR daily life. Come hear about the Caregiver's Happiness Project that employed the science of happiness for caregivers at UW-La Crosse. Explore the science of happiness with Dr. Jenn Taylor, a motivational scientist and happy life enthusiast. Happiness is in our hands — not something we are handed!!



How Do I Bring Back CARE in My Communication?

Tuesday, June 13th | 11:00-12:00 PM

Tanya Sutton, CSW, MS, CDP



We all know that communication is critical in all relationships, but even more so with our loved ones on the dementia journey! Come find new ways you can show CARE through your communication. Join us for interactive activities and fun with non-verbal communication, positive approach and care cues, and bring back LOVE and CARE into your communication! Even when with dealing with the always changing facets of dementia care, we can find ways to have moments of Love and Joy in our interactions and care.

To REGISTER for one or all three programs call our 24/7 Helpline:

800.272.3900

For Grandparents and Relative Caregivers

Kinship Care in Wisconsin

Kinship Care is a program to help support a child who lives outside of his or her home with the relative. The child may be living temporarily or for the long term with a relative such as:

- An adult brother or sister
- A first cousin
- A nephew or niece
- An uncle or aunt or a grandparent
- Others by blood or marriage (see Ch. DCF 58.03(18) Administrative code for the definition of Relative)

Kinship care helps a family support a child in the home of a relative that might be under stress or when the child has experienced abuse or neglect.

With this support, placing a child in a foster home or another out-of-home care setting may be avoided. For children in the child welfare system who cannot continue living at home with his or her parents, Kinship Care may be another placement option.

Kinship Care Eligibility and Other Program Requirements

The eligibility and program requirements for Kinship Care are set forth in Wisconsin Chapter DCF 58 Administrative Code.

There are three basic eligibility requirements for Kinship Care:

- the basic needs of the child can be better met with the relative than with the parent
- the placement is in the best interests of the child
- the child currently or might meet the requirements to be in need of protection or services if the child were to remain with his or her parent(s)

Other requirements include:

- a criminal background check on the relative caretaker and all adult household members;
 - Kinship Care Barred Offenses – Caregiver Background Checks provides a list of barred offenses that result in initial denial of the kinship application. All kinship applicants initially denied based on background check results can request a Director Review, which allows the local agency discretion to approve the application or redetermination.
- cooperation with the agency by the relative caretaker

Continued...

Continued from Page 8...

- the relative caretaker must apply for other public assistance or benefits the child might be eligible for
- the relative caretaker must cooperate with referring the parents to child support, unless the relative caretaker is granted an exemption
- Kinship living arrangements and eligibility must be reviewed every 12 months

If you are interested in more information about Kinship Care for a child you are caring for, contact the Kinship Care Coordinator in your county or tribe. The Kinship Care Coordinator can answer your questions about becoming a Kinship Care Provider and having a child placed in your home.

Kinship Care Payments

The amount of Kinship Care funding to be provided for a child is determined by state statute. For 2022 & 2023, the Kinship Care rate is \$300.00, as stated in the DCF Policy Memo 2019-37i. Assigned Child Support for the Kinship Care Program explains the kinship child support payment process.

Other Resources

Here are some links that may be helpful for additional resources:

- Food Share is a program that helps low-income families and individuals buy nutritious food. For more information, visit: dhs.wisconsin.gov/foodshare/index.htm
- Medical Assistance or Medicaid Coverage may be available for you or the child you are caring for: dcf.wisconsin.gov/medicaid
- Wisconsin Works (W-2) provides employment preparation services, case management, and cash assistance to eligible families: dcf.wisconsin.gov/w2/parents/w2
- Child Support helps parents get court orders for financial and medical support for their children: dcf.wisconsin.gov/cs/home
- Learn more about available Child Care resources: dcf.wisconsin.gov/wishares
- The Kinship Navigator Portal assists relative caregivers in navigating the Child Welfare system and locating important resources: dcf.wisconsin.gov/kinship/navigator

Sauk County Residents:

Reach out to Sauk County Department of Human Services at (608) 355-4200 to inquire about Kinship or <https://dcf.wisconsin.gov/kinship> for further information.



REGISTRATION NOW OPEN!

Families Like Mine

Wisconsin Relative Caregivers
for Children Conference



SATURDAY, JUNE 3

8:00AM-4:00PM

TUNDRA LODGE RESORT &
CONFERENCE CENTER,
GREEN BAY

Questions? Please call
(414) 475-1246



Have you registered for Families Like Mine?!

Families Like Mine is a statewide conference for relative caregivers who are caring for children both through child welfare and informally. This all-day conference, held on Saturday, June 3, will feature keynote speakers, presentations, breakout workshops, discussion groups and a resource room.

Presentation topics: Legal Options / Kids Matter, Trauma & Behaviors / Place of Mind.

Breakout topics: Addiction / Beacon Confidential,
Child Mental Health / Rainbow Project,

7 Generations: A look back at American Indian families / Oneida Nation,
Understanding the Court Process / Children's Court Improvement Project.

For more information or to register for FREE, go to:

<https://2023FLMConference.eventbrite.com>

Attention Sauk County relatives as parents! If you want to attend, let us reimburse you for your hotel, meals, and transportation! Contact Marina Wittmann at the ADRC to see if you qualify for funding: (608)355-3289, marina.wittmann@saukcountywi.gov.

Former Giants Coach Tom Coughlin Opens Up About Being His Wife's Full-Time Caregiver Before Her Death

Article by: Steve Helling

Tom Coughlin has had impressive success over his career in the NFL. As the head coach of the New York Giants for more than a decade, he led the team to two Super Bowls, in 2008 and 2012.

Now Coughlin, 76, is opening up about the most important job he ever had: not his time with the Giants, but in taking care of his late wife, Judy. On Nov. 1, she died after dealing with progressive supranuclear palsy, an incurable brain disorder that deteriorates a person's ability to think, speak and control movement.

In his new memoir, *A Giant Win*, Coughlin talks about how he dealt with his wife's diagnosis — and what he learned in the years of being her primary caregiver. "My whole life, I had prided myself on my preparation," he writes in the book. "But nothing prepares you for watching a loved one slip away, and nothing prepared me for this job — the most important job of my life."

"I was completely lost, both emotionally and practically speaking," he continues. "If, say, the air-conditioning broke, or the generator didn't come on during a storm, I had no idea what to do. I'd get frustrated, and in those early days, I'd find myself saying, 'I shouldn't be doing this. I don't belong here.' "

In his memoir, Coughlin says that he had spent a lifetime developing the virtues of teamwork, perseverance, discipline, scheduling and attention to detail. "I'd always thought the Super Bowls we won in New York were the culmination of a life lived in service to these values," he writes. "But no — these times with Judy are the culmination. The difference is that unlike those championship seasons, there's no happy ending in sight here. That makes it hard to find the strength every morning to keep going."

"Those values brought me and my team to the top of the mountain in 2007," he continues, referring to the Giants' Super Bowl-winning season. "As life has gone on, those values have gotten even more important."

A Giant Win is co-written by PEOPLE editor Greg Hanlon. Legendary Giants quarterback Eli Manning wrote the foreword. In the memoir, Coughlin hopes that his story will inspire others who are watching their loved ones battle degenerative diseases. "By speaking out, I'm hoping to help people," he writes. "There are fifty million Americans just like me. Attention must be paid to what they're going through. There's the emotional impact, of course, but also the financial one."

"I'm aware that very few people have these resources," he writes, "and our government and healthcare system need to do a much better job of helping those people. I hope that by raising awareness, I'll help push things in that direction."

A Giant Win is available on Amazon and everywhere books are sold.



for Well Connected!

ADRC
505 Broadway St
Baraboo, WI 53913

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

marina.wittmann@saukcountywi.gov

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

Solution for Sudoku

SELF-CARE MENU

-  take a few deep breaths 5 MINS
-  stretch your body 5 MINS
-  listen to your favourite song 5 MINS
-  meditate on your purpose 15 MINS
-  read a chapter of a book 15 MINS
-  journal out your thoughts 15 MINS
-  take a walk outside 30 MINS
-  get crafty 30 MINS
-  cook a new recipe 30 MINS



Download Now

