



November is National Family Caregiver Month. Celebrating Family Caregivers during November enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers
- Reduce feelings of isolation

**#CaregiversConnect**

The theme for 2023 is #CaregiversConnect. In a world that can be so isolating and lonely, connecting isn't so easy. I encourage you to participate in gatherings for caregivers, such as support groups, memory cafes, and educational events such as the ADRC Caregiver Boot Camp. You will meet other caregivers going through similar situations and hopefully you find connections to support your caregiving journey.

We have spots remaining for our 5th Annual Caregiver Boot Camp happening on Saturday, November 11 at the Spring Green Library. Caregiver Boot Camp is a FREE educational "survival" program for families coping with Alzheimer's Disease & other dementias.

- Flyer is on Page 3 for details and registration information

Reach out to the ADRC if you have any questions. (608)355-3289



*Sincerely,*

*Marina Wittmann*

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



**Kurt Goeckermann**

*Dementia Care  
Specialist*



*Dear Kurt,*

## **What is the current treatment outlook for those diagnosed with dementia?**

Every year the Dementia Care Specialists from each county get together for a “Research Day” presented by the Wisconsin Alzheimer’s Institute. In multiple presentations we are given updates on the cutting-edge work being done to treat and perhaps someday cure Alzheimer’s and other dementias. This is both incredibly exciting and terribly frustrating as we are making great strides, yet the timeline for new medications being generally available and affordable is still uncertain.

We already have multiple medications available that can help with Alzheimer’s. They only treat symptoms, they do not offer a cure or reversal. These include Donepezil(Aricept), Rivastigmine(Exelon), Galantamine(Razadyne) and Memantine(Namenda). They also can be used to possibly effect some other forms of dementia. These medications are generally used in early to middle stages of progression, although Memantine can be used later. Studies show that they can mitigate the symptoms of memory loss and cognitive decline. They are somewhat a matter of faith in science however as, though studies show their effectiveness, in individual use one never knows what progression would have been without them. As with any treatments there are some potential side effects.

Excitingly, there are some new medications that offer further hope of a treatment. These generally work by targeting and reducing beta-amyloids that accumulate into plaques in the brain. Interestingly the first, Aducanumab (Aduhelm), reduced plaques, but initial studies showed no correlating positive effect on cognition. The following medications, Lecanemab (Leqembi) and Donanemab have shown a correlation between amyloid removal and identifiable improved brain function. This is very encouraging, but these treatments are still in the exploration stages, costly, and available through a series of infusions or injections only. Access to the general public is still some time away. Great effort is being exerted by entities such as the Wisconsin Alzheimer’s institute to move them forward.

With all treatments, new or old, early detection is important. In our Research Day we learned of advances in blood testing that may make diagnosing easier and less expensive than available scans. Perhaps more important currently is people being aware of the signs and symptoms that may indicate an issue and speaking with their physician sooner rather than later. As the Dementia Care Specialist for Sauk County, I am also available to discuss any concerns and potentially administer a memory screen that may be instructive and helpful to the concerned person, family and health professionals.

Finally, do not neglect brain health at any age. Nutrition, sleep, stress, social engagement, physical exercise and exercising your brain are all key factors in perhaps not getting dementia and reducing and slowing its effects when a diagnosis is obtained. Currently these are much more important than waiting for new advances in treatment.

*Sincerely, Kurt*

ADRC PRESENTS THE 5TH ANNUAL

# CAREGIVER BOOT CAMP

A FREE educational "survival" program for families coping with Alzheimer's Disease & other dementias.

Breakfast,  
Lunch &  
"Survival  
Kit"  
Provided!

**Saturday, November 11**

**9:00am - 2:15pm**

**Spring Green Community Library**

**230 E Monroe Street**

**Spring Green, WI 53588**

## THE AGENDA:

- ✓ What is Dementia?
- ✓ Dementia Live
- ✓ Caregiver Burnout
- ✓ ADRC Resources
- ✓ and MORE!

## GUEST SPEAKER:

Jody Krainer,  
Wisconsin Alzheimer's  
Institute

Registration  
Required & Appreciated  
to Marina Wittmann:

ADRC: (608)355-3289

✉ [marina.wittmann@saukcountywi.gov](mailto:marina.wittmann@saukcountywi.gov)





# 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](mailto:marina.wittmann@saukcountywi.gov) | ADRC (608)355-3289



# Take 5!

QUOTE OF THE ISSUE:

“Life starts all over again when it gets crisp in the fall.”

-F Scott Fitzgerald,  
The Great Gatsby

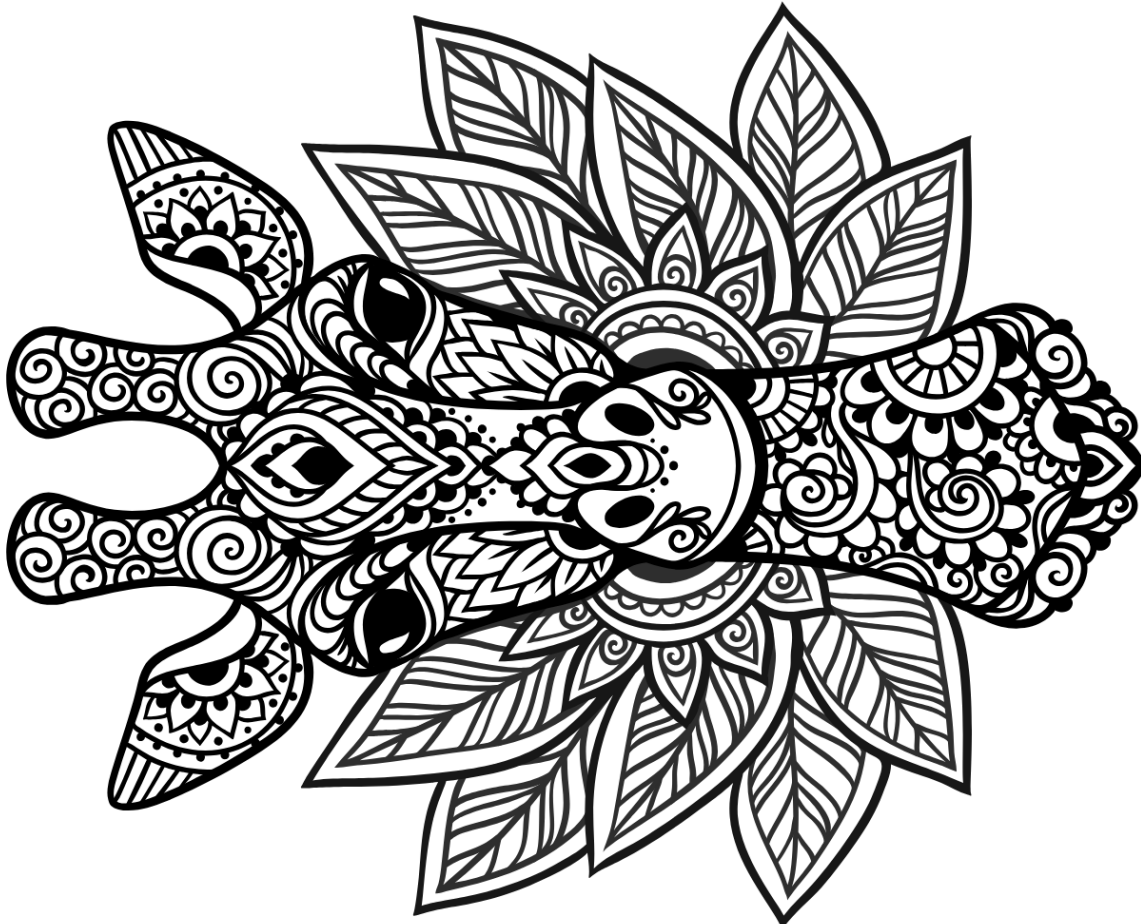


Solution on Page 12

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**WORDoku 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 of the nine letters.



Color Me! 

# For Grandparents and Relative Caregivers

## Keeping Kids Safe Online | [www.scholastic.com](http://www.scholastic.com)

If your child is surfing the web, you need to be paddling right alongside him – or at least observing carefully from the shore. While the internet offers goodies galore (educational materials, fun games, and connections with people all over the world), it can also pose risks to your child's physical safety and emotional well-being.

Here's what is appealing – and what's dangerous – about several popular ways kids use the internet, along with suggested rules for keeping kids safe online. The bottom line: communicate with your child. Discuss what she's doing online and why. Set rules and talk about them. Then keep talking, since your child can earn more rights and responsibilities as she grows. If she feels comfortable with these conversations, she will be more likely to let you know when she runs into an online bully or stumbles upon inappropriate content. While keeping kids safe, be a role model with your own Internet habits, since your child is likely to emulate your behavior.

### **Safety Standards:**

These basic rules apply to keeping kids safe online; visit [Commonsense.com](http://Commonsense.com) for tips.

- Limit usage. Permit your child to have free online time (i.e.: 30 minutes right after school) to instant-message friends, play games, or visit social networking sites, but make it a rule that family time starts with dinner. After that, the computer is used for homework and it's an IM-free zone.
- Keep kids in sight. Have the computer centrally located. Your child is less likely to browse questionable content if she knows Mom or Dad (or her brother or sister) might walk by at any second. This helps you monitor time spent online, chosen activities, and resultant behavior.
- Do your homework. Check his browser history to know where your child goes online, and check the sites regularly. Use security tools and privacy features – whether offered by your browser or Internet service provider or purchased separately – for extra protection.

### **Kids' Favorites**

Use this overview to understand what kids love to do online – and what risks go along with the rewards. Communicating and social networking: Online communication consists primarily of email, instant messaging (IMs), chat rooms, and journals or web logs (blogs). On networking sites such as Facebook, kids (often, they must be 13 or older) can create web profiles, and then invite others to view and become online buddies. Your child may use these media to share gossip, exchange photos, make weekend plans, find out about missed assignments, connect over common interests, and express opinions.

What to know: One out of every five kids gets sexual solicitations online. Strangers, predators, and cyber-bullies all target children, and their work is simplified when screen names reveal age, gender, or hometown. If posts aren't marked as private, personal information can be displayed to an unrestricted audience of readers.

Article Continued...



**What to do:**

Know who your child talks to online. Review her buddy list: does she really know everyone, or are some buddies "friends of friends"? Have her remove anyone she hasn't met in person. Tell him not to exchange personal information like a phone number, address, best friend's name, or picture. No party invitations, revealing details, or meeting in person – ever. Web surfing: Kids can explore new interests, check to see if a library book is available, or find a recipe for the class party in valuable resources, such as online encyclopedias, newspapers, and periodicals.

**What to know:**

Surfing the Web without restrictions can mean encountering pop-up ads, viruses, erroneous information, and inappropriate content. The ease of cutting and pasting means that plagiarism is a real concern. And time flies online! Kids can click from one site to another until bedtime (or beyond), if you let them.

**What to do:**

Set a code of conduct and time limits. Keeping kids safe means setting guidelines about suitable language, content, and behavior. While it's important to direct your child to suitable websites, it's even more valuable to help her recognize the redeeming qualities of those sites, so she can surf safely on her own. Critique content. Help your child think critically about the content he reads and sees. Encourage him to check facts with multiple sources before including them in a school report. Try to distinguish between user-generated content and reputable institutions.



# 2023 HDSA WISCONSIN EDUCATION CONFERENCE



**SATURDAY, NOVEMBER 11, 2023**  
**WILDERNESS RESORT**  
**511 EAST ADAMS STREET**  
**WISCONSIN DELLS, WI 53965**

CHECK IN AT 8:00AM  
**8:30AM-4:00PM**

Free to Attend, Register Today at [Wisconsin.HDSA.org/EdDay](https://Wisconsin.HDSA.org/EdDay)



# My Parent Has Parkinson's. What Does It Mean?

[www.parkinson.org](http://www.parkinson.org)

Parkinson's disease (PD) is a slowly progressive disorder. This means it gets worse over time. Parkinson's affects how you move and other functions within the body.

## Parkinson's 101

One area of the brain that is affected is the substantia nigra, an area in the brain where cells produce dopamine. Dopamine allows nerve signals to travel from one nerve cell to another, sending messages to the muscles of the body. This is how we move, without really thinking about it. When the cells that make dopamine are lost, Parkinson's symptoms appear. These physical and mental like tremors and slow movement help doctors make a PD diagnosis. There is a lot of research being done all over the world to understand the cause of Parkinson's. Most scientists agree that the cause includes a combination of genetics and the environment. Research is also underway to find better treatments to improve life for people with the disease.

## What does Parkinson's look like?

Parkinson's does not look the same in everyone. People can have different symptoms and problems can show up slowly over time. Here are some of the symptoms that affect people with Parkinson's:

- Shaking (tremor)
- Stiffness (rigidity)
- Slow movement (bradykinesia)
- Quieter voice
- Smaller handwriting
- Body pain
- Feeling tired (fatigue)
- Changes to mood and motivation (depression, anxiety and apathy)
- Difficulty thinking clearly (cognitive changes)



## How is Parkinson's treated?

Doctors, nurses, physical and occupational therapists, social workers, speech therapists, and other professionals work with people with Parkinson's to help them enjoy happy, active lives.

There are many kinds of medications (pills or patches) that can help people with Parkinson's. These medications make it easier to walk, stand up and sit down and do other things that are part of a normal day. Sometimes the medications that help with Parkinson's can make people dizzy, tired or have an upset stomach. But most of these problems can be improved by finding the right combination of medications.

In addition to medications, we are learning more through research and the experiences of other people with PD about how exercise can help people manage their symptoms and might even slow the progression of the disease! Your parent will want to talk to their doctor before starting anything new, but you can feel good about continuing to engage in active sports/activities with your parent.

Continued...



## **How will PD affect me?**

Things will change over time as Parkinson's progresses—your parent's Parkinson's symptoms will change, meaning family plans, finances, and responsibilities will change, now and for the future. Talk with your parents about your concerns. Together you can figure out solutions. You may have to do tasks in the house that you did not have to do before. You may also have to help your parent with daily tasks or activities, like getting dressed or cooking meals. You may feel you have to do these chores, but you do not have to like it. It is okay to be angry, sad, resentful, frustrated, embarrassed or feel guilty.

The things your parent with Parkinson's can do— and the things you can do together—may change over time. It is important to think about different ways to stay connected with your parent and create new activities that you can do together. While your parent will always be your parent, PD might mean that you have to change what you expect of your parent and your family life.

## **What can I do?**

**Have family chats** once a month or even once a week. Use this time to share with your parents how Parkinson's makes you feel. They can also explain some of what they are going through. This will help you understand each other better, and you can try to find ways to help each other and reduce stress.

**Talk to someone**—whoever you feel a connection with. This could be a friend, relative, teacher or counselor. You may have concerns or worries you don't feel comfortable telling your parents about. Expressing these feelings might help you feel better, and the person might have good advice.

**Get involved.** Sometimes we feel better when we can DO something to improve a situation. Go to a local Moving Day®, organize your own fundraiser to support PD research through Parkinson's Champions or raise awareness of PD at your school, church or other community center. The Parkinson's Foundation can help with ideas on how to get involved.

**Connect with other people your age.** You are not the only one with a parent with Parkinson's disease. If your parents are in a Parkinson's support group, they might know other people with PD with children who would like to talk or hang out. Even your parent's doctor may know of other children to connect with. Connect online with others in the same situation. Some groups already exist—try searching for the groups “Young Adult Children of Parkinson's Patients” or “Parkinson's, Children Living With THEM,” or create your own!

**Try different activities to cope and manage stress:** Exercise, stay involved in your favorite activities, eat well, get lots of rest and continue to have fun! Write in a journal where you can let out some of your feelings and stress in a safe, confidential way. Write about what part of PD upsets you and conclude entries with something that you feel grateful for in your life.

**Get more information.** Instead of Googling “Parkinson's disease,” check out Parkinson.org. It might be a good idea to look at the website with someone who can help you understand the information, like a relative, adult friend, teacher, counselor or coach. Look at the site with your parent, so you learn together.

# Conversation Guide for POA

## Start the Conversations

Start the conversation when you and your care recipient are relaxed. Plan to have extra time for this conversation.

Option 1: "I know we have been talking about your new diagnosis and some of your worries. Do you want to know more about how I can help you make decisions later on?"

Option 2: "Have you heard about power of attorney documents before? Can I tell you more about them?"

Option 3: "I have some documents that will allow you to choose who you want to help you make decisions about your health (or finances) later on. Would you like me to tell you about them?"

### CAREGIVER TIP

Talking about who YOU would want to make decisions for YOU, and what you want later in life, can make it easier for your care recipient to talk about it.

## Provide information

- "It is a legal document that allows people you trust to help you make decisions."
- "You can pick who you want to help you make decisions about healthcare and medical treatments."
- "You can ask the same person, or a different person to help with finances and paying the bills."
- "Thinking about this right now is a good idea because you're still able to make these good decisions. You can always change your mind later."



## Support Them to Make Decisions

**Provide them with plenty of time to make a decision.** It may take longer if they have a medical condition impacting how they think or act.

**Use plain language and avoid legal jargon.** Instead of saying “this is a legal power of attorney document for your healthcare” say “this form tells the doctor who you want help from when making decisions about your health”.

**Use more than one format to provide information.** For example, show them a picture or document and talk about it.

**Help them create a list of pros and cons.** Give them extra time to do this step to avoid taking over and doing it for them, and make sure it’s their list, not yours.

**Explain choices and possible outcomes.** For example “By completing this document, you can have more say over how you live the rest of your life. If you choose not to complete this document, it may mean that decisions are made for you that you may not have wanted for yourself.”

**Respect their decision.** This can be very hard if you don’t agree with the decision they make. As a caregiver, you want to see your care recipient live the best life possible. However, you might have differing visions of what the best life looks like. By respecting their decision, you’re supporting them to live their own life rather than what others might think is best for them.



**SIGN UP!** for **Well Connected!**

ADRC  
505 Broadway St  
Baraboo, WI 53913

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

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Solution for Sudoku

# DE-STRESS WITH EVERY SENSE



Listen to your favorite music or a nature soundtrack



Look at family photos or read a good book



Sip a cup of herbal tea, such as chamomile or mint



Breathe fresh air or diffuse essential oils



Pet your cat or dog or wrap up in a soft blanket or shawl