



*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**



As summer winds down, the ADRC is gearing up for several programs this Fall! Here are some of the events we have planned at the ADRC:

- Powerful Tools for Caregivers - a 6-week evidence-based workshop designed for caregiver wellness
  - PTC will help family caregivers: reduce stress, guilt, anger and depression, improve emotional well-being, manage time and set goals, decision-making strategies, and communicate effectively with their loved ones, family, and providers
  - Flyer is on Page 8 for class details. Please note the class size is limited so call today to register!
- Rural Community Meet & Greets - meet ADRC staff and learn what services and programs are available to Sauk County Residents. We'd love to meet you!
  - Wednesday, September 27 @ 2:00pm, St. Peter's Lutheran Church: 325 Mill Street, Loganville
  - Wednesday, October 4 @ 3:00pm, North Freedom Community Center, 105 N Maple St, NF
  - Wednesday, October 11 @ 10:00am, Merrimac Village Hall, 100 Cook St, Merrimac
- 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. We are very excited to announce our speaker - Jody Krainer from the Wisconsin Alzheimer's Institute!! She will be talking about caregiver burnout and caregiver wellness.
  - Flyer is on Page 3 for details and registration information

I hope to see you at one or all of these programs!!



*Sincerely,*

*Marina Wittmann*

**Aging Program Coordinator**

**Caregiver Support Program Coordinator**

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



**Kurt Goeckermann**

*Dementia Care  
Specialist*



*Dear Kurt,*

**My friend is overwhelmed with caring for her Mom. What assistance is available and what support and advice can I give her?**

Caregiving, while it can be rewarding, is also often very stressful both practically and emotionally. No matter why help is needed, all caregivers will benefit from staying connected and taking advantage of available supports.

The first and most obvious source of support is family and friends. Each person has a different set of family and friends with different dynamics. One friend may be able to help with transportation, another may have an unreliable car that they are wary to use. One son may be able to manage helping dad with showers while another may experience significant emotional distress or be less physically able. One sister may have time to pop over to check in daily while another is working 60 hours a week or lives 75 miles away. Comparing these, focusing on “fairness” is not recipe for success or feeling supported. Constructive communication is. Statements like “I do all the work” or “you never visit Mom” are generally unhelpful. More constructive are factual statements of need or feelings such as “I need someone to take Dad to the Senior Center on Fridays or he won’t be able to go” or “I am getting 5 hours of sleep a night and unless other nighttime options are located, we will not be able to maintain the current situation for our brother”. These statements are non-judgmental and do not elicit defensiveness. While they can be communicated informally, sometimes a family/caregiver meeting may be a helpful suggestion. These can allow people time to prepare emotionally and come ready with questions and concerns. It may be wise to lay out ground rules ahead of time, requesting a solution-based, respectful conversation. While decisions may still be difficult, they can be made with less potential for conflict, and everyone feels like they had an equal chance at input. Of course, family dynamics will impact the course of these meetings and should be considered in how or if they are held.

Whether during a family meeting or otherwise it is helpful to know what other supports, both practical and emotional, are available. The ADRC of Sauk County is an excellent place to start. The professionals at the ADRC can provide direct support, information or referrals that can be helpful practically and emotionally for caregivers. These can take the form of direct assistance and advice concerning complex and frustrating insurance issues, listings of available caregivers to hire, or caregiver support groups. These are just a few of the services the ADRC can provide or connect caregivers with. If the caregiver is not doing well, the person needing care will also do less well. Each caregiver or family has different needs. One caregiver may thrive in a large in-person support group. Another may be more introverted, do better online or one to one, but we all will do better with some support rather than none. Taking the time to find and access appropriate support can be challenging, but generally the effort will improve everyone’s well-being over time.

Each caregiving situation is different. Guilt is often a factor when a family who cannot provide some aspect of care, is informed about others who were able to provide the same. Providing someone with information regarding possibilities and resources is wonderful. Stating “we would never have moved mom into a facility” or “why don’t you just move her into a facility, mom did great” are both equally unhelpful. Listening and highlighting available information and resources in a non-judgmental way is something the specialists at the ADRC excel at, but all of us as Sauk County residents have something to offer our family, friends, co-workers, and neighbors. There are two new upcoming ADRC offerings that might be helpful to caregivers. A “Powerful Tools for Caregivers” six-week course is starting at the ADRC in Baraboo on September 19th. This is a series, meeting once a week for two hours. Another option is the ADRC’s “Caregiver Boot Camp” held at the Spring Green Library on November 11th. This is a full day of information, presentations and speakers directed at those caring for someone with dementia. Information about both can be found in this publication. Please feel free to suggest these to anyone you feel might benefit. Whether its practical help, providing information or just being a listening ear, we all have a role to play in the well-being of caregivers.

*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)



# 10 Steps to Approach Memory Concerns in Others



If you notice changes in friends, family or others close to you and are concerned for their health — particularly when it involves changes in memory, thinking or behavior — it can be difficult to know what to do or say. Although it's natural to be uncertain or nervous about how to offer support, these changes could be a sign of a significant health concern. Use the guide to help you feel more confident and prepared.

## Assess the Situation

**1.** What changes in memory, thinking or behavior do you see? What's the person doing, or not doing, that's out of the ordinary and causing concern?

**2.** What else is going on? Various conditions can cause changes in memory, thinking or behavior. What health and lifestyle issues could be a factor? E.g. stress, health issues

**3.** Learn about the signs of Alzheimer's & other dementias and the benefits of an early diagnosis. Visit [alz.org/10signs](http://alz.org/10signs) to educate yourself on 10 common warning signs of Alzheimer's and why it's important to know if dementia is causing the changes. Do you notice any of the signs in the person you're concerned about?

**4.** Has anyone else noticed the change(s)? Find out if friends and family have seen changes. What are they?

## Take Action through Conversation

**5.** Who should have the conversation to discuss concerns? It could be you, a trusted family member or friend, or a combination. It's usually best to speak one-on-one so that the person doesn't feel threatened by a group.

**10.** Turn to the Alzheimer's Association for info & support.

## Reach Out for Help

**9.** If needed, have multiple conversations. The first conversation may not be successful. Write down some notes about the experience to help plan for the next conversation.

- » Location, date/time of day, what worked well, what didn't, what was the result, what can be done differently next time?

**8.** Offer to go with the person to the doctor. Ask the person if he or she will see a doctor and show your support by offering to go to the appointment. Some words of encouragement may include:

- » There are lots of things that could be causing this, and dementia may or may not be one of them. Let's see if the doctor can help us figure out what's going on.
- » I think it would give us both peace of mind if we talked with a doctor.

**7.** What will you or the person having the conversation say? Try the following:

- » I've noticed [change] in you, and I'm concerned. Have you noticed it? Are you worried?
- » How've you been feeling? You haven't seemed like yourself.
- » I noticed you [specific example] and it worried me. Has anything else like that happened?

**6.** What is the best time and place to have the conversation? Have the conversation as soon as possible. In addition to choosing a date and time, consider where the person will feel most comfortable.



# 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



# *For Grandparents and Relative Caregivers*

## **Our 12 Favorite Affirmations For Parents**

### **Being Your Own Coach**

Others may be able to relate to your situation, but it's unlikely they can fully understand your specific experience. You're the expert in what you need, what your child needs, and what you're feeling. Social support is important. However, there are times when being your own coach can help you find strength in your own thoughts and actions.

This activity will explore affirmations. Affirmations can be used during feelings of stress or negative thoughts, or even as a daily practice. Repeating affirmations to yourself out loud or in your thoughts can remind you of your strength, what is really true, and help you challenge unhelpful thinking.

### **Our Favorite Phrases & Affirmations**

- I'm strong, I'm brave, I can do hard things.
- I've done many hard things before, I can do hard things again.
- There's nothing I haven't managed before. I can keep going.
- It may always be hard, but it doesn't mean it will always be THIS hard.
- I don't have to get it right the first time. Or the second time. Or the third time either.
- I'm allowed to not feel great. I'm allowed to wish that some things were different.
- I've helped my child so much. And they've helped me too.
- I can't change the storm, but I can learn to ride the waves.
- Things may never go like I planned. We will be okay.
- I can learn from others, but I don't have to compare myself to them. No one is perfect.
- I'm allowed to want a break. I'm allowed to take a break.
- I'm so much more than my hardest moments. I'm so much more than my weakest moments.



## IMPORTANT



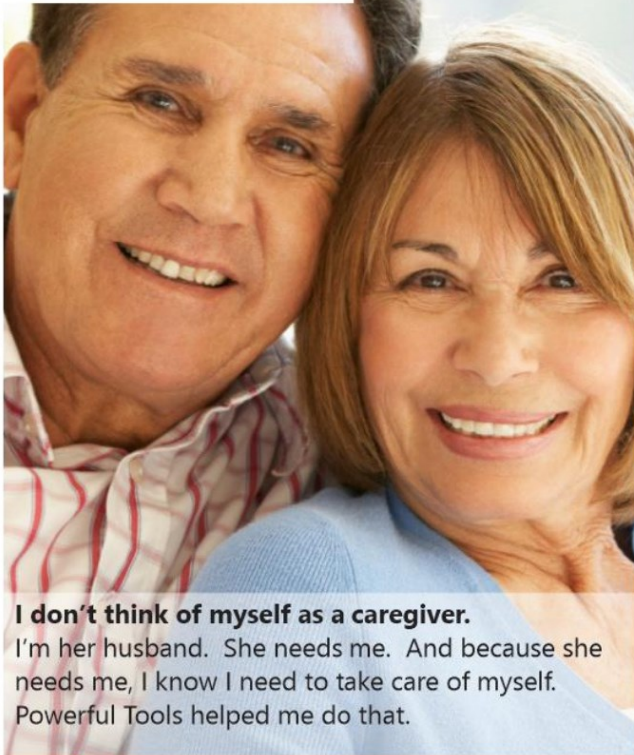
If you're not one to say positive affirmations or phrases out loud, there are still many ways to practice. Write down one or two affirmations that resonate with you the most every morning when you wake up, or at night before bed. Make it a routine. You could also write it down on a piece of paper and post it where you can see it often, like on the fridge or by your bed. Your mind will recognize the script over time and remind you of it more often.



# TRUALTA

<https://wisconsincaregiver.trualta.com/login>

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.

### ***In-Person Workshop!***

**Starts:** Tuesday, September 19

**Time:** 1:00 – 2:30pm

**6 consecutive weeks**

**Location:** West Square Building,  
505 Broadway, Baraboo, WI 53913  
ADRC Conference Room: #234

Call or email Marina Wittmann at the ADRC to register. There is a suggested contribution of \$20 for the workshop.

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

# Caregiving is rewarding.

**But it can be challenging too.**

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

**Taking care of yourself is important.**

Powerful Tools for Caregivers (PTC) can show you the way!

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





# Take 5!

## QUOTE OF THE ISSUE:

"Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."

~Bernard Baruch

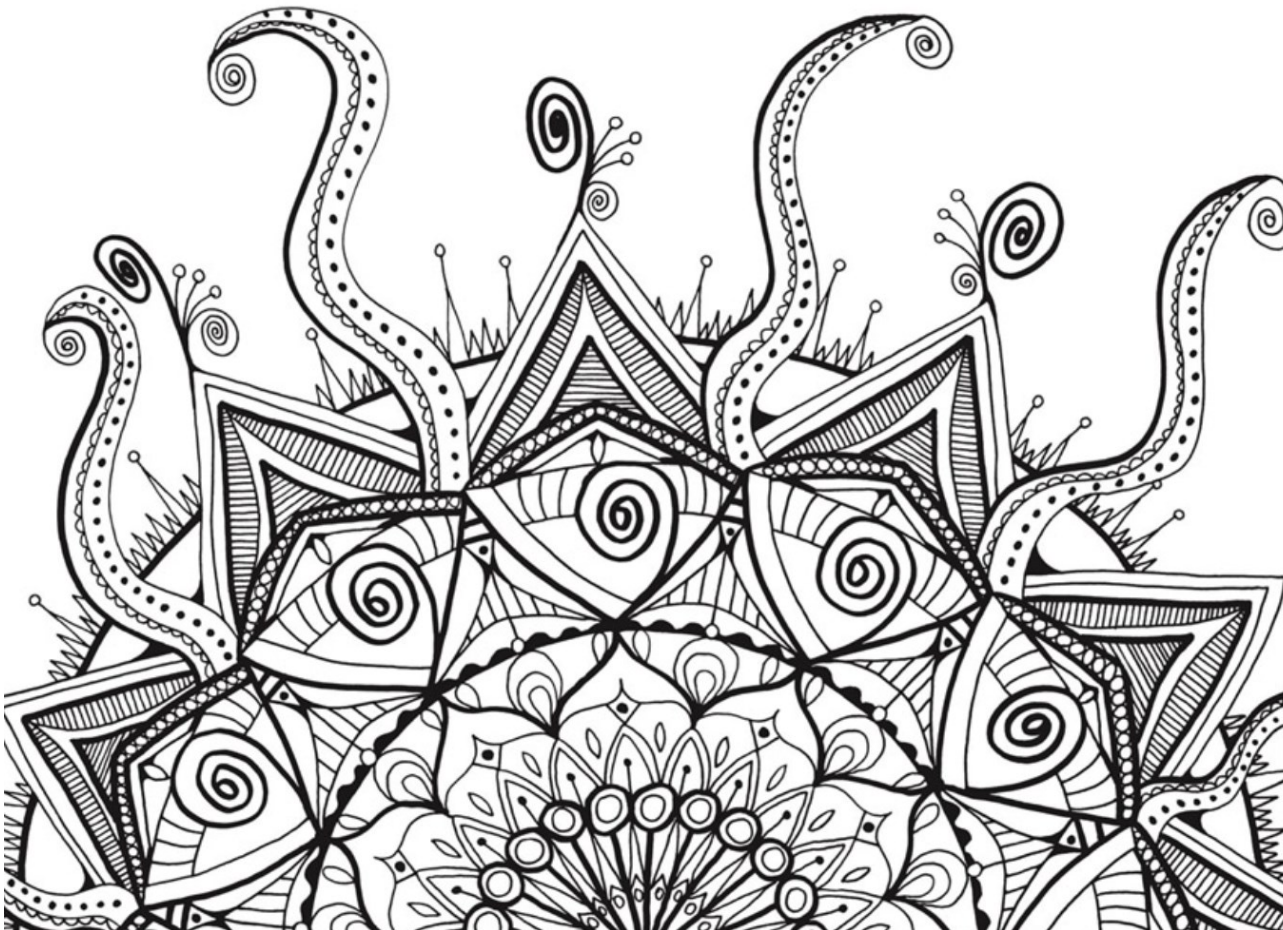


Solution on Page 12

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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! 

# Relax And Unwind Together

Most of us feel stressed out from time to time. Family caregivers are especially prone to stress, fatigue, and feelings of depression. This sometimes known as caregiver burnout.

Family caregivers and their loved ones can make relaxing activities a part of their daily routine together. Everyone benefits from these activities. They can help everyone feel more calm, peaceful, and comfortable.

## **How Can Relaxation Activities Help?**

Activities that focus on relaxation usually help you feel peaceful, but there are many other benefits! Relaxing activities that use deep breathing, sensory stimulation, or meditation have benefits including:

- Better sleep, including falling asleep and staying asleep.
- Decreased feelings of depression or anxiety.
- Increased feelings of self-confidence.
- Decreased stress levels.
- Boosted immune system.
- Calm and steady heartbeat and breathing.

The benefits of relaxation activities apply to family caregivers, professional caregivers, and older adults. This means that for only one activity, everyone gets the benefits



## **Relaxation Activity Inspiration**

Here are some activities you can do with your loved one that focuses on the end goal of relaxation, stress relief, or feelings of peace.

### **Breathing Activities**

- Imagine a circle while you take deep breaths. When you inhale, imagine drawing a line up to the top of the circle. When you exhale, picture drawing the line to the bottom of the circle
- Use dandelions to practice strong exhales – blow the fuzz off the stem.
- Use words to match your breath. Think about the word **joy** when you breathe in, and the word **peace** when you exhale. You can also use the words health and love, or love and light.
- Put your hand on your stomach while you breathe in and out to feel your stomach rising and falling with each breath
- Breathe in normally and then hum as you exhale. You can even hum a song to keep your loved one engaged

### **Sensory Activities**

- Give yourselves a pedicure or manicure. Include a soak in scented warm water. Use lotion before painting your nails.
- Make homemade simmering potpourri together by simmering slices of orange, cinnamon sticks, and cranberries in water on the stove.
- Use a lavender scented face mask while listening to piano music.
- Sit outside in nature with a cup of tea. Cozy, fuzzy blanket is optional.
- Listen to music and smell different herbs and spices. Talk about what each smell reminds you of. You can also try to guess what you are smelling.
- Listen to an audiobook in front of a crackling fireplace.

Article Continued

## **Meditation Activities**

- Develop a mantra, or short phrase, and dedicate five minutes each day to sit quietly and think about it.
- Walk a labyrinth while praying or thinking of a special mantra. If you can't find a labyrinth in your town, walking your neighborhood sidewalk works just fine!
- Color in an adult coloring book using fancy colored pencils or pens.
- Use guided meditation through audio apps or recordings.

## **Make The Most Of Your Relaxation Activity**

Here are some tips to help make the activities as successful as possible:

- Try a short relaxation activity as a part of your morning or evening routine
- If you or your loved one tends to get anxious, start the relaxation activity before the anxious feelings start. This might mean doing it in the afternoon or early evening. It is hard to relax once you are already feeling anxious.
- Create a calm environment by getting rid of distractions. Turn off the television and silence your cell phone.
- Feeling too hot or too cold can be distracting. Try to adjust to the right temperature before starting your activity.
- Don't jump up after a relaxation activity to get started on something else. Sit quietly until both of you feel ready to slowly begin the rest of your routine.
- Relaxation activities can be especially helpful and effective right before a shower or bath.

Remember, relaxation activities do not need to be long in order to be effective. Sometimes 3 minutes of quiet breathing can be more relaxing than pushing another activity to 30 minutes.

## **Safety Tips**

You can also make sure everyone is safe during your activity session with these tips:

- Don't leave any candle burning unattended.
- Test any new scented lotion or body rub on a small part of the skin before using it everywhere.
- If your loved one has a tendency to put things in their mouth, make sure everything you use is nontoxic.



# TRUALTA

**For MORE articles like this, sign up for Trualta - a FREE online learning portal for family caregivers!**

**Create your profile:**

**<https://wisconsincaregiver.trualta.com/login>**



# 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



## Caregiver Self-Care: ADVICE TO AVOID BURNOUT

Caregivers may feel guilty or selfish for paying attention to their own needs, but self-care allows the caregiver to be healthier, happier and more effective.

### Practice Self-Compassion



Take time for yourself. Give yourself credit for the difficult work of caregiving and silence the inner critic.

### Sleep, Exercise and Eat Well



This is simple, but often easier said than done. Don't neglect your physical health, including preventive care and health screenings.

### Set Goals



Setting meaningful, yet attainable goals helps keep you focused and highlights progress.

### Ask for—and Accept—Help



Don't wait until you are overwhelmed or exhausted. Reach out for help before you need it.

### Stay Connected



Maintain social connections to feel less isolated. Hospitals and local organizations often offer caregiver support groups.

Sources: Harvard Medical School, Family Caregiver Alliance