



Connections

A Resource for Family Caregivers

Winter 2014 Volume 3, Issue 1

Steering Committee

- Aging and Disability Resource Center of Sheboygan County
www.co.sheboygan.wi.us
- Alzheimer's Association Southeastern Wisconsin Chapter
www.alz.org/sewi
- Dementia Care Network
(920) 838-1311
- HearthStone of Wisconsin
www.hearthstonewi.org
- Mental Health America in Sheboygan County
www.mhasheboygan.org
- United Way of Sheboygan County
<http://www.uwofsc.org>
- UW-Extension Sheboygan County/Family Living
<http://sheboygan.uwex.edu/>
- Family Caregiver Representative
-
Jeanette Gast

Welcome to the Winter 2014 issue of the Connections Newsletter produced by the Family Caregivers Coalition in Sheboygan County. The goals of the newsletters are to promote the Family Caregivers Coalition in Sheboygan County, share information about future events and provide a forum for caregivers and organizational members. Additional names can be added to the e-mail distribution list by contacting the Aging and Disability Resource Center at 920-467-4100.

The new year is a perfect time to join a support group for family caregivers. Check out the information on page 7. Enjoy the Member Messages and a new recipe. Consider using respite during the cold winter months. See article below.

The deadline to submit articles for the spring 2014 edition of the newsletter is Monday, April 1, 2014. Please submit articles to Jane Jensen at jane.jensen@ces.uwex.edu. Please contact me at 920-459-5900 with questions.

Sincerely,
Jane Jensen, Co-editor
UW-Extension Sheboygan County/Family Living

Use Respite this Winter

Caring for a loved one is rewarding and fulfilling. But it can also be physically and emotionally draining. During the long winter months it is especially important for caregivers to seek occasional respite from their responsibilities. Respite is a program or service that is designated to provide family caregivers with “time off” or a “break” from their caregiving responsibilities. Whether it is for a few hours a week to run errands or a few days a year to take a much-needed vacation, respite care offers the chance to reduce stress, restore energy and keep your life in balance.

fund respite. Respite grants, veteran programs, and publicly funded long term care programs all provide financial support for respite to eligible individuals. In addition there are multiple agencies or private individuals who will provide respite for a nominal fee.

For more information about accessing respite for caregivers contact the Aging & Disability Resource Center at 920-467-4100.

Kathleen Manny
Community Services Specialist
Aging & Disability Resource Center
of Sheboygan

There are programs available to help

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Caregivers Connect

- an initiative of the Family Caregivers Coalition in Sheboygan County

Meet with other family caregivers in an informal, social environment to learn practical tips on a variety of topics that will assist you to better meet the physical, emotional, financial and spiritual challenges of caregiving. Call the Family Caregivers Coalition in Sheboygan County c/o Aging & Disability Resource Center at 920-467-4100 or 800-596-1919 for more information or to **make a reservation**.

(some events open to care recipient and/or professional caregivers as indicated below)

Thursday, February 20 - 1:30-3:00 PM: Come play mind games with me!

Presenter: Lynn Potyen, Owner of the GameBoard-This fun interactive program will help you understand how using a combination of board games and puzzles will help you stimulate your imagination and enhance your mental capabilities. (open to family and professional caregivers & care recipients)

Spouses

The longer we live together
the less we have to say
because we know
what is meant
by gestures and pauses.

And when we do speak
we don't hear every word
or remember
exactly what was said
so we are gracious.

By Bev Schellhaass, Family Caregiver Member

Help Spread the Word!

My first five chapbooks are now available in one book, My Life in Poems, on Kindle for only \$2.99. Please tell your family and friends. Thank you.



Happy Valentine's Day - February 14

Caregiving Counts

- an initiative of the Family Caregivers Coalition in Sheboygan County

Caregiving Counts! Family caregivers provide a valuable service to a spouse, parent, child, sibling, friend or other loved one. The Family Caregivers Coalition promotes appreciation for family caregivers.

If your organization is interested in this opportunity to support a family caregiver, please: contact Ginny Nyhuis at 838-1311 or Kathleen Manny at 467-4079.

Thank you for your commitment to aid in the mission and vision of the Family Caregivers Coalition in Sheboygan County.



Thanks to Comfort Keepers and Terrace Estates for the \$20 Chamber Cash for each family caregiver Sherry H. and Thomas A. and to Golden Living for a Thanksgiving Holiday gift basket with books, blanket and picture frame for family caregiver Lorraine H.

Member Messages

Marie Schwinn, Family Caregiver Member

I'm happy to be Brian's mom, caregiver, and care manager, and his physical, mental, emotional, and spiritual advocate. I'm also Brian's IRIS case manager, which means I can control the money allocated for his care according to the level of his needs (mentally challenged, non-verbal and medical conditions). I understand his needs and wants, and have confidence I can create a good program for him.

To accomplish this most important role I need much support. My certificate of participation in the "Powerful Tools for Caregiving" is from 2008. I have learned that I need to create a happy and healthy lifestyle for myself. I have a supportive family consisting of Charlie, my husband and Brian's dad, Brian and his dog Molly (a registered service dog) living in our comfortable home in Sheboygan, a married son and daughter with three children each. I have supportive neighbors, friends, and a supportive church family. I also belong to Sheboygan County Home & Community Education and the Lakeshore Garden Club.

These all fill my life with good times, and interesting learning and growing opportunities. My "Caregiver Handbook" is always within reach as a constant help as I balance my life.

Brian is content in his life which is filled with Paragon Community Services (daily from 8-3), and a caregiver for outings (M-W-F from 4-7). He goes to Camp Evergreen every other weekend which helps me to be "Marie" in church and not always "Brian's Mom." He goes to Friendship Club two Monday evenings monthly for Bible study. He has REINS Therapeutic Horseback Riding for eight weeks every summer where I am on the board. Brian's sister lives three houses from us. Brian talks to his brother on the phone several times a week. Brian is a happy contented son which makes me a happy contented mom.

Happy New Year, from Brian & Charlie & Marie Schwinn

Adapting Homes to Seniors' Changing Needs

Comfort Keepers, Organization Member

More Americans are choosing to "age in place" — that is, stay in their home rather than move to an alternative retirement setting. As they do, they are discovering the need to modify their homes to make them easier and safer to get around.

According to the Centers for Disease Control (CDC), one third of Americans age 65 and over fall each year. The CDC adds that environmental factors lead to about half of all falls that occur at home. These include slipping and tripping hazards, poor lighting, or lack of needed modifications, such as bathroom grab bars, handicapped showers, stair railings and ramps.

Home modifications help seniors maintain quality of life by preventing injuries and loss of independence from early admission to an assisted living or long-term care community.

Following are examples of commonly recommended modifications:

- Install grab bars for toilets and tubs and install a walk-in tub and/or tub seat
- Remove unnecessary throw rugs and fasten down rugs or floor runners to prevent slipping
- Move furniture to create clear walking paths
- Keep objects off the floor and coil or secure cords to the wall to prevent tripping
- Replace knobs with lever door handles
- Apply non-slip tape on uncarpeted indoor and outdoor steps
- Replace standard light switches with rocker-style switches
- Increase the width of doorways and hallways to accommodate wheelchairs, and where possible, lower sinks and countertops
- Move often used items to lower cabinets to avoid the need for step stools
- Repair or replace loose handrails and install adequate lighting in stairways
- Install an elevator or chair lift
- Install an elevated dishwasher or one with drawers for easy access
- Replace old stoves with induction cook tops to help prevent burns
- Replace ceramic tile floors with hardwood or vinyl for safe standing

Support Groups Can Help

Lives change drastically, when a death, injury from an accident, diagnosis of a debilitating illness or another major life changing experience occurs. Coping with new obstacles that must be faced is a challenge not only for the person directly affected but also for their families and caregivers. Support groups can provide a valuable resource to renew hope and turn problems into solutions.

Support groups are usually either facilitated by a Professional or a Peer member. The Professional based support group is generally associated with an agency and is most often scheduled for a specific length of time and an attendance fee may be charged. Peer support groups are facilitated by members of the group, and are usually ongoing, with no fee or only a voluntary contribution requested. Some peer support groups use various speakers in addition to peer sharing. Some support groups provide community education and advocacy.

Regardless of the type, all support groups share information about prevention, treatment, prognosis, and recovery. They share information about resources available; the latest equipment and the most responsive professionals. They share strategies and

coping skills to deal with day to day challenges. They build new friendship connections which reduce stress and a sense of isolation and create a sense of empowerment. They provide opportunities to complain and laugh with people who will care and understand.

Over 70 support groups, each with their own common interest, gather in our community on a regular basis. If you are facing new challenges in your life, try using a support group. If there is no support group available, consider starting one. One or two individuals with an identified common purpose can begin a support group. Assistance for Support Group start up is available at the Aging and Disability Resource Center.

Consider making a New Year's Resolution to attend a support group. See the calendar of events at the end of this newsletter for a support group that will meet your needs.

Kathleen Manny
Sheboygan County Aging and Disability Resource Center
Community Services Specialist

Be Prepared for Snow and Cold



Have an **emergency winter weather survival kit** in your vehicle. Your kit should include water, snack food such as energy bars or raisins, first aid kit and booster cables. If you have a cell phone make sure you have a power adapter you can plug into the lighter. You can find more tip kits at ReadyWisconsin <http://readywisconsin.wi.gov>

you travel. Roads may become icy and snow packed. Also, keep at least a half tank of gas in your vehicle in case of an emergency and let friends and family know where you are traveling to and when you should arrive.

Get supplies for your home. Make sure your home emergency kit is stocked with food that can be stored and eaten without electricity, in case there is a power outage. Also, make sure you have extra water, flashlights with extra batteries and medications. For a complete list of kit items go to ReadyWisconsin <http://readywisconsin.wi.gov/kit/GetKit.asp>

Check the roads and take your time. Call 511 or go to www.511wi.gov for the latest road conditions across Wisconsin. Make sure you plan extra time if

Source: Wisconsin Emergency Management,
Department of Military Affairs



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources



Balance your Life

Take Care of Yourself

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Dates: Thursdays, 1/30 - 3/06 (6 weeks)

Times: 9:30 AM-Noon*

Location: 832 North 6th Street, Sheboygan

Cost: \$30

* Hot lunch at noon compliments of:



Brought to you by:



To register, call: (920) 467-4100

Space is limited; register early!

Care to Share? (Share your interesting tidbits. Please send to jane.jensen@ces.uwex.edu)

- ◆ Cough drops: if you can't get all the paper off use it anyway, it's extra fiber. Anna K.
- ◆ If you are running late - just reset your watch. Janice L.
- ◆ Caregivers would make good politicians. Karen K.
- ◆ Find the blessing in each day. Julie D.



Family Caregivers Coalition in Sheboygan County

2013 Executive Summary Report

Who We Are: The Coalition consists of family caregivers and organization members who share a common goal to support family caregivers. Current membership includes: 135 family caregivers and 49 organizations. There are no membership dues. Programs and initiatives are sustained through shared skills and resources of the members. The Steering Committee is comprised of: Aging & Disability Resource Center of Sheboygan County, Alzheimer's Association Southeastern Wisconsin Chapter, Dementia Care Network of Sheboygan County, Hearthstone of Wisconsin, Mental Health America in Sheboygan County, United Way of Sheboygan County and UW-Extension Sheboygan County/Family Living. New members are welcome. For more information contact the Family Caregivers Coalition c/o Aging & Disability Resource Center at 920-467-4100.

2013 Report on Ongoing Program Initiatives:

1. To identify family caregivers in Sheboygan County:

47 additional caregivers and 9 additional organizations joined the coalition through organization member referrals, attendance at caregiver programs, use of the media and a variety of outreach material.

2. To assess the needs of family caregivers on an ongoing basis:

The 2010 family caregiver assessment was the basis of developing 2013 goals. Caregivers Connect events were determined by a caregiver survey. Additional programs were developed based on family caregiver requests and organization resources.

3. To provide community resource information:

Community resource information was distributed in the newsletter, Connections: A Resource for Family Caregivers, via distribution of brochures, Quick Guides for Caregivers, bookmarks and the new coalition website: www.familycaregiverscoalition.org

4. To provide a variety of education and outreach activities:

Five Caregivers Connect events were attended by 94 caregivers. Seventy caregivers and their families attended Carefree Café : Music Speaks. Twenty-six caregivers attended Caregivers College, a skills training workshop.

5. To provide care for caregivers:

Twenty-eight caregivers attended a retreat at Kohler Water Spa. Eleven caregivers received appreciation gifts for the valuable care they provide to a loved one from member organizations.

2013 New Initiatives:

- Carefree Café : Caregivers, and their loved one along with grandchildren, adult children, siblings, and friends attended the first Carefree Café at the Generations Building in Plymouth on June 26.
- Caregiver College: The first skills training workshop for family caregivers and their support team of family and friends was held at St. Paul Lutheran Church on April 27. Participants received training in use of adaptive equipment, safe transfer skills and techniques for providing good personal care along with learning steps to develop a support team.
- Coalition website: The coalition now has a page on the Sheboygan County ADRC website. See above.

Baked Bacon

Line your jelly roll pan with foil. Then put in your cooling rack. Line up the bacon slices across the rack. I usually use thick sliced, but any will work. Bake at 400⁰F for 25-30 minutes. I usually check it after 25 minutes. Ovens vary.



Remove from oven, lay on paper towel for grease that may still be on slices. The foil helps with the clean up of the pan. No grease spatters either. You'll have long straight pieces of bacon. ENJOY!!!

Submitted by Janice Lemkuil, Family Caregiver Member of the Caregiver Coalition

Calendar of Events

**January 30
- March 6**

Powerful Tools for Caregivers

9:30 a.m.—Noon, Sheboygan Senior Community, 832 N 6th St, Sheboygan
Call 920-467-4100 and mail check for \$30.00 payable to: Sheboygan County Aging & Disability Resource Center, 650 Forest Avenue, Sheboygan Falls, WI 53085

Monthly Support Group Meetings for Family Caregivers

2nd Tuesday

Caregiver Friends Support Group

1:30 - 3:00 p.m., Aging & Disability Resource Center, 650 Forest Ave, Sheboygan Falls
Co-facilitators: Kathleen Manny, Community Services Specialist - Aging & Disability Resource Center of Sheboygan County
Jane Jensen, Family Living Educator, UW-Extension Sheboygan County/Family Living

Monthly Memory Loss Support Group Meetings for Family Caregivers

2nd Tuesday

For the Caregiver of Someone with Memory Loss

5:30 - 7:00 p.m., Libby's House North, 2586 Valley Road, Plymouth
Facilitator: Christine Thill, RN - 920-946-7627, cthillrn@libbyshouse.com

2nd Wednesday

“Just for Men” Family Caregiver Support Group

6:30 - 8:00 p.m., Memorial Library, Lower Level Meeting Room, 330 Buffalo Street, Sheboygan Falls
Facilitators: Harold Biebel - 920-458-3168; hbiebel@yahoo.com
Jim Holmes - Jim_h_73003@yahoo.com

3rd Tuesday

For Early Stage Memory Loss Individual and Caregiver

2:00 - 3:00 p.m., John Michael Kohler Arts Center, 608 New York Ave, Sheboygan
Facilitators: Ginny Nyhuis, MSW - 920-838-1311; gnyhuis@alz.org
Connie Thimmig - 920-284-6584; connie.thimmig@azuramemory.com

4th Tuesday

For the Caregiver of Someone with Memory Loss

6:15 - 8:15 p.m., Sheboygan County Health/Human Services, 1011 N 8th St, Sheboygan
Facilitator: Christine Jeske - 920-467-4182; jeskeccj@co.sheboygan.wi.us

2nd Tuesday

Living with Alzheimer's Disease - for Young Children

3:45 - 4:30 p.m., First Congregational Church UCC, Room 1, 310 Bluff Ave, Sheboygan
Registration: Contact - Ginny Nyhuis at gnyhuis@alz.org or call: 920-838-1311



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c/o Aging & Disability Resource Center of
Sheboygan County
650 Forest Avenue
Sheboygan Falls, WI 53085

Phone: 920-467-4100
or 800-596-1919

Website: www.co.sheboygan.wi.us

Family Caregiver Coalition Mission

The mission of the Family Caregivers Coalition in Sheboygan County is to identify, recognize, support and enhance the role of those affected by caregiving through community outreach, education, peer support and shared resources in order to help family caregivers thrive.