



Connections

A Resource for Family Caregivers

Spring 2014 Volume 3, Issue 2

Steering Committee

- Aging and Disability Resource Center of Sheboygan County
www.sheboygancounty.com
- 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 Spring 2014 issue of the Connections Newsletter produced by the Family Caregivers Coalition in Sheboygan County. The goal of this newsletter is to promote the Family Caregivers Coalition, 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.

This issue provides information on talking about the future with your adult children. Register for the May 28th Family Caregiver Retreat and plan to attend the upcoming Caregivers Connect sessions on page four.

The deadline to submit articles for the Summer 2014 edition of the newsletter is Monday, July 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

Spring Cleaning: Refreshing Our Caregiving Routines

It's a human tendency to get stuck in a rut as we carry out life's demands, and caregiving is no exception. With spring nearly upon us, it's a good time to take a fresh look at our caregiving lives to see if there are areas that need improvement or at least a fresh approach.

Making pro and con lists of what is working and what is not working is an effective method of examining anything from budgets to weight loss. It can be just as effective for caregiving.

First, give yourself credit for all you've done.

The next step is to tackle the "not working" list to see what, if anything, you can change that will make your life better. Maybe these suggestions will help you jump start your own spring cleaning list.

Excerpts from agingcare.com



- Write about what's working in your caregiving life.
- Write about what isn't working in your caregiving life.

Inside this issue:

Inspire	2
Tea Party	2
Caregiving Counts	2
Member Messages	3
Caregivers Connect	4
Only Another Caregiver Understands	4
Car Fit	4
Carefree Café	4
Inspiration at Aspira: An Uplifting Day for Family Caregivers	5-6
Talking About the Future with Adult Children	7
Calendar of Events	7



INSPIRE~

Bookworm Gardens is excited to offer INSPIRE for the Young at Heart which provides opportunities for creative self-expression and connection for people living with memory loss and their caregivers. Activities are centered on literacy, the gardens, and sensory exploration of the natural environment in a supportive setting.

Programs will occur from 10:00-11:30 a.m. on the first and third Wednesdays or, the second and fourth Mondays of each month beginning May 1st through October 20th.

For more information or to register prior to the day of a program, please call 920-287-7895 or 920-946-3744 and ask for Susan Sellars. You may send an email to info@bookwormgardens.org or, sellarssa@gmail.com attention Susan Sellars. Be sure to call to reserve your date and time. Same day reservations may be available however, please call in advance.

Tea Party

- 2 Cups hot water
- 2 Tea bags
- 1 Package cookies

Combine first 2 ingredients.
Add cookies to make a tea party any time day or night.

Submitted by Karen K, Caregiver for her 100 year old mother who loves midnight tea parties.



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. Organization members of the Coalition have the opportunity to donate a small gift to a family caregiver member to show gratitude for what they do. Family caregiver names are drawn at Caregivers Connect events and delivered personally to the winning family caregiver. 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.

Thank you to Kindred Hearts Senior Living for providing a lovely metal photo tree and DVDs. Congratulations to family caregiver winner, Patricia B.

Member Messages

Hello Again, Mom

Nancy Jusky is a family caregiver member of the Family Caregivers Coalition in Sheboygan County.

Hello Again, Mom

It has been a long time since I have had you back where you belong in my memories as my beautiful, kind, supportive and loving mom. I never thought I'd get these memories back after a medical accident took you away from me for 19 years and our roles were reversed – you became my “child” and I became your caregiver. But there you are now. Memories of you come flooding back to me –

You were so clever and creative, sewing countless buttons and bows on two white shirts and two pairs of jeans for my date and me to wear to the Sadie Hawkins dance. We won a prize for our costumes, thanks to you.

The best cook in the world – helping me make chocolate chip cookies to enter in the County Fair for 4-H. You said to always use real butter to make them shiny on top – and I won a blue ribbon.

The best nurse in the world – waiting on me day and night for six long weeks when I was paralyzed with polio – carrying me to the bathroom and spoon-

feeding me to keep my strength up. And I recovered completely, thanks to Mom.

The supportive mother who sent me extra money when I was in college and far away from home – and who wrote me “keep your chin up” letters far more often than I wrote back. I am sorry about that, Mom, but you always forgave me.

The melting look of pride on your face when you first saw your granddaughters when they were born – sheer joy lit up your face even when I named my first -born after my childhood dog.

How proud you were to be a lector in church and a docent at the Wade House – and how proud I was of you for your strength, courage and accomplishments after Dad had passed away.

Yes, time is a great healer and time has given you back to me – beautiful memories of a beautiful lady who just happened to be my mother.

Written by Nancy Jusky as a tribute to her late mother Margaret Blick

“Advice from a Tree”

Senior Activity Center - Organization Member

On my office door I have a poem “Advice from a Tree”. The lines that particularly speak to me are-
 “Embrace with joy the changing seasons
 For each yields its own abundance.....
 The wisdom to let go like leaves in the Fall
 The rest and quiet renewal of Winter”

I am reminded daily that life has its seasons and that we can take comfort from nature, just like a tree we need to take care of ourselves in the wintry part of our lives. When caregiving for others we often take care of ourselves on the outside, convincing others and ourselves that we are OK. We need to connect to our inner selves, nurture ourselves from the inside out.

I invite you to nurture yourself by taking time for

YOU at the Senior Activity Center. Maybe its journaling with the writers group, play reading with the theatre group, one of the many health and wellness classes, playing pool or table tennis or learning more about your digital camera. There are activities for everyone. Participation is open to anyone in the area over the age of 55.

“Seek nourishment from the good things in life
 Simple Pleasures
 Earth, fresh air, light”

Wendy Schmitz
 459-3198

www.sheboyganseniorcenter.com

Facebook.com/sacssheboygan

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, the caregiver, to better meet the physical, emotional, financial and spiritual challenges of caregiving. For more information or to make a reservation, call the Family Caregivers Coalition in Sheboygan County, c/o Aging & Disability Resource Center at 920-467-4100 or 800-596-1919.

(family caregivers only- no professional caregivers please)

Thursday, April 17 - 1:30-3:00 PM: "I Love to Laugh"

Presenter: Barb Gilmore, Certified Laughter Coach; and Mary Patricia Voell, Legacies Founder

Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. Attend this event to lighten your burden, inspire hope, connect with others, and support your physical and emotional health. (open to family and professional caregivers and care recipients)

Thursday, June 19 - 6:00-7:30 PM: Clutter to Comfort: "DE cluttering" a Full House

Presenter: Pam Hertel Licensed Psychotherapist/Professional Organizer, Owner, Clutter to Comfort, LLC

An excess of material items is a common problem for many people, resulting in cluttered living spaces and disorganized lives. This can become exceptionally apparent in later years, when a person's care requires the need to simplify for safety and downsizing. This program will address the "why's and how's" to begin the process. (open to family and professional caregivers)

Only Another Caregiver Understands

- ... that going to the grocery store is like a mini-vacation
- ... what "running on empty" really means
- ... the resentment, frustration, love, loneliness, anxiety and fear
- ... how much you feel depended upon

**Don't forget
to save the date!**



July 2 Carefree Café - All American Picnic

4:00-6:00 PM - Bookworm Gardens,
1415 Campus Drive, Sheboygan

An evening of fun, fellowship, entertainment and a warm meal for caregivers, family & friends, and the loved one they care for. More information to follow.

CarFit Event

Saturday, May 17, 2014, 8:00 a.m. - Noon

St. Paul Lutheran Church, 730 Cty Rd PPP, Sheboygan Falls

CarFit provides information, education, and resources to older drivers. The 12 point CarFit checklist reviews important safety issues related to the fit between a driver and a vehicle. An Occupational Therapist will be on-hand to demonstrate assistive devices that will enhance driver safety such as wedge cushions, seat belt extenders, gas cap wrenches, and other devices. This event is free and takes about 20 minutes. Gift bags included. Call 920-458-4040 to make an appointment.

Registration

To register for this event, mail this form with payment to Kathleen Manny, Sheboygan County Aging & Disability Resource Center, 650 Forest Avenue, Sheboygan Falls, WI 53085. Include:

Name: _____

Address: _____

City, Zip: _____

Phone: _____

Email: _____

Cost: \$10 per person
(make checks payable to the
ADRC of Sheboygan County)

**Space is limited so reserve
your spot by May 20**

Call if you need assistance with
respite care or transportation.

Contact Kathleen Manny
for more information (920) 467-4100.

FAMILY CAREGIVERS COALITION IN SHEBOYGAN COUNTY

Caregiver Coalition

Partnering Organizational Members

Aging & Disability Resource Center
Alzheimer's Association, Southeastern
Wisconsin Chapter
Libby's House Senior Assisted Living
United Way of Sheboygan County
Willowdale Nursing & Rehabilitation Center
Family Caregiver Representative

In collaboration with:



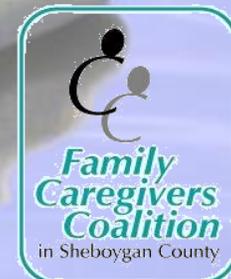
For more information call Kathleen Manny
(920) 467-4100
(800) 569-1919

www.familycaregiverscoalition.org

***INSPIRATION
AT ASPIRA:
An Uplifting Day
for Family Caregivers***

***Wednesday, May 28
9:00 a.m. - 2:30 p.m.***

***Aspira the Spa
at the Osthoff
101 Osthoff Avenue
Elkhart Lake***



Agenda

INSPIRATION AT ASPIRA:

An Uplifting Day for Family Caregivers

- 9:00 a.m. Registration
- 9:15 a.m. Welcome
- 9:30 a.m. Break-out Session:
1. Let the Good Times Roll!
2. Introduction to Tai Chi
- 10:30 a.m. Break-out Session:
1. Let the Good Times Roll!
2. Introduction to Tai Chi
- 11:30 a.m. Lunch
- 12:30 p.m. Break-out Session:
GameExperiment /
Hand Massage
- 1:30 p.m. Break-out Session:
Raise Your Spirits &
Your Voices
- 2:00 p.m. Closing

Break-out Sessions

Morning Sessions (repeated) 9:30 & 10:30 a.m. rotating sessions

Let the Good Times (Drum) Roll! ***Tom Gill, Founder, Rhythm For Unity***

Experience the power and connection of Rhythm Adventures. Emphasis on low cost or homemade instruments with opportunities for participants to act as facilitators of the group. For decades, Tom has presented this hands-on program to help well & challenged elders celebrate creativity and community. Absolutely no experience necessary!

Introduction to Tai Chi ***Jon Doll, Executive Director, United Way of Sheboygan County***

This interactive session will introduce participants to the benefits of Tai Chi. This very popular exercise uses slow, gentle movements to improve balance, reduce anxiety and increase core body strength.

Afternoon Sessions

12:30 p.m.

Game Experiment

Lynn Potyen, Owner, 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.

Enjoy the Benefits of Hand Massage

Guests will have the option to enjoy a brief treatment of relaxation allowing all of the tensions to melt away through hand and/or head massage by one of Aspira's caring, qualified professionals. (optional)

1:30 p.m.

Raise Your Spirits & Your Voices ***Doug Holte, Director, Project Independence***

Group singing is cheaper than therapy and more fun than working out. It is the one thing in life where feeling better is pretty much guaranteed.

Talking About the Future with Adult Children

Many baby boomers who have cared for elderly parents have still not taken the time to plan for their own senior years. Studies show that even baby boomers often avoid these conversations until a health crisis or other challenge to independence arises. Many families consider these topics taboo. But, remember; planning ahead is far better than waiting until you are forced to make decisions and share information in a crisis situation.

Here are some topics to put on the agenda for a family meeting:

Your health: Is there anything important about your health condition that you haven't shared with your children? It is better when children have a realistic picture of their parents' health situation.



Your retirement plans: If you are still working, talk to your children about how long you plan to stay on the job. Once you retire, how do you plan to spend your time?

Your plans for senior living: Do you plan to downsize to a smaller place? Do you want to stay in the community where you live or do you plan to relocate to a different climate or to be closer to your adult children? If you plan to stay in your current home, what adaptations would be needed if you were to become ill or disabled?

Your healthcare wishes: Have you shared with your adult children your thoughts about end-of-life care? Have you completed a Power of Attorney for Health Care? What about the role of your adult children? Have you discussed with them who you would want to step in to serve as your healthcare representative?

Planning for care: The subject of care is a difficult topic for many families. We all like to imagine that we will be robust and independent right until the end - and our children like to think about us in the same way. But the reality is, 70 percent of people older than 65 will need care support at some point, some for an extended period. Odds are that you will be one of those people. What will you do if you need care?

Excerpts from Caring Right at Home

Calendar of Events

- April 17 "I Love to Laugh"**
1:30-3:00 p.m. - ADRC, Sheboygan Falls
- May 17 CarFit**
8:00 a.m. - Noon, St. Paul Lutheran Church, 730 Cty Rd PPP, Sheboygan Falls
- May 28 Inspiration at Aspira: An Uplifting Day for Family Caregivers**
9:00 a.m. - 2:30 p.m. - Aspira the Spa at the Osthoff, 101 Osthoff Ave, Elkhart Lake
Paid pre-registration required by May 20
- June 19 Clutter to Comfort: "DE cluttering" a Full House**
6:00-7:30 p.m. - ADRC, Sheboygan Falls
- July 2 Carefree Café - All American Picnic**
4:00-6:00 PM - Bookworm Gardens, 1415 Campus Drive, Sheboygan



Spring 2014 Volume 3, Issue 2

Family Caregivers Coalition in Sheboygan Co.
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.

Edited by:
Kathleen Manny
Aging & Disability Resource
Center of Sheboygan County

Ron Preder
Hearthstone of Wisconsin

Jane Jensen
UW-Extension Sheboygan Co.

Desktop Publishing by:
Ann Herzog
UW-Extension Sheboygan Co.