



# Connections

## A Resource for Family Caregivers

*Summer 2014 Volume 3, Issue 3*

**Steering Committee**

- Aging and Disability Resource Center of Sheboygan County  
[www.sheboygancounty.com](http://www.sheboygancounty.com)
- Alzheimer’s Association Southeastern Wisconsin Chapter  
[www.alz.org/sewi](http://www.alz.org/sewi)
- Dementia Care Network (920) 838-1311
- HearthStone of Wisconsin  
[www.hearthstonewi.org](http://www.hearthstonewi.org)
- Mental Health America in Sheboygan County  
[www.mhasheboygan.org](http://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 safe summer grilling and our local Community Conversation. Check out Caregivers Connect on page four and a number of other community wide activities.

The deadline to submit articles for the Fall 2014 edition of the newsletter is Wednesday, October 1, 2013.

Please submit articles to Jane Jensen at [jane.jensen@ces.uwex.edu](mailto: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

### Seeking Support

Think about a time when you felt you were thriving. Who was there to help? Did family, friends, and community agencies provide a helping hand? How about a physician, therapist, or spiritual leader? Did you attend a support group meeting? What does your support system look like? Seeking help is one of the smartest things we can do as caregivers. No one can do it all alone. Research finds that social support provides protection against stress. Support networks actually improve our mental, physical, spiritual and financial well-being.

certified instructors for this National Evidence-Based workshop which is held three times annually. The final workshop for this year will be held for six consecutive Wednesdays starting on September 3<sup>rd</sup> at Sharon S. Richardson Community Hospice in Sheboygan Falls from 4:30 to 7:30 p.m. Contact the Aging & Disability Resource Center at (920) 467-4100 to register.

Read the wonderful family caregiver message from Kirk and Arlyne on page 3. Take a simple step to start to connect to support today.

“I am not alone” and “I need to take care of myself” are two important messages for family caregivers who take the 6 week Powerful Tools for Caregivers workshop. Sheboygan County is fortunate to have 6

Kathleen Manny, Co-Editor  
Community Services Specialist/Aging & Disability Resource Center of Sheboygan County

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## Carefree Café: All American Picnic

The second annual Carefree Café held July 2, was an effort to meet social and recreational needs by providing a setting in which caregivers and their care recipients can share fun, fellowship and laughter, free from awkwardness and stigma. More than 70 caregivers, care recipients, family and friends came out to Bookworm Gardens in Sheboygan where the event was held.



Community Members of the Family Caregiver Coalition partnering to make this event possible included the Alzheimer's Association Southeastern Wisconsin Chapter, the Aging and Disability Resource Center in Sheboygan County, Azura Memory Care, Bookworm Gardens, Golden Living, Project Independence, Terrace Place Senior Living, and UW-Extension Sheboygan County Family Living Program.



## 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.***

Thank you to HomeCare Resources for donating a garden basket including a planter, garden puzzle, word search book, candy, daisy seeds, and a \$20 gift card to Margaret W.

Thank you to Libby's House for donating a wicker basket with lavender bath oil, cream, lip gloss, Tazo tea, lavender reed diffuser, soap and nylon scrub puff to Jean K.

## Member Messages

Kirk Heinig & Arlyne Acasio Heinig are family caregiver members of the Family Caregivers Coalition in Sheboygan County.  
A Balancing Act - written by Kirk Heinig & Arlyne Acasio-Heinig

Two and a half years ago my wife Arlyne (a retired school teacher) was diagnosed with Crohn's Disease. After six months of trying different medications she became very weak and her immune system could not fight off a severe blood infection. No one expected what happened next to occur. Arlyne "lost" her eyesight, went completely blind in both eyes on July 5th, 2012 and was rushed to Froedtert hospital.

After weeks in the hospital and three months in a Comprehensive Care Center it was time for her to come HOME, blind and wheel chair bound. WOW, did I have questions and doubts running through my mind at 100 miles per hour: Will I be able to do this? Can I keep my job? Who can I turn to? What do I do first? What about finances? I really had to slow down and gather myself and my thoughts.

My first priority was to get Arlyne home and the second priority was to try and keep working. I then contacted an agency that offers home caregivers that was referred to me by a close friend. The next day a member of our church volunteered to send out an e-mail to see if anyone was interested in becoming a volunteer caregiver. We had 20 people respond to the call.

Between the volunteers, me using vacation & FMLA, and then filling in with the paid caregivers. we were able to keep the costs down. In true Arlyne fashion she returned some kindness their way in the form of a Bible Study class. Arlyne had taught many Bible studies over the years and as a woman of deep faith she felt the need to give back.

Here we are two years later and we still have 14 active volunteers and they do not need to pair up as Arlyne has gained quite a bit of strength back. It's quite the "Balancing Act."

We have been so BLESSED to have so many friends, family, church friends and outside services as the home caregivers and the Aging & Disability Resource Dept. that I have been able to work with the past two years. I'll be 60 in April of 2015 and hope to take early retirement to be with Arlyne. Two full time positions (my job and being the primary caregiver) have worn me down some, but I get refreshed by just thinking of ALL the people that have blessed us with their compassion.

Thank you and may all of the caregivers out there be blessed by God's grace.

## Birthdays, Anydays, and a Garden

Bookworm Gardens - Organizational Member of the Family Caregivers Coalition in Sheboygan County

There was a little girl wearing a crown and a huge smile. She skipped up and announced it was her FOURTH birthday. Turning four is a big deal, and she chose to celebrate with a trip to Bookworm Gardens with her mom. We got to sing "Happy Birthday," and cheer!

She danced off as another mother and daughter approached. They were a little slower, the mother was in a wheel chair, but their smiles were just as big. The daughter announced it was her mother's 90<sup>th</sup> birthday, and she also chose to celebrate with a trip to Bookworm Gardens. We were happy to sing another round of the birthday song with more cheers.

This was before we had INSPIRE: creative programming for individuals with Alzheimer's or memory loss and their caregivers (no admission fee). This was a defining moment as we began looking at our programming. We were meeting the needs of the "young," but what were we doing for the "young at heart?"

This encounter was beautiful; and it reminded us that gardens are for everyone. They bring joy; they allow us to make memories and revisit memories; they allow us to enjoy a moment in the changing seasons.

We have developed this wonderful program, INSPIRE. It is our hope that families and caregivers will participate in one of our programs – including a drop-in program on July 21<sup>st</sup> (anytime between 9am and noon) to create art with visiting artist Dar Hosta James.

More importantly, we hope that families and caregivers will make a visit to Bookworm Gardens (or any garden) whenever possible. It's important to feel sunshine on our cheeks, to smell tomato or basil leaves, to see flowers at their peak, and to smile. There's no better way to spend an afternoon!

Beth Carreno, Education Director  
[www.bookwormgardens.org](http://www.bookwormgardens.org)

## 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, August 21 - 1:30-3:00 PM: Wellness: Mind and Body**

Presenter: Kim Murrow, Comfort Keepers

Come learn about ways to take care of your overall wellness including your mind and your body; and the importance of good nutrition, exercise and taking time for yourself. (open to family caregivers only)

The 9<sup>th</sup> annual There is Hope walk **for suicide awareness and prevention** takes place along Sheboygan's scenic lakefront on Saturday, August 16, 2014. Along with the walk, there will be a brat fry, music, bucket raffles, a silent auction, plus much more! The public is invited to participate in the walk and all event activities. Registration begins at 8:30 a.m., guest speaker will present at 9:30 a.m. and the walk begins at 10:00 a.m. The event lasts until 12:30 p.m.

For more information, please call Mental Health America in Sheboygan County at (920)458-3951, email [info@mhasheboygan.org](mailto:info@mhasheboygan.org) or visit the website at [www.mhasheboygan.org](http://www.mhasheboygan.org) and help bring awareness and prevention to suicide in Sheboygan County.

## Our Community Conversation Continues...

Written by Kate S. Baer, Executive Director of Mental Health America in Sheboygan County

Have you heard? In late March over 300 attendees joined together at Blue Harbor Resort to talk openly and honestly about mental health and alcohol and other drug abuse in our community. The event was developed by a collaboration of a number of concerned nonprofits coming together, in hopes of making positive change. Participants at this Community Conversation represented all walks of life and sectors including areas of local law enforcement, social services/human services, legislature, education, businesses, nonprofits, health care providers, and of course families and consumers. The overall objectives of the day were to (1) identify 3-5 community priorities to improve mental health and alcohol and drug abuse systems in Sheboygan County, (2) encourage community involvement through recruitment of action team members to move priorities forward, and (3) move in a direction to create good mental health in our community.



Through large group facilitation and small group discussions using guiding questions, the top three priority areas determined were **Access, Education, and Coordination**. Community Action teams have been identified and are meeting to address these priority areas.

Access addresses areas of prevention, eligibility, and availability to support families and individuals utilizing the mental health and alcohol/drug services systems throughout Sheboygan County. A systematic approach to providing mental health education to targeted populations including the general community, consumer and family, and providers will be developed with possible activities such as a mental health resource fair and anti-stigma campaign. Lastly, coordination will address system changes, program development and integration of care in our community through resource mapping, networking opportunities, and exploring and implementing new programs.

Please contact Kate Baer, Executive Director with Mental Health America in Sheboygan County, to learn how to get involved in this community-wide effort to improve mental health in our community at [kate@mhasheboygan.org](mailto:kate@mhasheboygan.org) or 920-458-3951

## Care for Caregivers

- an initiative of the Family Caregivers Coalition in Sheboygan County

### Inspiration at Aspira: An Uplifting Day for Family Caregivers

Thanks to Aspira the Spa at the Osthoff in Elkhart Lake for hosting the third annual family caregiver retreat. Drumming, Tai Chi, and hand massages along with games and singing made for a busy day that started with an assortment of fruit drinks and was followed by a wonderful array of delicious sandwiches, fruit and veggie kabobs and dessert. It was a “perfect day” reported one of the over 20 caregivers who attended the event.



# SAVE THE DATE!

**HEARTHSTONE PRESENTS**

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● **Friday October 17, 2014** ●

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Lakeshore Culinary Institute

.....

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🕒 5:30 cash bar    🕒 6:30 dinner served    🕒 7:30 Comedy Sportz!

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## Together

He sleeps  
In a hospital bed  
In the extra bedroom.

I sleep  
In a twin size bed  
In my room.

When he  
Doesn't sleep well  
I don't either.

In wake time  
In sleep time  
Caring.

By Beverly Schellhaass

Thank you, Bev, for donating  
Gaze book of poems to the  
Family Caregivers Coalition.

## Safe Summer Grillin’

Source: Interra Health, InHealth News™, June 2014

Ahh, summer! The time of year when we can finally enjoy the textures and flavors that come from one of the most-loved appliances in America—the grill. It is important to stay safe while preparing your food, so here are safety tips to keep you and your family safe while creating a masterpiece!

### Grilling Vegetables and Fruit

Grilling offers delicious food that is easy, cheap and has fast clean-up; awesome! Typically when we think of grilling we think about hot dogs, hamburgers, steaks, chicken or fish. Fruit and vegetables often have a secondary place on the grill, if at all. But they are fantastic when grilled and deserve just as much attention as meat. It is also a great way to get in your daily servings of fruits and vegetables!

### Safety Tips

- **Be Prepared.** Make sure you know where the nearest fire extinguisher is located. If your grill happens to catch fire and you do not have a fire extinguisher, place a bucket of sand near you. You should never put out a gas fire with water-

water conducts electricity and moves burning oil, gas, and other petroleum products into new areas to ignite.

- **Location is Key.** Make sure you keep your grill away from flammable objects such as leaves and wood. Always keep the grill in a well-ventilated area and keep children and pets away; flames have the ability to jump around onto nearby objects. Never grill in an enclosed area such as a garage, carport, or inside a home.
- **Cleanliness.** Keep your grill clean! Grease collects in the bottom and builds up over time which can cause flare-ups. Grease fires can be extremely dangerous and have been known to cause severe injury or death. If a grease fire ignites, put it out using baking soda-NOT water.
- **Babysit.** Never leave your grill unattended.
- **Follow Instructions.** The manufacturer enclosed model-specific instructions and restrictions for a reason. Not all grills are the same, so be sure to read the manual that came with your grill before using it.

*Care to Share?* (Share your interesting tidbits. Please send to [jane.jensen@ces.uwex.edu](mailto:jane.jensen@ces.uwex.edu))

- ◆ Don’t ever hang up on 911! Karen K.
- ◆ Computers are a black hole for time. Denise
- ◆ Do something for five minutes so you don’t get overwhelmed. Bev S.
- ◆ I love cooking! I wear it! Barb J.



### Grilled Vegetables

Marinate vegetables in Italian dressing for 20 minutes. Grill in a metal grill basket with holes. Use all kinds of vegetables including zucchini, mushrooms and eggplant!

Submitted by Barb, Caregiver for her Mom.

## Get Fired Up for the Walk to End Alzheimer's® in Sheboygan County Saturday, September 27 at Sports Core

Walk Chairs Connie Thimmig, Wendy Limberg and Don Seymour invite you to join forces against Alzheimer's disease by registering for the Walk to End Alzheimer's on September 27th at the Sports Core in Kohler. Start a team today! Gather your friends, family, co-workers, or members of your church or community organization. The Walk begins at 10:00 am, with on-site registration starting at 8:30am. If you aren't able to participate at the event, show your support by registering as a "virtual walker" or make a donation to support a friend, family member or co-worker.

Over the last eight years, the Sheboygan County Walk has raised \$463,913 to provide care and support for **local individuals living with Alzheimer's and their families**, and advance critical research.

**Everyone has a reason to End Alzheimer's.** Together, we walk on behalf of our friends, our families, and our future. Though we all have our own motivation to step up to the start line, our eyes are set on the finish line – the end of Alzheimer's. Start or join a team today at [alz.org/walk](http://alz.org/walk).

### *INSPIRE at Bookworm Gardens...*



Is a series offered to adults experiencing memory loss and their caregivers. Please join us for the programs listed below. Please call ahead (920) 287-7895; reservations are appreciated.

**Programs are offered from 10:00-11:30 a.m. in the handicap accessible areas of Bookworm Gardens**

- ◆ July 30 - Music in the Garden
- ◆ August 4 & 13 - Garden Harvest
- ◆ August 18 & 27 - Make and Take Silk Scarves
- ◆ Sept 10 & 15 - Memory Book Activity

### Calendar of Events

- |                           |  |
|---------------------------|--|
| <b>August 21</b>          | <b>Caregivers Connect - Wellness: Mind and Body</b><br>1:30-3:00 p.m. - ADRC, Sheboygan Falls  |
| <b>Sept 3-<br/>Oct 15</b> | <b>Powerful Tools for Caregivers</b><br>4:30-7:30 p.m. Wednesdays, Sharon S. Richardson Community Hospice, Sheboygan Falls<br><u>Call (920) 467-4100 and mail check for \$30.00 payable to: Sheboygan County Aging &amp; Disability Resource Center, 650 Forest Ave., Sheboygan Falls, WI 53085.</u> |
| <b>Sept 27</b>            | <b>Get Fired Up for the Walk to End Alzheimer's®</b><br>8:30 a.m. - Registration, 10:00 a.m. - Walk Begins, Sports Core, Kohler  |



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Website: [www.co.sheboygan.wi.us](http://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.***

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