



# Connections

## A Resource for Family Caregivers

*Fall 2014 Volume 3, Issue 4*

**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 Fall 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 a variety of health care information. Check out the Sheboygan County Caregiver Conference.

The deadline to submit articles for the Winter 2015 edition of the newsletter is Wednesday, January 1, 2015.

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

### October is Health Literacy Month

Sheboygan County residents make health care decisions every day. Improving health literacy is the degree to which individuals have the capacity to obtain, process and understand basic health information and services needed to make appropriate health decisions. That is the focus of Health Literacy Month. The Health Literacy Subcommittee of Healthy Sheboygan County 2020 developed an outreach campaign to help county residents make informed health care decisions. Watch for the OK2ASK Health Literacy Campaign messages on posters, buses, buttons, and brochures throughout the community.

When you play an active role in your healthcare, you can improve the quality of care you and your family receive.

Start by asking questions when you visit the doctor, nurse or pharmacist. Don't forget it's always "Ok to ask." Most people depend on different providers for their health care. It's a team effort, and you are the most important member of the team. Keep all your health information in one place to make it easier to manage your health care. Take the information with you to every medical appointment.

When it comes to your health, there are no dumb questions!

Sincerely,  
Jane Jensen, Co-editor  
UW-Extension Sheboygan County/Family Living  
Member of the Health Literacy Subcommittee of Healthy Sheboygan County 2020

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## Importance of Vaccines

Source: September 2014 InHealth Newsletter™ - Interra Health®

Vaccinating everyone, especially those who are at high risk for certain diseases, will help contain these illnesses and keep everyone healthy. Vaccines are especially important for high-risk populations, such as:

- Elderly
- Patients with inadequate immune systems

### Recommended Vaccines for Adults

- **Tetanus and Pertussis Booster**
  - Protects people against whooping cough. Special attention should be given to those adults with small children.
- **Zoster Vaccine**
  - This vaccine is a booster for varicella (the virus that causes chickenpox)
  - Provides an individual with increased resistance to the varicella virus, which in adulthood can lead to herpes zoster, or “shingles”
  - Recommended for adults 50 and older
- **Pneumococcal Vaccine**
  - Offered to high-risk patients, asthmatics, those with chronic obstructive pulmonary disease (COPD), and adults over 65.

**“An ounce of prevention is worth a pound of cure.”**  
- Benjamin Franklin

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

Jean K. cares for mom, dad and mother-in-law. How does she do it?  
Notes on the refrigerator and a BIG calendar.

## 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.

Thank you to Hospice Advantage for donating a gift to Lorraine R.

Thank you to Family Caregivers Janice Lemkuil for sending appreciation notes to Caregivers Connect presenters.

If your organization has not provided a gift please consider this opportunity to support a family caregiver. 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.*

## Member Messages

Barbara Sindelar is a family caregiver member of the Family Caregivers Coalition in Sheboygan County.

Three years ago I retired from the Sheboygan Area School District. I had 32.5 good years of teaching music to elementary and middle school children and was ready to enjoy some “me” time. I am a single person with no children and have devoted my whole life to my profession.

One month after my retirement, unexpectedly, my caregiving journey began. My mother called me and said that she thought she was having a heart attack. I had lost my father to a massive heart attack when he was 49 and didn’t want a repeat of that to happen to my mom. She was transported to Columbia St. Mary’s Hospital by ambulance and fortunately did not experience a heart attack. She had an inflammation of the pericardium. Whew! Praise God! She survived that episode.

Since that time my mother’s health has been on a roller coaster. I could see her slowing down and not being able to do things that she once loved to do like cutting grass, tending to household duties, and driving herself to the grocery store or the Senior Center. Her hips were wearing down making walking a challenge. We decided to pursue a hip

replacement and scheduled that for her last year.

Mom had experienced many complications with that decision and in 2013 my title as caregiver truly kicked in. She needs assistance with cleaning her home, shopping, showering, laundry, exercise, some cooking, managing medicines and transportation to all of her necessary doctor appointments. Although I am there every day, it feels good to know that she is able to still live in her own home and maintain some of her independence by not having to go to assisted living.

Caregiving for an elderly parent is both rewarding and demanding. I am honored to be able to care for my mom who gave me so much when I was younger. I do struggle with the added responsibilities, stress, anger, and guilt while trying to set aside a few hours for myself. I understand that I am not any good if my emotional and physical health are out of sync. I try to balance quality time with mom and friends. Having a positive attitude, being grateful, and prayer help me through the rough times. Kudos to all the caregivers in the world!

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### “Dying in America” - New Report from the Institute of Medicine

Aurora - Organizational Member of the Family Caregivers Coalition in Sheboygan County

The Institute of Medicine released a new report looking at end of life care in America, and made some recommendations to improve the quality of that care and to honor individual preferences. For patients and loved ones, decisions about care at the end of life are difficult and most profound. In an article in the New York Times (Sept. 17<sup>th</sup> 2014), David M. Walker, a former United States comptroller general stated “The bottom line is the health care system is poorly designed to meet the needs of patients near the end of life. The current system is geared towards doing more, more, more, and that system by definition is not necessarily what patients want, and is more costly.” Most patients at the end of life want to be comfortable, have their pain managed, be with loved ones, and don’t want to be a burden on their families. Yet, when we look at where and how patients die, it is

most often in a hospital ICU, with tubes attached and unable to have meaningful connection with their loved ones. This report finds that a **Palliative Care** approach typically affords the highest quality of life, for the most time possible. It defines Palliative Care as that which provides relief from pain and other symptoms, supports quality of life, and is focused on patients with serious advanced illness and their families. The panel also recommended more time and coverage for **advance care planning**. It advocates a system that not only supports completion of **advance directive documents**, but also time to have important conversations with physicians and other members of the team. To read more, find this report at [www.iom.edu/endoflife](http://www.iom.edu/endoflife) or ask your doctor about Advanced Directives and Palliative Care.

Marsha Vollbrecht, Director of Senior Services

## Caregivers Connect

- an initiative of the Family Caregivers Coalition in Sheboygan County

Caregivers Connect allows caregivers to meet with other 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. Help us choose topics for the 2015 Caregivers Connect Events. Watch for a survey either by e-mail or mail. We value your opinion!

	<h3>Voting in Wisconsin: The Basics for 2014</h3>	
<p><b>Important Dates</b></p> <p><b>Election Day: November 4</b></p> <p>Mail-in voter registration deadline: Oct. 15</p> <p>Late registration at clerk's office until: Oct. 31</p> <p style="text-align: center;">**Election Day Registration is available**</p> <p>Last day to apply for ballot by mail: Oct. 30 (Oct. 31 if in-person)</p> <p>Last day to return ballot by mail: Nov. 4, or postmarked by Nov. 4 and received by Nov. 7</p> <p>Early voting available: Oct. 20 to 31</p> <p><b>Hours:</b></p> <p>Election Day polling place hours: 7 a.m. – 8 p.m.</p> <p>*Early voting hours vary by location</p> <p><b>Polling Places:</b></p> <p>Polling place locator online at GAB's website: <a href="https://myvote.wi.gov/">https://myvote.wi.gov/</a></p>	<p><b>Both in-person and absentee Wisconsin voters <u>MUST</u> show one of the following types of photo ID at the polls or submit a copy with the absentee ballot request.</b></p> <ul style="list-style-type: none"> <li>- WI driver's license or ID card (must be current or expired after November 6, 2012 general election) [Suspended or revoked licenses are valid if they are in your possession.]</li> <li>- Military or uniformed service ID card (NOT including a Veterans Identification Card issued by the VA)</li> <li>- U.S. Passport (must be current or expired after November 6, 2012 election)</li> <li>- Certificate of naturalization issued on November 4, 2012 or later</li> <li>- Tribal ID card issued by a federally recognized Indian tribe in WI</li> <li>- College, university or technical college student ID card with a signature, an issuance date, and an expiration date no later than 2 years after the issuance date. Student ID must be presented with proof of current enrollment such as a tuition fee receipt or letter verifying enrollment, as a paper copy or on a smartphone or a tablet. For UW schools, proof of current enrollment can be obtained at <a href="http://www.uwsa.edu/voting/uw-documents/">http://www.uwsa.edu/voting/uw-documents/</a>.</li> <li>- Unexpired receipt given after applying for WI driver's license or ID card</li> <li>- Ticket/citation from the last 60 days if you surrendered your driver's license</li> </ul> <p>Photo ID does <u>NOT</u> need to have any address or a current address, just your name and photo. If the ID presented does not also qualify as proof of residence, the elector shall also present proof of residence, which must contain your name and <u>current</u> address.</p> <p>If you do not have an accepted form of voter ID, you can get a free voter ID card from the DMV office. For more information call 1-866-OUR-VOTE or visit <a href="http://GotIDWisconsin.org">GotIDWisconsin.org</a> or <a href="http://bringit.wi.gov">bringit.wi.gov</a>.</p> <p>If you forget to bring or don't have photo ID, you have the right to cast a provisional ballot and then bring photo ID to the municipal clerk's office by 4 p.m. on Friday, November 7.</p>	

### How Can I Vote?

**By Mail** - Wisconsin does not require an excuse to vote absentee. Wisconsin voters can submit the Application for Absentee Ballot (found at <https://myvote.wi.gov/>) to their local elections official or deliver it to the office. Requests must be received by mail, e-mail, or fax by 5 p.m. on October 30 or completed in the general registrar's office by 5 p.m. on October 31. Completed ballots must be returned by 8 p.m. on November 4 postmarked no later than November 4 and received by the municipal clerk by 4 p.m. on November 7.

**Early In-Person Absentee** - Voters can vote early at their municipal clerk's office. Check with your municipal clerk for office hours. Find your clerk at My Vote Wisconsin (<https://myvote.wi.gov/>) by searching for your voter record or performing an address search. Early (In-Person Absentee) Voting now only runs on weekdays for two weeks before an election, ending at 5 p.m. or the close of business (whichever is later) on the Friday before the election (October 20-31).

**On Election Day at the Polls** - You can also vote at your assigned polling place on Election Day. Not registered? Not a problem. You can register at the polling place with proof of residence. The polls are open from 7 a.m. until 8 p.m.

## Conference Schedule

**9:00** Registration, visit exhibitors

**9:20** Welcome

**9:30** **Depression vs. Dementia**

*Dr. Cameron Goetz, Clinical Psychologist, Holy Family Memorial and HFM Memory Assessment Clinic.*

Explore symptoms and causes of depression in seniors, the relationship between depression and dementia; and some of the newest treatment recommendations including medication, therapy and lifestyle changes.

**11:00** Break, visit exhibitors

**11:15** Workshop A (see reverse for descriptions)

**12:15** Lunch (included), visit exhibitors

**1:15** Workshop B (see reverse for descriptions)

**2:15** Break, visit exhibitors

**2:30** **Eating for the Health of It!**

*Pam VanKampen, Nutrition Specialist/Older Americans Act Consultant for the Greater Wisconsin Agency on Aging Resources (GWAAR).*

Food is the foundation for health. Get tips, recipes, and healthy, simple, cost effective meal and snack ideas that will keep you energized and focused throughout the day.

**3:15** Closing, Wrap-up and Door Prizes

Thanks to our major event sponsors!



THE WATERFORD AT PLYMOUTH



alzheimer's  association®

Ginny Nyhuis  
P.O. Box 700272  
Oostburg, WI 53070



alzheimer's  association®



sheboygan county  
caregiver  
conference



for the health of it!  
family & professional caregivers invited

Thursday, November 20, 2014

9:00 a.m. — 3:30 p.m.

Blue Harbor  
Conference Center

725 Blue Harbor Drive, Sheboygan

caregiver conference 2014

## Registration Form

Registration deadline: Thursday, November 13, 2014

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

(Make one selection for each workshop session)

Workshop A  1.  2.  3.  4.  5.

Workshop B  6.  7.  8.  9.  10.

Lunch Options: (please select one!)

Meat Lasagna

Roasted Portabella Mushroom

Conference Fees:

\$5 Before or on Thursday, November

\$10 After Thursday, November 6

Mail completed registration form and check payable to the Alzheimer's Association to:

**Alzheimer's Association**

**P.O. Box 700272**

**Oostburg, WI 53070**

**(Lunch is included with your registration)**

Grant funds for assistance with respite care may be available. Contact Ginny for details: (920) 838-1311

## Sheboygan County Caregiver Conference

Blue Harbor Conference Center, 725 Blue Harbor Drive, Sheboygan

Thursday, November 20, 2014

### 11:15 Workshop A (choose one from #1-5)

**1. Memory Loss, Dementia, and Alzheimer's Disease: The Basics**

*Krista Scheel, Program Director, Alzheimer's Association Southeastern Wisconsin Chapter*

Explore memory loss, dementia and Alzheimer's disease. Learn about risk factors, research, treatments, and steps to a proper diagnosis/assessment.

**2. Understanding Parkinson Disease, Causes, Symptoms, Care and Treatment**

*Jeremy Otte, Director of Outreach & Education for the Wisconsin Parkinson Association*

Discuss the basic facts about Parkinson disease including possible causes, prevalence in Wisconsin, how it affects the patients, and current models of treatment.

**3. Intimacy & Sexuality in Dementia Care**

*Diane Baughn, Training Manager, Alzheimer's Association Southeastern Wisconsin Chapter*

Dementia causes significant changes in the brain and also brings on changes in relationships. This session will explore the impact these changes have on this sensitive topic and will provide insights into coping strategies.

**4. How Occupational Therapy can Help You Live with Dementia: Tips for Caregivers**

*Myllinda Barisas, OT, MBA, CLT*

Occupational therapy can assist in improving quality of life for families and individuals with dementia. Learn simple things you can do to modify your home to make it safe, and discuss resources and tools to help navigate life.

**5. The Greatest Gift**

*Dr. Mitch Winkler, M.D., Green Bay Oncology & Daniel J Walsh, J.D., Stellflug Law*

Death is the one universal thing we all share, yet only 30% of us plan for this inevitable event! Hear from a physician and an attorney why it is critical to complete your advance directives and the costly consequences when you don't.

### 1:15 Workshop B (choose one from #6-10)

**6. Exercises for Everyone**

*Fred Brown, Exercise and Activity Coordinator, Generations*

Exercise is crucial for everyone! It increases strength and flexibility, reduces joint pain, and helps combat fatigue.

**7. Safe Driving for Seniors**

*Robert Dittmer, Senior Support Specialist, COPE Services of Ozaukee County*

This fun and interactive presentation will provide you with the information you need to stay in the driver's seat.

**8. Partnering with Your Doctor**

*Diane Baughn, Training Manager, Alzheimer's Association Southeastern Wisconsin Chapter*

Guidelines and tips for working with your doctor to get the best care and suggestions for follow-up visits.

**9. Practical Approaches to Communication & Dementia-Related Behavior**

*Christine Thill, RN, Sanctuary Care Group*

Gain insight to improve communication, learn approaches and interventions that work well to reduce stress and subsequent dementia-related behavior, and how to recognize a person's needs through their non-verbal expressions.

**10. The Greatest Gift (repeat)**

*Dr. Mitch Winkler, M.D., Green Bay Oncology & Daniel J Walsh, J.D., Stellflug Law*

Death is the one universal thing we all share, yet only 30% of us plan for this inevitable event! Hear from a physician and an attorney why it is critical to complete your advance directives and the costly consequences when you don't.

## For Medicare Beneficiaries, a Change in the Appeals and Complaint Process

Next Step in Care (Family Caregivers & Health Care Professionals Working Together)

United Hospital Fund (Shaping New Yorks' Health Care: Information, Philanthropy, Policy)

As of August 1, Medicare beneficiaries and their family caregivers who want to file a complaint, for example, about a hospital discharge or a lapse in quality of care, will have to call a new number. Once you have reached the right agency, the basic steps in the process remain the same.

These new agencies are called Beneficiary and Family Centered Care-QIO (BFCC-QIO). They are charged with quality of care reviews, discharge and denial-of-service appeals, complaints, and more.

*Next Step in Care* has created a list to make it easier to find the Beneficiary and Family Centered Care-QIO for your state. The list is here: <http://bit.ly/MedicareAppeals>. Also, the *Next Step in Care* guides "Hospital Admission," "Hospital to Home Discharge," and "Leaving the Hospital and Going Where?" have been updated to reflect this change.

Any appeals or complaints under review as of August 1, 2014, have been transferred to the new Beneficiary and Family Centered Care-QIO for the state in which the care was provided.

### Silver Alert

Since August 1, 2014, when Wisconsin's Silver Alert law (Act 264) took effect, six Alerts have been issued. Similar to an Amber Alert, Silver Alerts go out by e-mail, text message, or fax through the Wisconsin Crime Alert Network to notify the public that an adult with Alzheimer's, dementia, or other permanent cognitive impairment is missing. Anyone may subscribe online to receive Silver Alerts and Crime Alerts for free by e-mail, text or fax. More information is available by visiting [www.wisconsincrimealert.gov](http://www.wisconsincrimealert.gov).

### Medicare Open Enrollment Information

**Mark your calendar with these important dates!**

**Medicare Part D Annual Enrollment is October 15 through December 7, 2014.** If you have Medicare and need help choosing a Medicare Part D plan...**Don't wait!**

Call today for an appointment with a **Benefit Specialist** at the Aging & Disability Resource Center to find the **best plan for YOU!** (920) 467-4100 or Toll Free (800) 596-1919

**November is National Caregivers Month.**

**Thank you for all you do!**

### Calendar of Events

- |               |   |
|---------------|---|
| <b>Nov 20</b> | <b>Sheboygan County Caregiver Conference</b><br>9:00 a.m. - 3:30 p.m. Blue Harbor Conference Center, 725 Blue Harbor Drive, Sheboygan   |
| <b>Dec 2</b>  | <b>Planning Your Days</b><br>3:00 - 4:30 p.m., Community Bank & Trust, Upper Level Community Room,<br>1160 Fond du Lac Avenue, Sheboygan Falls<br>Presented by: Ginny Nyhuis, Regional Services Manager, Alzheimer's Association<br>Registration: contact Ginny Nyhuis at <a href="mailto:gnyhuis@alz.org">gnyhuis@alz.org</a> or call 920-838-1311 |



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Family Caregivers Coalition in Sheboygan Co.  
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Phone: 920-467-4100  
or 800-596-1919  
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.*

**Edited by:**  
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