



Connections

A Resource for Family Caregivers

Summer 2015 Volume 4, Issue 3

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 Summer 2015 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.

I invite you to “Choose Joy” in your family caregiving role. Check out the many resources such as Powerful Tools for Caregivers, Memory Café and our last Caregivers Connect for 2015.

The deadline to submit articles for the Fall 2015 edition of the newsletter is Thursday, October 1, 2015.

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

Choose Joy

As a caregiver our worlds are different than what we anticipated they would be. The demand of meeting another person’s daily needs is great. Stress levels are high. Somehow within what may feel like a hectic and chaotic life we can still take time to create and appreciate moments of joy. Jolene Brackey wrote an entire book on Creating Moments of Joy for someone with Alzheimer’s disease. But this important message is not just for those caring for someone with Alzheimer’s disease. It is an initiative that we must take with people we love every day. Creating moments of joy can be as simple as turning on music and singing, holding someone’s hands, sharing a compliment or laughing at something silly. Moments of joy can be created. Watch for opportunities. A quick smile or nod of

recognition is worth more than any amount of money. Keep your expectations low and your appreciation high. Our lives are made up of moments. Make each moment count. Dancing with Stars brought families and friends together to share just such moments. Happiness depends on external factors. Joy, on the other hand, is a lens to see the world through. The difference between joy and happiness is that joy is a choice one makes. Choose joy.

Kathleen Manny
Co-Chair/The Family Caregivers Coalition in Sheboygan County
Community Services Specialist/Aging & Disability Resource Center

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Before Mom or Dad Moves in

More and more adult children are opening their homes to aging parents.

If you're considering having your mom and/or dad live with you, be sure to think through everything ahead of the move-in date to prevent as many potential problems as possible.

- **Evaluate accommodations.** Do you have room for your parents? Will you need to build an addition or renovate an existing space to meet your parents' living needs? How else might you need to modify your home to make it safe?
- **Tackle the issue of time commitment.** How much time will you need to devote to your parents' care? Will you need to adjust your current work

schedule? If so, will your employer be understanding and flexible? If you need to reduce your work hours, how will that affect your own finances, career advancement possibilities, etc.?

- **Prepare yourself for the power shift.** Likely, the last time you lived with your parents, they were the authoritative figures and you were the dependent. Talk through any changes in family roles. Will you have direction or control of certain aspects of your parents' lives? How much autonomy will they have?

Source: *Family Caregiver Alliance, National Center on Caregiving*



Save the Date for the Fourth Annual Family Caregiver Retreat: Fun with Fishing - September 10 at Sheboygan Falls River Park from 10:00 a.m.– 1:00 p.m.



Ron Preder, former DNR educator, family caregiver and member of Hearthstone, will take caregivers on a new adventure to learn outdoor skills and tips for fun with fishing. Watch for more details.

Save the Date!

To benefit Sheboygan's own
HearthStone of Wisconsin
celebrating people with disabilities
in our community

For information & tickets:
www.hearthstonewi.org

Friday, October 16, 2015
Comedy Sporz at
Lakeshore Culinary Institute

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 Health Services for donating a green woven basket with a \$10.00 grocery store certificate, personal care products, treats and games to caregiver Heidi P.

Thank you to Hearthstone of WI, Inc. for donating a beautiful hanging basket of Impatiens to caregiver Deb K.

Thank you to Mental Health America for donating a hard cover cookbook to caregiver Louis B.

Member Messages

Our Journey

Lynn Mukavitz, family caregiver member of the Family Caregivers Coalition in Sheboygan County

A year or so before my husband Joe retired in 2009, he started having troubling reading and remembering names. We hoped his condition would improve when he retired. Instead, his condition continued to decline. About 6 months after his retirement, he had an evaluation that indicated he had a form of dementia, and he began taking medication to slow down the progression of the disease. Eventually he was evaluated by a neurologist in Milwaukee who determined he has a type of dementia called Benson's disease, which begins in a part of the brain that interprets what you see.

I was still working during the first 4 years of this journey. Joe couldn't drive, but wanted to do whatever he could to stay active. I would drop him off at various volunteer activities on my way to work, and he was able to get home by using the city bus. I used vacation time to handle his doctor appointments and would come home during my lunch hour to see how he was doing. A friend encouraged him to give Memory Matters a try, and he continues to take part in that program. He loves to travel and we were able to take 3

trips with Road Scholar, a group that specializes in travel for seniors.

I retired in 2013 and we headed into a new phase of life. It was a relief to not be juggling work and caregiving, especially as Joe's condition continued to decline. One by one he gave up his volunteer activities, as his perception declined and he could no longer do the tasks required. I started keeping my eyes open for ways to get him out and keep him engaged, and felt lucky to be living in Sheboygan County.

Then in March of 2014, I fell on the ice and broke my hip. Our daughters came to the rescue for Joe, and the daughter who lives in Sheboygan moved in with him while I was recovering in a nursing home. This was my turn to be the patient and see the other side of things. We were so blessed by help from our family, friends, church, and neighbors. And when I called ADRC to check on resources, I learned about the Family Caregivers Coalition and Tools for Caregivers classes, both a tremendous help. I discovered I was not alone as a caregiver, and began to learn how to ask for help.

Home Health and Hospice: A Resource for Family Caregivers

Stephanie Pritzel, St. Nicholas Home Health and Hospice

Organization Member of the Family Caregivers Coalition in Sheboygan County

The life of a family caregiver can involve helping a loved one with their personal cares, maintaining their household, making meals, and managing medical and personal appointments. A caregiver may feel forgotten or ignored in the health care system. Doctors focus on the care receiver and recommendations are often made that put more stress on the caregiver. However, you are not alone! Programs that help both the care receiver and caregiver are Home Healthcare and Hospice.

Home Healthcare is appropriate for individuals recovering from serious illness or injury, as well as those suffering from chronic conditions. Home Healthcare has a team of professionals, including skilled nursing, therapy services, aides for restorative care, and social work services. Helping patients and the caregiver learn to best function in their own environment, and referring to appropriate community services is an important part of Home Healthcare.

Hospice is a program that promotes quality of life and seeks to relieve symptoms, provide emotional and spiritual support to care receivers and caregivers at end of life. Hospice care can be provided wherever you call home. Hospice's goal is to assist care receivers and their loved ones to attain goals most important to them at this difficult time. The professional team of skilled nurses, social workers, chaplain services, aides, home makers, therapy services and volunteers focus not only on the care receiver, but also on the caregivers as they are one of the most important parts of the team and need support as well.

If you feel that your loved one would benefit from one of these programs, you are encouraged to call their primary doctor to discuss your options. Your doctor can then refer you to a local program that can meet your health care needs.

Caregivers Connect

- an initiative of the Family Caregivers Coalition in Sheboygan County

Thursday, September 17: Legacy Letters - The Celebration of Your LIFE!

1:30-3:00 p.m. - Aging Disability Resource Center, 650 Forest Ave, Sheboygan Falls

Call the Family Caregivers Coalition in Sheboygan County at 920-467-4100 or 800-596-1919 for more information or to make a reservation.

Presenter: Tracy Cinealis, CSA, Founder of Generational Guardians

A legacy letter or “ethical will” may be one of the most cherished and meaningful gifts you can leave to your family. This is not a legal document. It is a heartfelt expression of what truly matters most in your life. Explore your legacy and start an outline of your life’s journey. (open to family caregivers).

Thanks to caregivers Bobbi S. for donating a pan of yummy snicker bars and to Janice L. for writing a thank you note to the presenter for the May 21st Caregivers Connect Event.

Carefree Café: Dancing with Stars

Approximately 75 people enjoyed an enchanted afternoon at John Michael Kohler Arts Center on Tuesday, June 30th. This third Carefree Café social event sponsored by the Family Caregivers Coalition brought caregivers and their loved ones together with extended family and friends to enjoy time spent together. Thanks to Sheboygan Senior Community for donating a delightful meal including assorted appetizers, finger sandwiches, fruits, veggies, cheese and crackers and multiple mini desserts from cheesecakes to cupcakes. Mmmmmm! The room sparkled with stars and wire dance figures draped in colorful garments donated by The Gathering Place which were gently placed on each table and later donated as door prizes for the guests. Sue Alby and partner demonstrated dance routines and led more than 20 fun-loving pairs in simple dance steps. A very thoughtful dance routine depicting a journey of the caregiving relationship was performed by IDEAS Academy student dance group. Taking advantage of these precious moments with loved ones is so important .



*Dancing
Is
Like
Dreaming
With
Your
Feet.
Constanze*



Thank you to the following committee members: Alzheimer’s Association Southeastern Wisconsin Chapter, Embrace Care Management, Sheboygan Senior Community, Senior Activity Center, Aging and Disability Resource Center, The Gathering Place.

Powerful Tools FOR Caregivers



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 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: Wednesdays September 2, 9, 16, 23, 30, & October 7 of 2015

Times: 4:30 – 7:30 PM

Hot Meal @ 4:30 PM Compliments of Sharon S. Richardson Community Hospice

Location: W2850 State Rd 28, Sheboygan Falls
Sharon S. Richardson Community Hospice

Cost: \$30.00 (cost of materials)

Brought to you by:



Sheboygan County



River's Bend

HEALTH AND REHABILITATION CENTER

To register, call: **920-467-4100**

Space is limited; register early!

Call (920) 467-4100 and mail check for \$30.00 payable to:

Sheboygan County Aging & Disability Resource Center, 650 Forest Ave, Sheboygan Falls, WI 53085.

Check covers cost of materials. Call to request respite for care recipient during the workshop.

Name: _____ Phone: _____

Address: _____

City, Zip: _____

Parkinson's Disease

Parkinson's disease is a progressive disorder of the nervous system that affects movement. It develops gradually, sometimes starting with a barely noticeable tremor in just one hand. While a tremor may be the most well-known sign of Parkinson's disease, the disorder also commonly causes stiffness or slowing of movement.

In the early stages of Parkinson's disease, the face may show little or no expression, or arms may not swing when walking. Speech may become soft or slurred. Parkinson's disease symptoms worsen as the condition progresses over time. Cognitive problems (dementia) and thinking difficulties may occur in the later stages of Parkinson's disease. Other symptoms may include depression and emotional changes, swallowing problems, sleep problems and sleep disorders, bladder problems, fatigue and pain. Although Parkinson's disease can't be cured, medications may markedly improve symptoms. (www.mayoclinic.org)

Over 7% of caregivers in the Family Caregivers Coalition are caring for someone with Parkinson's disease.

We are fortunate to have a strong Parkinson's support group in Sheboygan County. For more information about the Parkinson's Support Group contact Louis Borth at 920-400-1336.

The American Parkinson's Disease Association of Wisconsin (APDA-WI) sponsors the Respite Care Grant Program. Approved applicants will be awarded up to \$500 per year so that the caregiver has time to relax and take care of his or her personal needs. For more information: www.wichapterapda.org or call 608-229-6728.

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

Leave things that are used frequently out where they are visible instead of in drawers or in a closet. It makes it easier for the person with memory loss to find them. Lynn M.

Caregiver Barb S. recommends this book:

BEING MORTAL - MEDICINE AND WHAT MATTERS IN THE END By Atul Gawande

Barb comments that this book is a personal meditation on how we can better live with age-related frailty, serious illness and approaching death. It is also a call for a change in the philosophy of health care. The writer, who is a surgeon, feels that rather than ensuring health and survival, the goal should be to enable well-being. This book can be found at the Mead Public Library. 228 pp. Metropolitan Books/Henry Holt & Company

Rosemary Lemonade (served at Dancing with Stars)

Start with your favorite lemonade (but add less sugar)

Flavored syrup

1/2 cup water

1/2 cup sugar

1 sprig Rosemary or other fresh herb



Bring sugar water to boil and cook stirring until sugar is dissolved. Remove from heat and add sprig of rosemary. Let steep for 2 hours.

Add flavored syrup to lemonade as desired.

Sheboygan County Public Health Receives Grant

Our Sheboygan County Public Health Department recently received a grant from the Department of Health Services/Chronic Disease Prevention, to assess the Toolkit for Creating Dementia Friendly Communities. An essential component of this initiative is the active engagement of local public health agencies as primary partners in addressing dementia as a chronic disease within communities. Sheboygan County residents should be proud that our Public Health Department received this grant and is proactively involved in reducing risk for this chronic disease that affects so many caregivers and families in our coalition.

SAVE THE DATE – September 12, Sports Core, 950 Woodlake Road, Kohler

Join us for the Alzheimer's Association Walk to End Alzheimer's® - the world's largest event to raise awareness and funds for Alzheimer's care, support and research. 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 ultimate finish line – the end of Alzheimer's. Start or join a team today at www.alz.org/walk

Calendar of Events

- | | |
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| July 22 | <p>Memory Cafe
 2:30-4:00 p.m. - Generations, 1500 Douglas Dr, Plymouth
 Please call ahead to reserve your spot with Ginny Nyhuis - 920-838-1311.
 Share your stories and socialize with others who have worries about their memory.
 Individuals with MCI, early to moderate Alzheimer's, or other types of dementia and their care partners, as well as those who worry about memory problems, come join us! Please note this is not a support group.</p> |
| August 11
18 & 25 | <p>Living with Moderate Alzheimer's Disease
 9:30-11:30 a.m. - Aurora Health Care Center, 2600 Kiley Way, Plymouth
 Pre-registration is required. Please call Ginny Nyhuis at 920-838-1311.
 This three part program include many topics for caregivers of individuals with moderate Alzheimer's disease.</p> |
| Sept 2, 9,
16, 23, 30
& Oct 7 | <p>Powerful Tools for Caregivers
 4:30-7:30 p.m. - Sharon S. Richardson Community Hospice, W2850 State Rd 28, Sheboygan Falls To register, call 920-467-4100.
 \$30.00 (cost of materials).</p> |
| Sept. 17 | <p>Legacy Letters - The Celebration of Your LIFE!
 1:30-3:00 p.m. - Aging Disability Resource Center, 650 Forest Ave, Sheboygan Falls
 Call the Family Caregivers Coalition in Sheboygan County at 920-467-4100 or 800-596-1919 for more information or to make a reservation.</p> |
| Oct 5 | <p>Understanding and Responding to Dementia-Related Behavior
 10:00 a.m.-Noon, Community Bank & Trust, 1160 Fond du Lac Ave, Sheboygan Falls
 To register call Ginny Nyhuis at 920-838-1311.</p> |



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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.sheboygancounty.com

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

Jane Jensen
UW-Extension Sheboygan Co.

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