



# Connections

## A Resource for Family Caregivers

*Spring 2016 Volume 5, Issue 2*

### 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 2016 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.

**The deadline to submit articles for the summer 2016 edition of the newsletter is Friday, July 1, 2016.** 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

### Find Support in your Caregiving Role

The key difference between a caregiver who is barely hanging on and one who is happy and at ease is having proper support in their role as a caregiver. Healthy and content caregivers receive help with tasks like providing personal cares and housekeeping and they take regular breaks from caregiving. But most importantly, they also have found an emotional support network.

The American Medical Association suggests to physicians that “a referral to a support group should be recommended for all caregivers.”

The definition of a support group is a gathering of people in similar situations who provide each other moral support, practical information and coping tips. Here are some of the benefits:

- They provide valuable information that will increase your knowledge of caregiving. One of the best resources for caregivers is other caregivers!
- They teach coping skills. The information and advice that the group provides can assist in problem solving.
- They are a place to share common concerns and joys. Others in similar situations can then offer encouragement and support.
- They provide emotional support and are a safe place to identify and express stressful feelings. Having this support can improve your mood and decrease feelings of distress.

A wide variety of support groups are listed in the ADRC Resource Guide. It is available at the ADRC or printable from the Sheboygan County website.

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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, June 16 - 6:00-7:30 PM: Alive Inside: Adopt an Elder/Build a Bridge**

Presenter: Ginny Nyhuis, Alzheimer's Association Southeastern Wisconsin Chapter

**Thursday, August 18 - 1:00-2:30 PM: Fall Prevention**

Presenter: Annette Selk, RN/Aging & Disability Resource Center of Sheboygan County

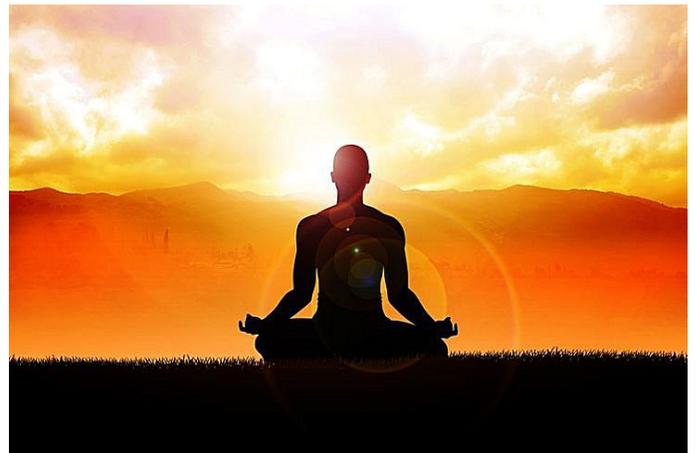
Falls are the # 1 cause of death by accident and a leading factor contributing to nursing home placements for older adults. Come learn about evidence based programs that will help prevent falls for yourself and your loved one. Learn some simple tips that will help keep you safe.

(open to family and professional caregivers and care recipients)

### Care to Share?

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

- ◆ "Every night I pray for patience." Delores
- ◆ "Just take it one day at a time." Karen



## 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 Lisa Hurley 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

Christine is a family caregiver member of the Family Caregivers Coalition in Sheboygan County

My brother was diagnosed with Huntington's disease approximately 9 years ago. Huntington's is a genetic disease that affects both the body and the mind. My father had the disease as well as his father and my great grandmother. It's part of our family heritage. The disease starts out slow with someone being "clumsy" or "quick to get upset" and then gets worse.

When my brother was diagnosed, he worked, drove and basically could take care of himself. Over the past 9 years, it has progressed and he no longer works, can't drive and needs help with things like shopping, laundry, cooking, cleaning and finances. He moved from his 2 story home to a 1<sup>st</sup> floor apartment where he no longer has to worry about home maintenance, lawn care or snow shoveling.

He is still able to make his own health care and living choices. It is his goal to live on his own as long as possible. My husband and I are his primary support people. We take him shopping, prepare all of his meals, do his laundry and assist him as needed. As his older and only sibling, there have been times that I have wanted him to move to an assisted living facility where there is someone always available to help. We have talked about this and even though he stumbles, falls and has "bad days", he understands the risks and wants to remain in his home. I

know, even if it is difficult, I need to respect his choice to remain at home.

After he was diagnosed, we met with an attorney and completed 3 documents. The first was a Power of Attorney for Health Care. This document grants me the responsibility to make health care decisions for him when he is no longer able to do so himself. The 2<sup>nd</sup> was a Durable Power of Attorney for Finances. It became active immediately and allows me to manage my brother's financial affairs. In 2009, I helped him apply for Social Security Disability. The Disability Benefit Specialist at the Aging and Disability Resource Center assisted us with this process. The 3<sup>rd</sup> document he completed was a will. As his disease progresses, I am so thankful we completed these documents when he was fully capable of doing so.

Last September, I took the "Powerful Tools for Caregivers class." I met other wonderful caregivers in this class. We all learned better strategies for talking with doctors, our families and the person we are caring for. The class made me more aware of the stress being a care provider can produce and taught me techniques for relaxation and stress management. The most important thing I learned was that my husband and I were not alone and it is alright to ask for help and to be mindful of taking care of ourselves and our own needs.

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The ALS Association—Wisconsin Chapter, Organization Member of the Family Caregivers Coalition in Sheboygan County

I have been honored to work with The ALS Association Wisconsin Chapter for the past 19 years serving individuals with ALS, their families and caregivers throughout Wisconsin. While supporting those who have been diagnosed with ALS, we recognize the vital role of the family caregiver and the importance of supporting them.

Caregiving is emotionally and physically challenging, while at the same time very fulfilling. Caregivers seem to have an endless fountain of commitment for the person who they are caring for, while at the same time, may be very conflicted over meeting their own personal or family needs and having difficulty finding balance; balance that is so imperative to being an effective caregiver. Caregivers often hear the words "remember to take care of yourself." Although said with good intentions, that may actually seem overwhelming and even tiresome to a person already overwhelmed with responsibility.

The ticket to balance is thinking and starting out small. Setting the bar too high can be the first step to not

following through. Exercise and fresh air can be very rejuvenating and offer a little time to organize your thoughts. Jotting down a list of tasks someone could assist with would be helpful to have on hand, when someone asks how they might help.

Caregivers have shared that the most difficult thing to do is to accept help, but how very glad they were that they accepted. Take a deep breath and say yes.

Caregiving is done out of love; accepting help and taking the time to recharge is not a selfish thing to do, but a loving thing to do; not only for the person being cared for, but the caregiver themselves and those who love them.

*For more information: Lori Banker-Horner, Care Services Director*

*The ALS Association – Wisconsin Chapter 3333 North Mayfair Road #104 Wauwatosa, WI 53222 Phone: 414-817-1541 Website: [www.alsawi.org](http://www.alsawi.org)*

## Spring is Coming, Outdoor Opportunities

Many of you may have seen the article in our newsletter last fall concerning our annual caregiver retreat. We sponsored a fishing clinic and outing with help and support from some local conservation groups. In light of the interest we saw concerning that retreat we thought we would share some local outdoor opportunities that you and/or the person you care for can take advantage of as the weather is improving.

### *Camping/Accessible Cabins*

Two of our local state parks have handicap accessible cabins, Kohler Andrae and Harrington Beach. The cabins have electricity, heat and air conditioning, a stovetop, microwave, refrigerator, two fully automated hospital beds, a Hoyer lift, a full-sized sofa bed, two cots, kitchen table and chairs, a modern bathroom with wheel-in shower and commode chair, screened porch and an outdoor accessible fire ring. Kohler-Andrae State Park and Harrington Beach State Park also have beach wheelchairs, which allow individuals with disabilities to access the sand beaches.



Kohler-Andrae State Park's accessible cabin. Harrington Beach has a similar cabin that was recently completed.

Included is the link which will allow you check the availability of these cabins and to make reservations. Check availability of the accessible cabins see webpage: <http://dnr.wi.gov/topic/parks/camping/cabinopenings.html>

### *Fishing/Other Outdoor Activities.*

During the weekend of June 4 and 5, the following outdoors activities are free for Wisconsin residents and visitors alike!

- **Free entry** to state parks and forests
- **Free fishing**
- **Free DNR trails**

Harrington Beach, Long Lake, and Mauthe Lake all have basic fishing equipment that anglers of any age may check out free of charge. The equipment was donated by the *Tackle Loaner Program*.

Below are some additional websites you may wish to visit to learn about outdoor activities in our local area.

<http://dnr.wi.gov/topic/OpenOutdoors/accessfish.html>

<http://sheboygancounty.com/government/departments/planning-and-conservation/facilities>

<http://www2.co.sheboygan.wi.us/parksfinder/>

## Aging & Disability Resource Center Schedules Six Week Workshop for Family Caregivers

Powerful Tools for Caregivers, an evidence based workshop for family caregivers, will be offered beginning May 3 (daytime) and August 24 (evening). Participants learn to reduce stress, improve self-confidence, better communicate feelings, increase ability to make tough decisions and locate helpful resources.

Respite is available for eligible individuals. Space is limited, so register early!

You are a caregiver if you....

- Help a loved one with medications
- Go grocery shopping for or with someone
- Take a loved one to doctor visits and help interpret the doctor's directions
- Check on a loved one's dietary needs
- Care for someone long distance
- Help with cleaning, laundry, or other home chores
- Provide care for a family member in their home or yours

- Are the primary caregiver for a person in a facility

Tuesdays, May 3, 10, 17, 24, 31 & June 7, 2016

12:00 Noon-3:00 PM ~ Hot Lunch at Noon compliments of St. Nicholas Hospital

Location: St. John Lutheran Church, 222 Stafford Street, Plymouth

Wednesdays, August 24, 31, September 7, 21, 28 & October 5, 2016

4:30 – 7:30 PM ~ Hot Meal at 4:30 PM compliments of Sharon S. Richardson Community Hospice

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

For more information about Powerful Tools for Caregivers or to learn about other supports and services for family caregivers offered through the Aging & Disability Resource Center contact Lisa Hurley, Caregiver Coordinator at 920-467-4079.

## New Caregiver Coordinator at ADRC

Lisa Hurley was recently hired as the Caregiver Coordinator for the Sheboygan County Aging and Disability Resource Center. She is part of the Aging Unit and is responsible for managing the many caregiver resources including: Family Caregivers Coalition, Caregivers Connect, Caregiver Friends Support Group, Powerful Tools for Caregivers, etc. In addition, she will be assisting with the coordination the Sheboygan County Dementia-Friendly Community initiative.

She is not new to the Family Caregivers Coalition, as she has served on the steering committee, representing the Dementia Care Network (DCN) of Sheboygan County.

Hurley was previously the Marketing / Development Executive for HomeCare Health Services. She was instrumental in the opening of the agency's Sheboygan office in the Spring of 2012.

Prior to joining HomeCare Health Services, Hurley was the Executive Director of the Plymouth Chamber of Commerce, a position she held for more than a decade.

Hurley, a Manitowoc native is a 1990 graduate of Marquette University in Milwaukee, Wisconsin with a degree in Public Relations and Marketing. Prior to her

position as the Executive Director of the Plymouth Chamber of Commerce, she held positions with the Sheboygan County Chamber of Commerce, Wisconsin Maritime Museum, City of Festival Parade and WISN Channel 12 in Milwaukee.

Hurley is very active in the senior care community serving on the following: Senior Activity Center of Sheboygan – Board Member, Dementia Care Network – President & Education Support Committee, Caregiver's Coalition - Member, Walk to End Alzheimer's – Co-Chair, City of Plymouth Committee on Aging – Committee Member, Preventing Falls Fair ~ Aging & Disability Resource Center – Committee Member

In addition, she is a member of the Plymouth Rotary Club, Lakeview Community Library Board, Adell Athletic Association and the Silver Creek Volunteer Fire Department Woman's Auxiliary.

Lisa and her husband Tony live in rural Random Lake and have two children: Miranda – a junior at Concordia University in Mequon and Ross - a junior at Random Lake High School.

## ALIVE INSIDE in Sheboygan County

The film **ALIVE INSIDE** is a joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized through the simple experience of listening to music. This stirring documentary follows social worker Dan Cohen, founder of the nonprofit Music & Memory, as he fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self. The film has fostered an explosion of Music & Memory facilities across the country, now over 2000. From an outpouring of interest, Rossato-Bennett created the **ALIVE INSIDE** Foundation and the *Adopt an Elder/Build a Bridge* project to further expand the vision of bringing music to elders by empowering youth to become music detectives to find the songs that spark memories while also learning about dementia and cultivating empathy.

Local National Honor Society student counselor for Sheboygan North High School, became interested in **ALIVE INSIDE** upon viewing the video online, and identified students interested in participating in the program. Partnering with the Aging & Disability Resource Center and the Alzheimer's Association to identify persons with dementia living in their own homes throughout our county, students were matched up with families, built personalized music playlists, have been meeting regularly with their matched family, and recording reactions. As a pilot for the *Adopt an Elder/Build a Bridge* program offered for the first time to persons living with dementia in the community, the work of these students and families will be a model to be replicated throughout communities within the United States and beyond. A second **ALIVE INSIDE** video is in the works, with parts being filmed on location in Sheboygan County!

**Join us on June 2, 6:00-9:00 PM** at Sheboygan North High School for a community viewing of the film that opened the hearts of millions! Winner of the Sundance Film Festival 2014 Audience Award, **ALIVE INSIDE: A Story of Music & Memory** has the potential to change lives. Learn how the Adopt an Elder / Build a Bridge program has been connecting Sheboygan North High School students and persons with dementia through music within our county. Get a sneak peak of video clip that will be used in the making of **ALIVE INSIDE 2**, featuring local residents. Contact Ginny Nyhuis at 920-838-1311 or Lisa Hurley at 920-467-4079 for additional information.

## Dementia-Friendly Sheboygan County Initiative

The Dementia-Friendly Community Task Force is an initiative dedicated to building a community that values, supports and accepts individuals living with memory loss through leadership, partnership and education.

The Community Task Force has been meeting for several months in an effort to begin the process of creating Dementia-Friendly Sheboygan County. The group has reviewed the tool kit published by the Wisconsin Healthy Brain Initiative and will be holding community information sessions throughout the county to survey the needs of residents dealing with memory loss along with the needs of their caregivers.

As an aging population swells the ranks of those with Alzheimer's and other forms of dementia - communities are realizing the importance of educating the entire community about those living with the disease. While people with dementia may eventually end up home-bound or in care facilities, most first spend years living in their communities, going to places of worship, stores, banks and restaurants and encountering law enforcement and medical staff.

Better preparing everyone from store clerks to police officers to support them and their caregivers is the goal of a growing movement called "dementia-friendly communities."

The movement is focused not just on increasing sensitivity and reducing stigma, but on helping people stay in their homes and their communities as long as possible.

Although the tool kit provides a road map and resources, each community decides what it needs to do to better support people with dementia and their caregivers.

The following community information sessions will be held throughout Sheboygan County:

Tuesday, May 17, 4:00 – 5:30 p.m. at Health & Human Services, 1011 N 8th Street, Sheboygan

Wednesday, May 25, 2:00-3:30 p.m. at Generations, 1500 Douglas Drive, Plymouth

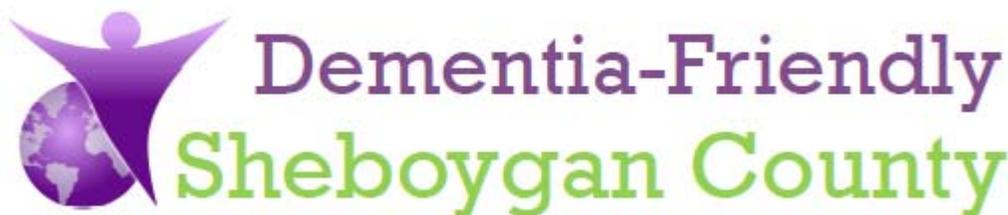
Friday, June 17, 10:00-11:30 a.m. at Adell Meal Site, 510 Seifert Street, Adell

Thursday, June 30, 6:00-7:30 p.m. at Cedar Grove Library, 131 Van Alton Avenue, Cedar Grove

A large event will be held in August 2016 to share the results of the information sessions/surveys and will provide opportunities for organizations, businesses and individuals to become involved in shaping Dementia-Friendly Sheboygan County.

For additional information or to register for one of the informational gathering sessions, contact Lisa Hurley, Caregiver Coordinator, Sheboygan County Aging & Disability Resource Center, (920) 467-4079.

Watch for this logo coming to Sheboygan County soon to recognize Dementia-Friendly businesses/organizations.



## Hamburgers/Gravy

1 lb. ground beef  
1 small onion—diced  
Salt & pepper to taste

Mix together. Form into 4 patties. Brown on each side.

### Gravy

Mix together in a bowl: 1 can cream of mushroom soup, 3/4 can water and 1 package of dry brown gravy mix. Pour over meat. Bring to a boil. Reduce heat to simmer, cover and heat 8-10 minutes. So good over cooked meatballs too.

P.S. A small can of sliced mushrooms and 1/4 can water can be added to above.

Very good with mashed potatoes!



**Submitted by Family Caregiver Janice**

## Calendar of Events

**Tuesdays,  
May 3, 10,  
17, 24, 31 &  
June 7, 2016**

### **Powerful Tools for Caregivers**

12:00 Noon-3:00 PM, St. John Lutheran Church, 222 Stafford Street, Plymouth  
Hot lunch at Noon compliments of St. Nicholas Hospital

**June 16**

### **Caregivers Connect - Alive Inside: Adopt an Elder/Build a Bridge**

6:00-7:30 p.m., 650 Forest Avenue, Sheboygan Falls - Call 920-467-4100 to register.  
Presenter: Ginny Nyhuis, Alzheimer's Association Southeastern Wisconsin Chapter

**Wednesdays,  
August 24, 31  
Sept. 7, 21, 28  
Oct. 5, 2016**

### **Powerful Tools for Caregivers**

4:30-7:30 p.m., Sharon S. Richardson Community Hospice, W2850 State Rd 28,  
Sheboygan Falls  
Hot meal compliments of Sharon S. Richardson Community Hospice



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650 Forest Avenue  
Sheboygan Falls, WI 53085

Phone: 920-467-4100  
or 800-596-1919  
Website: [www.sheboygancounty.com](http://www.sheboygancounty.com)

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## 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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