



Connections

A Resource for Family Caregivers

Winter 2016 Volume 5, Issue 1

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 Winter 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. Additional names can be added to the e-mail distribution list by contacting the Aging and Disability Resource Center at 920-467-4100.

Check out the Caregivers Connect schedule on page 2 and put these dates on your calendar. Take the opportunity to share your input on the RAISE Family Caregivers Act.

The deadline to submit articles for the spring 2016 edition of the newsletter is Wednesday, March 30, 2016. 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

RAISE Family Caregivers Act

Wisconsin's U.S. Senator Tammy Baldwin, a member of the Health, Education, Labor and Pensions (HELP) Committee, recently applauded the passage of her bipartisan *Recognize, Assist, Include, Support and Engage, or RAISE Family Caregivers Act*, by the committee with a unanimous voice vote.

This new legislation, which was passed by the full Senate in December, now moves to the U.S. House of Representatives for consideration. The *RAISE Family Caregivers Act* would direct the Secretary of Health and Human Services to establish and sustain a National Family Caregiving Strategy to support family caregivers.

Senator Baldwin has been active touring the state of Wisconsin this past year promoting this legislation and hosting listening sessions with family caregivers. Baldwin stated, "Family caregivers are integral to our long-term care system and our economy, but are too often overlooked as part of the care team for seniors and those with disabilities. The *RAISE Family Caregivers Act* is especially personal to me as I was raised by my maternal grandparents and later served as my grandmother's primary caretaker as she grew older, and I will continue to work to ensure that everyone has access to the care and assistance they need and deserve."

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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 for more information or to **make a reservation**. (Some events open to care recipient and/or professional caregivers as **indicated below**.)

Thursday, April 21 - 1:00-2:30 PM: Understanding end of life decisions/advanced directives - palliative care and hospice

Presenter: Marsha Vollbrecht, Senior Services Director/Aurora Health Care

What is the difference between a Living Will and a Power of Attorney for Health Care? What is palliative care? When should hospice be used? Come find out the answer to these and other questions so you are better prepared to make important end of life decisions.

(open to family caregivers)

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)

Thursday, September 15: The Glenn Campbell Story: I'll be Me

View the acclaimed story of Glenn Campbell chronicling his battle with Alzheimer's through his final amazing tour. (this program will go from 1:00-3:00 pm in order to view the whole film and answer questions) (open to family and professional caregivers)

Evening Event – 6:00-7:30 PM

Thursday, June 16: Alive Inside: Adopt an Elder/Build a Bridge

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

Ginny Nyhuis will lead a panel discussion regarding this creative and dynamic program that uses music and matches students and elders to enhance memory, communication and mood. (open to family and professional caregivers and care recipients)

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.

Thank you for your commitment to aid in the mission and vision of the Family Caregivers Coalition in Sheboygan County.

Member Messages

An Employed Family Caregivers Story

Liz Abler, family caregiver member of the Family Caregivers Coalition in Sheboygan County

As our parents age, our roles take on new meaning. I work full-time as a Public Health Nurse for Sheboygan County and do other volunteer activities in our community for various organizations. In addition to these roles, I am also a caregiver to my 93-year old mother, who still lives in her own home, which is nearby my husband's and my home.

I have become a family caregiver as my mother's needs have increased over the years. It starts with little things like buying her groceries, cooking meals for her, helping with medical appointments or picking up her meds at the pharmacy. Over time I realized that I needed help; it was difficult to manage caregiving, work, life, and family balance. We discussed it and my mother agreed to get some outside help two times per week. That has helped our family. My mother wants to remain in her own home as long as she can. Open communication about your family's needs is really important.

Elderly parents may find it difficult to admit a problem or ask for help but as I visited my mom daily I could see changes in habits.

Although I loved helping my mom, I recognized that the demands on my time were having a negative impact on me

both physically and emotionally. Some of those signs were feeling exhausted, difficulty sleeping, and withdrawal from other things I once enjoyed doing, and coping with a busy schedule.

Our local ADRC (Aging and Disability Resource Center) offers a program called "Powerful Tools for Caregivers." I became aware of it through my job, but never realized how much it would help me achieve balance as a caregiver.

I took the six week class in the fall of 2015. I talked honestly with my supervisor about my caregiving demands at home, and my desire to attend the training. Luckily she was receptive to the idea and allowed my schedule to be flexible to attend. She is also one of the 65 million Americans who care for a family member – her aging father.

Our employer, Sheboygan County, understands that a worker/caregiver can be torn between both "jobs" and we are trying to perform well at each of them, which can cause stress and conflicts. Seeking out resources helped me to do better at my job and in the care of my loved ones and me.

Taking Care of the Caregiver

Joann Wieland - Executive Director, Generations - Organization Member of the Family Caregivers Coalition in Sheboygan County

We're all familiar with the advice that a caregiver must remember to take "care" of themselves, too, or they will not be an effective caregiver. But it's easier said than done, isn't it? The best, sure-fire way to make sure you achieve your goal is to set aside time and schedule something for you EVERY week and stick to it!

I'd like to share with you the many opportunities we have at Generations that you might be interested in for "you time":

- 5 different types of exercise classes (including Arthritis Exercise) offered Monday through Friday mornings
- 2 different Zumba classes
- Chair Yoga, 3 times a week in the afternoons
- Card games every day, including cribbage, sheepshead, canasta, poker and bridge
- Mah Jong, dollar bingo, Pins and Needles, Wii bowling and golf, all weekly
- Pickle Ball, 2 times a week

- Ceramics, Wednesday morning; watercolor painting, Thursday mornings

All this plus Bible study; chair massage; Kettle Karvers; foot clinic, weekly; bean bag toss; dartball; movies, 2 times a month; and a variety of speaker series presentations and occasional trips.

Have we found your point of interest yet? We are also the meal site for this part of the county, so you can make a reservation for lunch by calling 892-4821. Or you can have lunch, without a reservation by just stopping in at Pic-A-Deli, anytime between 11:00 and 2:00, M-F.

Please give us a call at 920-892-4858 for more details or to request a newsletter with a schedule of monthly activities and events. Shoot us an e-mail at info@generationsic.org; visit our website, www.generationsic.org, or our Facebook page, <https://www.facebook.com/Generations-Intergenerational-Center-343382465808243/>. Hope to see you soon!



2015 Family Caregivers Coalition Annual Report Highlights

Who We Are

The coalition consists of family caregivers, and organization members who share a common goal to support family caregivers. Current membership includes: **198 family caregivers and 61 organizations**. There are no membership dues. Programs and initiatives are sustained through shared skills and resources of the members.

Family Caregivers Coalition in Sheboygan County

Maintaining a commitment to identify, recognize, support and enhance the roles of those affected by caregiving through community outreach, education, peer support and shared resources – these were the 2015 goals of the Family Caregivers Coalition in Sheboygan County. Here are a few highlights from 2015!

- We are growing! With 23 new members and 5 organizations, we are now 198 family caregivers and 61 organizations strong!
- Connections, our quarterly newsletter, continues to be the purveyor of community information for family caregivers, aided by the improved coalition website: www.familycaregiverscoalition.org.
- Over 55 individuals benefited from Caregivers Connect programs featuring educational and social topics presented by Roxanne Taylor RN; Kate Baer, Mental Health America; Nancy Simenz, Chaplain; and Tracy Cinealis, Generational Guardians.
- “Dancing with Stars” came to life for 75 individuals at the Carefree Café’s enchanted evening at John Michael Kohler Arts Center.
- The fish were biting, no matter the size, at the Caregivers Retreat at River Park in Sheboygan Falls. Caregivers had a chance to relax during this day of appreciation for their dedication to their loved ones.
- The coalition was honored as one of eight in the U.S. to receive a grant from the National Allegiance for Caregiving. The result was a “Champions Who Care” breakfast honoring over 50 Sheboygan County leaders of local companies and lawmakers who helped bring awareness to the challenges faced by employed family caregivers.
- Special thanks to our very own family caregivers, Lynn Mukavitz, Jeanette Gast, Marjean Mueller and Paula Strains, for sharing their personal caregiving stories in a powerful video now being used as an informational resource for the coalition.

View the full 2015 annual report at www.familycaregiverscoalition.org.



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

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: Tuesdays 03/08 – 4/12 (6 weeks)
Times: 9:30 AM-Noon*
Location: 832 North 6th Street, Sheboygan
Cost: \$30

* Hot lunch at noon compliments of:



Brought to you by:



To register, call: (920) 467-4100

Space is limited; register early!

To register, 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.
 Payment covers cost of materials. Call to request respite for care recipient during the workshop.

Name: _____ Phone: _____

Address: _____

City, Zip: _____

The Dangers of Hypothermia

The cold weather is upon us in Wisconsin! While some people enjoy the snow and cold and others can't wait for summer to return, none can deny that winter can produce some dangers, especially for older people. Not only are there slippery sidewalks to contend with, but also the possibility of hypothermia.

Hypothermia is a drop in body temperature that is caused by staying in a cool place for too long. This may bring to mind images of someone who is lost outside in a blizzard, but hypothermia can strike a person in their own home when the heat is turned down too low. A body temperature below 96 degrees can cause an irregular heartbeat leading to heart problems and even death, if not treated promptly. Hypothermia is especially dangerous because it happens gradually and affects your thinking. You may not even realize you need help!



As caregivers, it is important to be aware of the symptoms and risks of hypothermia as people with advanced age are especially vulnerable. When checking in on your relatives, friends or neighbors, be especially aware of the symptoms of hypothermia: confusion or sleepiness; slowed, slurred speech or shallow breathing; weak pulse or low blood pressure; cold, pale skin; a lot of shivering or stiffness in the arms or legs; chilly rooms or other signs that they have been in a cold place; poor control over body movements or slow reactions.

If you think someone may have hypothermia, take his/her temperature and if it doesn't rise above 96 degrees, call 9-1-1. Then keep the person warm and dry by moving them to a warmer place, wrapping the person in blankets or coats or using your own body warmth by lying close to them. Do not rub their arms or legs as this can result in skin tears. Once at the emergency room, the doctor will verify the diagnosis and then warm the person's body from the inside out.

Sometimes people are tempted to turn their thermostats down too low as a way of saving money on their energy bill, but this can result in a dangerous situation. To be safe, your thermostat should be set for at least 68 degrees. Even temperatures between 60 and 65 can lead to illness.

There are some things you can do to keep yourself warm and cut down on heating costs. First, you can get ideas on reducing your heating bill by calling your power or gas company for information on weatherizing your home. Ideas such as closing vents and doors to rooms you are not using can cut your energy usage. Also, wearing several layers of loose clothing will keep you warmer while tight clothing can keep your blood from flowing freely. And lastly, eating enough food to keep up your body weight can also keep you warmer. If paying for heat is a problem due to a limited income, you may qualify for help through the Energy Assistance Program. Call the Sheboygan County Office on Aging & Disability Center, 920-467-4100, for more information. May you have a happy and safe winter!

Jane Mahoney
Older American's Act Consultant
Greater Wisconsin Agency on Aging Resources

What You Can Do to Help Enact the *RAISE Family Caregivers Act*

At present there are about 40 million family caregivers in the U.S., who, in 2013, provided an estimated \$470 billion in uncompensated long-term care. This is more than the total Medicare spending that year. In addition, Americans 85 and older are the fastest growing segment of the population. This population is most at risk of multiple and interacting health problems that can lead to disability and the need for round-the-clock care.

Your help is needed to get the *RAISE Family Caregivers Act* legislation passed. Contact your U.S. Representative and share stories about some of the challenges caregivers face in our community and why a national strategy to support caregivers is so important.

Online Dementia Training Now Available

The Wisconsin Department of Health Services has partnered with UW-Oshkosh to develop online trainings to help educate the community about dementia. The trainings are offered as part of Wisconsin Dementia Care System Redesign and cover a basic description of the disease, what to expect from the person with the disease and ways to interact with the person.

Classes and Costs:

- Dementia Crisis Response (\$60 per person)
- Dementia Generalist for Healthcare Providers (\$45 per person)
- Dementia Generalist for Family and Friends (\$25 per person)
- Dementia Generalist for Community Members Train-the-Trainer (\$25 per person)

People who successfully complete the course will receive a certificate of completion and can also apply for CEU's. Additional courses will be available in the future. Crisis responders, healthcare providers and other professionals successfully completing the trainings will be listed on an online registry available to the public. Follow this link to learn more or to register: <https://wss.ccdet.uwosh.edu/stc/dhsdementia>.

Slow Cooker Pork Chili

- 2 lbs. boneless pork butt, roast, or shoulder
- 1 c bell pepper, diced (1 medium pepper)
- 1 c onion, diced (1 medium onion)
- 1 1/2 c salsa
- 1 can (15 oz.) low-sodium pinto beans
- 1 can (14.5 oz.) low-sodium diced tomatoes



Trim visible fat from the pork. Cut into 2 in. chunks. Place in slow cooker. Add pepper, onion, and salsa. Cook on a low setting for 6 hours or a high setting for three hours. Pull the meat into shreds with a fork. (You should have about 4 cups). Put half (2 cups) of the shredded pork in the refrigerator or freezer. Freeze pork if it will not be used within four days. Return the rest of the pork to the slow cooker. Add pinto beans and diced tomatoes. Cook another 30 minutes until hot.

Source: www.extension.iastate.edu/foodsavings.

Calendar of Events

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|-------------------------------|--|
| March 8
- April 12 | <p>Powerful Tools for Caregivers
9:30 a.m.—Noon, Sheboygan Senior Community, 832 N 6th St, Sheboygan
Call 920-467-4100 and mail check for \$30.00 payable to: Sheboygan County Aging & Disability Resource Center, 650 Forest Avenue, Sheboygan Falls, WI 53085</p> |
| April 21 | <p>Caregivers Connect - Understanding end of life decisions/advanced directives - palliative care and hospice
1:00-2:30 p.m., 650 Forest Avenue, Sheboygan Falls - Call 920-467-4100 to register.
Presenter: Marsha Vollbrecht, Senior Services Director/Aurora Health Care</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.

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