



AREA AGENCY ON AGING OF DANE COUNTY
2865 N SHERMAN AVE, MADISON, WI 53704
608-261-9930
[HTTPS://AAA.DCDHS.COM/](https://aaa.dcdhs.com/)



**Ask for help not because
you're weak but because you
want to remain strong.**

*—Les Brown, American politician
and motivational speaker*

Don't Go It Alone

Caregiving is hard, and it can be a long haul. Here are just a few of the realities for family or other informal, unpaid caregivers:

- The average duration of a family caregiver's role is four years with 15% providing care for ten or more years.
- Four in ten caregivers are in a high-burden situation (helping care partners who need increased functional assistance).
- Caregivers spend an average of 24.4 hours per week providing care.
- Alzheimer's and dementia caregivers provide care 1 - 4 years longer than caregivers for persons with other illnesses and are more likely to be providing care for five years or longer.
- 100% of caregivers have been coping with greatly increased stressors due to the COVID-19 pandemic for more than 2 years.

In this month's issue, there are a number of resources to help you get the assistance you need, beginning with the article, *How to Ask for Help* (page 2). The tips provided may just make reaching out a little easier.

Helpful information covering a variety of topics is available this month from **Caregiver Teleconnection**, including sessions on: *Hospice and Palliative Care*; *Late Life Depression and Dementia*; and *High Conflict Relationships and Its Impact on You as a Caregiver* (page 4). **The Alzheimer's Association Southwest Wisconsin Chapter** offers opportunities to learn about: *Effective Communication Strategies*; *Dementia Conversations: Doctor Visits, Driving, Legal and Financial Plans*; *Healthy Living for Brain and Body*; and more (page 6).

The **Monthly MIPPA Moment** provides resources related to the little known and extremely valuable Medicaid Purchase Plan (page 8). And, if you or your loved one is turning 64 this year, sign up to receive a wealth of information in the upcoming **Welcome to Medicare Seminar** (page 9).

If what you need is to get out among people and learn more about the latest research in healthy aging, sign up for the popular **Institute on Aging Annual Colloquium** (page 11). And be sure not to miss the live performance of *Fortune Cookies* by **The Remember Project** at the beautiful Lussier Family Heritage Center on August 4 (page 5). It's a rare opportunity to get out, engage, and enjoy some first-class entertainment with a meaningful message on memory loss.

As always, take time for some self care and enjoy your August!



Jane De Broux
Caregiver Specialist
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 Caring for Caregivers

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Caregiver

De-

mographics: <https://www.caregiver.org/resource/caregiver-statistics-demographics/>

How to Ask for Help When You Need It

Everyone needs help at times. Sometimes a crisis occurs—an accident, major change in health, or the death of someone close. Other times, we simply find we are unable to do all the things we used to do, or we have a tough week when lots of little things go wrong.

For caregivers, in particular, responsibilities can get to the point where they feel completely overwhelming, yet it can still be hard to ask for help. Our culture promotes self-sufficiency and productivity, and we are taught to take care of ourselves—to care for our own. We may even see asking for help as a sign of weakness or failure. We may tell ourselves that we can hang on until it gets better or that there isn't anyone available to provide assistance. We may even believe that no one else can take our place, not even for a break. We may talk ourselves into thinking we actually don't really need help but, deep down, we know we're paying a price for overextending ourselves. Admitting that we need help is the necessary first step to getting help.

Once you are ready to ask, be specific in what you need the most. Sometimes you need something tangible like a ride to the store or an appointment, your lawn mowed, your house cleaned, a meal prepared, or a break from caregiving. Other times, you may need someone to talk to or a shoulder to cry on. It may be you just don't quite know what you need. If you can't figure it out, ask a friend, relative, or counselor to help you. Try writing down what you need. If you allow yourself to name your needs, you can plan to get them met.

Once you've written them down, review your list to determine the times you need help the most. That way, you can anticipate the situation and arrange for help ahead of time. Next, think about the people you know who might be able to help. Consider asking neighbors and people you've met at church or community centers as well as family and friends. Many people would feel honored to be asked.

Be sure to be specific in your request. For example, "Would you drive me to the grocery store sometime today or tomorrow?" or "Would you be able to rake my leaves this weekend?" or "Would you like to have coffee with me tomorrow—I need someone to talk to." By being specific, it is more likely for your need to be fulfilled and it makes it easier for the person helping to know exactly what you want. The first time you ask is the most difficult, but it gets easier. And remember, if the person you've asked is unable to help, don't get discouraged. It may take a few tries to find someone who can assist you.

Sometimes an unsolicited offer to help may catch you off guard and you can't think of anything you need right at that moment. To remedy this, maintain a list of the various things you could use help with as you think of them. Then, when people ask, "How can I help you?" you can simply consult your list and give them a specific task. Writing things down as you think of them helps you remember the things you would like assistance with and it also provides an opportunity for people to choose something that they feel most comfortable doing.

Build on your progress and continue to evaluate your situation. Needs change over time. The point is to make sure you are getting your needs met so you can be as healthy and happy as possible.

For more support, contact community resources including the [Dane County "Caring for Caregivers" Program](#), the [Aging & Disability Resource Center of Dane County](#), and the local [Senior Centers and Coalitions](#) that could offer assistance.

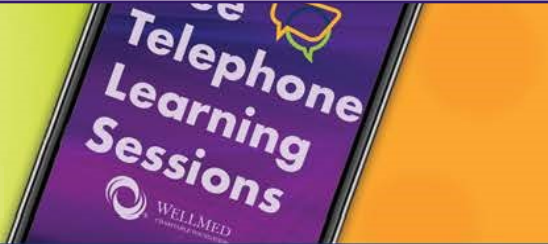
—Adapted from an article by Jane Mahoney, former Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources



CAREGIVER TELECONNECTION



www.caregiverteleconnection.org



Date Time Topic A LEADING VOICE FOR CAREGIVERS

Thursday August 4	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Zoom - The ABCs of Frontotemporal Dementias (FTDs) with Tam Cummings, PhD <i>This session will discuss the various forms of FTD and how to stage a loved one. The fifth most common dementia, the FTDs are unique for the behaviors displayed due to brain damage and the young age of Persons With FTD. **Sponsored by VITAS Healthcare**</i>
Monday August 8	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Zoom - Hospice and Palliative Care with Lisa Higgason <i>Learn what the difference is between hospice and palliative care. How does early admission into hospice care benefit both the patient and the family? What are the signs of end of life? Learn about admission, services and resources that are available when a patient is in hospice care. **Sponsored by the North Central Texas Caregiver Teleconnection program**</i>
Tuesday August 9	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Zoom - Late Life Depression and Dementia with Dr. Nestor H. Praderio <i>Can depression in later life be linked to cognitive decline or even dementia? Nestor H. Praderio, MD will discuss Late Life Depression including diagnosis, risks and treatment options. Learn the symptoms of depression and understand the triggers for this common illness affecting an increasing number of adults 65 and older.</i>
Thursday August 11	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Zoom - Dear Lucy: How Music can Help People with Dementia with Lucy Barylak, MSW <i>The session will illustrate from research findings that brain scans have shown that the part of our brain that processes music does not get damaged in dementia. Caregivers will receive tips on how to engage with their loved ones who suffer from dementia through music.</i>
Thursday August 25	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Zoom - High Conflict Relationships and Its Impact on You as a Caregiver with Dr. James Huysman, PsyD, LCSW <i>This workshop will discuss growing healthy relationships, understanding toxic relationships and clinically lay out for the listener plans of actions to prevent such a situation or navigate the difficult situation more effectively.</i>
Tuesday August 30	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Zoom - Dementia and the Hidden Patient with Natalee Oliver, DSW <i>Many feelings are experienced as Alzheimer's caregivers, yet they often go unaddressed. Oftentimes caregivers live in the shadows of their loved ones with different forms of dementia. Join Dr. Natalee Oliver, DSW to discover why it is important to take care of yourself without feeling guilty, so you are not the hidden patient.</i>



A program of the WellMed Charitable Foundation
Register online at www.caregiverteleconnection.org
call 866.390.6491 Toll Free

The logo for ADRC Summer Series features the letters 'ADRC' in a white, stylized, handwritten font. A large, white, curved line starts under the 'A', goes under the 'D', and then curves back up under the 'R' and 'C'.

ADRC

Summer Series

A Live Performance by



A Program of TRELLIS™

Thursday | August 4, 2022 |
10:00am Doors Open | 10:30am Welcome
10:45am Play "Fortune Cookies"

Lussier Family Heritage Center
Dane County Parks
3101 Lake Farm Road
Madison WI 53711

Register today:

<https://www.signupgenius.com/go/10C0E48A4AE2EA>

[1FCC25-dementia](#)

or call 608-240-7400





EDUCATION CALENDAR

Southwest Wisconsin

July-Sept 2022



Programs are provided free of charge and open to all families. Please register at link or call 800.272.3900.

Ten Warning Signs

- JULY**
- July 5.....6:00 pm.....**Waunakee**.....[Register](#)
 - July 15.....5:00 pm.....**Virtual**.....[Register](#)
 - July 20.....11:30 am.....**Columbus**.....[Register](#)
 - July 21.....10:30 am.....**Virtual**.....[Register](#)
 - July 26.....2:00 pm.....**Virtual**.....[Register](#)
 - July 27.....1:00 pm.....**Virtual**.....[Register](#)
- AUGUST**
- August 16.....11:00 am.....**Tomah**.....[Register](#)
 - August 18.....10:30 am.....**Virtual**..... [Register](#)
 - August 23.....6:00 pm.....**Waunakee**..... [Register](#)
- SEPTEMBER**
- September 8.....12:30 pm.....**La Crosse**.....[Register](#)
 - September 17.....10:00 am.....**Virtual**.....[Register](#)
 - September 22.....10:30 am.....**Virtual**.....[Register](#)
 - September 22.....5:30 pm.....**Virtual**.....[Register](#)

Effective Communication Strategies

- JULY**
- July 12.....10:00 am.....**Virtual**.....[Register](#)
 - July 19.....6:00 pm.....**Waunakee**.....[Register](#)
- AUGUST**
- August 17.....11:30 am.....**Columbus**.....[Register](#)
 - August 17.....5:00 pm.....**Virtual**..... [Register](#)
 - August 18.....1:00 pm.....**Waunakee**..... [Register](#)
- SEPTEMBER**
- September 22.....10:00 am.....**Virtual**.....[Register](#)

Dementia Conversations: Doctor Visits, Driving, Legal and Financial Plans

- AUGUST**
- August 9.....6:00 pm.....**Waunakee**..... [Register](#)
 - August 25.....5:30 pm.....**Virtual**..... [Register](#)

Living with Dementia - Moderate Stage

- AUGUST**
- August 8, 15, 22..1:00 pm.....**Dodgeville**.....[Register](#)

Living with Dementia - Late Stage

- JULY**
- July 13 & 14.....11:30 am.....**Virtual**.....[Register](#)

Healthy Living for Brain and Body

- JULY**
- July 21.....6:00 pm.....**Madison**.....[Register](#)
 - July 27.....3:00 pm.....**Virtual**.....[Register](#)
 - July 28.....6:00 pm.....**Cottage Grove**.....[Register](#)
- AUGUST**
- August 11.....6:00 pm.....**Waunakee**..... [Register](#)
 - August 17.....1:00 pm.....**Fitchburg**..... [Register](#)
 - August 23.....3:00 pm.....**Virtual**..... [Register](#)
- SEPTEMBER**
- September 9.....5:00 pm.....**Virtual**.....[Register](#)
 - September 20.....3:00 pm.....**Virtual**.....[Register](#)

Understanding Alzheimer's & Dementia

- JULY**
- July 9.....10:00 am.....**Virtual**.....[Register](#)
 - July 12.....6:00 pm.....**Waunakee**.....[Register](#)
 - July 13.....9:00 am.....**Virtual**.....[Register](#)
 - July 19.....1:00 pm.....**Waunakee**.....[Register](#)
 - July 20.....9:00 am.....**Virtual**.....[Register](#)
- AUGUST**
- August 10.....9:00 am.....**Virtual**..... [Register](#)
 - August 10.....10:00 am.....**Monona**..... [Register](#)
 - August 17.....9:00 am.....**Virtual**..... [Register](#)
 - August 17.....2:00 pm.....**Virtual**..... [Register](#)
 - August 23.....3:00 pm.....**Virtual**..... [Register](#)
 - August 25.....6:00 pm.....**Waunakee**..... [Register](#)
- SEPTEMBER**
- September 14.....9:00 am.....**Virtual**.....[Register](#)
 - September 20.....10:00 am.....**La Crosse**.....[Register](#)

Understanding and Responding to Dementia-Related Behavior

- JULY**
- July 12.....11:00 am.....**Virtual**.....[Register](#)
 - July 26.....6:00 pm.....**Waunakee**.....[Register](#)
- AUGUST**
- August 13.....10:00 am.....**Virtual**..... [Register](#)
 - August 22.....2:00 pm.....**Virtual**..... [Register](#)
- SEPTEMBER**
- September 12.....11:30 am.....**Columbus**.....[Register](#)
 - September 20.....10:00 am.....**Virtual**.....[Register](#)

NOTE: Blue links for August offerings in Dane County are live. For other links see www.alz.org/wi.

Dementia Care Network

TimeSlips: Creativity in Care

This presentation will introduce TimeSlips –which has been an innovative source of creative engagement for over two decades. The speaker, Sam Goodrich, will focus on the roots of what Timeslips is along with sharing tips for engaging with elders. Attendees will learn simple techniques to improve communication and build confidence to creatively engage friends, family members, or neighbors in shared moments of imagination -- with no right or wrong answers! Learn how to infuse creativity into everyday moments of care, and learn about the free resources that TimeSlips provides for friends and family members who care for those living with memory loss.

Friday, August 12, 2022

9:00am – 10:30am

Registration required at

<https://bit.ly/AugustDCN>



Presentation by Sam Goodrich

Sam Goodrich oversees various TimeSlips projects such as Tele-Stories, connecting artists with under-connected elders via phone, and Stage Right, a project in which seniors with dementia create and perform in their own original musicals. With a performance background and a personal connection to working with those with memory loss, Goodrich hopes to bring light to the benefits that creativity can have on a person with memory loss, as well as the relief it can bring to loved ones and care partners.

alzheimer's  association®



Monthly MIPPA Moment: “Extra-Help” with Medication Costs

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare’s cost-saving benefits and preventive services.

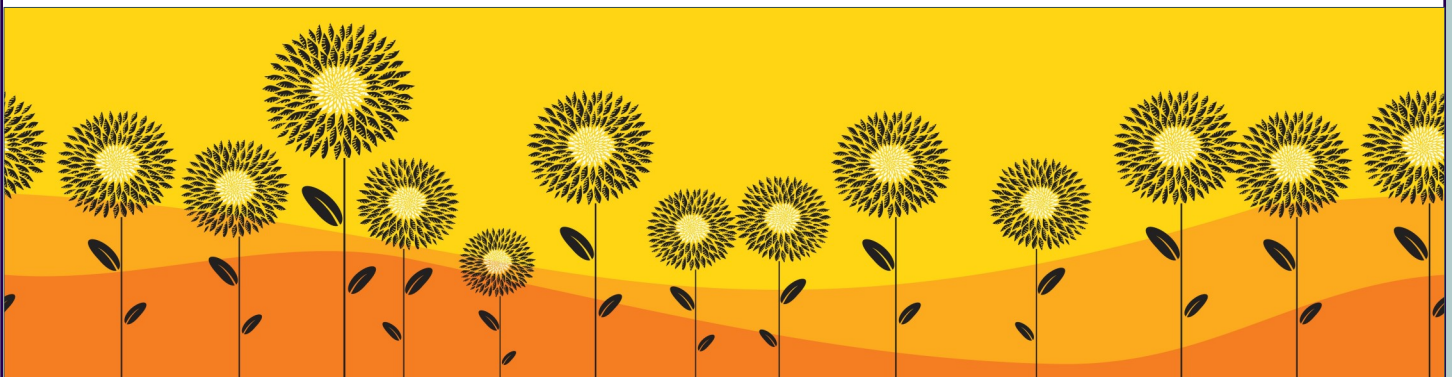
The Medicaid Purchase Plan (MAPP) is an extremely valuable program in Wisconsin that many people do not know about. This program can help people with disabilities who are interested in working to get health care coverage. With MAPP, you can get the same health benefits offered through Medicaid, but the income and asset limits are higher than BadgerCare or Elderly, Blind and Disabled (EBD) health care plans. To be eligible for MAPP, you must:

- Be at least 18 years old
- Live in Wisconsin
- Have a **disability**
- Have a **job** or be enrolled in the certified Health and Employment Counseling Program
- Have individual countable assets of **\$15,000** or less
- Have an adjusted family income of less than **250%** of the [federal poverty level](#), based on your family size.

An application is first submitted to the Medicaid office, then a disability determination process may follow unless you already have a *recent* determination from Social Security. To see if you qualify and start the application process, apply here: <https://access.wisconsin.gov/access/>. Disability decisions can take several months, so it is important to apply early as possible. There is three months of retroactive coverage from the date of application if approved.

For the work requirement, verification will be requested. People may have to pay a premium for this health care coverage based on their income. This premium payment (and work verification requirement) was suspended during the National Public Health Emergency (PHE), however when this period is over, the premium payments will resume. If you have questions about the MAPP program in Wisconsin call Medicaid Member Services at 800-362-3002 (voice) or 711 (TTY). You may also contact your local ADRC, or view this publication: <https://www.dhs.wisconsin.gov/publications/p1/p10071.pdf>.

Adapted from <https://www.ssa.gov/benefits/medicare/prescriptionhelp.html>. For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458. This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 2101WIMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.





FREE Virtual (Online) Welcome to Medicare Seminar

Sponsored by Area Agency on Aging of Dane County's
Elder Benefits Specialist Program

What you need to know about enrolling in Medicare

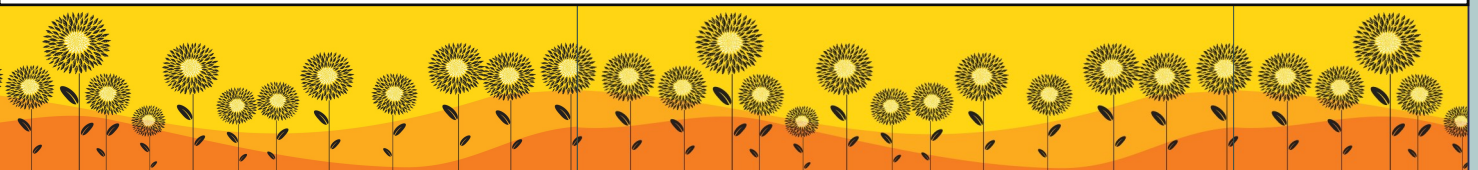
If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

September 17, 2022, 9-11:30 am

Email aaa@countyofdane.com register by 9/9/2022

This seminar
will be offered
via Zoom.

Last seminar in 2022: November 12, 2022
(Location TBD)



To read the most recent
newsletter from the
ADRC copy and paste this
link into your browser:

[http://
www.daneadrc.org/
documents/pdf/
Newsletter/Resource-
Wise-March-2022.pdf](http://www.daneadrc.org/documents/pdf/Newsletter/Resource-Wise-March-2022.pdf)

Monday through Friday
Call 7:45 am—4:30 pm

(608) 240-7400

Website: www.daneadrc.org

Email: ADRC@countyofdane.com





DO AUGUST!

The benefits of getting outdoors and spending some time in nature are well documented.
Take advantage of opportunities to spend time outdoors.



Waunakee Memory Café

September 1, 2022 9:30-11am

Steeplechase Condominium Clubhouse
5636 Conway Glen, off Woodland Drive
** Follow the Memory Café signs **

Café Theme:

The many months of August

To make reservations, contact the Waunakee Senior Center 608-849-8385
Those attending who are not fully vaccinated are requested to wear masks.



The
Institute on Aging Annual Colloquium
Returns for its 32nd Year



Keynote

Aging Authentically: Insights from Existentialism



Kevin Aho, PhD *Professor and Chair, Dept. of Communication & Philosophy, Florida Gulf Coast University*

In our ageist society, we tend to recoil from the hard realities of aging as if it represents a kind of wasting malady or affliction. Drawing on the insights of existentialism, I challenge this view and suggest that life is not diminished but enhanced when we are honest and accepting of ourselves as beings who are aging and dying. The point is to show that the evening of life is more than a time of physical decline and loss; it is an opportunity for existential growth, renewal, and transformation.



Molecular Me: Exploring the Social Implications of the Genomics Revolution

Jason Fletcher, PhD *Director, Center for Demography of Health and Aging; Professor, Robert M. La Follette School of Public Affairs and Dept. of Sociology, UW-Madison*

The presentation will describe some of the recent major advances in genomics and their implications for health, aging, policy, and society. One focus will be on how statistical methods applied to “big data” in human genetics, often within private companies, offer new avenues for discrimination as well as targeted interventions and how new policies may be needed to address these rapid changes.



Identifying Equitable Biomarkers of Cardiovascular Disease Using Mass Spectrometry Lipidomics

Judith Simcox, PhD *Assoc. Director, WDRC Integrative Omics Core; Assistant Professor, Dept. of Biochemistry; Co-mentor, UW-Madison AISES Chapter*

Elevated lipids in our blood, such as triglycerides and free fatty acids, are used as predictive markers to diagnose cardiovascular disease, although currently used markers have failed to predict cardiovascular disease in African American populations. Using mass spectrometry to observe 1000+ lipids, it was found that arachidonic acid containing lipids were elevated with poor vascular function in both African Americans and Caucasians. Arachidonic acid containing lipids are known to regulate insulin sensitivity, inflammation, and vascular function. We aim to leverage these discoveries for novel therapeutics and disease diagnostics.



Research Impacting Change: The UW Neighborhood Atlas and Brain Health Disparities

Amy Kind, MD, PhD

Assoc. Dean for Social Health Sciences & Programs; Exec. Dir., Wisconsin Partnership Program; Director, UW Center for Health Disparities Research; Professor, Dept. of Medicine, Division of Geriatrics, SMPH, UW-Madison

Health disparities, including brain health disparities, abound within and outside the United States (US). These are challenges that require immediate action and new approaches towards solution. The University of Wisconsin Center for Health Disparities Research’s (UW CHDR) innovative data democratization tool, the Neighborhood Atlas (www.neighborhoodatlas.medicine.wisc.edu), has formed a cornerstone of wide-spread policy efforts and real world interventions to mitigate health disparities across the US. In this talk, the linkage of Neighborhood Atlas metrics with brain health, as well as the Atlas’ role in ongoing state and national policy initiatives, will be briefly reviewed.

**Thursday
 Sept. 22, 2022**

**8am to 1:30pm on the
 UW-Madison campus**

**Includes speakers, a
 Health & Resource Fair
 with local aging
 organizations, and
 a Poster Session
 showcasing recent
 aging research.**

**FREE &
 OPEN to the PUBLIC**

**Hosted by the
 University of
 Wisconsin-Madison
 Institute on Aging**

**Thanks to
 Our Sponsors:**

- Attic Angel Community
- BrightStar Care
- Oakwood Village
- Senior Helpers
- Visiting Angels
- Waunakee Manor

**SPACE IS LIMITED
 and fills up fast**

REGISTER ONLINE beginning 8/1/22

aging.wisc.edu



On August 6, 1965, The Beatles album, **HELP!** was released.

Even though the title song is about opening yourself to asking for help it's also an upbeat tune that can inspire you to move a little, smile, and know that needing help from time to time is a universal experience even if you don't need anything specific right now.

Sometimes just knowing that other people, resources, and help are there makes a difference.

If you are a caregiver and you could use a little help, please contact the Dane County Caregiver Program: debroux.jane@countyofdane.com.

Click the **photo above** or the **link to listen to the song**:

<https://www.youtube.com/watch?v=MKUex3fci5c>