

DECEMBER 2023

# CAREGIVER CHRONICLES

## BULLETIN

### Dane County Caregiver Program

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### Caring for Caregiver Grants 2024

Dane County Caring for Caregiver Program Grants are part of the National Family Caregiver Support Program funded by the Older Americans Act. The grant year runs from January 1—December 31. Funds are available for caregiver respite and supplemental services.

#### Eligibility

Caregivers age 18 plus who are primary caregivers for:

- A fragile, older adult age 60 plus
- A person with Alzheimer's or dementia of any age

Grandparents and other relative caregivers age 55 plus who are primary caregivers for a child age 18 and under

Parents and other relative caregivers age 55 plus who are primary caregivers for a severely disabled adult age 19—54

#### How to Apply

We will begin accepting inquiry calls for 2024 grants on Monday, December 18, 2023. Call 608-381-5733 and your name will be added to the list for scheduling assessments in January.



The Carter Center 1993

## In honor of Caregiver Champion Rosalynn Carter 1927—2023

**“Do what you can to show you care about others and you will make our world a better place.”**

According to her biography from the Rosalynn Carter Institute for Caregivers, Rosalynn Carter began caregiving at age 12 when her father was diagnosed with cancer. She helped care for him and her younger siblings until he died when she was 13.

Her family also cared for her grandfather who came to live with them when her grandmother passed away. Mrs. Carter helped care for her own mother until she died at the age of 94 and was a caregiver for other family members. She expressed her life-long experience as a caregiver when she said, “Caregiving is hard, even on the good days when it brings joy and fulfillment. It requires dedication, determination, and time.”

Mrs. Carter’s own experiences in caregiving, along with the many stories she’d heard, inspired her to found the [Rosalynn Carter Institute for Caregivers](#) in 1987. She strongly believed that it is critically important—when more and more Americans are called on to give care—that we do all we can to support caregivers. The Institute has programs for those providing care to persons with dementia, programs for those caring for our veterans, and for working caregivers.

The *Caring for You, Caring for Me Program* provides education and support to caregivers through a series of flexible learning modules. The Rosalynn Carter Institute advocates for caregivers nationally, and offers the opportunity to join the [4Kinds Network](#). Named from the Former First Lady’s famous quote: “There are only four kinds of people in the world—those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers;” the network is a community of current and former caregivers from all backgrounds advocating for structural change to our current systems of care and supporting each other along the way.

In addition to her pioneering role as active First Lady to her husband President Jimmy Carter, she was an advocate for equality and mental health issues at a time when there was great stigma attached. After leaving the Whitehouse the Carters worked to build houses for the poor and on eradicating disease in some of the world’s poorest countries, leading lives of exemplary service.

“Besides being a loving mother and extraordinary First Lady, my mother was a great humanitarian in her own right,” said Chip Carter (her son). “Her life of service and compassion was an example for all Americans. She will be sorely missed not only by our family but by the many people who have better mental health care and access to resources for caregiving today.”

—Jane De Broux, Caregiver Specialist  
Area Agency on Aging of Dane County

# Monthly MIPPA Moment: Medicare A & B Costs in 2024

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

The Centers for Medicare & Medicaid Services (CMS) recently released the 2024 premium, deductible, and coinsurance amounts for the Medicare Part A and Part B programs.

The standard monthly premium for **Medicare Part B** enrollees with an income less than or equal to \$103,000/year will be **\$174.70/month in 2024** (higher incomes will be subject to higher premiums). The annual deductible for all Medicare Part B beneficiaries will be **\$240 in 2024**. The **Medicare Part A** inpatient hospital deductible that beneficiaries pay if admitted to the hospital will be **\$1,632 in 2024**, an increase of \$32 from \$1,600 in 2023. Medicare Part A inpatient hospital deductible covers costs for the first 60 days of Medicare-covered inpatient care in a benefit period. In 2024, beneficiaries must pay a coinsurance amount of \$408 per day for the 61st through 90th day of a hospitalization in a benefit period and \$816 per day for lifetime reserve days after that.

For beneficiaries in skilled nursing facilities, the daily coinsurance for days 21 through 100 of extended care services in a benefit period will be \$204.00 in 2024. Medicare covers up to 100 days in a skilled nursing facility care if the patient has an inpatient hospital stay of at least three days before being transferred to a skilled nursing facility, and there is no cost-sharing (no copay) for the first 20 days. After day 100, the full skilled nursing facility expense is the patient's responsibility. (The three-day inpatient stay requirement was waived in some circumstances during the COVID pandemic, but that waiver flexibility ended in May 2023.)

In continued efforts to improve access to health care and lower costs, the Department of Health and Human Services (HHS), through CMS, finalized a new rule to streamline enrollment in **Medicare Savings Programs (MSPs)**, making coverage more affordable. The state of Wisconsin can help pay Medicare Part A and B premiums, as well as deductibles, coinsurances and copayments if you are financially eligible, ranging between 100-135% of the Federal Poverty Guidelines. You can see if you qualify for Medicare Savings Programs at [access.wi.gov](https://www.dhs.wisconsin.gov/medicaid/seniors.htm), call the Wisconsin Medicaid Agency at 888-794-5556. See more information here: <https://www.dhs.wisconsin.gov/medicaid/seniors.htm>.

**To find more information about Medicaid and the various programs in Wisconsin** you can look at the Wisconsin Department of Health Services website at <https://dhs.wisconsin.gov/medicaid/index.htm>.

To determine if you qualify for Medicaid coverage, apply at [access.wisconsin.gov](https://access.wisconsin.gov) or call your local Medicaid Agency. In Dane County that is the Capitol Consortium 1-888-794-5556.

**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. [www.dhs.wisconsin.gov/publications/p1/p10062.pdf](https://www.dhs.wisconsin.gov/publications/p1/p10062.pdf)*



# FREE Virtual (Online) Welcome to Medicare Seminars

Provided by Area Agency on Aging of Dane County's  
Elder Benefit 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.

**January 13, 2024 from 9-11:30am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) | to register by 1/5/24

**Additional Dates:**  
**(Location: TBD)**

March 16, 2024  
May 11, 2024  
July 13, 2024  
September 14, 2024  
November 16, 2024



## NEWBRIDGE MADISON



# SOAR for the Holidays

Support, Optimism, Acceptance, Resilience



Join NewBridges's mental health team for our free support group to find comfort in community to talk about missing loved ones around the holiday season

Thursday, December 14 1:00 - 2:30 pm.  
Available in-person and virtually  
Madison Labor Temple  
1602 S Park St, Madison, WI 53715 Room 109

To register and for more information, email

[rachele@newbridgemadison.org](mailto:rachele@newbridgemadison.org)

or call (608) 512-0000 Ext. 3006



## Caregiver GPS

### Learn how to navigate the journey of family caregiving

We invite you to join the Aging and Disability Resource Centers of Rock and Dane Counties for a year-long, virtual, family caregiver education series. Webinars will be offered the 3rd Thursday of each month from Noon-1pm beginning January 18, 2024. There is no cost to join.

Registration is required to obtain the link. Join when you can for topics that interest you.

Family caregivers will learn from experts about topics including: dementia information; communication skills for dementia caregivers; legal, financial and crisis planning; home safety; assistive devices; having difficult conversations; resource connections; travel planning as a caregiver; and enjoying your holidays. Each session will allow for question-and-answer time.

For a schedule of topics, more information, or to register for the link, please contact:

Rock County Dementia Care Specialist, Karen Tennyson at 608-741-3615 or [karen.tennyson@co.rock.wi.us](mailto:karen.tennyson@co.rock.wi.us)

Dane County Dementia Care Specialists, Ellen Taylor and Kayla Olson at [danedcs@countyofdane.com](mailto:danedcs@countyofdane.com)



## Caregiver GPS

Learn how to navigate the journey of caregiving

Join us in 2024 for a monthly webinar series



Thursdays beginning 1/18/2024  
Noon-1pm



Expert speakers



Useful tools



Topics including: dementia information; communication & caregiving skills; legal, financial & crisis planning; home safety; difficult conversation; asking for & getting help; traveling and enjoying the holidays

If you have questions or would like the link to join us, please contact

Karen at 608/741-3615 or  
Ellen & Kayla at [danedcs@countyofdane.com](mailto:danedcs@countyofdane.com)

Facilitated by the ADRCs of Dane & Rock Counties





**Date Time Topic A LEADING VOICE FOR CAREGIVERS**

**All sessions will be available on Zoom and/or just the telephone. Your choice! You may log in or call in to participate**

<b>Tuesday December 5</b>	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Healing in the Holidays with April Moxley, LMSW</b> <i>It takes time to heal from the loss of a loved one. When we are grieving, we can feel completely overwhelmed with sadness, overwhelmed with missing the beloved person who has gone. We long for them. We think we will not survive. So we ask ourselves, "How can I make it through these days?"</i> <b>**Sponsored by VITAS Healthcare**</b>
<b>Tuesday December 5</b>	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	<b>Ask Dr. Tam Questions with Tam Cummings, PhD</b> <i>What kind of questions do you have about dementia? As a caregiver, how do you survive the journey? Dr. Tam Cummings will cover quick stress relief tips and answer any questions you have about dementia.</i> <b>**Sponsored by VITAS Healthcare**</b>
<b>Monday December 11</b>	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Managing the Holidays: Interactive Discussion about How to Cope with Zanda Hilger, LPC</b> <i>Join in a yearly interactive conversation about holiday activities and stressors when you are a caregiver. What are your challenges, what has worked for you in the past, what have you had to change from traditional celebrations, and how do you balance caregiving and self-care? We encourage you to share your experiences and ask questions of one another and the speaker.</i> <b>**Sponsored by the North Central Texas Caregiver Teleconnection**</b>
<b>Tuesday December 12</b>	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Cómo manejar el estrés durante los días festivos con Dr Nestor H Praderio</b> <i>¡Las vacaciones de Navidad y Año Nuevo ya están aquí! Un tiempo para la alegría, la felicidad y el buen ánimo. Pero para muchos, puede ser un momento de sentir una inmensa presión y tal vez una profunda desesperación. N. H. Praderio, M.D. facilitará una discusión sobre cómo reconocer y abordar los efectos del estrés durante la temporada navideña.</i>
<b>Thursday December 14</b>	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Dear Lucy: Why does Dementia Sometimes Cause Hallucinations, Delusions, and Paranoia with Lucy Barylak, MSW</b> <i>This session will describe what are the symptoms of hallucinations, delusions and paranoia, and why they happen. Lucy will provide tips on how to handle these behaviors, as well as what caregivers need to do, or not do.</i>
<b>Thursday December 21</b>	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Creative Caregiving for Alzheimer's with Dr. Natalee Oliver, DSW</b> <i>Caregiving for someone with Alzheimer's disease can be challenging, rewarding, overwhelming and meaningful... All at the same time. Sometimes strategies work and sometimes they do not. Join gerontologist, Dr. Natalee Oliver, DSW, as we discuss and learn strategies, tips &amp; techniques to find solace, humor and positivity in the midst of this complex journey.</i>



**A program of the WellMed Charitable Foundation**  
**Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free**

Sit more than 6 hours/day? Join a Stand Up For Your Health class to learn:

- How too much sitting time affects you and your health
- The benefits of standing & strategies to stand up and move more
- How to set and stick to goals
- How to identify and address barriers

# STAND UP For Your Health

**Get off the couch! I Get motivated! I Be more active! YOU CAN DO IT!**

4 weeks, 1.5 hour Virtual Workshop (with a refresher meeting at week 8)  
 Classes will be held on Thursdays: Jan 4, 11, 18, 25 & Feb 22, 2024 at 2-3:30 PM  
 Cost: Free (with the option to donate \$15 to cover class materials)  
 Register by: Dec 15, 2023 to Shannon Gabriel 608-261-5678 or  
[Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com)

\*\*\*This is NOT an exercise class \*\*\*



**Proven Effective**

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

**Do you sit more than 6 hours a day?**

**Join a Stand Up For Your Health Workshop to learn:**

- How too much sitting time affects you and your health
- The benefits of standing
- Strategies to stand up and move more
- How to set and stick to goals
- How to identify and address barriers

**When:** Thursdays @ 2:00–3:30 pm  
 January 4, 11, 18, 25, 2024  
 Refresher Session on February 22, 2024

**Where:** Virtual—Zoom

**Cost:** Free (with the option to donate \$15 to cover class materials)

**Register by** December 15, 2023 by contacting Shannon: 608-261-5678 or [Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com)



**This program helps you add more standing time into your day so you feel better and improve your health.**

**MOVE MORE ... Even during these cold winter months. YOU CAN DO IT!**

\*\*\*This is NOT an exercise class \*\*\*