

CAREGIVER CHRONICLES

BULLETIN

Dane County Caregiver Program



Jane De Broux
Caregiver Specialist

608-381-5733

Debroux.Jane@countyofdane.com

Struggling with your caregiving role? Take heart.

The Dane County Caregiver Program has resources to help you cope and thrive as a caregiver.

Caring for Caregivers Grants

We are currently conducting assessments for 2023 grant funding. Call or email to learn more. We have a large number of inquiries this time of year, so please be patient—we will get back to you.

Connecting you to resources

If you need a support group, caregiver education, or information, call or email.



Monthly MIPPA Moment: Take Care of Your Heart!

February is National Heart Month! Heart disease, or cardiovascular disease, generally refers to conditions that can lead to heart attack, stroke or cardiac arrest. Medicare covers one visit per year with a primary care doctor who accepts Medicare assignment, in a primary care setting, to help lower your risk for cardiovascular disease. The doctor may discuss aspirin use, check blood pressure, or provide healthy eating tips. Screening blood tests for cholesterol, lipid, and triglyceride levels should be covered by Medicare Part B at 100% once every five years, when ordered by your provider if they accept Medicare assignment. You do not need to show signs of heart disease or have any particular risk factors to qualify for these tests.

During the course of your heart disease screening, your provider may discover and need to investigate or treat a new or existing problem; additional care is then considered diagnostic, meaning your provider is treating you because of certain symptoms or risk factors. Be advised that Medicare may then bill you for a portion of any follow up diagnostic care you receive.

“Almost everything will work again if you unplug it for a few minutes, including you.”

-Anne Lamott



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.

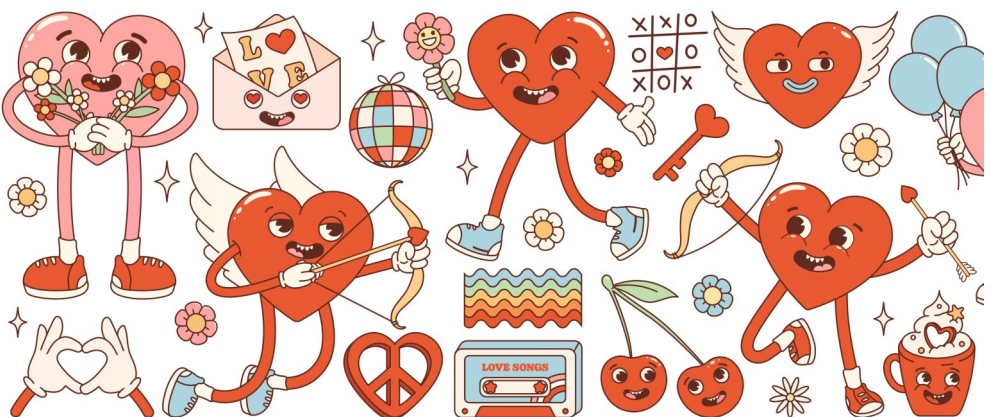


All sessions are available by telephone and on Zoom

Thursday February 2	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Beginning the Dementia Journey with Tam Cummings, PhD <i>This is the second session in a two part series. Please join Dr. Tam Cummings as she reviews the steps and challenges encountered by the family caregiver as she becomes apparent the loved one has cognitive issues. **Sponsored by VITAS Healthcare**</i>
Monday February 13	1:00 pm Easter 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Changing Isolation and Loneliness into Better Connections with Others with Andy B Crocker, MS <i>What is the difference between isolation and loneliness in older adults? How can family caregivers help their care receiver make more meaningful connections? Learn better ways to use your communication skills to fit the communication style of the person you care for. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Tuesday February 14	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Desafíos en el manejo de la demencia con Dr. Nestor H Praderio <i>El Dr. Néstor H. Praderio hablará sobre algunos de los aspectos principales de este tema, entre los que se incluyen:</i> -Cuestiones fundamentales en el manejo de la demencia -Cómo afrontar los episodios de crisis de comportamiento -Recomendaciones y recursos para cuidadores
Wednesday February 15	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: When is the right time for someone with Dementia to move into a care home? with Lucy Barylak, MSW <i>Join Lucy as she discusses when is the right time, how and who should make that decision and the pros and cons of long term care facilities. At the end of this session, for those that are interested, Lucy will stay on the line and offer personal support. This part of the program will not be recorded.</i>
Thursday February 16	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Mental Health and Aging with Dr. Natalee Oliver <i>No matter your stage in the caregiving process, a good basic understanding of adult mental health can assist you taking care of yourself and helping the one you care for through their journey. Come learn the basics of common adult mental health diagnoses including common myths, symptoms, and treatments. Discover how you can support anyone who lives with mental health.</i>
Tuesday February 21	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Isolation and Caregiving: Approaching the "Cliff" with Evalyn Greb, LCSW <i>When caregivers gradually lose their connections, both social and self-caring, the precipice of clinical depression and burnout gets closer. Join us to discuss this growing public health dilemma—offering reasons and healthy responses, especially from those of you who have "been there".</i>
Thursday February 23	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Can we honestly say that we love ourselves? with James Huysman, PsyD, LCSW <i>As Valentine's Day approaches, we all need to truly get our "love priorities" in order. Please join Dr. Jamie as he goes through self-love tips to help you feel better that apply not only to Valentine's Day season, but throughout the year to keep your wellness at a high and your woes at bay.</i>
Tuesday February 28	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Encouraging Words Matter with Cynthia Hazel <i>In a world where challenges abound, it's easy to feel discouraged. Yet when you speak encouraging words you can do wonders for others' self-esteem. In this class, you will learn the value of building others up so they can successfully deal with life issues.</i>



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



**You yourself,
 as much as anybody
 in the entire universe,
 deserve your love and affection.**

—Sharon Salzberg

FREE In-person Welcome to Medicare Seminars

**Sponsored 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.

March 18, 9-11:30am

**Fitchburg Senior Center
5510 Lacy Rd, Fitchburg, WI**

Email aaa@countyofdane.com to register by **3/10/23**

Additional In-person

July 15, 2023

Dates: (Location: TBD)

November 11, 2023



Virtual Caregiver Class

**Stress-Busting Program
for Family Caregivers of People with Dementia
Thursday Evenings 2/3-3/30/23 6-7:30pm**

Reserve Your Spot Today

The Aging & Disability Resource Centers of Rock and Marquette Counties are offering the 9-week Stress-Busting for Family Caregivers of People with Dementia virtual class as developed at the University of Texas Health Science Center by Sharon Lewis and the WellMed Charitable Foundation on Thursday evenings beginning February 2nd and running through March 30th, 2023 from 6 – 7:30pm.

Who is SBP for? Anyone caring for someone with a form of dementia will benefit from the program. **What is SBP?** The Stress-Busting Program for Family Caregivers of People with Dementia is a proven curriculum developed by Sharon L. Lewis, RN, PhD, FAAN in conjunction with the University of Texas Health Science Center and the WellMed Charitable Foundation which teaches stress management, relaxation tools, coping strategies and problem-solving skills with a support group component. Participants view the program as a source of strength and support for their caregiving role.

“Caregivers of someone with dementia experience high levels of stress, anxiety and depression. Dealing with those issues in a healthy way is vital to a caregiver’s well-being. Consequently, to care for the person with dementia, the caregiver must first learn how to care for themselves.”, said Karen Tennyson dementia care specialist at the Aging and Disability Resource Center of Rock County.

Reserve your spot today for the Stress-Busting Program for Family Caregivers of People with Dementia by contacting Karen Tennyson at 608-741-3615 or karen.tennyson@co.rock.wi.us.

