

OCTOBER 2023

CAREGIVER CHRONICLES

BULLETIN

Dane County Caregiver Program

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Preparation Pays Off for Caregivers

October is often a gorgeous month in Wisconsin, when we enjoy crisp sweater weather, football games, stunning autumn colors, and Halloween fun. We also anticipate a dramatic change in seasons knowing Winter isn't far off. All manner of prep for cold and snow make a difference in how we get through some of the most challenging weather. In Wisconsin we check things like whether the tires on the car are ready for snow and ice. Maybe you get a furnace check-up and have your snow blower checked over or engage a snow removal service. It can help to a look at clothing needs and, for us dog walkers, to make sure we have spikey treads on our shoes for negotiating icy sidewalks. Fall is a season of preparation for short, dark days and we really don't know how it will unfold. We may have snow for Halloween or none until the new year.

As caregivers, preparedness also makes a difference in how we move through challenging situations. The Hartford Institute for Geriatric Nursing, Rory Meyers College of Nursing at New York University has a [Preparedness for Caregiving Scale](#). It was developed for caregivers of older adults with chronic illness during the time before they transition to other levels of care. It is self-rated by the caregiver and preparedness is defined as the caregiver's own perceived readiness for multiple areas of caregiving including physical care, providing emotional support, setting up in-home support services, and dealing with the stress of caregiving. The higher the score, the more prepared the caregiver feels for caregiving.

The eight questions included in the assessment are:

How well prepared do you think you are to take care of your care recipient's physical needs?

How well prepared do you think you are to take care of their emotional needs?

How well prepared do you think you are to find out about and set up services for them?

(continued on page 2)

How well prepared do you think you are for the stress of caregiving?

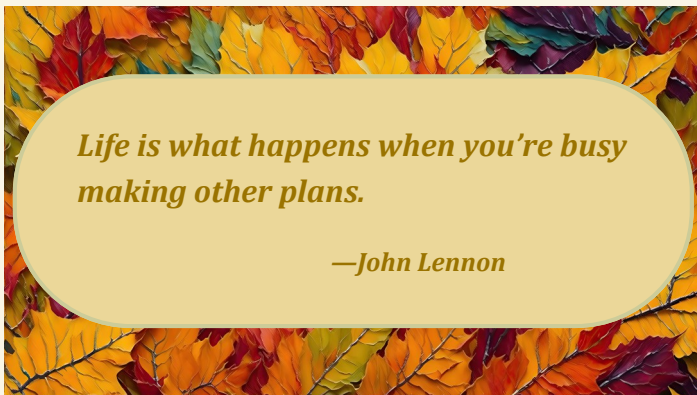
How well prepared do you think you are to make caregiving activities pleasant for both you and them?

How well prepared do you think you are to respond to and handle emergencies that involve them?

How well prepared do you think you are to get the help and information you need from the healthcare system?

Overall, how well prepared do you think you are to care for them?

Beyond these questions, more specific exploration is helpful for individual caregivers as only the caregiver knows their own challenges, limitations, and resource needs. When a caregiver contacts the Dane County Caregiver Program we conduct an assessment that can help them determine what they need for support, education, and respite—all focused on the caregiver's perspective. Approaching the role of caregiver armed with support and resources makes it more likely that the answer to most or many of the questions from the survey can be answered positively.



While planning provides some reassurance and comfort level, there are still unpredictable events that may occur. Any of the variables in your situation as caregiver, that of your loved one, or of another person in your family or network can require a change in plans. Some are bumps in the road, but others can lead to a crisis situation.

One such circumstance may be the need for dementia care in a crisis. Awareness of community resources in case of a crisis situation can be extremely helpful. On Wednesday, October 25, 2023, the Collaborative Stabilization Coalition of Greater Dane County is presenting a full program appropriate for caregivers to attend. (See the flyer on p. 3.)

Falls can also spark a crisis. An older adult who had been successfully living on their own may now need help with their tasks of daily living from hygiene to meal preparation. After a fall, stairs can become obstacles to living at home successfully. One of the most productive things a caregiver can do is to help their care partner assess their living situation to make it safer and more accessible to prevent falls and help them stay independent at home. [Falls Free Wisconsin](#) is one place to start for resources.

Early on, when caregivers begin seeking information, the Aging and Disability Resource Center of Dane County (ADRC) is always a good place to begin. Contact the ADRC for government and community resources for both the caregiver and their care recipient. They can also provide assistance accessing those resources and have staff available to take calls from 7:45 am to 4:30 pm Monday—Friday at 608-240-7400.

Contact the Dane County Caregiver Program at any time for support, caregiver resources, and National Family Caregiver Support Program grants for respite and supplemental services at 608-381-5733 or debroux.jane@countyofdane.com.



Online Reads for Wisconsin Caregivers

Caregiving Policies and Programs in Wisconsin: A Chat with Lynn Gall, New RAISE Family Caregiving Advisory Council Member

On September 18, 2023, the National Academy for State Health Policy published an informative blog entry introducing DHS Manager of Family Caregiver Support and Lifespan Respite Programs Lynn Gall in her new role as member of the RAISE Family Caregiving Advisory Council. Lynn's addition to the council provides Wisconsin caregivers with a seat at the table in the development and implementation of national policy.

The article covers caregiving as one of four identified priority topic areas in Wisconsin's 2023 - 2025 State Aging Plan. Both the Dementia Care Specialist Program and the Alzheimer's Family and Caregiver Support Program are highlighted.

[Click here to read the story.](#)



DEMENTIA CARE IN A CRISIS

WHEN
Wednesday, October 25, 2023
8:00a.m.—3:30 p.m.

WHERE
UW South Partnership Office
2238 South Park St. Madison

FEATURING :

Dr. Art Walaszek—UW Psychiatrist
Officer Michelle Hanson — Madison Police
Tanya Sutton — Senior Helpers
Marion Chapin — Positive Solutions
Deb Zitzke — My Choice-Molina
Beth freeman — Dane County APS
Joy Schmidt - Dane County—Dementia Crisis Specialist

Sign up by emailing:
Jones.bonnie@countyofdane.com

PROGRAM

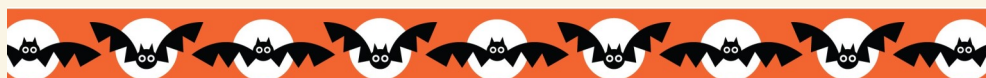
- Life Stories
- Communication Strategies
- Prevention Planning
- De-Escalation
- Coping with Challenging Behaviors
- Safety Plans
- Behavioral Support Plans
- Working with Police
- Protective Placement
- Guardianship

SIGN UP TODAY!

FREE with registration
In Person Training
Refreshments and Lunch
Provided

SPONSORS

Collaborative Stabilization
Coalition (CSC)
Dane County Human Services
Senior Helpers
Madison Police
My Choice—Molina



Monthly MIPPA Moment: Get Vaccinated Against the Flu

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

Influenza (flu) is a potentially serious disease that can lead to hospitalization and potentially even death and every flu season is different. Further complications from the flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. **People 65 years and older bear the greatest burden of severe flu disease.** In recent years, for example, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older, and between 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group. (<https://www.cdc.gov/flu/about/burden/past-seasons.html>)

A **seasonal flu vaccine** is the best way to help reduce the risk of getting flu and October is recommended as the best time to get it. People 65 and older should get a "preferred" vaccine *if available*. These are *potentially* more effective than standard dose flu vaccines. There are three recommended "preferred" vaccines:

- Fluzone High-Dose Quadrivalent vaccine
- Flublok Quadrivalent recombinant flu vaccine
- Fluad Quadrivalent adjuvanted flu vaccine

Medicare Part B (Medical Insurance) covers the seasonal flu vaccine once per "flu season" which typically runs **October 1-March 31** (with vaccine billing allowed as early as August). You pay nothing for a flu shot if your doctor or other qualified health care provider accepts assignment for giving the shot. If you have a Medicare Advantage Plan, contact your plan - most places accept Medicare Advantage Plans as well.

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 ac-cess.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.





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**

Thursday October 5	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Caregiving for Someone with Cancer with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW <i>Increasingly, some cancers are being managed as chronic conditions which create new possibilities for patients, and challenges for loved ones and caregivers. This program will discuss this new approach to treating cancer and coping.</i>
Monday October 9	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Medicare Open Enrollment with Felicia Warner <i>Medicare's Open Enrollment Period is from October 15 through December 7, 2023. Learn about changing Medicare health or drug coverage for 2024 and how to start comparing your present coverage with other Medicare options. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Tuesday October 10	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Diagnóstico y tratamiento de la demencia with Dr. Nestor H. Praderio <i>Nestor H. Praderio, MD revisará el proceso de diagnóstico de la demencia y explicará los tipos de demencia, incluidos los síntomas y las etapas. También describirá las opciones de intervención y tratamiento.</i>
Wednesday October 11	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Ask Dr. Tam Questions with Tam Cummings, PhD <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. **Sponsored by VITAS Healthcare**</i>
Thursday October 12	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Long Term Care: When is the Right Time and Who decides with Lucy Barylak, MSW <i>For many people, thinking about whether a family member should move into a long term care facility is one of the most difficult things to do. Join Lucy as she discusses what red flags to look for, how to manage your emotions, who makes the decisions, and when is the right time to make this move.</i>
Thursday October 19	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Saying Goodbye to Someone with Alzheimer's with Dr. Natalee Oliver, DSW <i>Join gerontologist, Dr. Natalee Oliver, DSW as she helps you process the roller-coaster of emotions you experience when saying goodbye to someone with Alzheimer's.</i>
Friday October 20	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Combating Compassion Fatigue with Mindfulness with Cynthia Hazel <i>As a human being, sensing what others feel can at times get the best of you, and deplete your physical, emotional, and even spiritual reserves. Learning how to regroup and refresh is essential when caring for others. In this class, you will learn when and how to renew your sense of purpose and connection.</i>
Tuesday October 24	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	How Family Members Can Cope with Sudden Caregiving with Barry Jacobs, PsyD <i>In this presentation by Barry J. Jacobs, PsyD., he will discuss specific means for these sudden caregivers to quickly learn the skills and obtain the support they need to adapt and, ultimately, thrive in this new role.</i>
Thursday October 26	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Taking off your Mask with Dr. Jamie Huysman, PsyD, LCSW <i>Join Dr. Jamie to learn how or when you find yourself hiding your true self. What would it look like for you to live openly? And, what are the obstacles and benefits to taking off our mask?</i>
Tuesday October 31	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Healthy Eating and the Holidays with June Jacobs, BSN, RN, CDCES <i>June Jacobs will introduce basic principles of nutrition and how to apply to holiday eating along with tips for making food exchanges to enjoy seasonal festivities while maintaining health goals.</i>





Caregiver Appreciation

*Caring for a family member,
friend or loved one?*

Join MSCR as we celebrate caregivers* with free relaxation activities, resource booths, and opportunities to connect with other caregivers. Swag bags full of resources and self-care treats will be given to the first 100 attendees.

FREE activities for caregivers!

DATE: Mon & Tues, October 30-31, 2023

LOCATION:

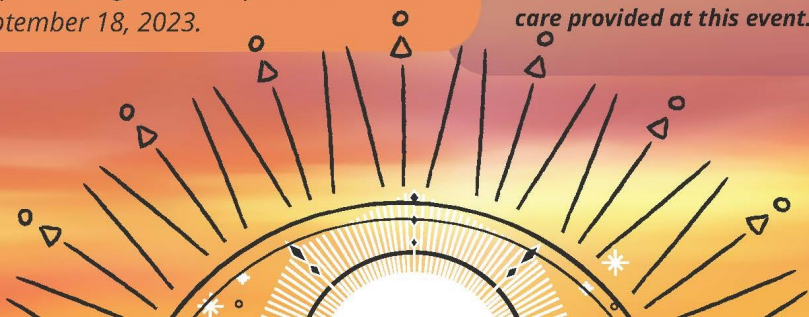
- MSCR East, 4620 Cottage Grove Rd
- MSCR West, 7333 West Towne Way

A LIST OF ACTIVITIES CAN BE FOUND AT
MSCR.ORG

Registration is encouraged, but not required. Registration opens on September 18, 2023.

For more information, please call 608-204-3021 or 608-204-3023.

**Please note: A caregiver or care partner is defined as a family member or helper who regularly looks after an elderly person (50 and older), or an individual with a disability. There will be no respite care provided at this event.*



Caregiver Appreciation - Schedule of Events

Join MSCR as we celebrate caregivers with free relaxation activities, resources, and opportunities to connect with other caregivers.

Swag bags full of resources and self-care treats will be given to the first 100 attendees.

Registration opens for all participants on September 18, 2023. Registration is encouraged, but not required. Register online or complete a paper registration form and return it via email (mcsr@madison.k12.wi.us), mail or drop off at any MSCR location (Central, East or West).

Descriptions of activities can be found on the back of this schedule.

Monday, October 30

Activity	Location	Time	Instructor	Course Code
Social Hour	MSCR West	8:00am - 3:30pm	Martha	37720
Stretch & Strength	MSCR West	8:30 - 9:10am	Karin	37727
Tai Chi QiGong Intro	MSCR West	9:30 - 10:15am	Ann	37728
Handbuilding with Clay	MSCR West	10:00am - 12:00pm	Lisa	37721
Geometric Painting	MSCR West	1:00 - 3:00pm	Martha	37722
Breathwork & Meditation	MSCR West	2:00 - 2:45pm	Paul	37743
Social Hour	MSCR East	8:00am - 3:30pm	Mindy	37723
Positive Psychology: Gratitude Conversation	MSCR East	9:00 - 10:15am	Debi	37726
Coloring for Relaxation	MSCR East	9:00 - 10:00am	Terry	37724
Breathwork & Meditation	MSCR East	9:30 - 10:15am	Laura	37730
Succulent Terrarium	MSCR East	10:30 - 11:30am	Terry	37725
Slow Down & Stretch	MSCR East	2:00 - 2:45pm	Lisa	37729
Zumba	MSCR East	2:15 - 3:15pm	Jacqueline	37731

Tuesday, October 31

Activity	Location	Time	Instructor	Course Code
Social Hour	MSCR West	8:00am - 3:30pm	Martha	37732
Coloring for Relaxation	MSCR West	9:00 - 10:00am	Terry	37733
Zumba	MSCR West	10:00 - 10:45am	Jacqueline	37738
Succulent Terrarium	MSCR West	10:30 - 11:30am	Terry	37734
Breathwork & Meditation	MSCR West	2:30 - 3:15pm	Paul	37744
Slow Down & Stretch	MSCR West	5:15 - 6:00pm	Lisa	37737
Social Hour	MSCR East	8:00 - 11:00am, 12:00 - 3:00pm	Mindy	37742
Positive Psychology: How to be Present	MSCR East	9:00 - 10:00am	Debi	37735
Tai Chi Intro	MSCR East	11:00 - 11:40am	Bob	37741
Breathwork & Meditation	MSCR East	1:00 - 1:45pm	Galia	37740
Geometric Painting	MSCR East	1:00 - 3:00pm	Martha	37736
Stretch & Strength	MSCR East	2:00 - 2:45pm	Nancy	37739



Course Descriptions

Classes are geared towards all levels. Instructors have options for all.
All activities are free.

Activity	Descriptions
Breathwork & Meditation	Through various breathing techniques learn to harness the breath's potential to calm the mind, release tension, and restore balance to your entire being. Following the breathwork, we will transition into a guided meditation/mindfulness practice. This class is suitable for all levels, and no prior experience is required. Please bring your own mat.
Coloring for Relaxation	Need a little time to relax and take a break from the cares of the world? Coloring can be a simple meditative activity or a social experience. Learn easy ways to blend colors, shade and create volume.
Geometric Painting	Sweep your paintbrush across a canvas and create your own mini-masterpiece. Learn how to create a geometric painting that can brighten your day.
Handbuilding with Clay	Learn handbuilding techniques to create your own small piece of pottery.
Positive Psychology: Gratitude Conversation	In this highly interactive workshop, discuss ways to uncover roadblocks and increase gratitude in our lives. Discover ways to make every day more like Thanksgiving!
Positive Psychology: How to be Present	Learn through worksheets and supportive group conversations on how to be more present in your every day life.
Slow Down & Stretch	Class will include simple and dynamic stretches to improve flexibility and joint mobility. Increase ease of functioning in your daily routine with gentle and no impact balance exercises. Floor work is included, please bring your own mat.
Social Hour	Enjoy sweet treats and casual conversation throughout the entire day.
Stretch & Strength	This class incorporates stretching exercises to enhance flexibility and strengthening exercises to improve overall fitness. Floor work is included, please bring your own mat.
Succulent Terrarium	Get your hands dirty and create your own succulent terrarium garden!
T'ai Chi QiGong Intro	Intro to the basic movements, techniques and philosophies of the T'ai Chi QiGong practice. Coordinated breath movements and work on balance, flexibility and relaxation.
T'ai Chi Intro	Introduction to the basic movements, techniques and philosophies of a Tai Chi practice. The class starts with Eight Brocade, gentle stretching exercises followed by Beijing 24 Tai Chi.
Zumba	Zumba is an aerobic dance fitness class that combines international music and movement. Zumba is perfect for cardiovascular fitness and creative movement.

For more information, please call 608-204-3021 or 608-3023



FREE 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, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? **Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit.**

Want easy to understand answers to all of these complex questions? Sign up to attend one of the following **Free Welcome to Medicare Seminars**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs.

All seminars are on Saturdays, 9–11:30 am

November 11, 2023

In-person

Location: McFarland Senior Outreach Services
5915 Milwaukee St, McFarland

to register by 11/3/23

Email: AAA@countyofdane.com

