

# Caregiver Chronicles

January 2022



Caring for Caregivers

AREA AGENCY ON AGING OF DANE COUNTY  
2865 N SHERMAN AVE, MADISON, WI 53704  
608-261-9930

The Best Way to Predict the Future  
is to Create It.

—*Abraham Lincoln*



# Creating the Future We Want Together

The cover of last year's *Caregiver Chronicles* January issue featured a picture of a person in silhouette pushing the numeral 0 from the year 2020 off a cliff. Upon the news that the FDA had issued an Emergency Use Authorization for the Pfizer vaccine in December, it appeared there was cause to believe we may have had a very different 2021 and could say "good riddance" to all we'd gone through in 2020. Alas, we all know that it was hardly the end of the story, miraculous as the development of an effective vaccine in record time was. In fact, 2021 was an incredibly hard year for many people, including caregivers. In 2021, the pandemic dominated every day of our lives and a greater number of people died than in 2020. Because of the Delta variant, still unimagined in January of 2021, we never got as close to the end of the pandemic as we may have hoped.



However, while challenges with masking and vaccine uptake slowed anticipated progress nationwide, Dane County was stellar in getting our older adults vaccinated and keeping mask mandates in place as needed to protect vulnerable populations. As I write this in late December of 2021, the number of Dane County residents aged 65+ with a booster or additional dose was already at 75.7%. (See Dane County COVID-19 Aging Network Status, p. 3), providing our older adults with more protection as we deal with the Omicron variant.

In 2022 I'm looking toward creative energy coming from inside each of us to determine our direction rather than the trajectory of external events alone, which are largely out of our control. While there is every reason to hope for a return to more normalcy, this issue's cover quote from Abraham Lincoln spoke to me as a more realistic focus: "the best way to predict the future is to create it." With each choice we make, and every action we take, we create the future together. We become more resilient and we take steps toward realizing communities where we add value to the quality of life for everyone.

*Happy New Year!*

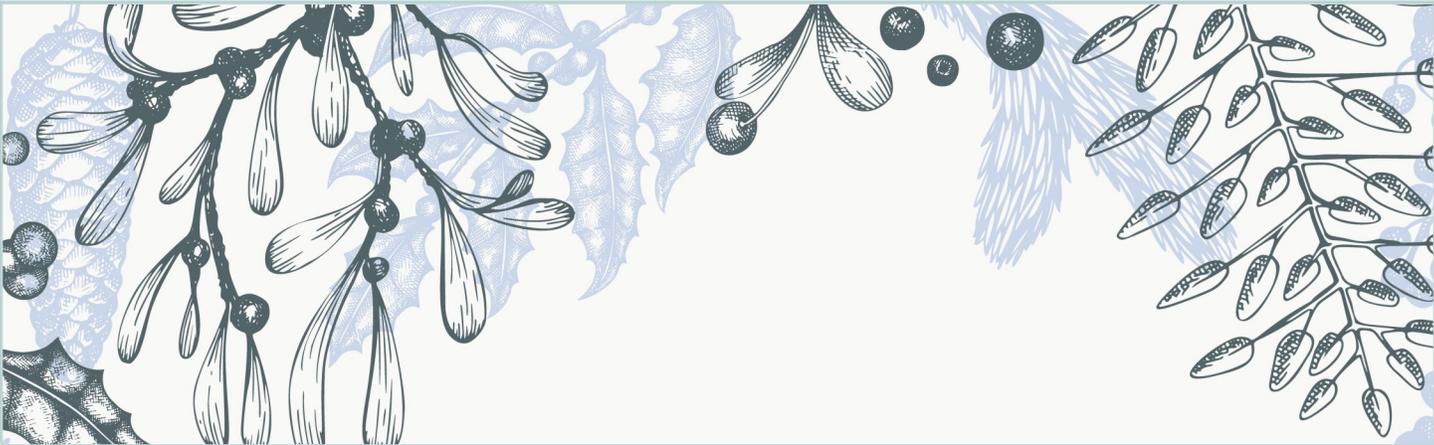


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 Caring for Caregivers

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## Dane County COVID-19 Aging Network Status

As we close out another year of the pandemic and all the challenges associated with it, let's embrace a fresh new year and plan for more successes. In collaboration with Public Health Madison & Dane County (PHMDC), the Dane County Aging Network has worked hard to ensure older adults continue to live safely and independently in their homes—focusing our collective efforts to provide COVID-19 vaccinations and boosters while providing food and combating social isolation. The good news: as of this writing, 75.7% of older adults (age 65+) have received a booster shot or a third dose after being fully vaccinated. However, our challenges continue and thus our patience is running thin as the pandemic has lasted much longer than ever expected. Although the virus keeps evolving and new variants keep emerging (ex. Delta, Omicron), we have more tools to fight the variant today than ever before. With emerging strains of SARS-CoV-2, it is essential to get vaccinated, get your booster when eligible, and continue public health practices. As you begin participating in the recently opened Focal Point activities, please keep in mind vaccination combined with public health practices (such as wearing a mask, testing, and staying home when sick) can help stop the spread of COVID-19.

PHMDC and the Dane County Aging Network will continue to band together to fight this disease. Please stay the course and be patient—wear face masks and get your boosters!

The idea of coming together as one by summer brings new hope for all.

Sincerely,

*Cheryl Batterman*  
Area Agency on Aging Manager  
Dane County

*Sridevi Mohan*  
Epidemiologist  
Public Health Madison & Dane County





# CAREGIVER TELECONNECTION



[www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)



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

**Monday**  
**January 10**

1:00 pm Eastern  
12:00 pm Central  
11:00 am Mountain  
10:00 am Pacific

**Who Me, I'm Just Stressed: Out: When Caregiver Stress May be Anxiety, Depression, or Both with Laura Wolf, PhD** *In the past year or so mental health has been discussed more openly. The differences between stress, anxiety, and depression can be confusing. How do you know when feeling overstressed may be anxiety or depression? What about the mental health of the person you care for? Learn about the symptoms of depression and anxiety and how they are diagnosed and treated. Identify resources. **\*Sponsored by the North Central Texas Caregiver Teleconnection\*\****

**Tuesday**  
**January 11**

11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific

**Caregiving and COVID - Updated for 2022 with Dr. Elliot Montgomery Sklar and Lucy Barylak MSW** *As the COVID pandemic continues and we face new challenges with the Omicron variant, we'll discuss caregivers concerns. The session will be an open form to address your questions, and to learn tips on how to manage our new reality.*

**Tuesday**  
**January 18**

12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific

**Online-Care at Home with Tam Cummings, PhD** *Join Tam Cummings, PhD, noted gerontologist who is dedicated to helping caregivers understand dementia, as she discusses what caregivers need to know when caring for a loved one at home.*

**Thursday**  
**January 20**

11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific

**Dear Lucy with Lucy Barylak, MSW** *It can be hard to know what to do when a loved one with dementia displays inappropriate sexual behaviors. Join Lucy Barylak, MSW as she shares tips on how to respond, and what caregivers need to know and do.*

**Friday**  
**January 21**

11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific

**Como prosperar como cuidador de su familiar enfermo con Cindy Robles con Caregiver SOS** *El camino del cuidado a menudo está lleno de desafíos difíciles y emociones intensas. Para ayudar a manejarlo, compartiremos sugerencias para prosperar como un cuidador de un familiar enfermo.*

**Tuesday**  
**January 25**

12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific

**Online - How Exhausted Caregivers Can Regain Their Momentum with Bary J. Jacobs, Psy.D.** *Caregivers can get so wrapped up in completing their many caregiving tasks each day that they wear themselves out. Psychologist, author, and healthcare consultant Barry J. Jacobs, Psy.D. will talk about how prioritizing relationships over tasks can rekindle energy for continuing to be a devoted caregiver.*

**Thursday**  
**January 27**

2:00 pm Eastern  
1:00 pm Central  
12:00 pm Mountain  
11:00 am Pacific

**Online - Take Your Oxygen first with Dr. James Huysman, PsyD, LCSW** *Join Jamie Huysman, PsyD, LCSW as he discusses the latest issues facing caregivers and how attendees can learn to "take their oxygen first" so that they can continue to provide the needed care to their loved ones*



**WELLMED**  
CHARITABLE FOUNDATION

**A program of the WellMed Charitable Foundation**

Register online [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free

## Cold Weather Safety: Simple Movement to Improve Stability and Balance

Fear of falling is significant for older adults as they age because the consequences can be serious. Snowy weather makes this apprehension worse, but hiding inside all winter isn't the ideal solution. With simple, yoga-based movements you can become stronger, more flexible, and maintain better balance.

The poses in the video below are easy to follow, and you don't need to have experience practicing yoga to do them. Some can be done at the kitchen sink, on the edge of a chair, or on the edge of your bed.

Avoiding going outdoors can result in less movement and more illness. This is especially important during the pandemic, when getting outside can present you with a safer way to exercise and interact.

*Adapted from Sixty & Me, article by Felicia Reid: <https://sixtyandme.com/yoga-based-poses-for-balance>. Accessed 12/22/21.*

Click here: <https://www.youtube.com/watch?v=HBZG5Lv3NY8&t=15s> or on the photo to access the video.

**NOTE:** When you first click the link or photo below, you may see an ad run first. In the bottom right hand corner you will receive a prompt to click in order to skip them.



**5 YOGA-BASED POSES THAT  
WILL HELP YOU OVERCOME  
YOUR FEAR OF FALLING  
(VIDEO)**

## Monthly MIPPA Moment:

### 2022 Medicare Costs and the Medicare Savings Programs

*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 Social Security Administration has announced a 5.9% Cost-of-Living Adjustment (COLA) increase for 2022 benefits. Conversely, the Centers for Medicare & Medicaid Services (CMS) recently announced the 2022 Medicare premiums, deductibles, and coinsurance amounts for Medicare Parts A and B are increasing. For example, the standard Part B monthly premium amount will increase from \$148.50 in 2021 to \$170.10 beginning in January of 2022 (higher costs apply if income is higher). The majority of Medicare beneficiaries do not pay a premium for Medicare Part A, Hospital services. If you don't qualify for premium-free Part A, you can buy Part A.

To help with Medicare costs, low-income beneficiaries may qualify for financial assistance from the **Medicare Savings Programs (MSPs)**. The MSPs help millions of Americans access high-quality health care at a reduced cost. The MSPs help pay Medicare premiums and may also pay Medicare deductibles, coinsurance, and copayments for those who meet the conditions of eligibility. People with Medicare interested in learning more can visit: <https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs>.

To see if you may qualify for the Medicare Savings Programs, apply online at [access.wi.gov](https://access.wi.gov), over the telephone at **1-888-794-5556**, by mail (<https://www.dhs.wisconsin.gov/library/F-10101.htm>), or in person with your local Medicaid agency. The local agency in Dane County is the **Capitol Consortium**, at 1819 Aberg Avenue, Madison, WI 53704. The Capitol Consortium can also send you an application and answer any questions you may have about the application or these programs if you call the number above.

*Adapted from: <https://www.cms.gov/newsroom/fact-sheets/2022-medicare-parts-b-premiums-and-deductibles2022-medicare-part-d-income-related-monthly-adjustment>. 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.*



**Did You Know? Malnutrition can cause muscle loss and dizziness and increase your risk of falls. 19% of independent older adults are at risk.**

You may be at risk if you are: losing weight without dieting, not getting enough to eat, losing muscle strength, have two or more chronic conditions, or not drinking enough fluids.

Join us for a 2-hour **STEPPING UP YOUR NUTRITION** Workshop to learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better and improve your health

**TWO WAYS TO PARTICIPATE:**

**IN PERSON:** Oregon Area Senior Center  
Thursday, January 20: 1-3 PM  
Cost: **FREE**

Register to Anne Stone  
608-835-5801 OR  
[astone@vil.oregon.wi.us](mailto:astone@vil.oregon.wi.us)

**VIRTUAL:** Zoom  
Monday, March 14: 1:30-3:30 PM  
Cost: **FREE**

Register to Shannon Gabriel  
608-261-5678 OR  
[Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com)



***Connecting People with the Assistance They Need***

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

**(608) 240-7400**

Website: [www.daneadrc.org](http://www.daneadrc.org)

Email: [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com)

Click on the button to follow the ADRC on facebook.





**Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?**

**Mind Over Matter: Healthy Bowels, Healthy Bladder** is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

### **What will I learn in the workshop?**

- ◆ Information about bladder and bowel control
- ◆ At-home techniques and exercises to help prevent or improve symptoms
- ◆ Tools to help you set goals and mark your progress

**Researched and proven to reduce bladder and bowel leakage!**

**This workshop will be held online via Zoom. Fridays at 1 – 3 PM**

**January 21, 2022**

**February 4, 2022**

**February 18, 2022**

**This workshop is *FREE*.**

**Suggested donation of \$20 to cover educational materials. All are welcome to join, regardless of your ability to donate.**

**To sign up, call (608) 512-0000 ext. 3002**