

JANUARY 2024

# CAREGIVER CHRONICLES

## BULLETIN

### Dane County Caregiver Program

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## Happy New Year!



## Caring for Caregivers Program 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.

The Caregiver Grants are for family caregivers ages 18+ (unpaid family members and friends providing care) whose care partner is not currently on a Medicaid longterm care program and who lives at home. Care partners must be fragile older adults ages 60+ or a person with dementia of any age. Services through the grant program are also available to grandparents and other older adult relatives (ages 55+) raising a relative child (18 and under) who lives with them; and older adult relative caregivers (including parents) of severely disabled adults ages (19—59) who live with them.

There is no income eligibility requirement for the grants but they are prioritized for caregivers with the greatest financial and social need.

### How to apply

Call 608-381-5733 and your name will be added to the list for scheduling assessments in January. You will receive a call from Jane De Broux or Kari Davis to schedule your assessment which is conducted by phone. The call typically lasts 30 minutes and during the discussion Jane or Kari will complete the application forms to submit for approval.

Caregivers are responsible for selecting the service to be paid by grant funding. While caregivers cannot be paid directly in 2024, caregivers may select a family member or friend to provide their service. Service providers invoice Dane County for payment.

## Can changing how you think about stress make you healthier?

Research shows the effects of ongoing stress over the course of a lifetime can be seen at the chromosomal level in just about every cell. Stress can result in chronic diseases, quicker aging, and dying younger.

Stress is also a reality of life. But when you feel stressed thinking of it as enhancing, rather than debilitating, can lessen the risk to your health and improve your productivity and performance. While intentionally increasing stress for performance is not recommended, working to reframe the way you think about stress can be helpful. Studies show the most severe health consequences result from stress when it coexists with the belief that the stress is debilitating.

Stanford Professor Kelly McGonigal offers an evidence-based view that reveals the upside of stress. It doesn't claim to get rid of stress but to "get better at it" by understanding, accepting, and using it to your advantage. Evaluating stress from this perspective has benefits that include increasing our energy and focus, and strengthening our personal relationships. Learn more about it from her Ted Talk:



Click [here](#) or on the photo above to watch the video.

**How you think and act can transform your experience of stress. When you choose to view your stress response as helpful you create the biology of courage. And when you choose to connect with others under stress, you can create resilience.**

—*Kelly McGonigal, PhD Stanford*

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

### REFERENCE:

NIH National Library of Medicine: Does the perception that stress affects health matter? The association with health and mortality. doi: 10.1037/a0026743. Epub 2011 Dec 26



Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home.

—*Edith Sitwell, poet*

# Monthly MIPPA Moment: Medicare Savings Programs

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

To help with Medicare costs, low-income beneficiaries may see if they qualify for financial assistance from Medicaid with the Medicare Savings Programs (MSPs). These income-based programs help millions of Americans access health care at a reduced cost. MSPs help pay **Medicare premiums and may 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 one of the multiple 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. See: <https://www.dhs.wisconsin.gov/publications/p1/p10062.pdf> for more information.

Adapted from [Medicareinteractive.org](https://www.medicareinteractive.org).

**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.**

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## Moving Forward:

*Grief and Ambiguous Loss Associated with Dementia Caregiving*

**Caring for someone living with dementia is difficult. Caregivers face many challenges including the daily changes and losses of their loved one. This 16-week psychoeducational support group will assist caregivers in finding support, processing their feelings and developing the skills to cope.**

*This virtual, 16-week group begins Monday January 8, 2024 at 2pm. This will be a closed group after week 2.*

Cofacilitated by the Rock & Marquette County ADRCs

Registration is required by January 5, 2024.

To register or for more information, please contact Karen at 608/741-3615 or Melissa at 608/297-3148.



**Program is free and open to anyone in Wisconsin.**

# ≡ 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. In-Person seminars have limited space so sign up early.

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

**January 13, 2024** Virtual Seminar  
Email AAA@countyofdane.com  
to register by 1/5/24

**March 16, 2024** In-Person  
Location TBD  
Email AAA@countyofdane.com  
to register by 3/8/24

**May 11, 2024** Virtual Seminar  
Email AAA@countyofdane.com  
to register by 5/3/24

**July 13, 2024** In-Person  
Location TBD  
Email AAA@countyofdane.com  
to register by 7/3/24

**September 14, 2024** Virtual Seminar  
Email AAA@countyofdane.com  
to register by 9/6/24

**November 16, 2024** In-Person  
Location TBD  
Email AAA@countyofdane.com  
to register by 11/8/24



## 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

**Tuesday January 2** 2:00 pm Eastern  
1:00 pm Central  
12:00 pm Mountain  
11:00 am Pacific  
**Ask Dr. Tam Questions with Tam Cummings, PhD** *What kind of questions do you have about dementia? As a caregiver, how do you survive the journey? Dr. Tam Cummings will focus on how to manage the stress that may have happened during the holidays. She will also answer any questions you have about dementia. **\*\*Sponsored by VITAS Healthcare\*\****

**Monday January 8** 1:00 pm Eastern  
12:00 pm Central  
11:00 am Mountain  
10:00 am Pacific  
**Ambiguous and Anticipatory Grief with Hollie Glover, LPC, NCC** *Learn about ambiguous and anticipatory grief and the emotional impact? How does it relate to individuals and families of people with a diagnosis of dementia? Learn how to cope with grief, loss, and the bereavement of ambiguous and anticipatory grief. **\*\*Sponsored by the North Central Texas Caregiver Teleconnection\*\****

**Thursday January 11** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific  
**Dear Lucy: Dementia and Inappropriate Sexual Behaviours with Lucy Barylak, MSW** *Inappropriate sexual behaviors are a disturbing thing that can happen when someone has dementia. It can be one of the most challenging behaviors for caregivers. The session will address this issue with tips for caregivers on how to manage the behavior and have a better understanding of why this could happen.*

**Tuesday January 16** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific  
**Una guía como vivir con la enfermedad de Alzheimer con Dr Nestor H Praderio** *El Dr. Néstor Praderio, M.D. realizará una presentación a fondo para los cuidadores de un ser querido con la enfermedad de Alzheimer. Conozca los numerosos roles que asumen los cuidadores a lo largo de las etapas de evolución de la enfermedad. Obtenga un mejor entendimiento sobre la enfermedad de Alzheimer y sus desafíos tanto desde la perspectiva del cuidador como del paciente*

**Tuesday January 23** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific  
**How to Manage your Expectations as a caregiver with Barry J. Jacobs, PsyD** *In this session led by Barry J. Jacobs, PsyD., a clinical psychologist, author, and healthcare consultant, we'll look at the advantages and disadvantages for caregivers of having expectations about others to attempt to answer the question, "Would I be better off expecting nothing."*

**Tuesday January 30** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific  
**Caring can be Rewarding, but Stressful: How to Build on the Positives with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW** *Caregivers often feel like so much is out of their control, but that's not always the case. This program will focus on the positive aspects of caregiving and ways to take control of what is possible.*



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