

January 2025

# CAREGIVER CHRONICLES

BULLETIN



## Dane County Caregiver Program

Jane De Broux  
Caregiver Specialist



## Dane County Caregiver Program National Family Caregiver Support Program Grants

Happy New Year!

If you are a caregiver interested in applying for the Dane County Caregiver Program grants in 2025 there are changes to the application process.

National Family Caregiver Support Program Grants (NFCSP) administered through the Dane County Caregiver Program begin with the new program year on January 1, 2025. This year, funds provided by the American Rescue Plan Act have expired and we begin the year with a budget that reflects pre-Pandemic levels of funding.

The need for grants continues to grow, particularly as the last of the Baby Boomers turned 60 in 2024 and our 85+ population is growing rapidly, increasing both the number of caregivers and the degree of assistance required by their care partners. There are also increasing numbers of grandparents and older relative caregivers ages 55+ raising children 18 and under who live with them, reflecting broader social changes and challenges.

At the end of 2024, we still had a significant list of caregivers on our waitlist who had not received a grant before funds ran out. This year, I will begin contacting those caregivers first for assessments.

If you are new to the NFCSP grant program, we will add you to the list of caregivers requesting an assessment beginning in January. Caregivers who received a caregiver grant in 2024 may apply again in 2025 but won't be contacted until later in the year (in the order we received the grant request).

## Supporting More Sustainable Caregiving

In 2025, we will work toward improving caregiver resilience by offering activities that support sustainable caregiving. By that we mean helping

*(continued on page 2)*

(continued from page 1)



caregivers plan for the long term using resources in addition to grant funding. Contacting caregiver grant recipients for an additional check-in will help ensure caregivers connect with other programs and resources available to them.

In 2025, *Caregiver Chronicles* will also highlight local resources and promote those that benefit caregivers.

—Jane DeBroux, Caregiver Specialist



## Virtual Alzheimer’s Education Series January - March 2025



To register: click on the title of program or call our 24/7 Helpline at 800.272.3900



Join us for our free monthly Virtual Education Series.  
Recordings will be emailed to all registered participants.

**Thursday, January 16, 12 - 1 PM** [Link](#)  
**Advancing the Science: The Latest in Alzheimer’s and Dementia Research**

Alzheimer’s Association Education Program  
Alzheimer’s disease is an escalating health crisis, yet significant progress in Alzheimer’s research has led to advancements in diagnosing, treating and preventing dementia. Join us to learn about the latest in Alzheimer’s research and treatments and how we’re leading the way to find a cure.

**Wednesday, January 8, 2 - 3 PM** [Link](#)  
**StrongBodies: Lifting People to Better Health**

April Anderson: UW-Madison Health & Well-Being Instructor  
Do you want to increase your balance, flexibility, and muscle strength? If so, please join us to learn all about the StrongBodies strength training program. April will provide a live demonstration of the exercises, and you will have the opportunity to participate right along with her! Grab some light weights or even soup cans if you’d like to join in the fun!

**Tuesday, February 11, 12 - 1 PM** [Link](#)  
**Understanding Alzheimer’s & Dementia**

Alzheimer’s Association Education Program  
Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, what happens in a brain affected by Alzheimer’s, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer’s Association resources.

**Friday, February 21, 10 - 11 AM** [Link](#)  
**Hospice and Palliative Care for Those Living with Dementia**

Deanna Rymaszewski: Clinical Educator & Social Worker at Agrace  
This session will explore how hospice and palliative care support the unique needs of people with dementia, focusing on comfort, dignity, and quality of life. Topics include symptom management, caregiver support, and the Medicare Hospice Benefit. Ideal for healthcare professionals, families, and caregivers.

**Tuesday, March 18, 6 - 7 PM** [Link](#)  
**Ten Warning Signs of Alzheimer’s**

Alzheimer’s Association Education Program  
Join us to learn about common signs of Alzheimer’s and dementia, typical age-related changes, how to approach someone about memory concerns, early detection and benefits of diagnosis, and Alzheimer’s Association resources.

**Tuesday, March 4, 10 - 11 AM** [Link](#)  
**Balancing Risk & Independence In Dementia Care**

Sheri Fairman: Owner of Dementia Care Solutions  
When should they stop driving? How do I keep them from leaving home unexpectedly? When do I need to look for a long term care community? These questions and more are explored as we talk about maintaining independence and evaluating risk in the day to day for people living with dementia.

To register: click on each title above or call our 24/7 Helpline at 800.272.3900

**Monthly MIPPA Moment:**

**Annual Medicare Advantage Open Enrollment Period (MA-OEP)**

The Medicare Advantage Open Enrollment Period (MA-OEP) runs every January 1 through March 31 alongside the annual General Enrollment Period (GEP). The GEP is to get into Original Medicare (Parts A & B). However, the MA-OEP is a time when you can make changes to an existing Medicare Advantage plan. If you have a Medicare Advantage plan, here are the only actions you can take during the MA-OEP:

- If you're already in a Medicare Advantage plan (with or without drug coverage), you can switch to another Medicare Advantage plan (with or without drug coverage).
- You can drop your Medicare Advantage plan and return to Original Medicare. You'll also be able to join a separate Medicare drug plan.

New advantage plan coverage would start the first day of the month after you apply/drop a plan. The MA-OEP period does NOT allow people to switch from Original Medicare to an Advantage plan, join a drug plan, or switch from a drug plan to another if they only have Original Medicare.

Remember, Wisconsin's Medicaid program may be able to help pay for certain Original Medicare costs if you are eligible to enroll in a "Medicare Savings Program," even if you are in an Advantage Plan. Medicare Savings Programs are for those who receive Medicare benefits and who have limited countable income and assets. You can apply online at [access.wi.gov](http://access.wi.gov), over the telephone, by mail, or in person with your local agency. To find the address or phone number for your agency, go to [www.dhs.wisconsin.gov/forwardhealth/resources.htm](http://www.dhs.wisconsin.gov/forwardhealth/resources.htm) or call Member Services at 800-362-3002.

*Adapted from Adapted from cms.gov*



**For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.**

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# 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 18, 2025 Virtual**  
Email [AAA@danecounty.gov](mailto:AAA@danecounty.gov) to register by 1/10/25

**July 26, 2025 In-Person**  
Location TBD  
Email [AAA@danecounty.gov](mailto:AAA@danecounty.gov) to register by 7/18/25

**March 15, 2025 In-Person**  
Location TBD  
Email [AAA@danecounty.gov](mailto:AAA@danecounty.gov) to register by 3/7/25

**September 13, 2025 Virtual**  
Email [AAA@danecounty.gov](mailto:AAA@danecounty.gov) to register by 9/5/24

**May 17, 2025 Virtual**  
Email [AAA@danecounty.gov](mailto:AAA@danecounty.gov) to register by 5/9/25

**November 15, 2025 In-Person**  
Location TBD  
Email [AAA@danecounty.gov](mailto:AAA@danecounty.gov) to register by 11/7/25



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

Free Learning Sessions Online! or on your phone

Date Time Topic A LEADING VOICE FOR CAREGIVERS

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

**Thursday January 9** 11:00 am Eastern / 10:00 am Central / 9:00 am Mountain / 8:00 am Pacific **Toileting, Urinary Incontinence and Dementia with Lucy Barylak, MSW** *The session will focus on what factors contribute to incontinence issues experienced by individuals with dementia. Tips on why this may happen and how to manage these challenges. Lucy will also discuss the risk factors for the person living with dementia and what caregivers need to know.*

**Monday January 13** 1:00 pm Eastern / 12:00 pm Central / 11:00 am Mountain / 10:00 am Pacific **Depression and Anxiety in Family Caregivers and Older Adults with Sherri J. Chappell-Pratt, LCSW** *An in depth conversation on managing depression and anxiety for caregivers and those they love. **\*\*Sponsored by the North Central Texas Caregiver Teleconnection\*\****

**Tuesday January 14** 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 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 21** 12:00 pm Eastern / 11:00 am Central / 10:00 am Mountain / 9:00 am Pacific **How to Handle Caregiver Self-Doubts and Low Self-Esteem with Barry J. Jacobs, PsyD** *Inexperienced family caregivers are often unsure about how to fulfill their new roles. But even seasoned caregivers may be wracked with self-doubts and low self-esteem about their capabilities. In this webinar with clinical psychologist and author, Barry J. Jacobs, Psy.D., we'll discuss ways of developing greater self-appreciation and confidence as a worthy family caregiver.*

**Tuesday January 28** 11:00 am Eastern / 10:00 am Central / 9:00 am Mountain / 8:00 am Pacific **Aging Issues & the Law (ESPL & Probate with a little Medicaid info) with Brennen Boze, Attorney** *In addition to the various difficulties life throws at us, there are a host of legal issues that uniquely affect older adults. Learn the basics of estate planning, probate, and long-term care planning at this presentation.*



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



# ALZHEIMER'S ASSOCIATION® WISCONSIN SUPPORT GROUPS

## What is an Alzheimer's Association Support Group?

A support group is a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or other dementia. Meetings typically take place monthly, and are always free and open to the public.

### TO REGISTER:

800.272.3900, [alz.org/crf](http://alz.org/crf)  
Español 414.431.8811

### STATEWIDE VIRTUAL SUPPORT GROUPS

Caregiver Support Group - Living at a Facility.....	3rd Wednesday.....	10 - 11:30 a.m.
Caregiver Support Group - Early Stages .....	4th Tuesday .....	10 - 11:30 a.m.
Caregiver Support Group - Frontotemporal dementia (FTD) .....	3rd Wednesday .....	6 - 7:30 p.m.
For those living w/ mild cognitive impairment or early-stage dementia .....	2nd Wednesday .....	10 - 11:30 a.m.

### LOCAL IN-PERSON CAREGIVER SUPPORT GROUPS

\*for spouses of those living with younger-onset dementia  
\*\*early stage group for caregivers & their loved ones living with dementia

Amery .....	Amery Community Center .....	1st Wednesday .....	10 - 11:30 a.m.
Antigo .....	Rosalia Gardens Adult Day Center .....	2nd Monday .....	5 - 6 p.m.
Ashland .....	Life Enrichment Center .....	3rd Thursday .....	2 - 3:30 p.m.
Black River Falls .....	Interfaith .....	2nd Thursday .....	2 - 3 p.m.
Chippewa Falls .....	Central Lutheran Church .....	2nd Thursday .....	1 - 2:30 p.m.
Dousman .....	Riverside Lodge .....	4th Thursday .....	6 - 7:30 p.m.
Dresser .....	Peace Lutheran Church .....	3rd Tuesday .....	2 - 3:30 p.m.
Eagle River .....	ADRC of Vilas County .....	3rd Thursday .....	10:30 - 11:30 a.m.
Fond du Lac .....	Agnesian Adult Day Care .....	2nd Tuesday .....	1:30 - 2:30 p.m.
Fond du Lac .....	Fond du Lac Senior Center .....	4th Thursday .....	6:30 - 7:30 p.m.
Gillett .....	Community Center .....	1st Monday .....	2 - 3 p.m.
Green Bay .....	New Curative .....	4th Wednesday .....	2:30 - 3:30 p.m.
Green Bay .....	Woodside Lutheran Home .....	3rd Tuesday .....	1:30 - 2:30 p.m.
Greenfield .....	Clement Manor .....	3rd Monday .....	2 - 3 p.m.
Janesville .....	Cedar Crest Senior Living .....	3rd Thursday .....	6 - 7 p.m.
Kaukauna .....	Hybrid/St. Paul Elder Services .....	3rd Tuesday .....	4 - 5 p.m.
* Kaukauna .....	Hybrid/St. Paul Elder Services .....	3rd Tuesday .....	6 - 7 p.m.
Keshena .....	FACE Center .....	4th Monday .....	1 - 2 p.m.
** Kewaunee .....	ADRC Kewaunee .....	1st Wednesday .....	2 - 3 p.m.
Lakewood .....	Lakes Country Public Library .....	1st Wednesday .....	2 - 3 p.m.
Luxemburg .....	Hybrid/St. John Lutheran .....	3rd Thursday .....	9:30 - 11 a.m.
Madison .....	Capitol Lakes .....	2nd Tuesday .....	10:30 - 11:30 a.m.
Madison .....	Vista West .....	3rd Wednesday .....	10:30 a.m. - 12:30 p.m.
** Manitowoc .....	ADRC Manitowoc .....	1st Tuesday .....	10 - 11:30 a.m.
Medford .....	Medford Senior Center .....	2nd Friday .....	6 - 8 p.m.



# ALZHEIMER'S ASSOCIATION® WISCONSIN SUPPORT GROUPS

### LOCAL IN-PERSON CAREGIVER SUPPORT GROUPS

\*for male caregivers +Parkinson's & memory changes  
\*\*for female caregivers

Mequon .....	Crossroads Presbyterian .....	3rd Tuesday .....	5 - 6:30 p.m.
Milwaukee .....	St. Ann Center .....	1st Wednesday .....	1 - 2 p.m.
Minocqua .....	Minocqua Public Library .....	2nd Monday .....	10 - 11:30 a.m.
Monona .....	Monona Senior Center .....	3rd Tuesday .....	11 a.m. - 12:30 p.m.
New Berlin .....	New Berlin Public Library .....	1st Tuesday .....	6:30 - 8 p.m.
Oconomowoc .....	Towner Crest Presbyterian Church .....	1st Tuesday .....	6 - 7 p.m.
Oconomowoc .....	St. Jerome Catholic Church .....	1st Wednesday .....	6:30 - 8 p.m.
Oconomowoc .....	Shorehaven .....	1st & 3rd Tuesday .....	10 - 11:30 a.m.
Oconto Falls .....	ADRC of Oconto Falls .....	1st Monday .....	10 - 11 a.m.
Oshkosh .....	Bethel Homes .....	1st Thursday .....	1:30 - 2:30 p.m.
Park Falls .....	The Waterford at Park Falls .....	3rd Tuesday .....	12:30 - 2 p.m.
Pewaukee .....	Pewaukee Public Library .....	2nd Tuesday .....	9:30 - 11 a.m.
Phillips .....	First Presbyterian Church .....	3rd Wednesday .....	12:30 - 2 p.m.
Prescott .....	Joy Lutheran Church .....	4th Wednesday .....	1:30 - 3 p.m.
Rhineland .....	ADRC of Oneida County .....	3rd Thursday .....	1 - 2:30 p.m.
* River Falls .....	Ezekiel Lutheran Church .....	1st Wednesday .....	1 - 2:30 p.m.
River Falls .....	St. Bridget Catholic Church .....	2nd Friday .....	9:30 - 11 a.m.
Schofield .....	Covenant Comm Presbyterian .....	4th Tuesday .....	9 - 10:30 a.m.
Shawano .....	The Daily Drip .....	4th Wednesday .....	1 - 2 p.m.
+ Shawano .....	Shawano Municipal Building .....	2nd Tuesday .....	10 - 11:30 a.m.
* Sheboygan Falls .....	Sheboygan Falls Public Library .....	2nd Wednesday .....	5:30 - 7 p.m.
Sheboygan Falls .....	ADRC of Sheboygan County .....	3rd Monday .....	3 - 4 p.m.
Siren .....	Bethany Lutheran Church .....	1st Thursday .....	10 - 11:30 a.m.
Sparta .....	ADRC of Monroe County .....	3rd Friday .....	1 - 2 p.m.
Spooner .....	Trinity Lutheran Church .....	1st Monday .....	9 - 10:30 a.m.
Stoughton .....	Stoughton Senior Center .....	2nd Thursday .....	2 - 3:30 p.m.
Suamico .....	St. Edwards & Isadore Parish .....	3rd Monday .....	10:15 - 11:30 a.m.
Sun Prairie .....	Colonial Club Senior Center .....	4th Thursday .....	2 - 3:30 p.m.
Verona .....	Verona Senior Center .....	3rd Wednesday .....	10 - 11 a.m.
Washburn .....	Washburn Public Library .....	Last Thursday .....	1 - 2:30 p.m.
Waunakee .....	Brightstar Senior Living .....	2nd Wednesday .....	10:30 - 11:30 a.m.
Waunakee .....	Waunakee Senior Center .....	1st Tuesday .....	2 - 4 p.m.
Wausau .....	St. Andrew Lutheran Church .....	2nd Tuesday .....	9 - 10:30 a.m.
Wauwatosa .....	Lutheran Home & Hardwood Place .....	3rd Monday .....	10 - 11:30 a.m.
Wauwatosa .....	Lutheran Home & Hardwood Place .....	3rd Monday .....	1:30 - 3 p.m.
** West Allis .....	First United Methodist .....	2nd Monday .....	6 - 7:30 p.m.
West Bend .....	Cedar Cottages .....	2nd Wednesday .....	1 - 3 p.m.
Whitefish Bay .....	United Methodist Church .....	3rd Thursday .....	1:30 - 3 p.m.
Wisconsin Rapids .....	Centralia Center - Brehm Room .....	2nd Wednesday .....	9:30 - 11 a.m.