

# Caregiver Chronicles



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## Aging Unbound

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging.

Here are some ways we can all participate in *Aging Unbound*:

### **Embrace the opportunity to change**

Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

### **Explore the rewards of growing older.**

With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

*(continued from page 1)*

### **Stay engaged in your community**

Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

### **Form relationships**

As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

*—Administration for Community Living*

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*The longer I live the  
more beautiful life  
becomes.*

*—Frank Lloyd Wright*

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## **Monthly MIPPA Moment: May is Mental Health Awareness Month**

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

May is Mental Health Awareness Month, which aims to raise awareness about mental health issues and reduce the stigma surrounding mental illness. One important aspect of mental health awareness is the promotion of depression screenings. Depression is a common and treatable mental health condition that affects millions of people each year. Screening for depression can help identify individuals who may be at risk and connect them with appropriate treatment and resources. Medicare covers a wide range of medical services, including preventative services, mental health services, and prescription drugs. Mental health services covered by Medicare may include counseling, psychotherapy, and medication management.

As mental health awareness continues to grow, Medicare has become an important resource for those seeking affordable and accessible mental health care. Medicare offers free depression screenings under Part B for eligible beneficiaries, making it easier for individuals to access this important preventative service. Talk to your provider about your Medicare covered preventative screening or other services. See: <https://www.medicare.gov/coverage/depression-screening>

Adapted from CMS.gov. 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.

# STATE of WISCONSIN



OFFICE of the GOVERNOR

## Proclamation

*WHEREAS*; the state of Wisconsin values the time, talent, and life experiences that its aging and older adults provide to their communities and society; and

*WHEREAS*; whether by serving as caregivers for family and community members in need, by volunteering in their local communities, or by providing leadership and knowledge to future generations, older adults make countless contributions to the state; and

*WHEREAS*; the state of Wisconsin strives to build strong and vibrant communities that encourage, engage, and support aging and older Wisconsinites in pursuing personal interests and social activities that promote vitality, independence, and aging with dignity, choice, and respect; and

*WHEREAS*; the state of Wisconsin remains committed to helping all individuals live longer, healthier lives in the communities of their choice for as long as possible while dismantling systems and barriers that create a disproportionately poorer quality of life for historically underserved populations; and

*WHEREAS*; the theme of this year's Older Americans Month, "Aging Unbound," recognizes the diverse experiences of aging and older adults and promotes a flexible understanding of aging that rejects stereotypes; and

*WHEREAS*; this month, the state of Wisconsin celebrates all aging and older Wisconsinites for their vision, wisdom, advocacy, hard work, and volunteerism and reaffirms its commitment to assisting them in managing their health by supporting them and those who care for them;

*NOW, THEREFORE*, I, Tony Evers, Governor of the State of Wisconsin,  
do hereby proclaim May 2023 as

### OLDER AMERICANS MONTH

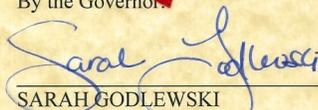
throughout the State of Wisconsin and I commend this observance  
to all our state's residents.



IN TESTIMONY WHEREOF, I have  
hereunto set my hand and caused the  
Great Seal of the State of Wisconsin  
to be affixed. Done at the Capitol in  
the City of Madison this 14<sup>th</sup> day of  
April 2023.

  
TONY EVERS  
GOVERNOR

By the Governor,

  
SARAH GODLEWSKI  
Secretary of State



# CAREGIVER TELECONNECTION

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



## 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 May 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 cover quick stress relief tips and answer any questions you have about dementia. **\*\*Sponsored by VITAS Healthcare\*\****

**Monday May 8** 1:00 pm Eastern  
12:00 pm Central  
11:00 am Mountain  
10:00 am Pacific  
**Self-Care and Mindfulness with Zanda Hilger, LPC** *Self-care means all the ways that family caregivers can manage their stress and wind down from the demands of caregiving. You read about it and you hear about it, but far too often we have to be reminded about taking care of our needs. When we are tired or stressed, we don't know where to start, even if we give ourselves the time. Find something that works for you, but learn a variety of techniques. **\*\*Sponsored by the North Central Texas Caregiver Teleconnection\*\****

**Tuesday May 9** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific  
**Demencia y dinámica familiar con Dr. Nestor H Praderio** *Los elementos centrales de una unidad familiar fuerte incluyen confianza, respeto, empatía, crianza y amor. Las relaciones familiares pueden ser extremadamente complejas y confusas. El constante tira y aljoja de tiempo, energía y resolución en la creación de una familia amorosa es bastante arduo. Combine estas luchas "rutinarias" con la de cuidar a un ser querido con demencia y habrá entrado en un reino completamente nuevo de dinámica familiar.*

**Thursday May 11** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific  
**What You Need To Know About Medications: The benefits and risks for Seniors and Caregivers with Lucy Barylak, MSW** *The session will cover a variety of topics around medication safety. She will explore some potential side effects, how some medications can increase the risk of falls, how medications can interact with each other and many more topics. Please come with your questions as this will be an interactive session. Also, a workbook will be provided for those who request one. At the end of this session, Lucy will stay on the line and offer personal support.*

**Tuesday May 16** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific  
**Frontotemporal Degeneration: What it is, What it isn't and What are the Signs and Symptoms with Sharon Hall** *You may have recently heard in the news about the FTD diagnosis for actor Bruce Willis. This dementia is highly misunderstood, even in the medical community, and takes families up to 4 years to get a proper diagnosis. She will explain what signs show up first, how to get an accurate diagnosis, and what to do after you receive the diagnosis.*

**Wednesday May 17** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific  
**Tips for Aging in Place with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW** *This program explores available resources and ways for seniors to make small home modifications that can support aging in place with consideration to joints, vision, balance and falls prevention. At the end of this session, Elliot and Lucy will stay on the line and offer personal support.*

**Thursday May 18** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific  
**Caring for Someone with Mental Health Issues with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW** *Data shows that we have an increase in anxiety, depression, addiction and other mental health issues. We may not even realize that we live with or care for someone with mental health issues. This session will provide a forum for caregivers to discuss their experiences and to learn about handling tough situations. At the end of this session, Elliot and Lucy will stay on the line and offer personal support.*

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  
May 18

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

**Aging and Sexual Expression with Dr. Natalee Oliver, DSW** *Sexuality is alive and well for persons aged 65 and over. How it is expressed may change, but the need for intimacy is still there. Whether your significant other has dementia or other health concerns, there is still hope. Join Dr. Natalee Oliver, DSW as she discusses myths, stigma and barriers to sexual expression as well as coping strategies to provide support for this very basic human need.*

Tuesday  
May 23

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

**Coping with the Caregiver Role with Evalyn Greb, LCSW** *Finding yourself in the role of a caregiver is a challenging experience. Coping strategies, including planning for the future, can help your life stay balanced. The presentation will include an outline of sorts for success. Other participants will help us all with additional ideas and suggestions!*

Wednesday  
May 24

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

**Degeneración Frontotemporal: Qué es, Qué no es y Cuáles son los Signos y Síntomas with Zahydie L. Burgos Ribot PsyD** *Es posible que haya escuchado recientemente en las noticias sobre el diagnóstico de FTD (demencia frontotemporal) para el actor Bruce Willis. Esta demencia es muy incomprensible, incluso en la comunidad médica, y las familias tardan hasta 4 años en obtener un diagnóstico adecuado. Ella le explicará qué signos aparecen primero, cómo obtener un diagnóstico preciso y qué hacer después de recibir el diagnóstico.*

Thursday  
May 25

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

**Disaster Preparedness for Caregivers with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW** *Planning is a key to prepare for and make it through all kinds of disasters which affect seniors, vulnerable populations, and caregivers uniquely. This session will outline key preparedness plans to maintain safety. At the end of this session, Elliot and Lucy will stay on the line and offer personal support.*

Thursday  
May 25

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

**An Introduction to the World of Emotional Intelligence with Jamie Huysman, PsyD, LCSW** *Join Dr. Jamie as he talks about emotional intelligence and how it can help caregivers lessen burnout, become more self-aware and become the powerhouse Super Heroes for their loved ones, and most importantly, themselves before, during and after their caregiving journey*

Tuesday  
May 30

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

**'Who Cares: The Hidden Crisis of Caregiving and How We Solve it' with Emily Kenway** *As caregivers, we can feel alone and invisible. But there are millions of people just like us around the world. In this talk, Kenway introduces her forthcoming book, 'Who Cares: the hidden crisis of caregiving and how we solve it'. We'll find out what care is like in other countries and how, no matter how alone we might feel, we have allies everywhere calling for change.*



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



*It's finally time...*

### For Senior Farmers' Market Vouchers!

New this year:

- The voucher sets increased from \$25 to \$35.
- Vouchers are available per person instead of per household. Each person age 60+ can receive their own set of vouchers.

Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing \$35 in fruit, vegetables, or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2023 growing season (June 1—October 31).

The vouchers are distributed on a first come/first serve basis to those **age 60+**, who live in Dane County, and have gross incomes under \$26,973 per year (or \$2,248/month) for a one person household and \$36,482 per year (or \$3,041/month) for a two person household. New this year: One set of vouchers is available per person.

Distribution of farmers' market vouchers will be done by mail. Individuals that received vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678 or [Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com). Applications will be mailed during the week of May 8<sup>th</sup>. Once we receive and approve your application, vouchers will be mailed starting on June 1<sup>st</sup>.

*"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."*





The Aging and Disability Resource Center (ADRC) of Dane County provides information about resources and support on all aspects of life related to aging or living with a disability. The ADRC is a one-stop shop for older adults, people with disabilities, their caregivers and families.

ADRC staff are unbiased and knowledgeable professionals who listen to your concerns, help clarify your options and direct you to appropriate resources.



**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)



## Embracing families in their journey with memory loss and dementia

*A virtual community conversation presented in Spanish*

**Wednesday, May 17, 2023**  
**5:30 - 7 p.m.**

If you are taking care of someone with memory issues, this conversation is for you.

- Hear about the experiences of family caregivers
- Learn how Hispanic and Latino families are at greater risk for dementia related diseases
- Find out about ways to reduce risk and be healthier
- Learn about the ways to support people with memory loss and those who care for them

This is a no-cost presentation.

[Register Online](#)

You can also register by sending an email to Paula Hernandez at [phernandez@alz.org](mailto:phernandez@alz.org) or Virginia Zerpa at [vzerpa@alz.org](mailto:vzerpa@alz.org). Questions please call (952) 857-0520 ext 1707.





# Feel Supported Here



**Are you or a family member dealing with Parkinson's disease?** Don't go it alone — sign up for our Parkinson's Support Group. When you participate in this monthly event, you'll have the chance to find comfort in connecting with people who are experiencing the same sorts of things you are. Share stories, tips and techniques, and remember that when you want to go far, go together.

## Brookdale Madison West

Assisted Living  
Alzheimer's & Dementia Care  
429 South Yellowstone Drive  
Madison, Wisconsin 53719

## ► Last Tuesday of every month

1 to 2 p.m.  
To RSVP or for more information, email  
Amber at [abormann@brookdale.com](mailto:abormann@brookdale.com)  
or call **(608) 234-2996**.

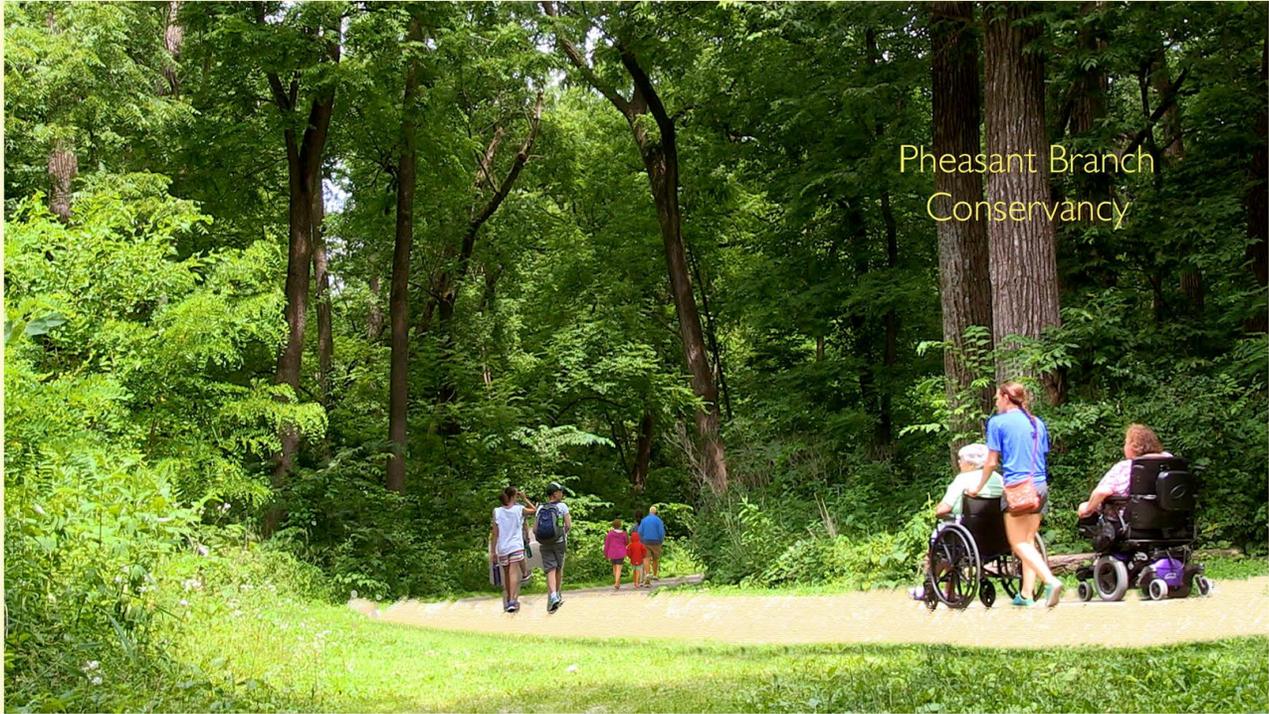
\*May be subject to certain safety precautions in accordance with the authority having jurisdiction over the community. Please contact us for details.

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[brookdale.com](http://brookdale.com)





Pheasant Branch  
Conservancy

# Trails Day: Celebrating the Outdoors

Saturday June 24, 2023

Noon - 3:00 pm

Orchid Heights Park in Middleton and Pheasant Branch Conservancy

Join us for a community-wide, inclusive, family event with interactive activities and short talks throughout the open lands of the Pheasant Branch Conservancy. We will have many stations and learn-as-you-go activities for all ages and abilities.

- Guided Hikes (short)
- Face Painting Artist
- Food Vendor
- Nature Learning Stations
- Community Resources Fair
- Children Books on Nature (free)
- Kite Flying Demonstrations
- Trash Lab
- Water Infiltration Lab



Hosted by the Friends of Pheasant Branch Conservancy, the City of Middleton Parks & Recreation and the Dane County Parks.

This is a free event and an open house concept - Come for the entire afternoon or parts of the program schedule. A full program schedule will be posted on host social media websites and in the local media sources several weeks prior to the event.





# FREE In-person Welcome to Medicare Seminar

*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.

**July 15, 2023  
9-11:30am**

**DeForest Area Community & Senior Center  
505 N Main St, DeForest, WI 53532**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) or call 608.261.9930  
to register by **7/7/23**

**Additional In-person  
Date: (Location: TBD)**

**November 11, 2023**





# Aging **UNBOUND**

**OLDER  
AMERICANS  
MONTH**



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**AGING UNBOUND: MAY 2023**

[acl.gov/oam](https://acl.gov/oam)

