

Caregiver Chronicles

February 2022



Caring for Caregivers

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



Area Agency on Aging Manager, Cheryl Batterman

Never doubt that a small group of thoughtful,
concerned citizens can change the world.
Indeed it is the only thing that ever has.

—Margaret Mead
American Cultural Anthropologist

Congratulations to Cheryl Batterman!



The cover quote by Margaret Meade is one of my all-time favorites. It reminds me why we do the work we do in human services, and I couldn't think of anyone in Dane County who brings those words to life better than Cheryl Batterman. Cheryl has led all manner of small groups of citizens to change the world—certainly here in Dane County. Over the course of her long career, she has led boards, staff, committees, work groups, volunteers, and others to accomplish great things for so many older adults and their families. She is retiring this month after 10 years of service at the Area Agency on Aging, and she leaves big shoes to fill. We will miss her.

During her 10-year tenure at the AAA, the Dane County Caregiver Program has grown and expanded as part of the agency she leads. As a caregiver herself, her vision for supporting older adults has included an understanding of the critical role caregivers play in helping older adults to age in place. Her influence has arguably been felt most broadly in the development and growth of the case management program, a partnership between Dane County government and geographically-defined senior centers and coalitions. The purpose of this partnership is to promote older adult independence for as long as possible. The organized groups of trained case management professionals support older adults by assessing their needs, and coordinating and monitoring community-based services. They refer caregivers to the *Caring for Caregivers* program and, as Caregiver Specialist, I work with them to support caregivers through respite and supplemental services.

Cheryl has understood the importance of collaboration and that we amplify our impact by working together. She's been a tireless advocate for marginalized communities and mentor to a large number of professionals beginning or changing their careers, many of whom continue to have an impact on the communities they serve in Dane County. *Caregiver Chronicles* is a product of Cheryl's encouragement and is influenced by her interest in illustration and design to enhance a message. Her sense of style (and sense of humor) is apparent in many of the communications she creates. I will miss her editing eye.

While she will no longer be heading up the Area Agency on Aging, Cheryl will remain a vibrant member of the community and aging network. Thank you, Cheryl, for all you do for caregivers in Dane County and beyond. We wish you all the best in your new adventures!



A handwritten signature in black ink that reads "Jane De Broux".

Jane De Broux
Caregiver Specialist
Dane County Area Agency on Aging

The logo for "Caring for Caregivers" features a red heart outline to the left of the text "Caring for Caregivers" in a serif font.

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Caring for Ourselves: Acknowledging and Honoring Loss without Closure

The Covid pandemic has slid into year three, and yearning for our old lives from the “before times” has reached a fever pitch. Moving forward with our mental health intact requires us to accept that our lives as they were before are gone. Eventually there will be positive developments to focus on and appreciate but first we need to mourn what we’ve lost. The video below is about the grief many of us are experiencing right now.

Click the photo to watch.



University of Minnesota Professor Emeritus, Pauline Boss, named the term for this experience “ambiguous loss” and invented a new field within psychology. Ambiguous loss is without the promise of resolution—it can’t be solved. It describes our own experience during the pandemic along with that of people all over the world.

Another example of ambiguous loss is for caregivers whose loved one has Alzheimer’s or dementia. Their loved one is physically there but the person, as they had known them, is no longer present. To come to terms with the grief is to accept there is also no solution for it—to be able to hold both these ideas in our minds.

So if we accept that we cannot just solve this grief we are experiencing, how do we care for ourselves and begin to move on?

Professor Boss’ conversation with *On Being* Podcast host, Krista Tippett, offers insight on how to shed the assumptions of what we think we should be feeling and acting which only serve to increase our stress.

You can listen to the conversation or read the transcript here: <https://onbeing.org/programs/pauline-boss-navigating-loss-without-closure/>.





CAREGIVER TELECONNECTION



www.caregiverteleconnection.org



A LEADING VOICE FOR CAREGIVERS

Date	Time	Topic
Thursday February 3	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Safe Medications with Lucy Barylak, MSW <i>Please join Lucy Barylak, MSW for the first of two sessions about how to best manage your loved one's medications, especially during the pandemic. Caregivers need to understand and be vigilant about medication side effects, as well as how new medications may affect someone with dementia.</i>
Thursday February 3	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Online - The Nine Most Common Dementias with Tam Cummings, PhD <i>This session will review the nine most common forms of dementia. These nine make up approximately 98 percent of all dementias. Identifying the dementia or dementias your loved one has is critical to today's care and planning for future care.</i>
Tuesday February 8	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Online-How are YOU feeling? with Nestor H. Praderio, MD <i>A wide range of feelings and emotions may surface when you take on the role of caregiving. There is no doubt of the unconditional love and devotion you have for your loved one. Just remember that you, too, are important. All of your emotions – positive and negative are valid and important. Dr. Praderio will facilitate an in-depth discussion on Caregiver feelings.</i>
Thursday February 10	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Safe Medications with Lucy Barylak, MSW <i>Please join Lucy Barylak, MSW for the second session about how to best manage your loved one's medications, especially during the pandemic. Caregivers need to understand and be vigilant about medication side effects, as well as how new medications may affect someone with dementia.</i>
Monday February 14	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Important Legal Matters for Family Caregivers with Paul Zambie <i>Review important legal issues and documents and the importance of keeping them current. What are the most frequently asked legal questions? Discuss ways to start difficult discussions with parents, spouse, and other older adults who do not have legal affairs in order or need updating. Identify ways to find attorneys who specialize in working with older adult legal issues. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Wednesday February 16	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Online - What Caregivers Can Do: Tips for Caregivers of Alzheimer's & Related Dementia Patients with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>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.</i>
Thursday February 17	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	COVID-19: Issues & Updates for Caregivers with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>Join us as we discuss the latest news and issues related to our ongoing pandemic. We'll provide an update on COVID-19 in long term care settings, practical tips for caregivers, and answer your questions.</i>
Tuesday February 22	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Online-Vida Saludable para Su Cerebro y Cuerpo: Consejos de las Últimas Investigaciones con Maxine Vieyra <i>Únase a nosotros para aprender sobre la investigación en las áreas de dieta y nutrición, ejercicio, actividad cognitiva y compromiso social, y use herramientas prácticas para ayudarlo a incorporar estas recomendaciones en un plan para un envejecimiento saludable.</i>
Thursday February 24	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Online - Self-Love: The Gift that Keeps on Giving with Dr. James Huysman, PsyD, LCSW <i>People-pleasing is a losing battle. The Take Your Oxygen First Valentines Month Session will remind you how caring for yourself and treating yourself with the same love that you give to others dramatically changes our experience to give care and the World around us.</i>



WELLMED
CHARITABLE FOUNDATION

A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org

call 866.390.6491 Toll Free

Online Classes

This series is comprised of interactive sessions with each week focusing on a new place or cultural activity, while incorporating storytelling, music, poetry writing, and/or a simple craft. Each session will include a follow-up message filled with tips, activities, and recipes for families to continue to enjoy after the virtual trip. The focus of each group is to explore a new world, experience a variety of engaging opportunities, and enjoy a sense of camaraderie and community.

Let's Get Away Together is intended to be an enjoyable activity for family caregivers and the person they care for. Those receiving care who are able to participate in the discussion and activities are encouraged to attend with their family caregiver. Read a Q&A about the series [here](#)

January 25

Encore to South Africa!

Let's revisit South Africa and spend time with the incredible animals and biodiversity being conserved in this beautiful country.

February 1

For The Love!

Join Alicia to learn about a few of our legendary love stories... you may be surprised to discover the truth versus the legend!

February 8

Favorite Songs from Rodgers and Hammerstein Musicals

Join Katrina in learning and reminiscing about a few favorite Rodgers and Hammerstein musicals - you might hear bits from Oklahoma or South Pacific, with live renditions sung by Katrina!

February 15

Love in Art

Let's take a look at global artists and their dramatic art through the ages that celebrates and exemplifies love, relationships, and companionship.

February 22

Come Along and Stay with us! - exploring unusual hotels around the world!

Join Alicia as we visit some of the most unique hotels around the world.

March 1

What Wonders of the World?

"Wonders" are the world's most spectacular natural features and human-built structures - and are even intangible, underwater, and in the solar system! Let's explore snapshots of the most, and least, iconic Wonders known to man!

March 8

Women Artists in History

Celebrate and discover women artists throughout history in honor of Women's History Month with Alicia.

March 15

St. Patrick's Day Irish music Celebration with Katrina

Come join us for another year in celebrating St. Patrick's Day together with a bit of history, storytelling, and of course live fiddle tunes! Remember to wear your green!

When: Tuesdays, January 25 to March 15, from 1 to 2 p.m. (PT)

Where: Online

Cost: No charge

Registration: [Click here](#)

Monthly MIPPA Moment: Medicare and Cancer Screenings

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

Medicare pays for certain preventive health care services including screening tests which help find various forms of cancer. How less common screenings are covered and how often you can get them may vary. Coverage outside of regularly - scheduled time frames established by Medicare may require medical necessity as ordered by your provider.

The following common screenings are typically covered 100% by Original Medicare, see more [here](#):

- **Breast Cancer** - annual screening mammograms and 3D mammograms for women age 40 and older. As part of the “well-woman” pelvic exam, Medicare also covers a clinical manual breast exam.
- **Cervical/Gynecologic Cancer** - one Pap test and pelvic exam every 24 months. Medicare covers these screening tests every 12 months if you are at high-risk for cervical or vaginal cancer.
- **Prostate Cancer** - screening with digital rectal exams (DRE) and prostate-specific antigen (PSA) blood tests once every 12 months for men age 50 and over.
- **Colon Cancer** - screening colonoscopy once every 24 months for those at high risk of colorectal cancer. There is no minimum age requirement. If you are not considered high risk for colorectal cancer, colonoscopy is covered once every 6 years, or once every 4 years after a previous flexible sigmoidoscopy.

Medicare publishes this full listing how it covers preventive screenings [here](#), or at <https://www.medicare.gov/Pubs/pdf/10110-Medicare-Preventive-Services.pdf>.

Keep in mind that Medicare coverage for cancer *treatments* with Original Medicare alone is subject to the deductible and a 20 percent coinsurance amount and is limited to FDA-approved treatments.

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.



FREE Virtual (Online) Welcome to Medicare Seminars

Sponsored by Area Agency on Aging of Dane County's
Elder Benefits 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.

March 19, 2022, 9-11:30 am
Email aaa@countyofdane.com to register by 3/10/22

This seminar will be offered via Zoom.

Additional Dates:
(Location: TBD)

May 21, 2022
July 16, 2022

September 17, 2022
November 12, 2022



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