

Caregiver Chronicles

July 2021



Caring for Caregivers

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

A society that does not value its older people denies its roots and endangers its future. Let us strive to enhance their capacity to support themselves for as long as possible and, when they cannot do so anymore, to care for them. —*Nelson Mandela*



Photo: Gail Brooks ©2016

Freedom Is Within Our Grasp

Caregivers exemplify the value of caring for our older adults expressed by Nelson Mandela in this month's cover quote. Caregivers give of themselves to support family, friends, and neighbors aging in place for as long as possible, then take on additional caregiving as it's needed.

During the pandemic, caregivers faced bigger obstacles than ever before protecting the most vulnerable in our communities through the hardships of isolation, services closed, and lack of traditional avenues for self-care. Before vaccines became available, many isolated themselves further so as not to risk exposing their care partners. Many of us were in a type of survival mode during the long months before vaccination access was wide-spread. And, although a state of "burnout" has usually been reserved to describe work-related exhaustion—feelings of negativity and reduced productivity, or of physical or emotional exhaustion—it could also describe where some caregivers now find themselves. Dr. Lucy McBride, an internist, wrote in her recent article appearing in *The Atlantic*, that the symptoms of burnout have become medical as well. In her primary care practice she is seeing "the health toll in the form of high blood pressure, headaches, and herniated disks."¹

Individuals who were already spread thin before the pandemic found every part of daily life became more challenging when the pandemic hit, from eating and sleeping, to shopping for necessities, to getting routine medical care, or connecting with others. Depending on their situation, caregivers were juggling parenting, working, and caregiving without many of our traditional support structures. Dane County's Area Agency on Aging (AAA), Aging and Disability Resource Center (ADRC), Senior Focal Points, and all our connected agencies and partner organizations in the Aging Network redoubled efforts to maintain services for our older adults and caregivers. Even though services were adapted and enhanced wherever possible, it will still require some time for caregivers and their partners to adjust and to address any mental health issues exacerbated by the pandemic. The Community Action Coalition for South Central Wisconsin's Project Recovery Program is available to individuals, families, and communities across Wisconsin impacted by COVID-19 (see page 9). You can also learn more by listening to their [podcast](#).

We can create a better way to proceed knowing that some anxiety is to be expected. Normalizing it will help remove the stigma and allow for healing. There is reason to be optimistic and that should be emphasized as well. The number of new COVID-19 cases has dropped more than 95% since January.² It's time to reassess any remaining fears that contribute to further mental exhaustion. We have a lot to look forward to in resuming our lives and reclaiming a sense of control.

The good news includes greatly-expanded opportunities for connection and support across the aging network. At this time, when [68.7%](#) of Dane County residents have received at least one dose of COVID-19 vaccine and a whopping 93.4% of adults 65+ are completely vaccinated, the month of July brings exciting announcements of re-openings—for centers, programs, and activities. In particular, the reopening of meal sites has been long-awaited! For reference, check the "Resources for Caregivers: Dane County Senior Focal Points" (pages 6 and 7). You will find the phone number and website links for each, along with current hours,

¹*The Atlantic*, "By Now, Burnout Is a Given," by Lucy McBride. Accessed: <https://www.theatlantic.com/ideas/archive/2021/06/burnout-medical-condition-pandemic/619321/> on 6.30.21.

²Center for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html>.

meal site information, and other services of particular interest to caregivers, like adult day and case management programs. Check with the Focal Point nearest to the person you provide care for, or, if you are 60+, check out programs of interest nearest to where you live.

If you are still easing in to getting out more and participating in activities, you can take pleasure in the anticipation and planning as more opportunities become available. There are some events coming up this summer tailored especially for caregivers of older adults, persons with dementia, and grandparents and other relative caregivers raising children ages 18 and under. Mark you calendar for upcoming events at the Friends of Pheasant Branch Conservancy, including “Dementia Friendly Day” and “Limited Mobility Day.” You can also take advantage of the “Wonder Walk” project now (see page 12) and introduce yourself to getting out into nature.

This month we mark the Fourth of July with a new appreciation of our freedom to join together in community and gather with those we love. Have a wonderful celebration!



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Caring for Caregivers

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Third Annual Families Like Mine Conference for Relative Caregivers of Children

One-day Virtual Conference, Monday, July 19, 2021, 8 am-5 pm

Families Like Mine is a free statewide conference for relative caregivers who are caring for children both through the child welfare system and informally. This all-day workshop event will feature a keynote speaker, workshop presentations, and a virtual resource fair. This year we will be using a new virtual platform that will allow participants to connect with other relative caregivers in discussion groups and speak to vendors providing resources for relative caregiving families. Our workshop sessions will include:

- Mental Health and Youth
- Trauma-Informed Care
- Overview of the Life of a Case
- Parenting your Grandchild and Child
- Guardianship Information
- School Advocacy for Relative Caregivers

<https://2021flmconference.eventbrite.com>

Any questions? Contact info@coalitionforfcy.org or call 414 475-1246

The first 150 registrants will receive a free copy of the *Kinship Parenting Toolbox*. Copies of the book will be mailed by the end of July.



Got 5 minutes?

Make Your Voice Count!

Dane County is looking for your thoughts and ideas that will help improve programs and services for residents as you age. Your responses will help develop a plan for 2022-2024 that will guide our work & funding of existing and needed programs. Please take this survey before July 31st:

https://www.surveymonkey.com/r/DCAging_2022_2024



Make Your Voice Count!



2021 Senior Advocacy Training

Presented by the Area Agency on Aging of Dane County's Legislative/Advocacy Committee

Tuesdays, 27 July and 3 & 10 August 2021, 9am-Noon, Online Via Zoom, Free

- Meet with Federal, State, and County elected officials
- Understand County level legislative & budget processes
- Learn effective advocacy leadership skills

Register by 7/19/21 to aaa@countyofdane.com





My Meal My Way

NEWBRIDGE
Your Connection to Successful Aging

New Dining Site!

HyVee® Begins July 7th 2021

3801 East Washington Avenue, Madison
675 South Whitney Way, Madison

Every Wednesday from 10 am to 1 pm

RESOURCES FOR CAREGIVERS: Dane County Senior Focal Points

Dane County's Senior Focal Points offer a variety of resources helpful to caregivers. Programs, meal sites, and more are opening up in July! From case management and nutrition sites, to adult day and home chore programs, to nail clinics and loan closets, to social programs and recreation—if you are a caregiver, you may find just the extra support you need. Call or check the website of a Focal Point nearest your care partner. If you are age 60 or over, you can also take advantage of the wide variety of programs and services offered.

Colonial Club Senior Activity Center

608-837-4611, [website](#)

Open 8:30 am – 4:00 pm M-T; 8:30 am – 1:00 pm F

Supportive Home Care and Adult Day Center

Meal site reopening 7.06.21, M-F 11:45 am

DeForest Area Community & Senior Center

608-846-9469, [website](#)

Open 9:00 am- 2:00 pm, M-F

Individuals unvaccinated for COVID-19 are requested to wear a mask while in the building

Meal site reopening 7.06.21, M-F 11:30 am

Local food pantry Mission Nutrition Senior Days 1st & 3rd Fridays each month, 10:00 am – noon

Fitchburg Senior Center

608-270-4290, [website](#)

Open 8:00 am – 4:00 pm

Masks recommended for those unvaccinated for COVID-19, others based on comfort level

Meal site open to the public M – F, dine-in

McFarland Senior Center

608-838-7117, [website](#)

McFarland Municipal Building is open to the public but hallway is secured and appointments preferred

24/7 Secure Drop box in parking lot

Masks required when meeting with case managers

Meal site anticipated opening August/early September

Middleton Senior Center

608-831-2373, [website](#)

Please wear a mask if you are unvaccinated

Meal site reopening 7.07.21, M – F 11:30 am



NewBridge Madison

608-512-0000, [website](#)

East and West offices reopen 7.06.21, phones staffed M – F 8:00 am – 4:00 pm; Warner Park Center open

Masks are required for all attending in-person programs

Mental health resource program accepting referrals through case management program

Diversity and inclusion program

Meal site reopening in July, call for information

NW Dane Senior Services

608-798-6937, [website](#)

Building open

Meal site reopening 7.07.21, M – F, meal served 11:30 am

Adult Day Center open and accepting new clients

Oregon Senior Center

608-835-5801, [website](#)

Center open to the public 7.06.21 M – F, 8:30 am – 3:00 pm

Masks recommended for unvaccinated individuals, immunocompromised, or by preference

Meal site reopening 7/06/21, M, T, W & F, meals served 11:45 am

Adult Day Center open and accepting new clients

Stoughton Area Senior Center

608-837-8585, [website](#)

Center open M – F, 8:00 am – 4:30 pm

Masks recommended for unvaccinated individuals or according to comfort level

Meal site reopening 7.06.21, M – F meals served noon

Sugar River Senior Center

608-424-6007, [website](#)

Center open M – F 8:00 am – 4:30 pm

Meal site opening 7.12.06, meals served at noon

SW Dane Senior Outreach

608-437-6902, [website](#)

Building open, masks required

Meal site reopening 7.01.21 M – F, 11:15 am

Waunakee Senior Center

608-849-8385, [website](#)

Center is open 8:00 am – 4:00 pm

Meal site opening with no limited capacity 7.06.21 M – F, meal served 11:30 am





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.

July 17, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by 7/8/21

September 18, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by 9/9/21

November 13, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by 11/4/21

Seminars will be offered via Zoom.

Email for more information.



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

(608) 240-7400

Website: www.daneadrc.org

Email: ADRC@countyofdane.com

Click on the button to follow the ADRC on facebook.



**Connecting People with the
Assistance They Need**

Monthly MIPPA Moment: Preventive Services Reminder

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

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

One of the most popular holidays is Independence Day or the Fourth of July! This holiday is about the United States gaining our independence from England. Unfortunately, it can also be associated with gaining unwanted weight by over-indulging in festive barbeque celebrations loaded with calories, saturated fats, cholesterol, and sodium.

If you become concerned, Medicare Part B (Medical Insurance) covers obesity screenings and behavioral therapy and counseling if you have a body mass index (BMI) of 30 or more. Medicare covers that counseling if your primary care doctor or other qualified provider gives the counseling in a primary care setting (like a doctor's office), where they can coordinate your personalized prevention plan with your other care. You pay nothing for this service if your primary care doctor or other qualified primary care practitioner accepts Medicare assignment.

Remember: focus on your overall positive well-being by practicing healthy behaviors, regardless of your weight or BMI. Be aware that Medicare preventive services can help!

Adapted from <https://www.medicare.gov/coverage/obesity-behavioral-therapy>.

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

**COMMUNITY
ACTION
COALITION** 
FOR SOUTH CENTRAL WISCONSIN, INC.

**Coping with Covid-19
HOTLINE
608-237-1255**

**Daily Hours of Operation:
7 am - 11 pm**

Call or email to connect with a Project
Recovery Counselor

projectrecovery@cacscw.org
www.projectrecoverywi.org
Follow us on Facebook:
[@projectrecovery.org](https://www.facebook.com/projectrecovery.org)

Made possible through partnerships between
FEMA, Wisconsin Department of Health Services,
CACSCW & WISCAP.

Project Recovery can offer:

- ◆ Warm, caring, and nonjudgmental emotional support
- ◆ Help with organizing and prioritizing tasks
- ◆ Information and connection with community resources
- ◆ Problem solving
- ◆ Coping skills
- ◆ Better understanding of your current situation and reactions
- ◆ Stress management
- ◆ Developing plans to address unmet needs



LINKS:

Email: projectrecovery@cacscw.org

Website: www.projectrecoverywi.org

What is Project Recovery?

Project Recovery is an outreach program working with individuals, families, and communities throughout the state of Wisconsin impacted by COVID-19.

Trained Project Recovery Counselors provide **FREE**, confidential, local support, and education to help cope with this stressful time.

Connect with us today!



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
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Wednesday July 7	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	The New Alzheimer's Drug with Dr. Elliot Montgomery Sklar <i>This session will discuss Biogen's new Alzheimer's drug, Aduhelm - the first FDA-approved drug to slow the progress of this disease in the past 2 decades. We'll explain the clinical data, and discuss implications for patients and caregivers.</i>	
Thursday July 8	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: Addiction Awareness for Caregivers Caring for a Loved One with Lucy Barylak, MSW <i>Join Lucy Barylak, MSW as she addresses the topic of addiction in caregiving. She will discuss the signs and symptoms of addiction. Caregivers will be provided with tools to identify potential problems of substance abuse.</i>	
Monday July 12	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Essential Conversations: Helping Older Adults Share Their Wishes for Care Through the End of Life with Laurie Miller <i>Learn about tools and resources from the Conversation Project, such as the Conversation Starter Guide and Your Guide to Choosing a Health Care Proxy, and hear stories from families who did and did not plan ahead. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>	
Tuesday July 13	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	ZOOM - Depression in Alzheimer's Disease with Dr. Nestor H Praderio <i>Depression is much more complex than just sadness and loss of interest. Depression in those with Alzheimer's Disease is not uncommon and requires immediate diagnosis and intervention. Nestor H. Praderio, M.D. will review the parallel symptoms, diagnostic process and plan of care.</i>	
Wednesday July 14	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Cuerpo y Cerebro Sano es Vida Sana con Imelda Aguirre <i>El programa Cuerpo y Consejos de las últimas investigaciones más recientes sobre el envejecimiento saludable. La Alzheimer's Association organizó una reunión de expertos en investigaciones y los mensajes difundidos actualmente.</i>	
Thursday July 15	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: Dementia and Delirium with Lucy Barylak, MSW <i>Caregivers need to have a better understanding of what causes delirium and why. Join Lucy Barylak, MSW as she discusses ways to deal with a loved one who is delirious and may be difficult to manage.</i>	
Monday July 19	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	ZOOM - Self-care Month with Dr. James Huysman <i>If you are chronically stressed, it is time to stop buying into the myth that we must be selfless martyrs. Putting your own health and well-being first is the "secret sauce" which will productively drive better outcomes in our lives. Join Jamie Huysman, PsyD, LCSW as he discusses the importance of self-care and how we can become more self-aware and seize the moment as patients and caregivers to begin planning this new approach NOW.</i>	
Tuesday July 20	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	ZOOM - Caregiver Stress and Grief and Compassion Fatigue with Tam Cummings, PhD <i>This session will give caregivers the tools needed to assess their stress and health levels and what to expect during the course of the disease. **Sponsored by VITAS Healthcare**</i>	

Caregiver Teleconnection continued from page 10

Thursday July 22	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: Dementia and Inappropriate Sexual Behavior with Lucy Barylak, MSW <i>Lucy Barylak, MSW will discuss why some persons with dementia exhibit inappropriate sexual behavior. She will also provide tips for caregivers on how to respond to a loved one who displays inappropriate sexual behaviors.</i>
Tuesday July 27	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	ZOOM - The Saving Power of a Caregiving Journal (and other ways to self-reflect) with Barry Jacobs, Psy.D. <i>When all family caregivers think about are the tasks they have to do next, then they are more likely to feel overwhelmed and lose their sense of themselves. It is important for caregivers to reflect on what they are going through to stand apart from their long lists of chores. In this Teleconnections with a psychologist and co-author of AARP Meditations for Caregivers, we'll talk about using a caregiver journal to learn from the caregiving experience, make positive meanings, and learn to cope better. ***Sponsored by Arden Courts Memory Care***</i>
Thursday July 29	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: Dementia and Delusions and Paranoid Behavior with Lucy Barylak, MSW <i>Lucy Barylak, MSW will explain the difference between someone who appears to be delusional and someone who is exhibiting paranoid behavior. She will talk about what caregivers need to know, as well as tips on how to respond.</i>



A program of the WellMed Charitable Foundation Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free

COVID-19 VACCINATION ASSISTANCE

Are you a **Dane County resident** having difficulty leaving home to obtain the COVID-19 Vaccine?

We can help you get vaccinated!

Contact the ADRC of Dane County for more information at **(608) 240-7400**.

The ADRC is your place for Information and Assistance related to Aging or Living with a Disability.

Email: ADRC@countyofdane.com

Website: www.daneadrc.org

Facebook: [ADRC Dane CO](https://www.facebook.com/ADRC Dane CO)





***SAVE THE DATES and
watch for upcoming
programs***

The Friends of Pheasant Branch Conservancy will be offering program events and new materials for older adults designed to enhance your experience in the Conservancy.

Dementia Friendly and Limited Mobility Days

Program focus on sounds of nature (music) and activities led by trained naturalists. Meet at [Orchid Heights Park](#) in Middleton (10:00am – noon).

Thursday, August 19, 2021 is Dementia Friendly Day (*rain date August 20th*)

Created for persons with mild-to-moderate dementia and/or limited mobility and their caregivers or care partners.

<https://forms.gle/LLA7LR3V92ez19NW8>

Tuesday, August 24, 2021 is Limited Mobility Day (*rain date August 25th*)

Created for persons with mild to moderate dementia, living independently.

<https://forms.gle/s2KHETHs58eMQoKH6>

Wonder Walks

The Wonder Walk project was the original idea of the Friends of Pheasant Branch Conservancy Senior Advisory Council. Wonder Walk lessons can be downloaded from the Friends website (www.pheasantbranch.org) and will be in backpacks for check-out at various community locations. There are six lessons including:

1. Forest Bathing
2. Landforms
3. Lookouts
4. Prairie
5. Springs
6. Water

More details and registration information to be announced soon for the following programs:

Grandparents and Grandchildren Day (a Saturday morning in September 2021)

Program focus on intergenerational activities with a variety of experiences and topics to include Forests and Trees. This fun program is in partnership with the Madison Reading Project

Caregivers/Care Partners Day (date to be determined)

By popular demand, the Friends of Pheasant Branch Conservancy are making plans for a special day for caregivers and care partners. This half-day program tentatively scheduled for early September will be designed to support caregivers and care partners in providing sensory enhanced experiences in easy-to-access areas of the Pheasant Branch Conservancy.