

Caregiver Chronicles

October 2020



Caring for Caregivers

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

**Change your opinions
Keep to your principles
Change your leaves
Keep intact your roots**

—Victor Hugo
*Poet, novelist, dramatist
Author of Les Misérables*



Leaves and Roots

I take heart from Victor Hugo's words on the cover of this month's issue. During tumultuous times, we can adapt without fundamentally changing who we are and what we value. In other words, we can change our opinions or "leaves" without abandoning our principles or "roots." Falling leaves show us Autumn's beauty – they are transformed, then let go. Right now we are being asked to let go of some of our typical expectations and activities in order to be safe and healthy and to safeguard the health of our communities. As we pass the six-month mark for living with COVID-19 it's challenging to see a significant increase in cases in our communities and Wisconsin as a whole. With this surge in cases, Wisconsin Department of Health Services has launched a new dashboard with data on disease activity, hospital capacity, and mitigation strategies. To view this information click [here](#).

One important thing we can do to improve our resilience and protect others in our community is to get a flu shot. In Dane County there are a variety of options, including a drive-through clinic at Alliant Energy Center for Dane County residents 6 months and older who do not have health insurance, and Dane County children 6 months and older who have BadgerCare or Medicaid. For information and appointments click [here](#). In addition to taking this basic step, there are a number of upcoming programs to support caregivers and older adults in improving physical and mental health during this high-stress time. The evidence-based *Powerful Tools for Caregivers* workshop will be offered online by the Rock County Council on Aging beginning on October 20 (see page 3 for details). In addition to learning important strategies for wellbeing, it is an opportunity to share with other caregivers.

For caregivers of individuals with Alzheimer's or dementia, the Alzheimer's Association has a comprehensive list of educational programs by webinar or phone (see pages 6 and 7). Caregiver Teleconnection has a number of offerings accessible by phone on topics ranging from problem solving in communication with siblings and family, to planning for "what if" scenarios in Lewy Body Dementia (page 8).

We know that certain medical conditions increase the risks for COVID-19 patients. Type 2 Diabetes may make you or the one you care for more vulnerable. You can better manage your condition or help learn skills to help someone you live with who has diabetes by attending the online workshop *Healthy Living with Diabetes* beginning on October 13 (see page 9 for details).

If you or the person you care for is currently on Medicare, don't forget that open enrollment for Medicare Part D begins on October 15. There is the Extra Help program available for those with limited incomes, so do not forego necessary medications (see page 10 for details).

You can also improve your overall resilience by taking inspiration from others who have made the world a better place. Justice Ruth Bader Ginsburg's fight for the rights of male caregivers to be considered equal is one example (see story on pages 4 and 5). Her legacy lives on for us all.

Stay safe, prioritize self-care, and call or email if you need caregiver support.



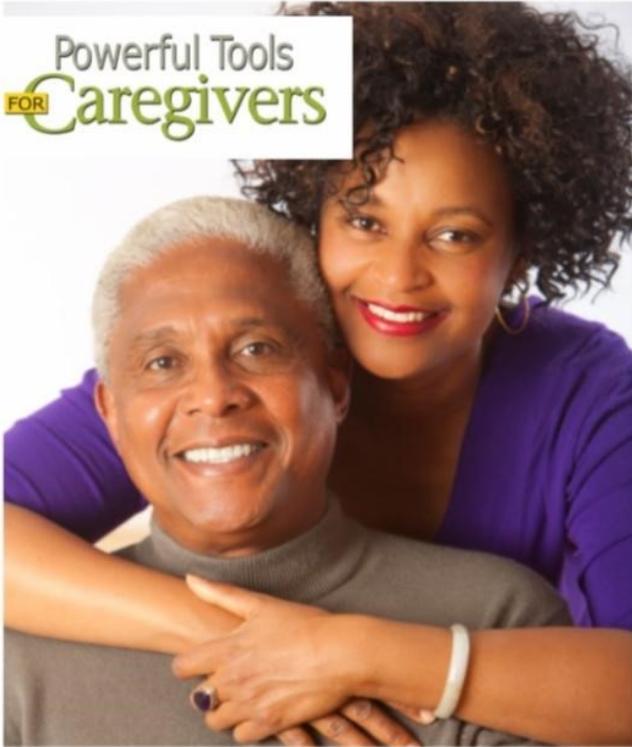
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Caring for Caregivers

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Powerful Tools FOR Caregivers



I don't think of myself as a caregiver.

I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

There's a Powerful Tools for Caregivers workshop starting soon near you!

When: Tuesdays mornings (six weeks)

October 20 - November 24, 2020

Time: 10:00 am – 12 noon

Leaders: Cori Marsh & Teena Monk-Gerber

Suggested Donation: \$10
(scholarships available)

To register contact the Rock County Council on Aging at: 608-757-5309

Registration is required by October 13.

This is an **ONLINE** workshop! Participants will need a tablet or computer with mic/audio and have internet access.

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources



Justice Ginsburg Appreciated Men and Women as Caregivers

On the evening of September 18, people gathered to mourn the passing of Justice Ruth Bader Ginsburg, who died of cancer at age 87. Joan Ruth Bader was born in Brooklyn, New York, on March 15, 1933, in an era when laws treated women differently than men. She served on the United States Supreme Court for more than 27 years where she was an unwavering warrior for women's rights and social justice. But before her time on the Supreme Court, she argued a case that would serve as the foundation for her arguments against sex-based discrimination along with her husband, Marty Ginsburg.

Moritz v. Commissioner of Internal Revenue, 1972

Charles Moritz was a bachelor from Denver who traveled frequently for his job in publishing. He had represented himself in tax court and lost his case. Moritz had been denied a tax deduction for the cost of the caregiver he'd hired to care for his 89-year-old mother (who was his dependent) only because he was a man who'd never married. If he had been a single woman in the same situation the deduction would have been allowed. While the law was intended to help people caring for dependents it didn't take into consideration one of those individuals could be a man—at least not one who wasn't widowed or divorced.

During a visit to the Stanford Law School in 2013, Justice Ginsburg spoke with M. Elizabeth Magill, the Richard E. Lang Professor of Law and Dean of the school about the Moritz case:

Marty said, "Here's a case I think you should read." Well, it was reported in a tax advance sheet and I responded, "Marty, you know I don't read tax cases, that's your domain." "Read this one," he said.

The complainant was a man in his sixties, who took great care of his mother, though she was 93. He wanted to take an income-tax deduction available for a child under the age of 12 or a disabled relative of any age that the taxpayer cared for in her home.

Moritz claimed this deduction and it was denied on the ground that the deduction was available only to a woman, not to a man. To Charles E. Moritz, this made no sense. He filed a brief *pro se* in the tax court. It was the soul of simplicity. He wrote, "Had I been a dutiful daughter, I could have taken this deduction. I'm a dutiful son. Why should that make any difference?"

The line the law drew rested on a stereotype: Women are caregivers, so a daughter would take care of her aging mother, but men are out in the world, earning a living, so they don't take personal care of aging parents. That law was blind to the life Charles E. Moritz lived. We took his case from the tax court to the Tenth Circuit. Marty argued the tax part of it and I argued the equal protection part.

Over a year later, in November of 1972, the court ruled for Moritz. It determined the tax code made a discrimination based solely on sex and opposed the Fifth Amendment's guarantee of due process. Justice Ginsberg went on to argue six gender discrimination cases before the Supreme Court and won five of them. She was appointed to the D.C. Circuit Court of Appeals in 1980 and the Supreme Court in 1993.

Setting an example for how to advance the principle of equality, she told the directors of *RGB*, a documentary about her life, that she wanted to be remembered "Just as someone who did whatever she could, with whatever limited talent she had, to move society along in the direction I would like it to be for my children and grandchildren."

—Jane De Broux, Dane County Caregiver Coordinator

As Justice Ginsburg knew and proved early on in her career, when we provide men and women equal opportunity to be caregivers, we also provide more equal footing in the workplace and improve women's rights.

—Mary Beth Ferrante, Senior Contributor, *Forbes*



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Webinar/Phone Family Caregiver Education Programs – October



10 Warning Signs of Alzheimer's

This program covers typical age related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and Alzheimer's Association resources.

Tuesday, Oct. 6, 11:00 am-noon [REGISTER 10/6](#)

Tuesday, Oct. 13, 10:00-11:30 am [REGISTER 10/13](#)

Thursday, Oct. 15, 1:00-2:30 pm [REGISTER 10/15](#)

Tuesday, Oct. 20, 9:00-10:30 am [REGISTER 10/20](#)

Monday, Oct. 26, 3:00-4:00 pm [REGISTER 10/26](#)

Advancing the Science: The Latest in Alzheimer's & Dementia Research

This program gives attendees a current look at the world of Alzheimer's and dementia research. Learn about where the science began and where it's heading in addition to what projects and studies are ongoing.

Wednesday, Oct. 7, 9:30-10:30 am [REGISTER](#)

Caregiving 101

This webinar will cover the basic information the new caregiver needs, but is also a good refresher for people who have been caregiving for many years. The webinar will also cover information of interest to the LGBTQ+ caregiver.

Thursday, Oct. 22, 2:00-4:00 pm [REGISTER](#)

Corona/Covid-19 y cuidadores

Cuidando a una persona con problemas de memoria o Demencia durante estos tiempos de Corona/Covid 19, agrega problemas y dificultades para los cuidadores y familia. Este programa provee información simple para los cuidadores, y familia de las personas con problemas de memoria o demencia, por más que la persona viva en su casa, en una residencia, o las personas que vienen a cuidar a gente en su propia casa.

Martes, Oct. 20, 2:00-3:00 pm [REGISTRESE](#)

Cuerpo Sano, Mente Sana

Únase con nosotros para aprender sobre los resultados de estudios clínicos en las áreas de la nutrición, ejercicio, actividades cognitivas y la socialización. Use herramientas para ayudarle a incorporar estas recomendaciones en su vida para envejecer sanamente.

Martes, Oct. 13, 2:00-3:00 pm [REGISTRESE](#)

Dementia Conversations

This program will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans.

Thursday, Oct. 8, 11:00 am-noon | [REGISTER](#)

Wednesday, Oct. 14, 11:00 am-12:30 pm [REGISTER](#)

Thursday, Oct. 29, 10:30 am-noon [REGISTER](#)

Effective Communication Strategies

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

Thursday, Oct. 8, 11:30 am-1:00 pm | [REGISTER](#)

Thursday, Oct. 22, 3:00-4:00 pm [REGISTER](#)

Tuesday, Oct. 27, 2:00-3:00 pm [REGISTER](#)

Estrategias Efectivas de Comunicación

Enseña a la familia como decifrar la comunicación verbal y los comportamientos de una persona que vive con Alzheimer u otra demencia. Los participantes aprenderán estrategias para una conseguir una conexión más efectiva con una persona en cualquier etapa de la enfermedad.

Jueves, Oct. 15, 2:00-3:30 pm | [REGISTRESE](#)

**Register for any of our education programs by calling 800.272.3900 or online at alz.org/crf.
You will receive connection information after you register.**

Webinar/Phone Family Caregiver Education Programs – October



Healthy Living for Your Brain & Body

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Thursday, Oct. 1, 6:00-7:00 pm [REGISTER 10/1](#) Tuesday, Oct. 6, 9:00-10:30 am | [REGISTER 10/06](#)
Monday, Oct. 19, 10:00-11:00 am [REGISTER 10/19](#) Wednesday, Oct. 21, 1:00-2:00 pm [REGISTER 10/21](#)

Legal & Financial Planning for Alzheimer's Disease

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

Wednesday, Oct. 28, 1:00-2:30 pm | [REGISTER](#)

Living with Alzheimer's – Early Stage Care Partners

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. Join us for this three-part program to discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Three Consecutive Thursdays, Oct. 8, 15, 22, 9:00-10:00 am | [REGISTER](#)

Living with Alzheimer's – Late Stage Caregivers

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. You'll hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

Tuesday, Oct. 20, 12:00-2:00 pm | [REGISTER](#)

Living with Alzheimer's – Younger Onset

Join us for this program to get answers to the questions that arise for people concerned about Younger-Onset Alzheimer's disease or a related dementia. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

Tuesday, Oct. 13, 6:00-7:30 [REGISTER](#)

Understanding Alzheimer's & Dementia

Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

Wednesday, Oct. 7, 9:30-10:30 am | [REGISTER 10/07](#) Monday, Oct. 12, 12:00-1:00 pm [REGISTER 10/12](#)
Thursday, Oct. 15, 2:00-3:00 pm | [REGISTER 10/15](#) Thursday, Oct. 22, 10:30 am-noon [REGISTER 10/22](#)
Wednesday, Oct. 28, 6:00-7:00 pm | [REGISTER 10/28](#)

Understanding Dementia

If you have a family member or friend that is experiencing memory related issues or a recent diagnosis of Alzheimer's disease or other dementia, this presentation series is for you. Join us for a 3-session workshop.

Three Consecutive Tuesdays, Oct. 6, 13, 20, 2:00-4:00 pm | [REGISTER](#)

Understanding & Responding to Dementia Related Behavior

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

Thursday, Oct. 1, 1:00-2:30 pm | [REGISTER 10/01](#) Wednesday, Oct. 7, 11:00 am-noon [REGISTER 10/07](#)
Saturday, Oct. 10, 9:00-10:30 am | [REGISTER 10/10](#) Tuesday, Oct. 13, 5:00-6:30 pm | [REGISTER 10/13](#)
Wednesday, Oct. 14, 1:00-2:30 pm [REGISTER 10/14](#) Wednesday, Oct. 21, 3:00-4:00 pm | [REGISTER 10/21](#)
Thursday, Oct. 29 9:30-11:00 am | [REGISTER 10/29](#)

Register for any of our education programs by calling 800.272.3900 or online at alz.org/crf.
You will receive connection information after you register.

Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Thursday, October 1st	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dementia and Delirium with Lucy Barylak, MSW <i>Join "Dear Lucy" Lucy Barylak, MSW for this series where she will discuss how to deal with difficult behaviors of people with dementia.</i>	
Thursday, October 8th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Life after Caregiving with Lucy Barylak, MSW and Elliot Montgomery Sklar <i>This session will discuss issues surrounding grief, finding purpose after caregiving and honoring the ones we care for by living our fullest lives. This session includes a special guest - Christopher MacLellan - founder and CEO at the Whole Care Network. Chris' caregiving experience was chronicled in a 2015 Pulitzer Prize nominated story "In Sickness and In Health: A Couple's Final Journey".</i>	
Monday, October 12th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Problem Solving Using Improved Communication with Siblings and Family with Kay Paggi, CMC, NCGC, LPC <i>Explore challenges associated with caregiving as a family and strategies for making caregiving less difficult and more loving.</i> ***Sponsored by North Central Texas Caregiver Teleconnection***	
Tuesday, October 20	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Dementia Dialogs: Preparing the Caregiver for End of Life Care with Tam Cummings, PhD <i>Understanding how people die is a difficult but necessary topic. Recognizing the signs and behaviors as persons enter into the process of Actively Dying helps us know what is normal as the body slowly ceases it's function. Grief, guilt, and the reality of loss will be discussed.</i> **Sponsored by VITAS Healthcare**	
Thursday, October 22nd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Comprender el diagnóstico, síntomas y maneras de proveer el mejor cuidado a nuestro ser querido con la enfermedad de Alzheimer por el Dr. Eduardo Estevis <i>Acompañe al Dr. Eduardo Estevis, Neuropsicólogo Clínico Doctorado, en una plática sobre cómo entender el diagnóstico de la enfermedad de Alzheimer de un ser querido. El doctor hablará sobre los síntomas, cómo entender el diagnóstico y la mejor forma de cuidar a alguien que sufre de la enfermedad de Alzheimer.</i>	
Tuesday, October 27th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Lewy Body Dementia - Planning for the "What if" Scenarios with Pamela Corsentino, LPC and Lori McGlumphey <i>The symptoms of Lewy body dementia can be more of a roller coaster than a linear progression. Being prepared for the "What if" scenarios can help to alleviate the anxiety of sudden changes and emergency situations. Pamela Corsentino LPC (LBDA Director of Support Services) and Lori McGlumphey (Former LBD care partner, support facilitator and LBD advocate) will discuss how planning for the possible can make the LBD journey less stressful.</i>	

Healthy Living with Diabetes



This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their condition. It is also for adults who are living with someone who has diabetes.

Healthy Living with Diabetes does not replace existing treatments, but rather compliments the treatments a participant receives.

October 13th to November 17th (six Tuesdays)
1 to 2:30 p.m.
Online Workshop

The cost is \$20 to cover the book “Living with Chronic Conditions”. The workshop is free for participants who already have the book.

To register please go to stoughtonhealth.com and click on '[Classes and Events](#)
Participants will receive a class link (Zoom meeting) and call in phone number.

Questions? Please contact Jen at (608) 877-3485.

This series is sponsored by the following organizations:



**STOUGHTON
HEALTH**
Creating Excellence Together



wiha
Wisconsin Institute
for Healthy Aging

stoughtonhealth.com



Monthly MIPPA Moment: Medicare Part D Open Enrollment

Open Enrollment—October 15-December 7 – there is help with costs if you qualify

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

Medicare’s Annual Open Enrollment for Part D medication coverage runs every year from October 15 through December 7. The plan you choose will become effective January 1 of 2021. If you are on a limited income you should not forego necessary medications. To help with costs of prescription medication, the Social Security Administration offers the Low Income Subsidy (LIS) Program, also known as “Extra Help.”

To apply for LIS/Extra Help, you can go to SSA.gov and submit an application [here](#). To keep any current LIS/Extra Help benefits from year to year, you must continue to meet the eligibility requirements. Depending on your state and how you initially qualified for Extra Help, this process may be automatic *or* require that you submit information to confirm your continued eligibility.

If you were receiving Extra Help and received a letter, you must complete the enclosed *Review of Your Eligibility* form and send it back to SSA within 74 days. SSA will use your answers to decide if you still qualify for Extra Help and at what level (full or partial), depending on how your income and assets have changed. If you do not fill out and return the *Review of Your Eligibility* form, your Extra Help assistance will end December 31. If you need more time to fill out the form, call your local Social Security office and ask for a 30-day extension. Any changes to your Extra Help assistance will take effect January 1.

Once SSA has reviewed any forms you have submitted, you will receive a notice explaining whether your Extra Help benefit has stayed the same, increased, decreased, or ended. Remember, you can appeal or reapply if you lose Extra Help.

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



**Connecting People with the
Assistance They Need**

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 below to follow the
ADRC on facebook.





Assisted Living Consumer Town Hall

An informational session for those seeking, living, and considering assisted living services

Get Informed

You will have the chance to interact directly with regulators, managed care organizations, adult protective services agencies, advocates, and other assisted living partners.

What to Expect

These sessions will give you a better understanding of:

- The difference between assisted living facilities and nursing homes;
- How assisted living facilities are regulated;
- The types of services provided;
- The admission process;
- The funding sources available; and
- How to access regulatory and advocacy resources.

October 20, 2020
11:30 a.m.-12:30 p.m.

Join the webinar online at:

<https://dhs.wi.zoom.us/j/96069886442>

Or dial: 312-626-6799

Webinar ID: 960 698 86442

Assisted Living Providers are encouraged to attend the Assisted Living Forum.

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WISCONSIN DEPARTMENT
of HEALTH SERVICES

Caring for the Caregiver Program

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Save paper and reduce postage costs

Please let us know if:

- You are willing to receive the newsletter via email
- You are no longer interested in receiving the newsletter

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