

Family Caregivers Newsletter

July/August 2014

10 Tips for Family Caregivers

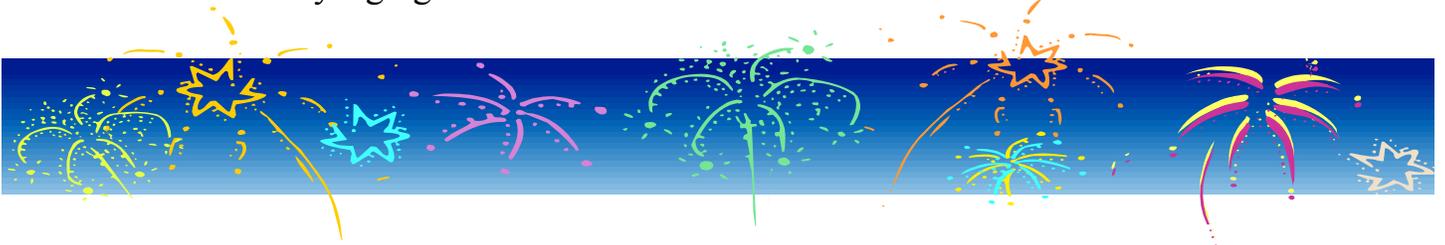
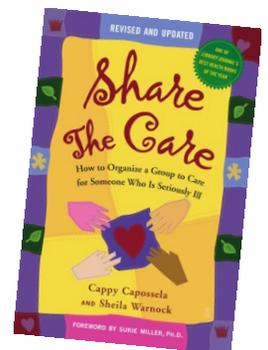
1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay in getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

For more helpful caregiver information, visit: <http://caregiveraction.org>

Share The Care — You don't have to do it alone.

Being a caregiver is one of the most challenging jobs in the world. No one has to go it alone. Share the Care is a proven system that can organize your friends, your neighbors, your faith community, your co-workers—anyone you can imagine—into a network of support.

Give your friends the gift of letting them help you. Call Amy Brezinka with the La Crosse County Aging Unit for more information: 608-785-3460.



Caring Workshop for Family Caregivers

How to Have Those Hard Conversations

Topics of the day:

- Medical Ethics (How to do the right thing with the best possible outcome)
- How to have those hard conversations with loved ones, and who can help
- What is Palliative Care and Hospice? When is it appropriate?

Date: Tuesday, August 12, 2014

Time: 6:00 to 7:30 P.M.

Location: Black River Beach Neighborhood Community Center
(1433 Rose St, La Crosse)

Presented by: Gundersen Health System Staff
Tom Harter—Medical Ethicist
Carrie Lapham—Nurse Practitioner



The session is FREE to all family caregivers.

If you need someone to be with your loved one so you can attend, please call us to make arrangements.
Please call La Crosse County Aging Unit at 608-785-9710 for more information.



Caregivers Support Group Series

In these seven sessions, learn about who can help you in your role as caregiver, participating in your loved one's health care, practicing self-care, finding spiritual strength, handling paperwork and legal documents, and other topics suggested by the group. **Presenter:** Susan Moss **Investment:** \$15.00

Presenter, Susan Moss, is Chaplain and Bereavement Coordinator for Saint Jude Hospice in La Crosse, and facilitates community grief support groups. As pastoral caregiver in hospitals and hospice settings during the past 11 years, she seeks to help others experience their own hope, healing, and renewal within life's daily challenges and joys.

Tuesday, July 8, 2014: 2:00 pm - 3:30 pm

Tuesday, July 15, 2014: 2:00 pm - 3:30 pm

Tuesday, July 22, 2014: 2:00 pm - 3:30 pm

Tuesday, July 29, 2014: 2:00 pm - 3:30 pm

Tuesday, August 5, 2014: 2:00 pm - 3:30 pm

Tuesday, August 12, 2014: 2:00 pm - 3:30 pm

Tuesday, August 19, 2014: 2:00 pm - 3:30 pm

For more information or to register for this series,
please call the Franciscan Spirituality Center
at 608-791-5295.

Caregiver Resources & Support

Caregiver Coach Program

Who Is A Family Caregiver? Husbands, wives, partners, sons, daughters, nieces, nephews, friends, and neighbors – also known as “family caregivers” – are typically the most important source of support to older people and adults with chronic or disabling health conditions.

You Don't Have To Do It Alone! The Caregiver Coach will meet with the caregiver to listen and help identify what resources and support is needed. Together, they will create a plan designed to relieve stress by connecting the caregiver to the appropriate support and services.

The Caregiver Coach encourages the caregiver to discover a solution on their own, and offers a consistent, on-going relationship to help implement new skills, changes and goals over time. This program is **FREE** to family caregivers and/or care-receivers, age 60+, residing in La Crosse County. For more information, contact **Amy Brezinka at (608)-785-3460**

VA Home Care Services

The VA has programs/services to help our veterans remain independent and in their home for as long as possible such as: Homemaker Services, Community Adult Day Health Care, Home Health Aide Services and In-Home Respite (Caregiver Relief). The VA may provide an aide from a licensed home health agency to come to your home and stay with the veteran if they cannot be left alone. The In-Home Respite program provides an opportunity for the caregiver to leave home to do errands, etc.

VA Home Care Services are provided to veterans with the following limitations:

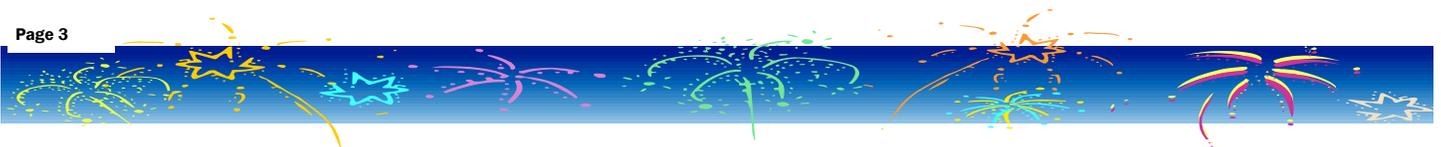
- Problems bathing, dressing, transferring, toileting.
- Alzheimer's and other types of dementia.
- Veterans who live alone and have trouble caring for themselves.
- Veterans who cannot be left alone and have a caregiver who needs respite.

These services are limited to 30 days per year and not more than 6 hours per day.

For more information about VA Home Care Services please contact Sandy Valentine at the La Crosse VA Office at 608-785-9716, or River Valley VA Clinic in La Crosse at 608-784-3886.

“Gratitude is a soil on which joy thrives.”

Berthold Auerbach





Wellness Fest

Join us at Wellness Fest on Saturday, July 26th, from 9 a.m.-1 p.m. at the La Crosse Center! Free admission and a chance to win prizes!

With over 1,500 in attendance in 2013, we are excited to have an even greater event this year. The day will be filled with fun and entertainment while also offering participants the opportunity to learn more about good health, food, fashion, fitness, home, family and emotional wellness. Gundersen Health System and local businesses will highlight products, services, and programs available in our area that support all dimensions of wellness. Here are some of the activities to look forward to at this year's Wellness Fest:

- Health screenings and displays, including "The Newborn Behavioral Observation"
- DIY demonstrations by Home Depot, Fresh Finishes by Stacy and Floral Visions
- Shop at area vendor booths and learn about local services
- Fashion Show by Macy's
- Bikes Limited fitting and safety inspections
- Free bike helmets and fittings for kids (while supplies last)
- Kid's Zone with The Parenting Place and a Home Depot kid's workshop
- Car seat safety check by Safe Kids Coalition (Preregistration - please call (608) 775-2011)
- Floral displays provided by Floral Visions
- Fun Photo Area

For information about becoming a vendor at Wellness Fest, email wellness@gundersenhealth.org or call Community & Preventive Care Services, (608) 775-4717.



This event is free and open to the public.

Successful Aging Program

Tuesday, July 22, 2014

The Art of Compassion

Do you want to improve the health of your brain and create a happier outlook on life? Explore how we can practice compassion in our lives.

Thomas Thibodeau, Director, Master of Arts in Student Leadership ■ Viterbo University, La Crosse, WI

Tuesday, August 26, 2014

Healthy Aging

Discover ways to take charge of your health and lead a rich and full life.

Chris Brown, MA, CSW ■ Mayo Clinic Health System - Franciscan Healthcare

Tuesday, September 23, 2014

Hoarding and Dementia

Learn how dementia complicates the problem with "stuff". Why hoarding happens and what to do about it.

Theresa Fleming, CSW, Dementia Care Coordinator ■ Mayo Clinic Health System - Franciscan Healthcare

Time 2:30 p.m. - 3:30 p.m.

Refreshments will be served at 2:00 p.m.

Mayo Clinic Health System - 700 West Ave. South - La Crosse, WI
Marycrest Auditorium - Hospital Building - Second Floor

Brought to you by the Department of Geriatrics/Elder Services at Mayo Clinic Health System. For more information call 608-392-9505 or 1-800-362-6454, extension 9505.

Franciscan Healthcare

La Crosse County Aging Unit

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4 www.co.la-crosse.wi.us/aging/

Newsletter Editor:

Amy Brezinka, Program Coordinator
Caregiver Coach Program



The **La Crosse County Aging Unit** provides information and services that promote independence, and support the dignity of Seniors by allowing choices for living in and giving to their community.

Programs & Services include:

- Home-delivered Meals
- Meal Sites
- Elder Benefit Specialist
- Transportation
- Caregiver Coach Program
- Caregiver Support & Education
- Gifted Hands
- Senior Farmers' Market
- Nutritional Supplements
- Wellness & Prevention



The Lunch Bunch Memory Café

The Lunch Bunch Memory Café is a place to meet with other caregivers and their loved one in a relaxed and friendly atmosphere. Once a month the café offers a chance for everyone to step out of their daily roles and share a positive experience in a supportive environment. It's a place to listen, share and learn from other caregivers who may be on a very similar journey.

Location, Date & Time: Lunch Bunch Memory Café meets at the Black River Beach Neighborhood Center in North La Crosse on the **last Tuesday of each month from 11:30am—1pm.**

Lunch is available at a suggested donation of \$4 per person and an RSVP is encouraged.

Education, Music & Art: Each month a different local service provider will be invited to briefly share information about their services. They will also be available to answer questions and visit with family caregivers during the café. Occasionally, art or special music may be featured at the café.

If you would like more information, or to be added to our mailing list, please contact
Amy Brezinka at 608.785.3460 or abrezinka@lacrossecounty.org

