

Coping | Confidence | Connections



Family Caregivers Newsletter

March/April 2016

Providing resource information to encourage and support Care Partners in our community.

Brain Health | Alzheimer's Association

There are lifestyle habits that you can adopt to maintain or potentially improve your health as you age. These habits, spanning four categories — physical health and exercise, diet and nutrition, cognitive activity, and social engagement — can help keep your body and brain healthy and potentially reduce your risk of cognitive decline.

Research has suggested that combining good nutrition with mental, social and physical activities may have a greater benefit in maintaining or improving brain health than any single activity. At the Alzheimer's Association International Conference® 2014, a two-year clinical trial of older adults at risk for cognitive impairment showed that a combination of physical activity, nutritional guidance, cognitive training, social activities and management of heart health risk factors slowed cognitive decline.

Embrace lifestyle habits that improve your overall health, such as exercising, consuming a nutritious diet, and staying cognitively and socially active — science suggests these may support brain health as well. It's never too late to make changes to achieve a healthier lifestyle — or too early to start.

Staying Socially Active

Social engagement is associated with reduced rates of disability and mortality, and may also reduce risk for depression. Remaining socially active may support brain health and possibly delay the onset of dementia. There are many ways to stay socially active in your community, and these activities will provide the greatest connection to others.

Participation in clubs, volunteer efforts and other community pursuits may be valuable in maintaining your overall health. Many of these social activities are low-cost or free, such as joining a walking group or book club in your neighborhood. Staying socially active can also be as simple as engaging with friends and family on a regular basis.

Pursue social activities that are meaningful to you. For instance, if you love animals, consider volunteering at a local shelter or with a rescue group. For more information about brain health visit alz.org



MEANINGFUL ACTIVITIES FOR PEOPLE LIVING WITH DEMENTIA

Why is making meaning important?

All adults, with and without dementia, have the need for a sense of occupation and identity; to contribute and be involved in the process of life in a way that is personally significant.

Without meaningful activity, loneliness, helplessness and boredom can generate suffering for people with dementia, resulting in depression, frustration and anger, while expediting loss of abilities.

What are meaningful activities?

Meaningful activities are opportunities to do or experience something engaging; they avoid challenging people inappropriately, and are designed to support and celebrate their existing strengths and spirit.

When a person has dementia, his/her life is made up of moments. While we may not be able to create a perfectly wonderful entire day for our loved one with dementia, we can create a perfectly wonderful moment; a moment that puts a smile on their face, a twinkle in their eye, or triggers a memory. Five minutes later, they won't remember what you did or said, but the feeling you left them with will linger.

Meaningful activities

- are purposeful
- include individual choice
- renew past interest in life
- bring pleasure
- enhance quality of life

Activities that are meaningful

- go beyond traditional leisure activities
- encompass activities of daily living
- are personally or culturally valuable and relevant
- have an end goal that can be accomplished

How do meaningful activities feel?

It's very important to realize the goal of meaningful activity is the process, NOT the outcome. Especially important are the positive feelings that arise in the participant during and after the activity. We can increase positive feelings significantly by focusing on creating enjoyment at each step, rather than the achievement of the goal.

Positive feelings arising from meaningful activity include:

- brings back good memories
- relaxing
- enjoyable
- makes me laugh
- makes me feel healthy
- makes me feel good about myself
- helps me meet new people/socialize
- helps me try something new
- makes me feel alive
- is an important part of my culture or religion
- helps me get better at something I want to do
- helps me express my feelings
- validates life experiences
- makes me energized, not exhausted

Article Source: newhopecentres.com

I'm gonna make the rest of my life, the best of my life.



Causeway Interfaith Volunteer Caregivers connects people with needs to people who care for ongoing supportive connections. Causeway provides volunteer and community services to the elderly and adults with disabilities allowing them to maintain independence and dignity.

Arts Buddy—Causeway connects a Volunteer with a person who would like to attend live performances in the area, such as the La Crosse Symphony, La Crosse Community Theatre, Viterbo Fine Arts, UWL Toiland Theatre, Marie W. Heider Center for the Arts or La Crosse Area Jazz Society performances. Arts Buddy passes are purchased through Causeway and one pass admits two people.

Visits or Outings—Causeway connects a Volunteer with a person who would like a visit. During a visit they can catch up with chatting about family, friends or community events, play cards, craft, do some baking or scrapbook. Or for a person who would like to go out for a cup of coffee, a drive around the area, to see the paddle wheelers on the river, a church function, try their luck at fishing, or go for a stroll, our Volunteers would like to be connected with you for outings.

Shopping/Errands— Causeway connects a Volunteer to assist with grocery shopping, whether it is with a person or from your list. Besides groceries, our Volunteers assist with clothes or household item shopping. Volunteers can help find items in the stores and put the items away at home. If a person needs to be connected with a Volunteer for assistance with errands they can be a help in getting to the doctor, bank, post office, pharmacy, etc.

Causeway services are for residents of La Crosse County. For more information about Causeway Caregivers, please call **608-775-9999**.



Seeking Participants for UW-L Study—Social Effects on Cognition

Description of the study: Interested participants must be 65+ years old, living independently and with no history of neurological dysfunction (e.g. diagnosis of memory impairment, mild cognitive impairment and dementia). In this project, we are investigating the relationship between how people's social experiences and networks intersect with cognitive function. Data is collected during a single one-on-one session with one of the researchers. Participants will be guided through a set of tasks and surveys on cognition and social relationships. Some of the tasks are paper and pencil and some are computerized. The full session should take no more than one hour of your time.

Location of Interview: The Gerontology Research Lab is in Graff Main Hall on the UW-L campus.

Reward: \$10 gift card to Festival Foods

Contact Information: Please email erozek@uwla.edu if you are interested in participating. Alternatively, you can call the Gerontology Research Lab directly at 608-785-5240. There is always a researcher in the lab from 2:30pm—4:30pm on Mondays to take phone calls and return messages in order to schedule an interview time.



The spring came suddenly, bursting upon the world as a child bursts into a room, with a laugh and a shout and hands full of flowers.



Dementia Education

Greater Wisconsin Alzheimer's Association

Family & Consumer Education Programs Calendar | March—May 2016

24/7 helpline | 1-800-272-3900

Care consultation is available 24/7 from a master's-level clinician with interpretation in 140 different languages.

Name of Program	Start Date	Start Time	End Time	Location	Room	Address	City
Know the 10 Signs: Early Detection Matters	3/10/16	1:00 PM	2:30 PM	Goodwill Store	Mississippi Community Room	3954 Mormon Coulee Road	La Crosse
Dementia Conversations; Driving, Doctor Visits, Legal & Financial Planning	3/10/16	3:00 PM	4:30 PM	Goodwill Store	Mississippi Community Room	3954 Mormon Coulee Road	La Crosse
Healthy Habits for a Healthier You	3/15/16	12:30 PM	2:00 PM	Northside Community Police Center	Community Room	713 Saint James Street	La Crosse
The Basics: Memory Loss, Dementia and Alzheimer's Disease	3/15/16	2:30 PM	4:00 PM	Northside Community Police Center	Community Room	713 Saint James Street	La Crosse
Know the 10 Signs: Early Detection Matters	4/18/16	10 AM	11:30 AM	Onalaska Library	Room B	741 Oak Ave S	Onalaska
The Basics: Memory Loss, Dementia and Alzheimer's Disease	4/18/16	1:00 PM	2:30 PM	Onalaska Library	Room B	741 Oak Ave S	Onalaska
Legal and Financial Planning Workshop Part I	5/17/16	1:00 PM	2:30 PM	Black River Beach Neighborhood Center	Maplewood Room	1433 Rose St	La Crosse
Legal and Financial Planning Workshop Part II	5/24/16	1:00 PM	2:30 PM	Black River Beach Neighborhood Center	Maplewood Room	1433 Rose St	La Crosse

These programs made possible through a collaboration of efforts by:



Tips for Care Partners

Healthy Living Tips

How Do You Know When It's Time to Give Up the Keys?

When it comes to safe driving, it's not age but ability that matters. Be aware of your changing abilities.

It may be time to hang up the keys when any of the following occur:

- Familiar places become difficult to locate.
- You feel unsafe on the road.
- Your health care provider has encouraged you to restrict or stop driving.
- You've had several moving violations, near misses or actual crashes.
- You find yourself inadvertently drifting into other lanes.
- You feel anxious or confused by the presence of other drivers.
- You have difficulty reading road signs.
- Medicine you take makes you feel sleepy or dizzy.
- Other drivers honk at you frequently.
- Police, family or friends have expressed concern about your driving.



Useful Resources:

Aging & Disability Resource Center of Western Wisconsin - The Aging and Disability Resource Center provides several different transportation services. Our services are available to seniors, the general public, and disabled individuals. For more information, please call 608-785-5700 or 800-500-3910 or visit <http://www.co.la-crosse.wi.us/aging/transportation.asp>

Transportation Options for Older Americans: Choices for Mobility Independence – this brochure describes various types of transportation services for older adults.
www.eldercare.gov/ELDERCARE.NET/Public/Resources/Brochures/docs/Trans_Options_Panels.pdf

National Center on Senior Transportation (NCST) – Includes resources on transportation options for older adults. www.seniortransportation.net

AAA Foundation for Traffic Safety – Website offers useful tips and tools for older drivers and their families. www.seniordrivers.org

Eldercare Locator – Find out what is available in your community by contacting the Eldercare Locator at 1-800-677-1116 or visit www.eldercare.gov

Driving Evaluations – Pre-Driver's Screening Programs strive to ensure everyone behind the wheel has the necessary skills to keep themselves, and everyone around them, safe.

Gundersen Health System: Pre-Driver's Screening Program at (608) 775-6777 or (800) 362-9567, ext. 56777
Mayo Health System—La Crosse: Rehabilitation Services at 608-392-9768

SOURCE: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, ADMINISTRATION ON AGING, WASHINGTON, D.C. 20201

“If nothing ever changed, there would be no butterflies.” -Unknown

Younger/Early-Onset Dementia Support

COPING | CONFIDENCE | CONNECTIONS

Younger/Early-Onset Dementia Support Group

When: Third Thursday of Every Month

Beginning Thursday, March 17, 2016

Time: 5:30pm —7:00pm (Social time from 5:30pm—6pm)

Location: First Lutheran Church

410 Main Street

Onalaska, WI 54650

Office: (608)-783-2236 (General Information & Directions)



This support group is for persons under the age of 65, living with a new diagnoses of Mild Cognitive Impairment (MCI), Alzheimer's or other related dementia and their Care Partner (spouse, partner, parent, son, daughter, friend, other relative).

Once a month, this group offers a chance for everyone to socialize and share in a safe, supportive, caring environment. It's a place to talk with others and to discover, "You are not alone".

Participants must have a diagnosis of MCI, Early Onset Alzheimer's or related dementia and must have been diagnosed at the age of 65 or younger, and must be able to participate and feel comfortable in a group setting. A new member screening is required to participate. For more information about this group, or to complete a new member screening, contact **Amy Brezinka, Program Coordinator at 608-785-5700.**



Younger/Early-Onset Dementia Series

Younger-onset (also known as early-onset) Alzheimer's affects people younger than age 65. Many people with early onset are in their 40s and 50s.

This six month series is designed for persons living with the diagnoses of Mild Cognitive Impairment (MCI), Younger/Early-Onset Alzheimer's or other related dementia and their Care Partner (spouse, partner, son, daughter, parent, friend or other relative) and for those concerned about memory loss.

When: Second Thursdays from March 10th - August 11th

Time: 1pm to 2:30pm

**Where: Gundersen Health System - Onalaska Clinic
Education Center | 3111 Gundersen Drive | Onalaska, WI 54650**

Series Topics by Date:

- **March 10th—Dementia Basics | Julene Bowe, Alzheimer's Association**
- **April 14th— Communication | Dr. Ellen Rozek, UW-La Crosse**
- **May 12th— Depression & Anxiety | Christie Harris, Gundersen Health System**
- **June 9th— Coping Skills | Christie Harris, Gundersen Health System**
- **July 14th— Self-Care & Movement | Amy Brezinka, Caregiver Coach Program
& Linda Larson, Gundersen Health System**
- **August 11th— Financial Concerns: Planning for the Future
Dustin Cunningham, Trust Point Inc.**

No RSVP or Registration is required for this Dementia Series.

For more information contact:

**Shayna Schertz, Wellness Education Specialist at 608-775-3885 or
Amy Brezinka, Caregiver Coach Program Coordinator at 608-785-5700**

Sponsored by,

**GUNDERSEN
HEALTH SYSTEM.**
Where Caring Meets Excellence

ADRC
Aging & Disability Resource Center
of Western Wisconsin
Serving Jackson, La Crosse, Monroe and Wisconsin Counties

Websites & Books

Looking for easy and healthy recipes for one or two?

Check out these helpful websites:

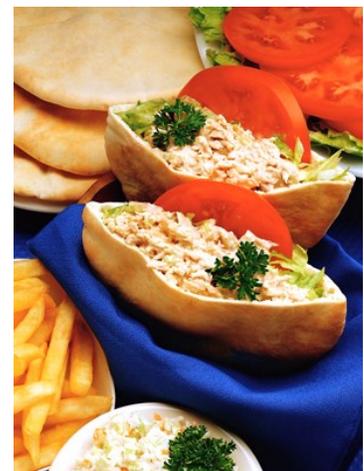
- ◆ **Everyday Health Easy Recipes:** www.everydayhealth.com/recipe-photos/easy-recipes.aspx
- ◆ **Alzlive**—For Those Who Care: <http://alzlive.com/category/your-health/nutrition/>
- ◆ **Gundersen Health System**—If you want healthy, tasty recipes delivered to your inbox, sign up for Nutrition Bites Weekly! You will receive 2-4 healthy recipes and nutrition tips every week. Best of all, it's free! For more information, visit: <http://www.gundersenhealth.org/nutrition/recipes>
- ◆ **Mayo Health System**—Healthy Lifestyle Recipes, visit: <http://www.mayoclinic.org/healthy-lifestyle/recipes>

Hearty Mediterranean Tuna Salad Pita Recipe

Prep Time: 10 mins **Total Time:** 10 mins

Ingredients

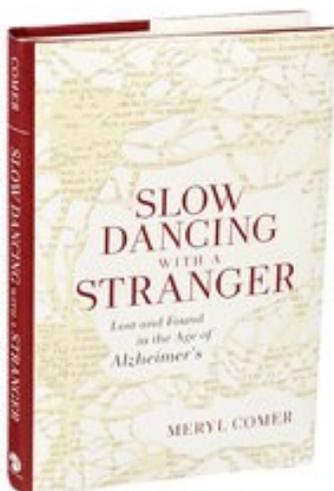
- 3 ounce(s) fish, tuna, white albacore, packed in water, unsalted
- 3 tablespoon mayonnaise, light, low sodium
- 3 tablespoon onion(s), red, chopped
- 2 whole olives, green, pitted, chopped
- 3/4 tablespoon mint, fresh, chopped
- 3/4 tablespoon lemon juice
- 1 1/2 teaspoon oil, olive
- 1/4 teaspoon pepper, black ground
- 1 dash(es) garlic powder
- 1 medium pita, whole-wheat



Preparation

1. Mix tuna, onion, mayonnaise, chopped olives, mint, lemon juice, olive oil, pepper, and garlic powder in large bowl.
2. Split open pita and fill with mixture. Enjoy.

Source: Everyday Health Easy Recipes at <http://www.everydayhealth.com/recipe-photos/easy-recipes.aspx#03>



Slow Dancing With A Stranger by Meryl Comer

When Meryl Comer's husband Harvey Gralnick was diagnosed with early-onset Alzheimer's disease in 1996, she watched as the man who headed hematology and oncology research at the National Institutes of Health started to misplace important documents and forget clinical details that had once been cataloged encyclopedically in his mind. With harrowing honesty, she brings readers face to face with this devastating condition and its effects on its victims and those who care for them. Detailing the daily realities and overwhelming responsibilities of caregiving, Comer sheds intensive light on this national health crisis, using her personal experiences — the mistakes and the breakthroughs — to put a face to a misunderstood disease, while revealing the facts everyone needs to know.

Coping with Mild Cognitive Impairment (MCI)

Mild Cognitive Impairment can make you feel frustrated. To cope with the frustration, try some of the techniques listed below to help compensate for any memory decline that interferes with your enjoyment of life, your effectiveness at work, your relationships and your goals for the future.

- Be patient with yourself and ask your family to be patient with you. Understand that you may feel frustrated, anxious or sad at the loss of some abilities. Slowing down can sometimes make it easier to remember or complete a task.
- Learn more about MCI and share that knowledge with those around you. This will enable them to better understand the changes that are affecting you.
- Discuss with a family member or other trusted person, your preferences for decisions affecting your life, should the MCI progress to dementia. (For more information on discussing your preferences, see the FCA Fact Sheets *Making Choices About Everyday Care and Legal Planning for Incapacity*, listed under the **Resources** section of this fact sheet.)
- Find constructive ways to release anger and frustration you may feel. Exercise, talk with a close friend or a counselor, and consider joining a support group for people with memory loss. (The Alzheimer's Association has support groups for people with early stage Alzheimer's disease including people with an MCI diagnosis.) It will help to talk to others going through the same experience, or one that is similar. Encourage your family members to seek out counseling and support to meet their needs.
- Continue to explore ways to fulfill your needs for intimacy and closeness. Participate in family events as you are able, and keep in touch with friends. The desire for close relationships with others continues throughout life.
- Ask your physician for an exercise program that best fits your needs. Exercise contributes to good physical health, can reduce stress, and helps keep your brain as healthy as possible.
- Use visible and/or accessible reminders. Useful strategies include: writing notes to yourself, posting a large calendar to track appointments, leaving messages to yourself on your answering machine, using an automatic dispensing pill box, and setting the alarm on a mobile device to remind you of upcoming events.
- Document your personal story by creating a scrapbook, recording your autobiography, or keeping a journal. This is a wonderful way to reflect upon your life and share yourself with those close to you. Your children and grandchildren will treasure these keepsakes.
- Keep your mind active doing things that you enjoy: Work on puzzles, read the newspaper, play cards, listen to music, write in a journal, learn about something new.
- Know that you are more than someone with MCI. Celebrate the many and varied personal attributes that you possess.
- Increase your awareness of MCI research projects and clinical trials of new medications. Participate in medication trials if your physician thinks they might be helpful.
- Become an advocate for yourself and other individuals with MCI. Write letters and make phone calls to local and state representatives and assist community agencies in training staff and professionals about MCI.
- Complete an Advance Healthcare Directive, a Durable Power of Attorney, and Durable Power of Attorney for Finances. These documents will help your loved ones provide you with the type of care you want and need in the future should you be unable to state those preferences. Meet with a lawyer knowledgeable about estate planning to draft a will, set up a trust, or handle other related legal matters.
- Focus on your present abilities and avoid worrying about what might happen in the future. Know that there are many ways to live an active and productive life. Focus on what you can do, not on what you can't.

For more information visit the Family Caregiver Alliance at <https://www.caregiver.org/mild-cognitive-impairment-mci>

Spring breathes new life into the world around us.

Resources for Care Partners



The **North American Squirrel Association (nasa)** is a non-profit organization that formed in 2003 and grew out of a desire to provide the physically challenged and senior members of our community with outdoor opportunities. Using donated funds and merchandise from generous individuals and businesses in the community, nasa has been able to provide a host of outdoor opportunities to those in need, free of charge!

Do you like to fish?

If you do and have been missing out, nasa can help you get out and hook a big one. First and foremost is the nasa pontoon boat. Specially built for wheel chair accessibility, nasa provides the boat from May through September on Lake Onalaska. With a captain provided by nasa, there's no excuse not to get out on the water this summer. If boating isn't your thing, then try one of the nasa fishing piers. Attendees receive help from nasa members, personal aids, and other volunteers in catching, cleaning, cooking and eating their catch in what is sure to be a most memorable experience.

Hunting Buddy System

A big part of our program is the nasa "Buddy" system. The nasa "Buddy" system pairs an able-bodied sportsperson with a sportsperson-in-need for a specific sporting opportunity and also helps nasa locate private lands and ponds for use on disabled hunting and fishing events, something very vital to the success of our program.

For more information contact nasa at by calling 608-234-5988 or by email at nasasquirrel@yahoo.com
Visit the nasa website at www.nasasquirrel.org

Caregiver Support Groups

Support Group for Persons with Dementia and Care Partners

When: 1st & 3rd Tuesdays of the Month from 3pm to 4pm
Where: Village on Cass, 225 South 24th Street, La Crosse
Contacts: Chris Brown and Terry Fleming at 608-392-9505

Family Support Group—Alzheimer's/Dementia

When: 2nd Wednesday of the month from 6pm-7pm
Where: Bluffview Memory Care, 2101 Bluffview Court, Holmen
Contact: Bluffview Memory Care Management Team at 608-526-5864 for more details

Caregiver Support Group

When: *Last* Wednesday of the month at 1:15pm
Where: Hillview Health Care Center—Sunshine Room
3501 Park Lane Drive, La Crosse
Contact: Nikki Weisenberger at 608-789-4867 for more details

Caregiver Support Group

When: 2nd Thursday of the month at 1pm
Where: Lakeview Health Center, 902 E Garland Street, West Salem
Contact: Luann Rose at 608-786-1400 ext. 40155

Parkinson's Support Group

When: 4th Tuesday of each month from 2pm-4pm
Where: Gundersen Health System
Contact: Julie Halzwarth at 608-775-2789

Great Rivers 2-1-1 ~ For more information about area support groups dial 2-1-1



Resources for Care Partners

Lunch Bunch Memory Café | La Crosse

The **Lunch Bunch Memory Café** is a place to meet with others diagnosed with Mild Cognitive Impairment (MCI), Alzheimer's/ dementia and their care partner in a relaxed and friendly atmosphere. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive environment. It's a place to talk with others who may be on a very similar journey and to learn, "*You are not alone*".

When: This group meets the last Tuesday of every month

New Extended Time: 11:00am—1:00pm

Location: Black River Beach Neighborhood Center
1433 Rose Street
La Crosse, WI 54603



Lunch & Beverage provided at a suggested donation of \$4 per person

Topics: Art, music, health and wellness topics will be featured at each café. Details will be announced on monthly invites.

Upcoming Dates:

March 29th, 2016—"Coping with Uncertainty & Grief" by Erica Srinivason, Ph.D, Psychology Dept. at UW-L

April 26, 2016—"Spring Renewal" with Special Music by Life in Harmony

May 31, 2016—SPARK! Program with Heather Casper

June 28, 2016—Dealing with Life Transitions with Fran Rybrick, Author/Women Writers Ink

RSVP is encouraged. If you would like more information, or to be added to our mailing list, please contact: Amy Brezinka at 608.789.8575 or abrezinka@lacrossecounty.org

Travelled Roads Memory Café | West Salem

When: 2nd Friday of each month

Time: 10am—11:30am

Location: Hazel Brown Leicht Memorial Library
Study Room
201 Neshonoc Rd | West Salem, WI



Coffee & bakery items provided at a suggested donation of \$1 per person.

The **Travelled Roads Memory Café** is a place to meet with others diagnosed with Mild Cognitive Impairment (MCI), Alzheimer's/ dementia and their care partner in a relaxed and friendly atmosphere. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive environment. It's a place to talk with others who may be on a very similar journey and to learn, "*You are not alone*".

Topics: Art, music, health and wellness topics will be featured at each café.

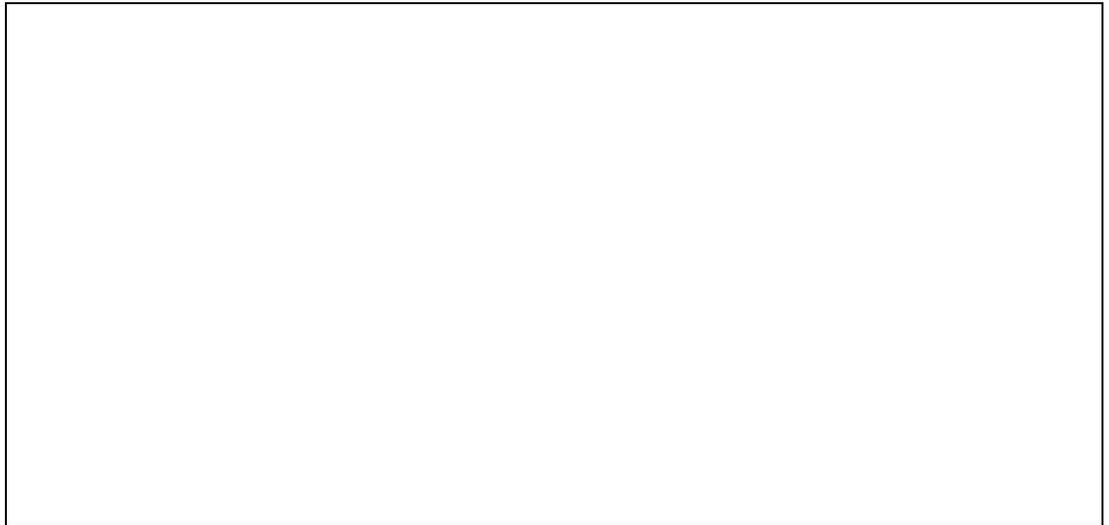
Resources: Community resource information will be available each month. The Caregiver Coach will be available to answer questions and visit with Care Partners during the café.

Upcoming Dates:

March 11, 2016

April 8, 2016

RSVP is encouraged. If you would like more information, or to be added to our mailing list, contact Amy Brezinka at 608.789.8575 or abrezinka@lacrossecounty.org



Aging & Disability Resource Center of Western Wisconsin

Amy Brezinka, Program Coordinator

Caregiver Coach Program

608.785.5700

abrezinka@lacrossecounty.org

Website: <http://www.adrcww.org/>

Caregiver Coach Program &
Lunch Bunch Memory Café Sponsors:



Where Caring Meets Excellence