

Coping | Confidence | Connections



Care Partner Connections

November/December 2016

Providing resource information to encourage and support care partners in our community.

Caregiver Coach Program Funding Ends

The Caregiver Coach Program began serving care partners in La Crosse County in 2013. This program was funded for four years under the Helen Bader Foundation/Bader Philanthropies Inc. and as of December 31, 2016, funding for this program will come to an end.

Although the Caregiver Coach Program will be ending, Options Counselors with the Aging & Disability Resource Center (ADRC) of Western Wisconsin will continue to work with care partners to explore options, assist with identifying area resources, and help make connections to support and services in our community.

In addition, the ADRC will continue to offer caregiver education and participate in collaborative efforts to support all care partners in the region.

It has been a pleasure coordinating the Caregiver Coach Program in La Crosse County and I feel blessed to have had the opportunity to serve care partners in this role.

If you have any questions, please contact the ADRC at 608-785-5700 or 1-800-500-3910.

Take care!

Amy Brezinka
Caregiver Coach/Dementia Crisis Program Coordinator

NOVEMBER IS:

- ◆ **National Family Caregivers Month**

The theme for 2016 is *“Take Care to Give Care”*



- ◆ **National Alzheimer’s Disease Awareness Month**

Go Purple with a Purpose for Alzheimer’s Disease Awareness and Caregivers

Month. President Ronald Reagan designated November as National Alzheimer’s Disease Awareness Month in 1983. At the time, fewer than 2 million Americans had Alzheimer’s; today, the number of people with the disease has soared to nearly 5.4 million. Get involved this month, and help raise awareness for Alzheimer’s disease.

National Family Caregiver Month



During **National Family Caregivers Month**, we remind family caregivers that to be strong enough to care for your loved one, you must **Take Care to Give Care!**

The first rule of taking care of others: *take care of yourself first*. Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among the Nation's 90 million family caregivers. So as a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one. You really do need to "*take care to give care!*"

- **Caregiving can be a stressful job.** Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiving responsibilities – from managing medications to arranging doctor appointments to planning meals – caregivers too often put themselves last.
- **The stress of caregiving impacts your own health.** One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional problems. They are twice as likely to suffer depression and are at increased risk for many other chronic conditions.
- **Proper nutrition helps promote good health.** Ensuring that you are getting proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall.
- **Ensuring good nutrition for your loved one helps make care easier.** As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization – which may help make your care of a loved one easier.
- **Remember: "Rest. Recharge. Respite."** People think of respite as a luxury, but considering caregivers' higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

Learn more at: <http://caregiveraction.org>



Gratitude is one of the most medicinal emotions we can feel.
It elevates our moods and fills us with joy.

- Sara Avant Stover in *The Way of the Happy Woman*

“Take Care to Give Care”



Signs a Caregiver May Need Assistance

We all want to provide the best care for our loved ones. But that can be hard, especially if one is also caring for young children and aging parents at the same time. The stress can take its toll and cause a variety of emotions. To provide good care, caregivers must take care of themselves. While it's hard to find a spare hour, taking a break to do something enjoyable can do wonders for one's health. Caregivers, though busy, should try to eat nutritious foods and exercise regularly. They should tell someone if they start to feel overwhelmed, tired or ill. Ignoring personal needs can lead to health problems and neglected relationships.

Caregiver Stress Checklist

There are universal signs of caregiver stress that, if not addressed, can lead to burnout. Use the following Caregiver Stress Checklist to discuss any concerns with your health care provider.

Do you, as a caregiver, feel...

- Angry that things are the way they are
- Anxious about facing another day
- Defensive about your loved one's condition and its effect on others
- Embarrassed by your loved one's behavior
- Exhausted because of ever-present concerns and sleepless nights
- Frustrated that you can't do more or that you are missing out on life
- Ill, either physically, mentally or both
- Irritable because nothing seems to go right
- Rushed because you don't have as much time as you would like
- Sad that your loved one needs care
- Uncomfortable caring for your loved one



Ask For Help

- ◆ Recognize that asking for help is a sign of strength, not weakness. Get comfortable with the idea of talking about your need for assistance and reach out to someone you trust for help.
- ◆ Recognize your own strengths and limitations to help assess when you need assistance.
- ◆ Create a list of tasks that need to get done.
- ◆ Hold family meetings to review the needs of your loved one and divide the responsibilities. Reviewing individual responsibilities is a good way to engage others to share the tasks of caregiving.

Types of Dementia



Dementia is a medical term used to describe a set of symptoms causing a decline in cognitive function severe enough to affect daily living. Symptoms are typically caused by a disease, or condition.

Types of dementia:

- **Alzheimer's disease** accounts for 50 to 70 percent of cases of dementia. This is a progressive dementia featuring short term memory loss, word-naming problems, difficulty performing complex tasks, judgement and perception problems, and way-finding difficulties. Over time, the person gradually loses the ability for self-care.
- **Dementia with Lewy bodies** often starts with wide variations in attention and alertness. Individuals affected by this illness often experience visual hallucinations as well as muscle rigidity and tremors similar to those associated with Parkinson's disease. Parkinson's disease affects control of movement, resulting in tremors, stiffness and impaired speech. Many individuals with Parkinson's disease also develop dementia in later stages of the disease.
- **Mixed dementia** is a condition in which Alzheimer's disease and vascular dementia, or Alzheimer's and Lewy body dementia, occur together.
- **Vascular dementia**, often considered the second most common type of dementia, refers to impairment caused by reduced blood flow to parts of the brain. One type may develop after a single major stroke blocks blood flow to a large area of brain tissue. Symptoms of vascular dementia can be similar to Alzheimer's disease. They include problems with memory, confusion and difficulty following instructions. In some cases, the impairment associated with vascular dementia can occur in "steps" rather than in the slow, steady decline usually seen in Alzheimer's.
- **Mild cognitive impairment (MCI)** is becoming an increasingly common diagnosis as people concerned about early memory change seek medical evaluation. While MCI may be a pre-clinical stage of Alzheimer's disease, some people do not progress on to Alzheimer's. People with MCI show some deviation from the normal cognitive range when evaluated with cognitive testing; however, their normal daily function is not impacted by the memory changes they themselves have noticed.
- **Frontotemporal dementias or frontotemporal lobar degeneration (FTLD)** are a group of progressive disorders that affect the frontal and temporal lobes of the brain. It can be difficult to distinguish from Alzheimer's disease, Parkinson's disease or ALS. Personality changes and disorientation often occur before memory loss.
- **Huntington's disease** is another form of dementia which is an inherited, progressive disorder that causes irregular movements of the arms, legs and facial muscles, personality changes, and a decline in the ability to think clearly.
- **Creutzfeldt-Jakob disease (CJD)** (*CROYZ-felt YAH-kob*) is a rare, rapidly fatal disorder that impairs memory and coordination, and causes behavior changes.
- **Normal pressure hydrocephalus (NPH)** is caused by a buildup of fluid in the brain. The cause of most cases is unknown. Symptoms include difficulty walking, memory loss and the inability to control urine. Sometimes NPH can be corrected with surgery to drain the excess brain fluid.

For more information about the Alzheimer's & Dementia Alliance, visit: www.alzwissc.org

Life is a gift. Never forget to enjoy and bask in every moment you are in.

Memory Screening

Cognitive Impairment: Benefits of Early Screening

National Institute on Aging – Alzheimer's Disease Education and Referral Center

Cognitive impairment in older adults has a variety of possible causes, including medication side effects, metabolic and/or endocrine derangements, delirium due to inter-current illness, depression, and dementia, with Alzheimer's dementia being most common. Some causes, like medication side effects and depression, can be reversed with treatment. Others, such as Alzheimer's disease, cannot be reversed, but symptoms can be treated for a period of time and families can be prepared for predictable changes.

Benefits of Early Screening

If screening is negative: Concerns may be alleviated, at least at that point in time.

If screening is positive and further evaluation is warranted: The patient and physician can take the next step of identifying the cause of impairment (for example, medication side effects, metabolic and/or endocrine imbalance, delirium, depression, and Alzheimer's disease). This may result in:

- Treating the underlying disease or health condition
- Managing comorbid conditions more effectively
- Averting or addressing potential safety issues
- Allowing the patient to create or update advance directives and plan long-term care
- Ensuring the patient has a caregiver or someone to help with medical, legal, and financial concerns
- Ensuring the caregiver receives appropriate information
- Encouraging participation in clinical research

Memory Clinics in La Crosse County – Specialists providing diagnosis, treatment, education, support services and long term follow-up care.

Gundersen Health System – Memory Center

East Building – Level 3

724 Denton Street

La Crosse, WI 54601

To request an appointment call: 608-775-9000 or 800-362-9567 ext. 59000

Mayo Clinic Health System – Geriatrics: Dementia Care Programs and Services

700 West Avenue South

La Crosse, WI 54601

To request an appointment call: 608-785-0940 or 800-362-5454

Free Confidential Memory Screenings Offered as part of National Memory Screening Day



Tuesday, November 15, 2016

Mayo Clinic Health System
800 West Ave South—La Crosse, WI
Skemp Building—First Floor

Brought to you by the Mayo Clinic Health System
Department of Geriatrics.

Please call by Thursday, November 10th to register:

(608)-392-9505

mayoclinichealthsystem.org

For more information call 608-392-9505 or 1-800-362-5454 ext. 9505

Living with Alzheimer's

Why we need to fight Alzheimer's stigma

Stigma is the use of negative labels to identify a person with a disability or illness. Stigma around Alzheimer's disease exists, in part, due to the lack of public awareness and understanding of the disease, preventing people from:

- Seeking medical treatment when symptoms are present
- Receiving an early diagnosis or any diagnosis at all
- Living the best quality of life possible while they are able to do so
- Making plans for their future
- Benefitting from available treatments
- Developing a support system
- Participating in clinical trials

Stigma and lack of awareness also impacts Alzheimer's disease research. The government funds Alzheimer's research at lower rates than other diseases, even when the cost of caring for Alzheimer's disease is significantly higher.

The past is your lesson. The present is your gift. The future is your motivation.

The experience of Alzheimer's stigma

Stigma and stereotypes are a significant obstacle to well-being and quality of life for those with dementia and their families. Here are some examples of the stigma you may experience:

- A diagnosis may test friendships. Friends may refuse to believe your diagnosis or withdraw from your life, leaving a feeling of abandonment or isolation.
- Relationships with family may change. Family members may not want to talk about the disease, perceive you as having little or no quality of life, or may avoid interacting with you.
- Others may approach your care partner to ask about you rather than asking you directly how you are doing.



"If we're going to find a cure, and we're going to get the research and support that we need behind us, we need to have people coming out and not be ashamed of their diagnosis."

Joan U., person living with Alzheimer's

Living with Alzheimer's

Accepting changes

Things you once did easily will become increasingly difficult, such as maintaining a schedule or managing money. Some people may try to cover up their difficulties to protect themselves and their family from embarrassment. Or, they may be reluctant to ask for help. Trying to do what others in the early stage have called "faking it" and covering up errors can be a great source of stress. Accepting changes in your abilities and adapting new coping skills can help you restore balance to your life and give you a sense of accomplishment in your abilities as you continue to live with the disease.

Developing effective coping strategies can help you:

- Remain engaged and active
- Respond to challenges that will help maximize your independence and well-being
- Gain a sense of control over your life

Keep in mind that what works well for one person, may not work for another. And, strategies that work for you one day, may not work the next. When developing your coping strategies, try different ones to find those that work best for you. The more flexible you can be, the better you can fine-tune your strategies to help with each situation.

alz.org® | alzheimer's association

A moment of gratitude makes a difference in your attitude.

-Bruce Wilkinson

Some people with Alzheimer's say...

"It feels good when people listen to you sometimes instead of them telling you what to do."

"Do not keep asking me questions. This frustrates me and makes me feel I am being tested."

"Because I cannot remember does not mean that I am dumb."

"When I forget, either laugh with me or hug me, but please do not make excuses for me. When you do that it makes me very angry and I feel you do not understand what I am feeling inside."

Support Resources

Area Support Groups

Support Group for Persons with Dementia and Care Partners

When: 1st & 3rd Tuesdays of each 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



Support Group for Persons with Younger/Early Onset Dementia and Care Partners

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

When: 3rd Thursday of each month from 4:30pm to 6pm (**Please note new time**)

Where: First Lutheran Church, 410 Main Street, Onalaska, WI 54650

Contact: Amy Brezinka, ADRC Caregiver Coach Program Coordinator at 608-789-8575

Family Support Group—Alzheimer's/Dementia

When: 2nd Wednesday of the month from 5:30pm-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: Paul Kaiser SW 608-786-1400 ext 40131

Parkinson's Support Group

When: 4th Tuesday of each month from 2pm-4pm

Where: Gundersen Health System

Contact: Julie Holzworth at 608-775-2789

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

Life teaches you the Art of letting go in every event. When you have learnt to let go, you will be joyful, and as you start being joyful, more will be given to you. -Sri Sri



Stress, Depression and the Holidays: Tips for Coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression. The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.
- Start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions:

- Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks.
- Get plenty of sleep.
- Incorporate regular physical activity into each day.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Some options may include:

- Listening to soothing music.
- Getting a massage.
- Reading a book.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays. By Mayo Clinic Staff | www.mayoclinic.org

What is Respite Care?

Types of respite care

Respite care can be provided at home — by a friend, other family member, volunteer or paid service — or in a care setting, such as adult day program or residential facility.

In-home care services offer a range of options including:

- Companion services to the individual with companionship and supervised activities
- Personal care or home health aide services to provide assistance with bathing, dressing, toileting and exercising
- Homemaker or maid services to help with laundry, shopping and preparing meals
- Skilled care services to help with medication and other medical services

Adult day centers offer a place where the person with Alzheimer's can be with others in a safe environment. Staff leads planned activities, such as music and art programs. Transportation and meals are often provided.

Residential facilities may offer the option for a stay overnight, for a few days or a few weeks. Overnight care allows caregivers to take an extended break or vacation while the person with dementia stays in a supervised, safe environment. The cost for these services varies and is usually not covered by insurance or Medicare.

Using respite care

Respite care can help you as a caregiver by providing a new environment or time to relax. It's a good way for you to take time for yourself.

Respite care can provide:

- A chance to spend time with other friends and family, or to just relax
- Time to take care of errands such as shopping, exercising, getting a haircut or going to the doctor
- Comfort and peace of mind knowing that the person with dementia is spending time with another caring individual

Respite care services can give the person with dementia an opportunity to:

- Interact with others having similar experiences
- Spend time in a safe, supportive environment
- Participate in activities designed to match personal abilities and needs

Plan Ahead: Respite Care for Unexpected Situations

Emergencies, unplanned situations or unexpected trips can create a need for immediate care by an alternative caregiver. Try providers out in a non-emergency situation, so you're ready if the need arises. Also, talk with people you trust — including family, friends and neighbors — about helping out in an emergency. It's a good idea to have contact information for the person with dementia's medical team as well as a list of all current medications (with dosage and frequency taken) easily accessible at all times.

Support Resources

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 the month

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 Date:

November 29th— Thanksgiving Celebration
December 2016—Holiday Getaway Luncheon (TBD)

RSVP is encouraged. If you would like more information, please contact:
Amy Brezinka at 608.785.5700 or abrezinka@lacrossecounty.org

Lunch Bunch Memory Café | Sparta

When: Fourth Thursday of each Month

Time: 11:00 a.m. to 12:30 p.m.

Location: Jakes Northwood
1132 Angelo Road
Sparta, WI



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

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

If you would like more information, or to be added to our mailing list, contact:
Laura at 608-269-8691. **RSVP by the Tuesday prior to the event.**

To learn more about in-home care, adult day programs and other respite care options, contact the Aging & Disability Resource Center of Western Wisconsin at 608-785-5700 or 1-800-500-3910
Or visit the ADRC's website at: <http://www.adrcww.org>



Dementia Education

Greater Wisconsin Alzheimer's Association Family & Consumer Education Programs Calendar | December 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
Intimacy & Sexuality in the Family Home This program is designed to assist family caregivers in understanding how dementia can affect expressions of intimacy and sexuality and learn how to respond creatively and sensitively.	12/8/16	10:00 AM	12:00 PM	La Crosse Public Library	Auditorium	800 Main Street	La Crosse
Caregiver Stress: Take Care of Yourself	12/8/16	1:00 PM	3:00 PM	La Crosse Public Library	Auditorium	800 Main Street	La Crosse

These programs made possible through a collaboration of efforts by:



Brain Health Tips

Buddy up.

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community—if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.

Follow your heart.

Evidence show that risk factors for cardiovascular disease and stroke—obesity, high blood pressure and diabetes—negatively impact your cognitive health. Take care of your heart, and your brain just might follow.



Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today and creates a vision for tomorrow.

-Melody Beattie

Alzheimer's Workshop

Thursday, November 10, 2016

Lunda Center 319 7th St. North, La Crosse

Two Options Available:

- Morning 8:30—12:00 PM
- Afternoon 12:00—3:30 PM

Spend time learning the basics of Alzheimer's Disease. Learn first hand what experiencing dementia feels like in a Virtual Dementia Tour.

Agenda

- Registration & Visit Resource Tables
- Welcome
- Alzheimer's Basics
- How to communicate with someone who has Alzheimer's
- Caregiver Stress—How to Cope and Music Therapy Presentation
- Lunch on Your Own

No charge for Family Caregivers, Western Technical College Students, Police, Fire or Emergency Personnel.

For more information or to register:

Ann Lichliter
lichlitera@westernnc.edu
608.789.6148



This ACT program is 100% funded with a TAACCCT Round IV \$19.9 million grant awarded by the U.S. Department of Labor's Employment and Training Administration. This program is an equal opportunity program and auxiliary aids and services are available upon request to individuals with disabilities. Inquiries regarding this policy or other issues can be directed to Western Technical College, Attn: Employment, Benefits, EEO Manager, 400 7th Street North, La Crosse, WI 54601, 608-785-9274 (voice), TTY 608-785-9551 or 711 for the State Relay System. This workforce product was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The product was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The U.S. Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accu-



Aging & Disability Resource Center
of Western Wisconsin
Health & Human Services Building
300 4th Street North
La Crosse, Wisconsin 54601-3228

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Care Partner Connections

November/December 2016



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:

