

# Care Partner Connections

September/October 2016

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

## Music Inspires Memories

Recently a reader responded to an article in our July/August issue of “Care Partner Connections” and allowed us to share this loving memory of her father...



Thank you for your recent “Care Partner Connections” newsletter. I particularly enjoyed the article “Keeping Your Brain Young With Music.” In March, my Mom and Dad celebrated their 67<sup>th</sup> wedding anniversary. Prior to Dad getting Alzheimer’s, Mom and Dad would go dancing up to 3 times per week, with Friday night being the standard dance night at The Eagles Club. Dad always referred to going dancing and would ask when they would be going again. Me and my siblings recreated The Eagles Club at the assisted living facility with my brother and his friends playing guitar. A song book was created so other residence could come and sing along to Mom and Dad’s favorite tunes, such as “Can I have this dance for the rest of my life” and “Tennessee Waltz.” My sister baked cake for everyone in the facility and timed it so they could take a piece to their room as they left the dining area if they didn’t want to join the dance. Family and friends were invited to come to the Open House from 6:00 till 8:00.

As soon as the first song started, my husband and I found the small dance floor amongst the walkers and canes. It didn’t take but a few bars before Dad turned to Mom and said, “Would you like to dance?” In those two hours, Dad danced at least six dances, spinning us under his arm and keeping perfect step with each beat. Afterwards, Dad talked about it all the time. The nursing staff said his attitude was so wonderful following the anniversary dance. He enjoyed it so much, we planned another dance for the weekend of this 90<sup>th</sup> birthday, June 12.

Unfortunately, Dad didn’t get to have that dance here on earth. He died May 30<sup>th</sup>. Even as he lay in his Hospice Bed, surrounded by Mom, his kids, the grandkids, and great grandkids, Dad had the ability to hold my sister’s hand, keeping time to the waltz just as if he were dancing. I have no doubt Dad is still dancing in Heaven!

*Pain can change you, but that doesn’t mean it has to be a bad change. Take the pain and turn it into wisdom.*

# Resources

## Area 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



### **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 the Month from 5:30pm to 7pm (Social time from 5:30pm to 6pm)

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

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*Don't be afraid of change, it is leading you to a new beginning.*

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# Resources

## ALZHEIMER'S FAMILY CAREGIVER SUPPORT PROGRAM

### ***Providing help for caregivers***

The Alzheimer's Family and Caregiver Support Program (AFCSP) was created in response to the stress and needs of families caring for someone with Alzheimer's Disease or other irreversible dementia. The purpose of AFCSP is to make an array of community services available to these families in hopes of enhancing lives and keeping people in their homes as long as possible.

### **HOW DOES THE PROGRAM WORK?**

Funds are available in each county for qualified individuals to purchase goods and services needed to care for someone with irreversible dementia.

### **WHAT DOES THE PROGRAM PAY FOR?**

Typical goods and services include:

- Respite care or home care services (personal care assistance, meal prep, medication assistance and monitoring, homemaker services, yard work and snow removal, etc.)
- Emergency response system
- Transportation expenses
- Incontinence supplies
- Home safety modifications
- Medications for dementia
- Home-delivered meals
- Specialized clothing
- Activity or hobby supplies
- Other needed services to help

### **BENEFITS OF RECEIVING HELP**

Caring for someone with Alzheimer's disease impacts every aspect of daily life. Preparing and protecting yourself, working to understand your loved one's experience and accepting help from others can help to minimize the hazards and enhance the joys of your caregiving experience. All who give care must also receive care.

AFCSP funds are also used to facilitate support groups and offer caregiver education to the community. Each county determines the most beneficial use of their AFCSP funds.

### **WHO IS ELIGIBLE?**

To be eligible the person must meet three criteria:

1. Diagnosis of Alzheimer's disease or a related dementia
2. Reside in a home setting (not facility)
3. \$48,000 max gross income of person and spouse (cost related to the care of the individual can be deducted)

### **HOW DO I APPLY?**

Contact the Aging & Disability Resource Center (ADRC) of Western Wisconsin for more information.

300 4<sup>th</sup> Street North, La Crosse, WI 54601-3228

**608-785-5700 or 1-800-500-3910**



# Younger-Onset Alzheimer's Disease

## Caring for your emotional and psychological health

Coming to terms with a serious diagnosis like Alzheimer's disease involves embracing changes in your emotional state. You may experience unwanted feelings and emotions, which may be triggered by your relationships with others, your experience with stigma or your frustration with daily changes. One of the most important things you can do is talk about your feelings with someone you trust such as your spouse, partner, pastor or counselor. Sometimes a different perspective can be helpful as you learn to adjust to living with the disease and cope with difficult feelings.

At times, your emotional state and responses may be the symptoms of Alzheimer's. You may have frustration, anger or confusion, and have no control of your emotions. As a result, you may be unsure of yourself around family and friends or in social situations. Learning to express yourself can help you cope with emotional responses, and around you react in the most appropriate ways. Try these tips for enhancing your emotional health:

- ◆ **Allow yourself to experience a range of emotions.**

There is no right or wrong way to feel.

- ◆ **Learn about how others living with the disease are overcoming stigma** to support their emotional health.

- ◆ **Consider meeting with a trusted friend or advisor.**

- ◆ **Join a support group of others in the early stage.**

Contact your local chapter about support groups available in your area.

- ◆ **Maintain close relationships.**

This will provide you with support when you feel overwhelmed by emotion. Others can provide you validation.

- ◆ **Establish a social network that includes others living in the early stage.**

A good place to start is joining our ALZConnected online community.

alz.org® | alzheimer's association

## Caring for your social health

Strong relationships and an active social network can have an impact on your health. Connecting with others who also are living in the early stage can be a comforting and satisfying experience. These individuals truly understand what you're going through. Building a support network with others like you can help normalize what you're experiencing, reduce the impact of stigma and improve your quality of life.

At first, you may be hesitant to engage in social activities for fear of making a mistake or having difficulty with communication. Consider pursuing activities that you enjoy or that satisfy you so much, that you can move past your hesitation.

## Principles for a Dignified Diagnosis

Principles for a Dignified Diagnosis is the first statement of its kind written by people with dementia on the subject of the Alzheimer diagnosis experience. These principles are their insights on how to make that experience better. Although you may already have a diagnosis, these principles can help your physician communicate effectively with you.

**Talk to me directly, the person with dementia.** I am the person with the disease, and though my loved ones will also be affected, I am the person who needs to know first.

**Tell the truth.** Even if you don't have all the answers, be honest about what you do know and why you believe it to be so.

**Test early.** Helping me get an accurate diagnosis as soon as possible gives me more time to cope and live to my fullest potential and to get information about appropriate clinical trials.

**Take my concerns seriously, regardless of my age.** Age may be the biggest risk factor for Alzheimer's, but Alzheimer's is not a normal part of aging. Don't discount my concerns because I am old. At the same time, don't forget that Alzheimer's can also affect people in their 40s, 50s and 60s.

**Coordinate with other care providers.** I may be seeing more than one specialist — it is important that you talk to my other providers to ensure you all have the information so that changes can be identified early on and that I don't have to repeat any tests unnecessarily.

**Explain the purpose of different tests and what you hope to learn.** Testing can be very physically and emotionally challenging. It would help me to know what the purpose of the test is, how long it will take and what you expect to learn from the process. I would also appreciate the option of breaks during longer tests and an opportunity to ask questions.

**Give me tools for living with this disease.** Please don't give me my diagnosis and then leave me alone to confront it. I need to know what will happen to me, and I need to know not only about medical treatment options but also what support is available through the Alzheimer's Association and other resources in my community.

**Work with me on a plan for healthy living.** Medication may help modify some of my neurological symptoms, but I am also interested in other recommendations for keeping myself as healthy as possible through diet, exercise and social engagement.

**Recognize that I am an individual and the way I experience this disease is unique.** This disease affects each person in different ways and at a different pace. Please be sure to explain how this disease may change my life with this in mind.

**Alzheimer's is a journey, not a destination.** Treatment doesn't end with the writing of a prescription. Please continue to be an advocate — not just for my medical care but for my quality of life as I continue to live with Alzheimer's.

I'VE GOT ALZHEIMER'S



BUT, IT DOESN'T HAVE ME!



16<sup>th</sup> Annual September Series on Dementia

## How a Family Can Fight Dementia

Reduce risk, understand the cause, and be prepared for challenges

Are you or a family member experiencing problems with memory, judgment, daily functions or changes in personality? These symptoms may be caused by dementia. Dementia is a progressive decline of mental abilities, which includes your ability to think, reason and remember. Personality changes and abnormal behavior may also occur. Dementia is not inevitable as we grow older. The symptoms of dementia can also be confused with other conditions such as depression, stress, grief or even medication imbalances. That's why it's important to know the facts.

### » Wednesday, September 7 | Healthy Living for your Brain & Body

Learn about the latest research in areas of physical health and exercise, diet and nutrition, cognitive activity and social engagement to help keep your brain and body healthy and to reduce the risk of cognitive decline. Participants will create a healthy brain and body action plan.

Sharlene Bellefeuille, Community Outreach Specialist, Alzheimer's Association

### » Wednesday, September 14 | Dementia Types and Symptoms

Learn about a number of different diseases that have dementia symptoms. This presentation will not only be educational, but will also feature some brain-healthy fun.

Christine Brown, CSW, Medical Social Services, Mayo Clinic Health System - Franciscan Healthcare

### » Wednesday, September 21 | Challenging Behaviors and Dementia Care

Understand why challenging behaviors happen in dementia caregiving and how to manage difficult situations.

Anne Shandera-Ochsner, PhD, Neuropsychologist, Mayo Clinic Health System - Franciscan Healthcare

This event is free and open to the public.

### 6:00 p.m.-7:30 p.m. | Refreshments will be served

Mayo Clinic Health System - 700 West Avenue South - La Crosse, WI

Marycrest Auditorium - Hospital Building - Second Floor

For more information, call: 608-392-9505 or 1-800-362-5454, extension 29505

Brought to you by the Department of Geriatrics, Dementia Care Program and Mayo Clinic Foundation.

“Be the change that you wish to see in the world.” — Mahatma Gandhi

**FREE Educational Event**

## **4th Annual Falls Prevention Awareness Day**



Thursday, September 22, 2016  
12:45 – 3:00pm  
First Presbyterian Church  
233 West Avenue South  
La Crosse, WI

***You are invited to learn:***

- How to reduce your risk of falling
- What to do after a fall
- Falls Prevention Resources available in the county

***This Event Offers:***

- *Free Admission*
- *Free Refreshments*
- *Free Blood Pressure Screenings*
- *Free Handouts*
- *A Free Copy of the La Crosse County Falls Prevention Resource Guide*

**For more information:  
[www.lacrossestopfalls.org](http://www.lacrossestopfalls.org)**

**or call**

**The Aging and Disability Resource Center (ADRC) of Western Wisconsin  
at 608-785-5700 or 1-800-500-3910**

# Self-Care Tips

## Self-Care Cheat Sheet

### Get Some Rest

You probably need to sleep more. Who doesn't? 7-8 hours a night. Nap if you can. Make it a point to tell yourself, "I'm resting now" at least once a day. Yeah. For real.

### Fuel Your Body

If you're eating junk, living on caffeine and feeling like a zombie, stop it. Plants. Lean protein. Healthy fats. WATER. Whatever makes you feel vibrant!

### Move It

Do what feels good to you. Dance in the kitchen. Jump on a trampoline. Swim, bike, walk, run. You don't "have" to sweat it out in a gym. Just MOVE.

### Be Still

Take 10 minutes every day and just breathe. Learn to meditate. Get quiet. Center yourself. Count your blessings. Express gratitude. Forgive yourself and others. Watch your life change.

### Speak Up

No one can read your mind. If you need something, ask for it. If something makes you mad, say so (respectfully). Stand up for yourself. Be the friend you deserve.

### Enjoy Yourself

Life's too short! Do something every day that makes you laugh! Talk to friends. Play.

## Caregiver Coach Program

Coping | Confidence | Connections

When someone you love is diagnosed with a chronic condition such as Alzheimer's Disease or other related dementia, a new chapter opens in your life as you begin your journey as Care Partners. You may ask yourself:

- ◆ Is there help for me in the community?
- ◆ Where can I find support and assistance?
- ◆ How will our roles and responsibilities change?



### ***You are not alone!***

The Caregiver Coach can help you answer your questions and connect you to the appropriate support and services.

- The Caregiver Coach provides information and connections to community resources and support services.
- Coaching offers a consistent, on-going relationship where the Coach stays with the caregiver to help implement new skills, changes and goals over time.
- The Caregiver Coach recognizes that each situation is unique and simply provides the tools to assist Care Partners in discovering their own solutions.
- This program is **FREE** to Care Partners residing in La Crosse County.

For more information contact: Amy Brezinka, Program Coordinator  
608.785.5700 | [abrezinka@lacrossecounty.org](mailto:abrezinka@lacrossecounty.org)



**Aging & Disability Resource Center of Western Wisconsin**

300 4th Street North | La Crosse, WI 54601 | 608-785-5700



# Self-Care Tips

## 5 Ways to Deal with Change and Uncertainty

*"How to cope with transitions in life"* by E.C. LaMeaux

Whether you like it or not, your life is in a constant state of flux. Some people welcome change and roll with it, while others get anxious and stressed. Since there's really no way to stop it, it's better to figure out the best ways to deal with change and uncertainty in a positive way. Here are five ways to make the best of change:

◇ **Embrace changes as opportunities for growth**

If our lives remain changeless for too long, they become stagnant. Sometimes being shaken up is a good thing. For example, losing a job or a significant other might be viewed as a loss of stability, or a loss of something familiar. But the truth is that that kind of change, or loss, can lead to something better. Remember the saying: When one door closes, another one opens. Just be sure to be on the lookout for that other door.

◇ **Don't be afraid of new people or situations**

If you're always suspicious of meeting new people because of what people have done to you in the past, you'll end up missing out on the good things they have to offer. Face periods of change with an openness unhampered by excessive fear and worry.

◇ **Apply wisdom from past experiences**

As you journey through life and experience new situations, you're bound to make mistakes — and that's OK! The important thing to do is take a lesson from each of those mistakes and not repeat them over and over. So, the older you get, the less daunting these periods of uncertainty should be. Apply what you've already learned to each new situation.

◇ **Think positive thoughts**

According to the Mayo Clinic, positive thinking can result in being able to cope better with change-related stress and decreased experiences of distress. An optimist is more likely to create success in his or her life simply because optimists see more opportunities for positive outcomes and expect changes to turn out for the better. Periods of uncertainty are more difficult for pessimists not only because they expect the worst, but because they don't see as many positive opportunities as optimists do.

◇ **Be bold**

Don't be too shy. Seize the day and make the most of every opportunity. Create opportunities for yourself. Ed and Deb Shapiro, authors of "Be the Change: How Meditation Can Transform You and the World," say that you should take risks, because life isn't about having all the answers and knowing for sure what's going to happen tomorrow. Resting in the knowledge that nothing ever stays the same while boldly making the most of any situation, can bring a certain level of inner peace and satisfaction.

*Let go of things you cannot change; Focus on things you can.*

## Meditation May Reduce Caregiver Stress

The use of meditation practices focuses on awareness, dealing with negative emotions, and finding solutions. Mackenzie and Poulin, (2006) report that meditative practice has three advantages over other more traditional interventions: the creation of skills in emotional response, the breaking of bad habits, and the cultivation of non-judgmental and compassionate attitude towards the self and all other beings. Mindful practices help bring emotions into awareness, so the individual can work towards accepting and learning from them. Meditative practice breaks the negative cycle of simple coping when the individual is under stress. The use of meditation disengages the individual to see the overall picture and the other person's perspective. Lastly, the meditative practice cultivates a compassionate attitude by allowing the caregiver to be open and sensitive towards his/her own needs. A mind-ful caregiver reacts in a less reactive and more focused way (Mackenzie & Poulin, 2006). A preliminary study, with the use of Central Meditation and Imagery Therapy (CMIT) in dementia caregiver population, Dr. Jain found an increase in three facets of mindfulness including awareness, non-judgmentalism and observation.

Even more extensive is CMIT has shown long term effects related to decreasing anxiety, insomnia, and depression, with increased levels of mindfulness for dementia caregivers (Jain, 2014). Dr. Jain's CMIT technique synergistically combines Eastern meditation practice with Western psychology. In his study, the primary outcomes he measured included depression and anxiety. The secondary outcomes were insomnia, quality of life, and mindfulness. Depression, insomnia, and anxiety symptoms declined by 50% and mindfulness increased by 50%. The greatest benefit of CMIT is the immediate relief of depressive symptom that continues over time. CMIT reduced depression symptoms by 75 percent in four weeks and 50 percent at three months in a subgroup (Jain, Nazarian & Lavretsky, 2014). Multiple studies on pharmacological and psychotherapeutic treatments result in less than 50% reduction of depressive symptoms with moderate effect size (Jain, Walsh, Eisendrath, Christensen & Cahn, 2015).

### Benefits of Meditation

- ⇒ Lowers blood pressure/slow down the cardiovascular system
- ⇒ Restores balanced function to the digestive system, aiding absorption of nutrients
- ⇒ Relaxes the nervous system
- ⇒ Relieves muscle tension
- ⇒ Diminishes intensity of headaches/migraines
- ⇒ Relieves insomnia
- ⇒ Frees the mind from self-doubt and internal chatter
- ⇒ Releases fears
- ⇒ Reduces anxiety
- ⇒ Improves depression
- ⇒ Generates optimism, self-esteem, confidence and motivation



# Health & Wellness



## Seeking Participants for Viterbo University Study

### Central Meditation Imagery Therapy to Decrease Dementia Caregiver Stress

Description of study: Interested participants must be over the age of 18, be fluent in oral and written English, provide care at least 3 times per week and for more than 6 months and will be selected through a phone interview. The exclusion criteria include participants diagnosed with head trauma, dementia, cognitive impairment, major depression, attention deficit disorder, terminal illness, medical illness that require regular weekly outpatient management, not available or impending surgery within the study time. Also excluded are participants who practice regular meditation or guided imagery more than 2 times weekly.

Interested participants will be expected to attend four in-person 2 hour sessions, keep a journal, practice regularly at home and fill out paper and pencil test before and after the study.

**Reward:** Empower yourself, learn new coping skills, and receive free CDs of CMIT

#### Location:

City of La Crosse Park, Recreation & Forestry  
South Side Neighborhood Center  
1300 6<sup>th</sup> Street, La Crosse 54601

#### Schedule:

September 7, 14, 21, 28 4:30pm – 6:30pm

October 4, 11, 18, 25 1:00pm – 3:00 pm

November 15, 22, 29th and Dec. 6th 1:00 – 3:00pm

Contact Information: Christina Arostegui, RN, DNP Student (715) 937-2670 or [carost21489@viterbo.edu](mailto:carost21489@viterbo.edu)

Meeting Space donated by City of La Crosse Parks, Recreation & Forestry



### Mindfulness Practices for Stress Reduction

**September 20, 2016**

Tuesday, 5:30-6:30 p.m.

**Presenter:** Greg Lovell

**Investment:** \$10 each session

Greg Lovell's mindfulness series continues! Join us on the third Tuesday of the month to learn mindfulness practices and breath meditation. You are invited to attend the entire series, but it is not necessary. Come as you can. Each gathering will start with background information, move to practicing and conclude with a short reflective discussion.



Franciscan  
Spirituality Center

**Franciscan Spirituality Center**

920 Market Street, La Crosse, WI 54601

608-791-5295 | [FSCenter@fspa.org](mailto:FSCenter@fspa.org) | [www.FSCenter.org](http://www.FSCenter.org)

# Health & Wellness



## Aging in Place Conference “Thriving at Home”

October 18, 2016  
9:30am—3:00pm

Radisson Hotel | 200 Harborview Plaza, La Crosse



### *Who should attend?*

Seniors who want to thrive at home and age in place.  
Do well AND stay in your home!

### Cost:

Seniors or Family Caregivers—\$20  
Professionals—\$25  
Students—\$10

Registration covers conference, continental breakfast and buffet lunch. For more information or to register, please call the ADRC at 785-5700 and ask for Sue.

“When the caterpillar thought the world was over, it became a beautiful butterfly.”

## 2016 Walk to End Alzheimer’s

Take the first step to a world without Alzheimer’s on  
**Saturday, September 17, 2016**

Registration begins at 9am  
Walk at 10am, then ceremony to follow

### Route length options:

3 miles/1 mile

### Location:

Myrick Park  
2020 Myrick Park Drive  
La Crosse, WI 54601



**Register online at [alz.org](http://alz.org)**

### Questions? Contact:

Hailey Krajewski  
715-720-7611 | [hkrajewski@alz.org](mailto:hkrajewski@alz.org)

[alz.org](http://alz.org) | alzheimer's association



## Active Older Adult Programs Fall 2016 HAVE FUN GET FIT

### **MOVING FOR BETTER BALANCE**

Mondays 11:15 a.m.-12:00 p.m.

September 19-November 21 (10 weeks)

R.W. Houser YMCA

YMCA Members \$40, Non-members \$60

This is a Tai Chi based program that teaches participants balance skills and good body alignment by using coordinated and flowing movements. Participants have experienced outcomes, such as, feeling stronger, having better balance, increased flexibility, and feeling more confident. The course is designed for those who can walk easily with or without assistive devices.

### **SENIOR SHAPE UP**

Mondays & Wednesdays 1:30-2:30 p.m. (Houser);

11:00 a.m.-12:00 p.m. (Dahl)

September 19-October 19 (5 weeks)

Men and Women, 60+ years old

Members & Non-members welcome

You are never too old to get back in shape! Join us in a safe and supportive environment that will show you what the Y has to offer for your age group and how you can get on the path to a healthier, more active lifestyle. This program is geared towards non-members who are looking for ways to either get back into exercise or are looking for a way to start exercising.

### **PARKINSON'S PROGRAM**

Fridays 11:10-11:50 a.m.

October 7-December 16 (10 weeks)

R.W. Houser YMCA

YMCA Members FREE,

Non-members \$36

Would you like to find ways that you can exercise and fight back against Parkinson's while improving balance and strength? This class is designed specifically for Parkinson's patients. You will sample various types of exercise designed to improve balance, gain strength and stability.

### **WALK WITH EASE**

Mondays, Wednesdays, Fridays 12:00-1:00 p.m.

(Houser); 10:30 a.m.-11:30 a.m. (Dahl)

October 3-November 18 (7 weeks)

Members & Non-members welcome

Walk With Ease (WWE), is an evidence-based program to improve the physical activity and health of individuals with arthritis. Learn how to safely make physical activity a part of everyday life through a safe, easy, and effective program. It is proven to help pain, balance, fatigue, mood, and function.

For questions or more information, contact Kylie Formanek, (608) 519-5474, [kformanek@laxymca.org](mailto:kformanek@laxymca.org) or Amy Venner, (608) 519-5503, [avenner@laxymca.org](mailto:avenner@laxymca.org)

Dahl Family YMCA  
1140 Main St., La Crosse, WI 54601  
P 608.782.9622 F 608.782-9616

[www.laxymca.org](http://www.laxymca.org)

R.W. Houser Family YMCA  
400 Mason St., Onalaska, WI 54650  
P 608.783-9622 F 608.782.9616

# Dementia Education

## Greater Wisconsin Alzheimer's Association Family & Consumer Education Programs Calendar | September — December 2016

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

Name of Program	Start Date	Start Time	End Time	Location	Room	Address	City
Dementia: Caregiver Stress	9/20/16	10:00 AM	11:30 AM	Myrick Park Center	La Crosse Room	789 Myrick Park Drive	La Crosse
Healthy Living for Your Brain & Body	9/20/16	1:00 PM	2:30 PM	Myrick Park Center	La Crosse Room	789 Myrick Park Drive	La Crosse
Dementia: The Basics	10/26/16	10:30AM	12:00 PM	South Side Neighborhood Center		1300 South 6th Street	La Crosse
Dementia Conversations This program facilitates discussion about convincing a family member to see a physician for cognitive screening or medical care, deciding when to stop driving, and legal and financial plans for future care needs.	10/26/16	1:30 PM	3:00 PM	South Side Neighborhood Center		1300 South 6th Street	La Crosse
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:



# Memory Cafes

## 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:

September 27th —Oktoberfest Music  
October 25th— Fun Fall Art Project & Music  
November 29th— Thanksgiving Celebration

**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](mailto:abrezinka@lacrossecounty.org)

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## 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.**

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*Your life does not get better by chance, it gets better by change.*

-Jim Rohn

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

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Care Partner Connections

September/October 2016



*Aging & Disability Resource Center of Western Wisconsin*

Amy Brezinka, Program Coordinator

Caregiver Coach Program

608.785.5700

[abrezinka@lacrossecounty.org](mailto:abrezinka@lacrossecounty.org)

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

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