

Care Partner Connections

May/June 2016

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

Are You a Caregiver or a Care Partner?

Words matter. The words we choose to use each day can affect the feelings of those around us as well as our ability to successfully communicate with one another in all manner of relationships. When we call someone a caregiver, we are saying that they care for someone who cannot fully care for themselves at the present time. This also implies that the relationship between the two people is of one person giving and one person taking or receiving. However, caring is—and in ideal circumstances—a two-way street of both parties giving and receiving.

A Little (Word) Trip Down Memory Lane

The word caregiver is fairly new in the lexicon. Care+giver dates back only to the 1970s and is basically defined as “a person who cares for someone who is sick or disabled.”

Caregiver has its origins in the word caretaker, which dates back to about 1860. One definition of caretaker is “a person who takes care of another.” Both words imply the single flow of care from the person providing that care to the person needing care.

As professional care evolves and more and more people care for their family members with people living much longer, it’s time to reassess the terminology for these relationships.

Howdy, Partner!

Whether two people are friends, neighbors, family members, or client and provider, the relationship is mutual and therefore both people are giving and receiving. Instead of giving care, someone partners in care. According to The Eden Alternative®, “Care partnership implies a balance of care—that opportunities to give as well as receive are abundant and experienced by everyone in the care relationship.”

When two people partner in care, they can each grow as individuals and therefore each feel uniquely useful and helpful. For example, if there is a man living with ALS (Lou Gehrig’s disease) who is in a wheelchair, his care partner can talk with him about his simple pleasures, his hobbies, the things that he has long derived joy from and learn that this man loves to go fishing. Even if the care partner has never been fishing, he or she can be part of a fishing day by assisting with the wheelchair and other support and they might also learn about fishing from this person living with ALS.

Such interdependent relationships emphasize the strengths and gifts or talents of each person and from this is the opportunity to learn and grow.

To be a caregiver or to give care is worthwhile and beneficial. Yet partnering in care is a meaningful experience for all involved and lets everyone thrive.

Find more helpful information at: <https://www.homewatchcaregivers.com>

“What good is the warmth of summer, without the cold of winter to give it sweetness.”

— John Steinbeck, *Travels with Charley: In Search of America*

Medical IDs and Alzheimer's

An Alzheimer's bracelet or Alzheimer's jewelry is probably the last thing on anybody's mind when dealing with Alzheimer's or other related dementia. After all, bracelets, necklaces and anklets may not seem to serve any purpose beyond being decorative. However, when it comes to a condition like Alzheimer's, being easily identified as having this medical condition is often necessary.

This is why Alzheimer's bracelets are often worn by individuals with Alzheimer's or a related dementia that wander or may have a medical emergency. An Alzheimer's medical ID is not just to inform anyone about the wearer's health status but also to alert people, such as rescuers, first-aid staff and medical professionals of the appropriate action to perform when the wearer is involved in an emergency.

Knowledge Can Save a Life

When people with Alzheimer's were first encouraged to wear Alzheimer's bracelets, some people were not very supportive of getting "tagged" as a person with dementia. However, the fact that the bracelets were medical alert tags with the ability to provide lifesaving information quickly showed why it was a necessity. Today, even with modern technology, it still is the most important thing a person with Alzheimer's can wear.

Alzheimer's requires special care and attention. In some emergencies, the person with Alzheimer's may not always be able to speak or communicate. He or she may even be unresponsive from a medication error. Furthermore, an emergency may occur when a relative or a friend who has knowledge about the person's dementia may not be around. In these cases, an Alzheimer's bracelet can silently inform the attending medical personnel of the disease.

Preparing for an Alzheimer's Related Emergency

Alzheimer's can be a tricky and rather deceptive condition to have, primarily because some days may be worse than others. There may be days when memory and other intellectual abilities are running strong and other days when they are not.

Prepare yourself or your loved one by having an Alzheimer's bracelet that will let the first responders and medical staff know who to call and how to make the appropriate medical decisions that can save a life. In case you are ever in an accident, medical professionals will know the medications that may be necessary in order to treat you, and more importantly, what not to give you based on what medication may already be in your system.

Always ensure that you or your loved one is wearing their Alzheimer's bracelet at all times and especially before leaving the house. If necessary, pack an extra bracelet during special trips, particularly if you will be travelling alone. Always wear the bracelet where it can be spotted easily and avoid taking it off. New designs will keep it from cramping your style and it can make a huge difference during an emergency situation or wandering event.

Medical ID Bracelet Collection

Choose from a variety of beautiful and versatile medical ID bracelets for men, women and kids. From traditional to trendy and personalized just for you, our medical alert bracelets provide critical information when you need it. Charms, beads, classic styles and more, we have bracelets that fit every style and occasion.

For product selections and prices visit the website at : <http://www.americanmedical-id.com/category/medical-ID-bracelets-62>

Where to purchase Medical ID Bracelets & Necklaces locally:

Degen Berglund Pharmacy Locations | 2511 Green Bay Street , La Crosse, WI | 608-775-8584

Walgreen's Pharmacy Locations | 3909 Mormon Coulee Road, La Crosse, WI | 608-788-9700

Tips for Care Partners

Denial: A Caregiver Danger (and How to Cure It)

Because nobody wants a loved one to have dementia, care partners are vulnerable to a particular kind of denial that's both self-protective -- and ultimately dangerous. That denial causes a care partner to go along with the person's insistence that there's "nothing wrong." We let them drive far longer than is safe. We neglect to safeguard finances. We continue to ask them to babysit when they lack the wherewithal to make decisions in a crisis.

The cure for denial is simple truth. Here's what this looks like:

- Keep adjusting to a "new normal." It's natural to err on the side of wanting to keep everything as much the same as possible. But the reality is that the definition of normal must be continually revised.
- Consider the bigger picture. It's not just about your loved one's life. Consider the safety of your loved one and others who might be affected, such as children being cared for or innocent pedestrians on the road.
- Stay informed. You probably learned a lot about dementia initially, but it's important to stay ahead of the curve and keep learning about what's coming next. Most forms of dementia are progressive, which means every month can bring changes.

~ By Paula Spencer Scott, [Caring.com](http://www.caring.com) contributing editor

Five Tips to Overcome Alzheimer's Stigma

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

The following tips are based on the advice and experience of current and former members of the Alzheimer's Association National Early-Stage Advisory Group (ESAG), which consists of individuals in the early stage of the disease who help raise awareness about the disease.

Be open and direct.

Engage others in discussions about Alzheimer's disease and the need for prevention, better treatment and an eventual cure.

Communicate the facts.

Sharing accurate information is key to dispelling misconceptions about the disease. Whether a pamphlet or link to online content, offer information to help people better understand Alzheimer's disease. Learn the facts about Alzheimer's and find an education program near you.

Seek support and stay connected.

It is important to stay engaged in meaningful relationships and activities. Whether family, friends or a support group, a network is critical.

Contact your local Aging & Disability Resource Center about an early-stage support group near you.

Don't be discouraged.

Denial of the disease by others is not a reflection of you. If people think that Alzheimer's disease is normal aging, see it as an education opportunity.

Be a part of the solution.

As an individual living with the disease, yours is the most powerful voice to help raise awareness, end stigma and advocate for more Alzheimer's support and research. Learn how you can take action in the fight against Alzheimer's.

Website Link: <http://www.alz.org/i-have-alz/if-you-have-younger-onset-alzheimers.asp>

"I wonder what it would be like to live in a world where it was always June."

-L.M. Montgomery, Anne of the Island

Tips for Care Partners

When Families Do Not Agree

Working with the person with dementia can be difficult, but most people find more difficulty working with their family because of the emotional nature of dementia caregiving and misinformation about the disease. Three main causes of family friction are discussed: (1) Spouse Caregiver/Children Issues, (2) Sibling Issues, and (3) Step Families Issues. After a discussion of each area and tips for handling the issues, ideas for moving forward will be suggested.

Spouse Caregiver/Children Issues

Sometimes, a parent who is caring for his or her spouse will have different views than their children about what care is needed.

Some common issues that can be challenging to the relationship:

- Parent caregiver sacrifices his or her own health and well being
- Quality time with family members sometimes goes by the wayside, and special events are not attended by either parent
- Unwillingness of parents to accept more help from outside of the family, placing an unrealistic or unmanageable
- burden on the children who often have the added responsibilities of their job and family
- Conflicting views about what outside help can offer and who can provide services
- Disagreements about paying for outside help or unwilling to share important financial information in order to apply for funding options
- Ineffective communication techniques

Tips for Parents that are the Primary Caregiver

- Pay attention to and address your own physical and mental health needs.
- Arrange for care from others so you can be at important family events whenever possible.
- Obtain as much outside help as possible, lessening the burden and worry on your children.
- Don't expect the impossible from your children.
- Recognize your own boundaries and what is most important to you in caring for your spouse.
- As a rule, don't "cover" for your spouse. It is a disservice to you, your spouse, and your children to shield your children from the diagnosis and deficits.
- Communicate, communicate, communicate

Tips for Children of Parents caring for a Spouse

- Support your parent by listening – not fixing. Sometimes a parent needs to vent/talk.
- Don't let planning be held hostage. Look for appropriate care options for the person with the disease in case of an emergency for the parent caregiver. Keep in mind that a health emergency may be more likely for caregivers due to stress, distraction and fatigue.
- Do what you can, but do not enable a situation that needs to change. Set and keep your own boundaries for your own health and peace of mind. Sometimes, not always being there allows your parents to look for and engage outside help.
- Communicate, communicate, communicate

Sibling Issues: Tips for Siblings that are Primary Caregivers

Siblings in the role of primary caregiver face specific issues because they are often the one carrying the bulk of the care load. Other family members often have unrealistic expectations and no sense of the overwhelming responsibility that 24/7 care for a person with Alzheimer's requires. Most difficult can be siblings who offer much advice, but little help.

Here are some practical tips for primary caregivers:

- You set/define what you can and will do. Do not allow the other siblings to define this for you.
- Make a long list of needs. Find out what they might be willing to do to help. Try several times, but if they are not willing to help, move on.
- Use communication logs.
- Think about how your siblings perceive your communication.
- Work with their strengths.
- Consider appropriate reimbursement for services.
- Have a Personal Care Contract.
- Communicate, communicate, communicate.

Tips for Care Partners

Step Families Issues

The role of step children in the family can be murky, especially with dementia as the needs can be so great and the symptoms confusing. Communication between all parties is extremely important to help avoid the following:

- Confusion over who is “in charge”
- Lack of agreement on how care will be provided
- Assumptions (not shared by all parties) about responsibilities and care, which leads to resentment and disappointment
- Financial disagreements

Tips for Step Parent as Primary Caregiver

- Listen to the concerns. Your children may primarily be worried about you, your spouse’s children may be most concerned about their parent.
- Ask for input from step children. You may have different ideas about how care actually gets provided, but getting input can be an invaluable place to start.
- Review the tips listed in the Parent section above, including communication!

Tips for Step Children

- Whether you are the child of the person with the disease or the child of the primary caregiver, your help and input are needed in one way or another. Offer to help, don’t wait for an invitation.
- Find ways to offer support – a card, flowers, an offer to run errands or pick up needed items at the store.
- Respect the wishes of the primary caregiver as much as possible.
- If you suspect physical or emotional abuse or neglect, call the chapter or your county Adult Protective Services organization.
- Communicate, communicate, communicate.

Moving Forward

Many families find positive ways to work together, regardless of how challenging the issues may be. Feelings of grief and guilt are usually factors for all parties involved. The following steps are available to help you navigate and reach your goals:

- **Family meeting.** Give each person a chance to share their viewpoint, look at the needs, and decide on the resources needed to accomplish the family’s goals.
- **Alzheimer’s Association Family Assistance Staff.** The chapter staff can lead a family meeting, acting at times as a buffer for emotional issues that can be a barrier to effective communication. Some families value an outside representative with knowledge of the disease and family issues to help the family work together to identify and move towards a common goal.
- **Mediation.** Some families have great difficulty coming to a common goal for the care of a parent. Professional mediation services are available in the community and offer professional trained mediators who will lead the group to a binding resolution.
- **Guardianship.** Legal action is the final step for families who cannot resolve differences, or for a person with the disease who is unwilling to accept help when safety is at risk. This can be a difficult and costly process, but necessary in some situations.

alzheimer’s 
association®

Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.

-Henry James

Dementia Education

Greater Wisconsin Alzheimer's Association Family & Consumer Education Programs Calendar | May — September 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
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
Effective Communication Strategies	6/23/16	10:00 AM	12:00 PM	Myrick Park Center	Marshview Room	789 Myrick Park Drive	La Crosse
Understanding & Responding to Behaviors	6/23/16	1:00 PM	3:00 PM	Myrick Park Center	Marshview Room	789 Myrick Park Drive	La Crosse
The Basics: Memory Loss, Dementia & Alzheimer's Disease	7/12/16	10:00 AM	11:30 AM	Cabin Coffee 	Meeting Room	401 Jay Street	La Crosse
Know the 10 Signs: Early Detection Matters	7/12/16	1:00 PM	2:30 PM	Cabin Coffee 	Meeting Room	401 Jay Street	La Crosse
Dementia: Effective Communication Strategies	8/23/16	10:00 AM	12:00 PM	Black River Beach Neighborhood Center	Maplewood Room	1433 Rose St	La Crosse
Dementia: Understanding & Responding to Behaviors	8/23/16	1:00 PM	3:00 PM	Black River Beach Neighborhood Center	Maplewood Room	1433 Rose St	La Crosse
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

These programs made possible through a collaboration of efforts by:



Younger/Early-Onset Dementia Education



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 through August 2016

Time: 1pm to 2:30pm

Where: Gundersen Health System - Onalaska Clinic

Women's Health Resource Center (WHRC), level 4 (August)

Education Center, level 1 (May, June, July)

3111 Gundersen Drive | Onalaska, WI 54650

Series Topics by Date:

- **May 12th— Depression & Anxiety | Erica Srinivasan, Ph.D., UW-La Crosse**
- **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.
 - **Advance Care Planning: Respecting Choices**
Danielle Rathke DNP, RN, Gundersen Health System

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

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HEALTH SYSTEM.**
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ADRC
Aging & Disability Resource Center
of Western Wisconsin
Serving Adams, La Crosse, Monroe and Waukesha Counties

"Summertime is always the best of what might be." -Charles Bowden

Dealing with Depression and Loneliness | By Madeline R. Vann, MPH | Reviewed by Pat F. Bass, III, MD, MPH

No matter how many people are around you or in your life, depression can still bring loneliness. Try these tips to reconnect and break free of the isolation of depression.

Everyone feels lonely from time to time, but for some, loneliness comes far too often. Feeling lonely can plague many people — including the elderly, people who are isolated, and those with depression — with symptoms such as sadness, isolation, and withdrawal. Loneliness can strike a person who lives alone or someone who lives in a house filled with people. “Loneliness is subjective,” says Louise Hawkley, PhD, a research associate in the psychology department at the University of Chicago. “You can’t argue with someone who says they’re lonely.”

Although depression doesn’t always lead to loneliness, feeling lonely is often a predictor of depression one year or even two years later, and it certainly leads to sadness, Dr. Hawkley says. Freeing yourself of feelings like being isolated by depression is part of the healing process.

How to Fight Depression and Loneliness

Feelings of loneliness don’t have to be constant to call for action, but you will need to give yourself a push to get back into the thick of life and re-engage with others to start feeling better. These strategies for fighting depression and loneliness can help:

Make a plan. There are two basic types of loneliness. Acute loneliness results from losing a loved one or moving to a new place, for example. In these situations, chances are you know at some level that you’ll have to go through a period of adjustment to get through this feeling of loneliness. The other type of loneliness is the chronic subjective type, which strikes despite your existing relationships. Both require a plan of action. One strategy is making a point to meet people who have similar interests, Hawkley says. Volunteering and exploring a hobby are both great ways to meet kindred spirits.

Do something — anything. In depression treatment there’s a theory called behavioral activation, which is a clinical way of saying, “Just do it.” If you’re feeling lonely and want to change it, any small step you take — even striking up a casual, friendly conversation with the barista at your corner café — is a good move.

Explore your faith. There are only a few strategies that are proven to successfully protect against loneliness, and this is one of them. “People who have a personal relationship with their God or a higher power tend to do well,” Hawkley notes. There are a lot of factors at work here, one of them being that faith communities provide many opportunities for positive social encounters. You don’t have to have a close friend in the community to get the benefit, Hawkley says — just feeling that you belong in the group is enough. In addition, faith can help you accept the things in life you can’t control.

Bond with a dog. “Pets, especially dogs, are protective against loneliness,” Hawkley says. There are many reasons why this strategy works: Dogs get you out and about, they’re naturally social creatures, and you’ll have a living being to care about. If you’re not in a position to own a dog, find ways to help care for other people’s dogs or volunteer to help dogs at a shelter that need loving attention. Other pets, such as cats and fish, can also help ease loneliness.

Reach out to a lonely person. Whether you’re feeling lonely now or just know how it feels, you may get an emotional boost from befriending someone else who’s lonely. Some people may view loneliness as contagious, and therefore lonely people often become even more isolated. “We believe there is a responsibility in the community to reach out to people who are suffering,” Hawkley says. In doing so, you can help others and yourself, too. Examples include volunteering for an organization that helps elderly people or visiting a neighbor who’s lost a spouse.

Talk to a trusted friend or relative. Get some feedback and ideas, as well as a sympathetic ear, from a family member or friend with whom you trust your thoughts and feelings. This person could have some ideas about groups you might want to join to meet positive people.

Meditate. “Mindfulness teaches us that we are more than who we think we are,” says Jeffrey Greeson, PhD, an assistant professor of psychiatry at Duke University Medical Center. Developing a meditation practice can help you identify and release some of the thoughts that could be keeping you feeling lonely and undermining your efforts to meet new people.

Explore therapy. If you just can’t shake profound feelings of loneliness, isolation, and other symptoms of depression, you might want to talk to a mental health professional as part of your depression treatment. Look for a professional with a cognitive behavioral background, an approach that’s been shown to help with depression and loneliness.

“Social relationships are fundamental to our thriving,” Hawkley says. The fact that loneliness feels so uncomfortable is a reminder to pay attention to and nurture these relationships that can further your happiness.

Counseling Resources

Gundersen Health System | Behavioral Health

Gundersen Behavioral Health in La Crosse offers a full range of outpatient services including mental health, eating disorders and chemical dependency evaluation and treatment.

Specially trained psychiatrists, psychologists, masters-level therapists, and certified AODA counselors are trained to treat a variety of problems including:

- Depression
- Anxiety
- Trauma
- Marriage and family issues
- Situational stress
- Addiction

Gundersen Behavioral Health La Crosse
1900 South Avenue
La Crosse, WI 54601
(608) 775-7991 or (800) 362-9567, ext. 57991

Gundersen Behavioral Health Onalaska
123 16th Avenue South
Onalaska, WI 54650
(608) 775-7991 or (800) 362-9567, ext. 57991

Mayo Clinic Health Services Franciscan Healthcare | Behavioral Health

Our Behavioral Health specialists and board certified psychiatrist offer outpatient therapy for children, adolescents and adults with mental health issues and alcohol and other drug abuse.

Specialized services include:

- Eating disorders
- Marriage and family therapy
- Child and adolescent behavioral issues
- Mood disorders
- Trauma and abuse
- Depression
- Anxiety
- Obsessive compulsive disorder
- Psychiatry

Hypnosis and EMDR are available as appropriate.

Same day outpatient therapy appointments are available. Walk-ins also welcome. We will do our best to see you as promptly as possible.

Appointments:
Please call 608-392-5010



Free, confidential community information, referrals and crisis line services 24 hours a day.

Visit the website for helpful resource information: www.greatrivers211.org

Time has a wonderful way of showing us what really matters.

Resources for Care Partners

New Lunch Bunch Memory Café in Sparta!

When: Fourth Thursday of each Month (Beginning April 28th)

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 608-269-8691. **RSVP by the Tuesday prior to the event.**

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: 4th 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 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

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:

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:

May 13, 2016

June 10, 2016

Sun is shining. Weather is sweet. Make you wanna move your dancing feet.

-Bob Marley



**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

May/June 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/>

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