

CAREGIVER CONNECTION

October 2025 edition

Conference Schedule

10:00 AM-10:45 AM: Welcome and Keynote: From Care to Chaos and Back” Loving them, Losing It, Bouncing Back Again

Heather Quackenboss

11:00 AM-11:45 AM: 3 Breakout Sessions

- Considerations When Planning a Funeral presented by Mike McElwee, Christ Episcopal Church
- Anticipatory Grief & Burnout presented by Chaplain Chris and Dana Bistodeau, St. Croix Hospice
- Heart Math presented by Christie Harris, Emplify (Gundersen) Health

12:30 PM to 1:15 PM: 3 Breakout Sessions

- Considerations When Planning a Funeral presented by Mike McElwee, Christ Episcopal Church
- Anticipatory Grief & Burnout presented by Chaplain Chris and Dana Bistodeau, St. Croix Hospice
- Wellness Activity presented by Julie Helgerson and Hope Clements, Franciscan Spirituality Center

1:15 PM to 2:00 PM: 3 Breakout Sessions

- We Need a Navigator!: Finding Your Way During Chronic Illness presented by Dr. Larry Skendzel, Emplify (Gundersen) Health
- Heart Math presented by Christie Harris , Emplify (Gundersen) Health
- Wellness Activity presented by Julie Helgerson and Hope Clements, Franciscan Spirituality Center

2:15 PM to 3:00 PM 15 Things You Didn't Know You Could Ask... and Take Off Your To-Do List (Panel Discussion)

CARING BETTER & BRAVER

A day of self-care & learning for family caregivers

Main Speaker:
Heather Quackenboss

- Event Highlights:
- Compassion Resilience
 - Stress & Wellbeing
 - Future Planning
 - Grief and Burnout
 - HeartMath
 - Navigating the Journey

October 25, 2025
10:00am - 3:30pm

Health Science Center
1300 Badger St
La Crosse, WI 54601

NO COST!
Lunch Included

Register Now!

Call the ADRC of La Crosse County to sign up
608-785-5700

Brought to you by:



November is National Family Caregiver Month and we want to celebrate the endless devotion of our Family Caregivers! The ADRC of La Crosse County and its partners throughout the State of Wisconsin are looking for Family Caregivers who wish to tell their stories. We will collect the stories and pictures of you and your Care Partner to share throughout the month of November and other opportunities and events. Please contact Kristine Meyer, Caregiver Support Specialist, if you want more information. She can be reached at 608-386-0922 or kmeyer@lacrossecounty.org

Caregiver Stories Needed!

Energy Conservation

Reprinted from Trualta

Prioritize, plan, & pace using these tips to save energy and reduce fatigue throughout your day.

What Is Energy Conservation?

Energy conservation refers to principles and strategies that are used to decrease the amount of energy that is needed for an activity. Using energy conservation strategies can decrease your fatigue and stress. It can also allow you to find time for activities other than caregiving. The main principles of energy conservation are:

Prioritizing

Planning

Pacing

Let's break down each principle to get a better understanding of its purpose and importance so you can put them into practice on your caregiving journey.

Prioritizing

You may feel overwhelmed by a long list of caregiving tasks. It may feel like no matter how many you check off the list, more will always be added, leaving you feeling drained and exhausted by the neverending buildup of tasks.

Prioritizing is the first step to help you conserve energy. It helps you ensure that the most important tasks get done. Start by taking a minute to write down everything you can think of that's on your mental "list", and use the following tips to help you identify priority items:

- Ask yourself as you go through each item:
 - What needs to get done today? What can wait?
 - What do I have to get done, and what can I ask someone else to do?
- Try to prioritize at least one activity that you enjoy. Prioritizing activities that you want to do, and not just need to do, can go a long way
- Re-order the list in terms of importance once you have a list of priority items. Always start with the most important

Now that you have figured out which activities are most important, you can start to create a plan.

Planning

Planning your activities can help you regain a sense of control. It can also help you balance caregiving, work, and leisure. Here are some tips to help you plan:

- Switch back and forth between light and heavy activities
- Get rid of unnecessary steps that zap your energy. For example, to avoid going up and down the stairs multiple times throughout the day, plan to do all the activities upstairs before moving to the downstairs tasks.
- Plan to do your most tiring tasks when you know you will have the most energy. For example, if helping your care recipient shave is very tiring for you, plan to do this task in the morning rather than after a long day.
- Intentionally plan for breaks and rest. Spread it out in a way that works for you. For example, if you have to clean the entire house, plan to do one room each day

- Plan ahead. For example, if you're going to help your care recipient with a bath, gather all the items you need before you start the task. This will prevent spending extra time during the bath looking for items

Prioritizing and planning activities are critical for conserving energy, but the way you do tasks can also have a big impact. You'll also want to pace yourself while you're doing activities.

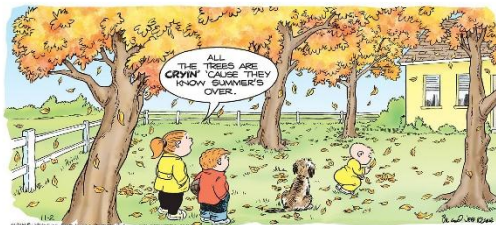
Pacing

Pacing is an important way to conserve your energy, as it helps you divide up tasks into smaller, more manageable chunks to avoid exhaustion and feeling overwhelmed. Here are some helpful tips to pace your caregiving activities.

- Take frequent short breaks instead of taking one long break. Not only do micro-breaks give you time to rest without taking too much out of your day, but they also help you perform tasks better by giving your brain and body a break.
- Give yourself enough time to do the activity to avoid fatigue from rushing. It will also help you avoid feeling guilty if you don't finish something in the time that you expected to.
- Rest before you get tired. This is the most important rule of pacing! If you wait until you're tired, you'll have to take a longer break. Listen to your body and do your best to watch out for signs of fatigue.
- Complete activities slowly and steadily. Rushing causes you to use extra energy
- Delegate what you can to other people.

FUN SELF-CARE IDEAS FOR FALL

- Starting your day with your own morning routine
- Going on a nature walk, spending time outside
- Utilizing fun, cozy, warm baths,
- Establishing a fun, sweet, cozy reading nook with some awesome books to read.
- Incorporating seasonal ingredients into your cooking,
- Embarking on a fall wardrobe refresh
- Hydrating and nourishing your skin with a super awesome skin routine
- Going through a digital detox,
- Utilizing scented candles and aromatherapy,
- Gratitude journaling.





FALL

WORD SEARCH PUZZLE

- BIRDS
- BRISK
- CHANGING
- CLOUDS
- COAT
- COLD
- COLORS
- CORN
- CROPS
- FOOTBALL
- FROST
- GOURD
- HARVEST
- HEATER
- JACKET
- LEAVES
- MIGRATE
- NOVEMBER
- OCTOBER
- PUMPKINS
- RAKE
- SCARECROW
- SEASON
- SWEATER
- TREES
- WIND

E E S N I K P M U P T V L M
 O R A N B E S S E V A E L C
 H L P R K D H C S R O L O C
 D F N N U L H R D B C L S N
 M T O O O A S G E E D C Z N
 V I L O N V O D K B D M R I
 W C G G T U E H R V O O M S
 Y N I R R B A M O I C T C T
 N N O D A R A T B O B A C S
 G S W S V T E L H E R B R O
 W Y E E A K E E L E R W O R
 E I S E C E A S C A G B P F
 K T N A R T S R P K M K S P
 A N J D E T O Y J B R I S K
 R L H R S W E A T E R U C H

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



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