

EMERGENCY PLANNING FOR CAREGIVERS

A good emergency plan includes all the information that someone else will need to take over temporary care. This class will help you start your plan. Led by Kristine Meyer and Jackie Williams, Caregiver Support Specialists at the Aging & Disability Resource Center of La Crosse County. Participants will receive a complimentary emergency planning workbook.

Two Opportunities

Tuesday, May 16, 2023, 3-4 pm

Merit Centre North

1020 Windsor St

La Crosse, WI 54603

Registration deadline: Friday, May 12, 2023

Co- sponsored by **Bethany St. Joseph Corp.**



Tuesday, June 20, 2023, 12:30-1:30 PM

Holmen Area Community Center

600 N. Holmen Dr.

Holmen, WI 54636

Registration deadline: Friday, June 16, 2023

This is a **FREE** event!

Respite options may also be available. Questions and registration through the ADRC of La Crosse County at 608-785-5700 / adrc@lacrossecounty.org

Check Out Your Neighborhood

West Salem (Hazel Brown Leicht Memorial Library)

June 6 10-1130 AM: June is Dairy Month

July 11 10-1130 AM: Beat the Heat!

August 1 10-1130 AM: Let's Take a Vacation!

Veteran Services Outreach

April 20 12-4 PM: Viterbo Military Student Success Ctr. 900 Viterbo Dr, La Crosse

April 23 11 AM- 1 PM: Onalaska American Legion 731 Sand Lake Rd, Onalaska

April 25 12- 4 PM: La Crosse Public Library 800 Main St, La Crosse

April 27 12- 4 PM Holmen American Legion 419 1st Ave W, Holmen



What's New on Trualta!

Healing Caregiver Burnout

Hitting Your Limit Managing the constant demands of caregiving can be overwhelming and stressful. Without proper support, it can lead to caregiver burnout. This toolkit will help caregivers recognize signs of burnout and compassion fatigue, take steps to recover, get organized and receive support, and use strategies to prevent burnout in the future.

Depression & Bipolar Disorder Care

Depression & Bipolar Disorder Basics It can be hard to tell if someone is struggling with mental illness because symptoms aren't always visible like they can be with physical health conditions. This toolkit covers helpful basics about depression and bipolar disorder that will help you support someone with these conditions. You'll also find tips and strategies for managing care situations like hospitalization, fluctuating moods, inactivity, withdrawal, and more.

End Of Life Care

Preparing For End of Life Everyone's experience with end of life care is a bit different. We want you to feel supported no matter what your situation looks like. In this toolkit, you'll find strategies that can help you every step of the way, from preparing for this journey, to coordinating care, approaching the end, and even after the person has died. You'll find a mix of helpful articles, checklists, conversation guides, tip sheets, and infographics to help you navigate the end of life care journey.

Family Caregiver Alliance Caregiver Relaxation Exercises Series

www.caregiver.org/resource/caregiver-relaxation-exercises-series-english/

Practicing self-care does not necessarily have to be an expensive activity or one that requires a big time commitment. FCA relaxation exercises can be incorporated into your daily life (try one of the breathing exercises while waiting in line at the grocery store) and are a great way to reduce stress. Our caregiver relaxation exercises include deep breathing, triangle breathing, muscle relaxation, imagery meditation, guided imagery, mindfulness meditation, and breathing mindfulness.

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you

are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Class meets for 90 minutes once a week for 6 weeks

Dates: Thursday's, May 4th- June 8th, 2023

Time: 6:00pm-7:30pm

Location: Virtually on Microsoft Teams

Cost: Workshop is FREE!

Suggested donation of \$20 for Caregiver Help book

Space is limited!

Register by calling

ADRC of Marquette County 1-855-440-ADRC (2372)

Or

ADRC of La Crosse County 1-800-500-3910

Questions:

Email Melissa, Dementia Care Specialist, at

mklebs@co.marquette.wi.us

Or

Email Kristine, La Crosse County Caregiver Support Specialist, at Kmeyer@lacrossecounty.org

Please Give Your Input

The Survival Coalition of Wisconsin Disability Organizations (of which the Greater Wisconsin Agency on Aging is a member) is gathering personal stories to help state legislators (who are now developing their state budget priorities) understand the impact the shortage of caregivers is having on people with disabilities, older adults, family caregivers, paid care workers, and others who are affected.

If you have been impacted by the shortage of paid (or unpaid) caregivers, please complete the Survival Coalition's short survey using the link:

<https://link.zixcentral.com/u/2b3f2c1f/grARflf17RGy-qX1-uoD4Q?u=https%3A%2F%2Fwww.surveymonkey.com%2Fr%2FPJDMNDK>

What is Meditation? Reprinted from [Healthline.com](https://www.healthline.com)

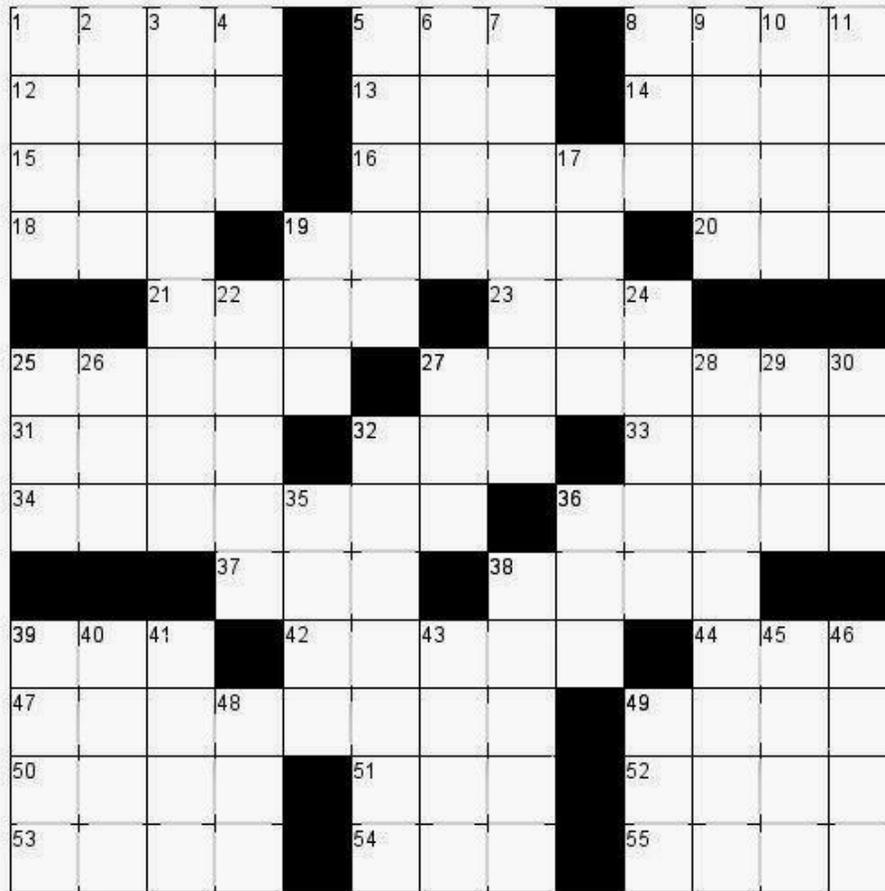
A meditation practice uses techniques to focus your attention and awareness on yourself, a thought, an object, or an activity. Meditation has been practiced by many different cultures for thousands of years to increase spiritual awareness.

Over the years, some people have shifted to focus more on meditation's physical and mental health benefits rather than the spiritual benefits. The techniques may provide both short- and long-term health benefits when you practice regularly. Still, it can be tricky to learn any new skill and overwhelming to get started.

Although there is no wrong way to practice meditation, having an online guide or app can take some of the stress out of learning how to meditate.

A quick look at the best meditation apps

- **Best guided meditation apps:** [Breeth](#), [Headspace](#)
- **Best meditation apps for sleep:** [Calm](#), [buddhify](#)
- **Best meditation apps for breathing:** [iBreathe](#), [Breathe+](#)
- **Best app for quick meditation:** [Simple Habit](#)
- **Best meditation apps for spirituality:** [Mindfulness with Petit BamBou](#), [Waking Up](#)
- **Best meditation apps for a budget:** [Oak](#), [Meditation Studio](#)
- **Best meditation app for beginners:** [The Mindfulness App](#)



ACROSS

1. Peruse
5. Did possess
8. Game of chance
12. Title of respect for God
13. Lyric poem
14. Pitcher
15. Bloody
16. Dance of Cuban origin
18. Black bird
19. Pertaining to people
20. Turf
21. Stalk
23. Distress signal
25. Mortal
27. Member of Parliament
31. Incandescent lamp
32. Sorrowful
33. Greasy
34. Japanese art of arranging flowers
36. Aristocratic
37. Affirmative reply
38. Carry
39. Fem. pronoun
42. Aquatic mammal
44. Alcoholic liquor
47. Member of a Plains Indian people
49. Rectangular pier
50. Capital of Western Samoa
51. Female fowl
52. Person who lies
53. 2nd letter of the Hebrew alphabet
54. Affirmative reply
55. Monetary unit of Thailand

DOWN

1. Hindu music
2. Ebony
3. In a bristling state
4. 24 hours
5. Dull
6. First man
7. Degraded
8. Understanding
9. Female sheep
10. Emperor of Rome 54-68
11. Toward the mouth
17. Soon
19. Norse goddess
22. Domestic cat
24. Go swiftly
25. Law enforcement agency
26. Diving bird
27. Bleat of a sheep
28. Ireland
29. Former measure of length
30. Cereal grass
32. Spasmodic
35. Great age
36. And not
38. Numbers 13 through 19
39. Strike breaker
40. Expectant desire
41. Send forth
43. Of thou
45. State in the W United States
46. Trading center
48. Exclamation of surprise
49. Long-sleeved linen vestment

Cooking for Two

Applesauce Pork Chops

Reprinted from [All Recipes](#)

Ingredients

1 tablespoon butter
1 apple - peeled, cored, and sliced
¼ cup chopped onion
2 (1/2-inch thick) pork chops
½ teaspoon salt
ground black pepper to taste
¾ cup applesauce
2 tablespoons brown sugar
½ teaspoon ground mustard
⅛ teaspoon ground cinnamon

Directions

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Melt butter in a large skillet over medium heat; cook and stir apple and onion in melted butter until tender, about 5 minutes. Transfer apple and onion mixture to a bowl.
3. Place pork chops in the same skillet over medium heat; cook until pork chops are browned, about 5 minutes per side. Place pork chops in a 9x9-inch baking dish; season with salt and black pepper.
4. Mix applesauce, brown sugar, mustard, and cinnamon into apple and onion mixture. Spoon over pork chops.
5. Bake, covered, in the preheated oven until pork chops are no longer pink in the center, 30 to 45 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).

Nutrition Facts (per serving)

399	Calories
18g	Fat
36g	Carbs
24g	Protein