

## Caregiver Education Series

The ADRC of La Crosse County and the Caregiver Coalition of La Crosse County are excited to announce a Caregiver Education Series. The series will start on May 21, 2024, and ends on October 15, 2024.

Each month there will be a different topic. Topics include Caregiver 101: Resources; Emergency Planning for Caregivers; Benefits; Financial Matters; Hiring Providers; and Technology Tips for Caregivers.

**Dates:** May 21, 2024

June 25, 2024

July 16, 2024

August 20, 2024

September 17, 2024

October 15, 2024

**Caregiver 101: Resources**

**Emergency Planning for Caregivers**

**Benefits: Medicare, Medicaid, VA... Oh my!**

**To Be Determined**

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**Time: 1:00 PM to 2:30 PM**

**Location:**

**Hazel Brown Leicht Memorial Library**

**201 Neshonoc Rd**

**West Salem, WI 54669**

Register by calling the **ADRC of La Crosse County 608-785-5700 or 1-800-500-3910**

Any questions can be directed to **Kristine Meyer at 608-386-0922 or [kmeyer@lacrossecounty.org](mailto:kmeyer@lacrossecounty.org)**

## MEN'S CLUB STEERING COMMITTEE MEETINGS

2024 Meeting Dates

Time: 2:00 to 3:00 PM

April 23

May 28

June 25

Location: ADRC of Monroe County

Conference Room

315 Oak St S

Sparta, WI 54656

Collaboration between the VA; ADRC of Monroe County; and ADRC of La Crosse County



**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: April 10, 2024, to May 15, 2024**

**Time: 1:00 to 2:30 PM**

**Location: Holmen Area Community Center  
600 N. Holmen Dr  
Holmen, WI 54636**

**Cost:** Workshop is FREE!

Suggested donation of \$20 to cover the cost of *The Caregiver Helpbook*

**Space is limited!**

**You do not need to be a La Crosse County Resident to attend this class.**

**To register contact:  
ADRC of La Crosse County  
at 1-800-500-3910  
or 608-785-5700**

# Kinship 4 Caregivers

Provides an hour of engaging, uplifting personal time for caregivers to practice self-wellness or receive caregiver education. Scheduled Thursdays so those in need of respite can utilize local programming for loved ones.

- ❖ 1st Thursday for Fun Activities
- ❖ 3rd Thursday for Education Topics
- ❖ Events typically do not provide meal, so “eat before we meet” if necessary.
- ❖ Activity or materials provided to inspire connection during times groups do not meet. Book Club in place of education in early Spring.

Kinship...

- ❖ Welcomes current and former caregivers for varying support options including education or activity to form new connections.
- ❖ Opt into the activities that appeal to you and your caregiving journey.

## April

### **4th 1:30p Conversation over Cups!**

Panera Bread 1230 Crossing Meadows Onalaska

### **18th 1:30p Caregiver Book Club “Keeping Love Alive”**

Chpt. 3&4 First Lutheran Church 410 Main St. Onalaska

## May

### **2nd 1:30p Growing Connections-Planting**

Black River Beach Neighborhood Center 1433 Rose St. La Crosse

### **16th 1:30p Caregiver Book Club “Keeping Love Alive”**

Chpt. 5&6 First Lutheran Church 410 Main St. Onalaska

## June

### **6th 12:30-2:30pm SPARK Documentary**

Robin Williams Battle with Lewy Body West Salem Library 702 Industrial Ave.

### **16th 1:30p Caregiver Book Club “Keeping Love Alive”**

Chpt.7,8&Append. First Lutheran Church 410 Main St. Onalaska

## July

### **\*\*\* Take Home Summer Favorites Kit**

Pick up at ADRC or on OASIS Respite Day

### **18th 1:30 Education: Services Savvy**

First Lutheran Church 410 Main St. Onalaska

## August

### **\*\*\* Pontoon Ride (Date/Time TBD)**

Boat Landing Lake Onalaska

### **15th 1:30 Self-Preservation while Caring**

First Lutheran Church 410 Main St. Onalaska

## September

### **\*\*Sat. 14th 1:30-3p Caregiver Cruise Mississippi Queen**

Loved ones welcome! Riverside Park La Crosse \* MUST Pre-REGISTER

### **19th 1:30p Make a Caregiver "To Go" Bag**

First Lutheran Church 410 Main St. Onalaska

## October

### **3rd 1:30p Making the Nature Connection**

Myrick Park Marsh Trails 2000 La Crosse St.

### **17th 1:30p Education: Create a Safe Home**

First Lutheran Church 410 Main St. Onalaska

## November

### **\*\*\* Caregiver Month Celebration Times & Locations – TBD**

### **21st 1:30p Education: Engagement during the Holidays**

First Lutheran Church 410 Main St. Onalaska

## December

### **5th 11am Cookies, Company & a Concert**

Caregivers Decorate Cookies, Lunch at OASIS, finish day with 1:30 Concert by Coulee Region Giving Hearts Choir

First Free Church 123 Mason St. Onalaska

### **19th 1:00p Memory Book Making**

Bring pictures! Other supplies Provided La Crosse Library 800 Main St. La Crosse

PLEASE REGISTER FOR BY CALLING THE ADRC 608-785-5700

## Survey opportunity for family caregivers

Caregiver Coordinators and other professionals within the Aging & Disability Community, the Wisconsin Institute for Healthy Aging (WIHA) is looking for your HELP! Please share this survey opportunity with your family caregivers!

The Wisconsin Institute for Healthy Aging (WIHA) and Falls Free® Wisconsin are surveying family caregivers to learn more about their thoughts on falls risk and prevention. We would greatly appreciate your help in sharing our survey to your family caregivers! Use the flyer and QR code and this sample language when sharing:

“Falls are the leading cause of injury and death of older adults in Wisconsin. Caregivers are in a unique position - you provide care for individuals that may be at risk of falling while you yourself may also be at risk. Prevention can make all the difference to help you and the person you care for stay safe and avoid injuries. The Wisconsin Institute for Healthy Aging (WIHA) and Falls Free® Wisconsin are surveying family caregivers to learn more about your thoughts on falls risk and prevention. We would greatly appreciate your input! Please take 3-5 minutes to complete the survey below. Thank you for your time and consideration!”

**Survey link:** <https://bit.ly/3SF5Vfp>

Did you know? Home safety assessments, minor home improvements/equipment and wellness classes are available to family caregivers through the Wisconsin Department of Health Services caregiver support and falls prevention programs!

**For more information:** <https://www.dhs.wisconsin.gov/aging/caregiver.htm>

**FALLS PREVENTION FOR CAREGIVERS**

*Why it Matters...*

Caregivers may provide care for an older adult that has fallen or is at risk of falling and may be the first line of defense in prevention.

Caregivers can help their care recipient access healthcare providers, physical or occupational therapy, balance and strength exercise programs, and assist with home safety modifications.

Caregivers may also be at increased risk of falls themselves due to physical strain of caregiving responsibilities or having a fear of falling.

Falls prevention resources for caregivers coming soon!

Falls Free Wisconsin | FallsFreeWI.org | Falls@wihealthyaging.org | wiha Wisconsin Institute for Healthy Aging



SCAN ME

## Caregiver Wellness Blueprint



To provide the best care for your care recipient, you also need to take care of yourself. Taking care of yourself looks different for everyone, but there are a few steps we know can really help! These four actions will help you build the best foundation for your own wellness.

### 1. Find Reliable Supports

- Make a list of who you can reach out to for help.
- Make a list of the activities that you can ask for help with like picking up groceries, driving to appointments, or sitting with your care recipient while you go out.
- Think about formal supports like home care agencies and informal supports like friends, family, and neighbors.

### 2. Learn Strategies to Make Caring Easier

- You're already doing this by using Tualta!
- Every tip, trick, or skill you learn can reduce a bit of stress in your day.
- Better care strategies can also prevent problems before they happen

### 3. Do Something for Yourself Every Day

- Pick an activity that relaxes you or that makes you laugh.
- You can also think of activities that you have enjoyed in the past.
- It doesn't have to be any specific activity. Try out a few different ones and include them into your routine.

### 4. Take Care of Your Own Health

- Caregiving can have a lot of emotional ups and downs! Make sure you check in on your mental & emotional health.
- Your physical health can sometimes be neglected when you care for someone else. Eating nutritious food, doing physical activity, and attending your doctor's appointments are all ways to take care of your health.

We know it's not always easy – starting small can help. Which one of these things can you do today?

## Cooking for Two



### Blueberry Cake for Two

- 1/4 cup flour
- 1/4 cup sugar
- 1/2 tsp baking powder
- 1 pinch salt
- 1/4 cup milk
- 1 tablespoon melted butter

- 1 cup blueberries, divided
- 1/4 teaspoon lemon juice
- 1 sprinkling of raw sugar (optional)

1. Preheat oven to 375 degrees.
2. Grease 2 10 ounce ramekins or gratin dishes with shortening.
3. Combine flour, sugar, baking powder, and salt in a small bowl. Stir in lemon juice, milk, and butter just until incorporated
4. Place half of the blueberries into each the cups. Divide the batter between the two dishes. Top with remaining blueberries. Sprinkle with raw sugar if desired.
5. Bake at 375 degrees for 25 to 30 minutes or until golden brown.