

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, Caregiver Support Specialist at the Aging & Disability Resource Center of La Crosse County. Participants will receive a complimentary emergency planning workbook.

Tuesday, September 12, 2023, 3-4 PM
Bethany St Joseph Merit Centre North
1020 Windsor St
La Crosse, WI 54603
Registration deadline: Friday, September 8, 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

Community Café August 1, 2023, 10-1130 AM (collaboration between La Crosse County Library System and ADRC of La Crosse County) at the West Salem Library, 201 Neshonoc Rd, West Salem. Come and take a virtual vacation with us and share one of your favorite vacation memories!

Caregiver Cruise on the La Crosse Queen September 16, 2023, 1:30-3 PM All aboard family caregivers! We're taking you on a riverboat tour of the mighty Mississippi River. Join us for an afternoon of sightseeing and relaxation aboard the La Crosse Queen. Enjoy free pizza and refreshments. All expenses paid for family caregivers. The person you are caring for is also welcome to join at no cost (limit of 2 per caregiver). If you are not sure whether you are a family caregiver or if you have any barriers to attending, please let us know so we can try to help. ****Must arrive by 1:10pm for boarding. Departure is at 1:30pm**** Sign up now! Call or email the ADRC of La Crosse County 608-785-5700 or adrc@lacrossecounty.org

Caregiver Support

During the pandemic, most days I barely saw a single person. I felt disconnected from the world and disenchanted with the current events. I craved human contact but also mental stimulation. And that is when I fell in love with podcasts. Podcasts were one of few things that helped me feel connected to the world. They also offered an escape.

Podcasts are perfect for caregivers, too. They are a resource that can be accessed anytime, anywhere, for as long or as little as one likes. Listening to podcasts is also a form of respite. While at once an escape from the day-to-day, podcasts offer a connection to the world. They help us learn, give food for thought and fodder for future conversations. There is a podcast for everyone with genres that range from true crime to health, fiction, science, news, history, politics, sports and more.



Caring Better & Braver is a podcast specifically geared for family caregivers living in Wisconsin and the La Crosse area. It offers listeners a unique way to feel connected, informed and supported. Episodes highlight a range of topics including self-care, health care, loneliness, stories about lived experience, and local programs and services. The name *Caring Better & Braver* comes in part from our motto: you must take care of yourself, to care better for others. And being brave is about choosing courage over comfort. It is knowing what we need, what we value, and letting go of what does not serve us.

As the creator of *Caring Better & Braver*, I hope that this podcast piques your interest. I hope it informs and inspires you. You can find it on Google Podcasts, Amazon Music, Spotify, Anchor.fm/caring-better-braver and www.lacrossecounty.org/adrc.

And if you want us to cover a certain topic, or you are interested in sharing your story, let me know! I want to hear from you.

Best,

A handwritten signature in blue ink, appearing to read 'Jenna Helminski Juve'.

Jenna Helminski Juve
Creator & Host of Caring Better & Braver

Military and Veteran Caregiver Network | American Red Cross www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network

Wisconsin Adoption & Permanency Support www.wisapsp.org/virtual-support-groups
KINnect Relative Caregivers of Children & Coffee Talk for Adoptive and Guardianship Parents

Compelling Video about Caregiving- **“Man Enough to Care”**: In the first episode of “A Love That Comes Full Circle” actor/director Justin Baldoni, former NFL star Devon Still, actor Nathan Kress, author and comedian Zach Anner, and long-term care expert Robert Espinoza open up about their experiences giving and receiving care and discuss the importance of caregiving. Nathan shares about caring for his wife throughout her journey with endometriosis and his fear of potentially acting as a caregiver for his daughter as well due to the same illness. To view episode one, titled “Man Enough”, click here: <https://bit.ly/3pP65oH>. This series is produced by Caring Across Generations.

LGBTQ Caregivers Support Group — 3rd Wednesday of every month. In partnership with Openhouse, Family Care Alliance is launching a new monthly support group (via Zoom) for LGBTQ caregivers. For more information or to register, contact [Adriana Sanchez](mailto:Asanchez@caregiver.org) at Asanchez@caregiver.org.



What's New on Trualta!

Documents & Decision Making Do you have all of the legal documents you need to care for your care recipient? Many caregivers tell us this is an important topic to review early on! Explore this toolkit if you have questions about power of attorney and living will or want to know how you can support your care recipient to make their own decisions.

Communication Changes If your care recipient has Alzheimer's or dementia, there are changes to the parts of their brain that help them communicate. Use this toolkit to learn what to do if the person you care for has a hard time understanding you or following instructions. You will also learn how to respond to repetitive conversations, rude comments, and difficult situations.

Caring For Kids: Advocate for Help Parents of children with complex needs understand the importance of advocacy and good communication in healthcare and school contexts. This toolkit will help you learn tips to strengthen these skills, how to educate others about your child, strategies for navigating Individualized Education Plan (IEP) meetings, what to do when waiting for a diagnosis, ways to find support, and more.

Caring For Kids: Stress & Supports For the parent or grandparent of a child who needs extra care due to disability or illness, this toolkit offers both practical strategies and creative ideas that help build resiliency. These activities go beyond typical self-care advice, taking a deep dive into the emotional experience and providing recommendations that can impact the overall approach to care.

Parkinson's Disease: Managing Anxiety This course can help you support your care recipient with Parkinson's to use strategies, routines, & activities for managing anxiety.

Good Morning Stretches At the end of this lesson, you will be able to:

1. Explain the benefits of a morning stretch routine.
2. Plan a morning stretch routine for yourself and your loved one that includes stretches from head to toe.
3. Consider safety when stretching.

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: Tuesdays, August 1 through September 5, 2023

Time: 2:00pm-3:30pm

Location: Virtually on Microsoft Teams

Cost: Workshop is FREE!

Suggested donation of \$20 for Caregiver Helpbook

Space is limited!

Register by calling

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

Questions:

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

BEATLES SONGS WORD SEARCH PUZZLE



ALL MY LOVING	GET BACK	LADY MADONNA	SHE LOVES YOU
ALL YOU NEED IS LOVE	HELLO GOODBYE	LET IT BE	SOMETHING
COME TOGETHER	HEY JUDE	LOVE ME DO	TICKET TO RIDE
DAY TRIPPER	I FEEL FINE	PAPERBACK WRITER	YELLOW SUBMARINE
ELEANOR RIGBY	IN MY LIFE	PENNY LANE	YESTERDAY

www.WordSearchAddict.com

Lemon and Herb Chicken with Asparagus and Roasted Red Potatoes for Two

Ingredients

5 small red potatoes, rinsed and cut into quarters
1 tablespoon plus 1 teaspoon olive oil
1/2 teaspoon garlic powder
Salt and ground black pepper
1 teaspoon Italian seasoning
1 large chicken breast, sliced in half horizontally to make 2 cutlets
2 tablespoons unsalted butter
2 tablespoons all-purpose flour
1 cup chicken stock
Zest of 1 lemon plus juice of 1/2 a lemon, plus more juice if desired
1/2 pound asparagus, rinsed and cut into thirds

Directions

Preheat the oven to 400 degrees F. Place the potatoes on a baking sheet and drizzle 1 tablespoon olive oil all over the potatoes. Sprinkle the garlic powder and some salt and pepper on top. Toss with your hands to coat all sides of the potatoes with the oil and seasoning. Bake, rotating the pan and flipping the potatoes halfway through, until fork-tender, 20 to 25 minutes.

Meanwhile, add the remaining teaspoon olive oil to a large skillet over medium-high heat. Sprinkle the Italian seasoning, 1/2 teaspoon salt and 1/4 teaspoon pepper onto the chicken breasts and gently pat it down with your fingers. Add the chicken breasts to the hot skillet and brown on both sides, 3 to 4 minutes per side. Remove from the skillet and reduce the heat to low.

Melt the butter in the skillet then sprinkle flour on top of the butter. Whisk to cook off the raw flour taste, 1 minute, then carefully add the chicken stock, vigorously whisking. Add the lemon zest and juice. Let cook, whisking occasionally, until thickened, 5 to 7 minutes. Add the asparagus to the pot and cook until the asparagus has softened but is still bright green, about 7 minutes.

Add the chicken back into the skillet and cook to ensure it's cooked thoroughly, another 3 minutes. Coat the chicken with sauce from the pan. Place 1 piece of chicken on each of 2 plates, then divide the roasted potatoes between the plates next to the chicken. Place half of the asparagus on each plate and drizzle some sauce on top. Use the juice of the remaining lemon half on top of the dish if you desire more lemon flavor.