

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.

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

Community Café (collaboration between La Crosse County Library System and ADRC of La Crosse County) at the West Salem Library, 201 Neshonoc Rd, West Salem

- June 6, 2023, 10AM- 1130AM: June is Dairy Month and a Yogurt Parfait Bar
- July 11, 2023, 10AM- 1130 AM: Beating the Heat Board Games and a Fruit Bar

June is Dementia and Brain Health Month There are events scheduled all month long. The complete schedule is located on the ADRC of La Crosse County website: www.lacrossecounty.org/adrc or call the ADRC of La Crosse County for a full schedule to be sent to you.

BRAIN FIT BINGO!

Bingo cards contain numerous brain healthy activities which can be completed throughout the month. Try for 1 BINGO or challenge yourself for BLACKOUT. We encourage you to bring completed cards (at least one bingo) into The Aging & Disability Resource Center by 4pm on July 7 to pick up your prize. All Blackout

cards will be entered into drawing for one of three brain healthy prizes! Winners will be notified after the July 7th.

Pick up a card at any of the following locations:

- La Crosse County ADRC, Libraries, or Meal Sites
- City of La Crosse Main Library
- City of La Crosse Community Connections Center
- City of La Crosse Black River Beach Neighborhood Center

Caregiver Support

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



What's New on Trualta!

Caring For Kids: Stress & Supports: Stress 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.

Anxiety & PTSD Care: Anxiety & Trauma Basics It can be hard to know how to help someone with mental illnesses like anxiety, trauma, or PTSD. In this toolkit, you'll learn more about these conditions as well as how to offer support, use trauma-informed care, use strategies for changing negative thoughts, how to help someone through an anxiety attack, and how to help your care recipient manage trauma triggers.

Mental Illness 101: Mental Illness Basics If your care recipient is struggling with their mental health, it can be hard to know what kind of support they need, where to find it, and what you can do to help. In this toolkit, you'll learn about common mental illness myths, support options, tips for having tough conversations, how to recognize and act in crisis situations, how to make a safety plan, and strategies for taking care of your own mental health as a caregiver.

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.

Caregiving Apps to Create Better Coordination Between Multiple Caregivers and Long Distance Caregivers

Caring Village app is that it provides a comprehensive array of resources for caregivers. The app has nearly everything that a home care provider needs. Use it to store health documents, access prescriptions, create customized care plans, track medications, and much more. The app lets you create a custom “village,” or team, to coordinate care activities, like arranging transportation and meals. You can include as many people as you want — family, friends, neighbors, care professionals — and easily assign roles to team members with secure in-app messaging, shareable to-do lists and other features. With Caring Village, you can also keep track of medications, create, and use preparedness checklists, upload important documents you can access anywhere, synchronize calendars, and keep a wellness journal, if desired.

eCare21 is a reliable home care app that allows caregivers to track medications and monitor their client’s health data. The user-friendly app is ideal for family caregivers looking to simplify their caregiving duties. It also provides instant access to primary care providers via the telehealth option.

Empathy Caregiver helps caregivers improve their clients’ quality of life. This app allows caregivers to schedule activities, record their work hours, and book doctor’s appointments. It also provides a platform for effortless home care charting.

ianacare is ideal for family caregivers looking for a better way to organize their everyday tasks. This app makes it easier for them to request and receive help for errands like buying groceries, preparing meals, and even booking shared rides. The free app also empowers family caretakers to seek psychological and emotional support. Built by family caregivers, **ianacare** is dedicated to equipping caregivers with the tools and community access to empower them during life’s most vulnerable moments. If you’re on the hunt for apps to help plan for elder caregiving, this is an excellent option. **ianacare** enables caregivers to:

- Coordinate help with family and friends
- Keep your curated community updated in a private feed
- Keep your care team organized with a collaborative calendar so others know how they can offer support without needing to ask

Lotsa Helping Hands is an app that makes it easier for caregivers to seek assistance and schedule activities. It connects users with local communities where they can post a request for help from friends, relatives, and volunteers. They can return the favor by volunteering to help others. With Lotsa Helping Hands, you can communicate appointment information; schedule meals, rides, and visits; and solicit help by posting requests. You can also blast announcements and updates, receive messages from loved ones, and share photos from this one app instead of dealing with multiple calls, emails, and texts.

Carely is a social network–like app ideal for tag-team caregiving, as it allows invited individuals to communicate and coordinate caregiver responsibilities and track activities and appointments via a shared calendar. Not unlike Facebook and Instagram, Carely lets you share photos of your loved one, post comments and questions, and direct-message others to plan = “Is anyone available to watch Mom on Wednesday afternoon?”). You can also use the app to find professional caregiving resources in your community and contact providers. Carely just added an optional dark theme to be easier on your eyes and preserve the battery life of your device, too.

Name: _____ Date: _____

SUMMER WORD SCRAMBLE



1. EALCSSTDNA _____
2. PAICGMN _____
3. ELVATR _____
4. OAANICVT _____
5. UYJL _____
6. SOSTHR _____
7. ESNNCRESU _____
8. MSWI _____
9. UTASGU _____
10. HTO _____
11. PYLA _____
12. CMERICEA _____
13. FNA _____
14. ALDSASN _____
15. BECAH _____
16. TMSIWSUI _____
17. EJNU _____
18. OLOP _____
19. IBNIKI _____
20. NSU _____

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 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

Cooking for Two

Blackberry Icebox Cake

REPRINTED FROM BON APPETIT

June 12, 2018

This creamy, dreamy icebox cake—built in a bowl for maximum ease—is the no-bake dessert you'll be making all summer. Makes 8 servings

Ingredients

2 pints blackberries, divided
½ cup blackberry jam
1 lemon
2 cups chilled heavy cream
¼ cup powdered sugar
Pinch of kosher salt
8 oz. vanilla wafers, divided

Preparation

Measure out **2 cups blackberries** from 2 pints. Slice berries in half lengthwise and transfer to a medium bowl. (Save remaining berries for decorating later.) Add **½ cup blackberry jam** to bowl with berries. Using a citrus juicer, juice **1 lemon** over berry mixture. Let sit 10 minutes. Using an electric mixer, beat **2 cups heavy cream** in a large bowl, starting on low speed and increasing to high, until soft peaks form. Beat in **¼ cup powdered sugar** and a **pinch of salt** just to combine. Line a medium bowl (6-cup capacity) with plastic wrap, pressing into bottom and up sides and leaving plenty of overhang. Line the bottom of bowl with a layer of **vanilla wafers**. Spoon about ¼ cup berry mixture over wafers. Scoop 1½ cups whipped cream into a small bowl; cover and save in fridge for later. Spread ½ cup of the remaining whipped cream evenly over wafer and berry layers. Repeat layers with wafers (breaking to fit as needed—no one will know), blackberry mixture, and whipped cream, using more for each layer as the bowl gets wider, until you run out of all the components. Bring up plastic overhang to cover and chill at least 24 hours. Unwrap plastic from top of cake and place a large cake stand or platter firmly over it. Flip over and lift bowl away; peel away plastic wrap. (Ta-da!) Using a whisk, beat reserved whipped cream back to soft peaks, then use a spoon to dollop cream all over cake and spread around evenly. Cut reserved berries in half lengthwise and arrange them on top. Slice cake into 8 pieces to serve.

Do Ahead: Cake can be assembled 2 days ahead and can also be unmolded and covered in cream 1 hour ahead; either way, keep in the fridge until the last minute.