

Caregiver Education Series

This is the last session of a 6 part series to support caregivers sponsored by the ADRC of La Crosse County and the Caregiver Coalition of La Crosse County. Future topics include benefits, financial matters, hiring providers, and home safety technology.

Financial Matters

Did your care partner handle all your finances and is no longer able to take on this role? Do you struggle understanding the differences between a checking account and a money market account? How are 410Ks different from IRAs. Our presenters Jennifer Gander, Relationship Manager, and Brett Sebion, Financial Coach, will teach the basics of financial investments. The presenters are employed by Trust Point Wealth Management. This class is NOT a sales event... it is meant be educational.

Tuesday, October 15, 2024, 1-230 PM
Hazel Brown Leicht Memorial Library (West Salem Library)
201 Neshonoc Rd
West Salem, WI 54669
Registration deadline: October 11, 2024

This is a FREE event! Questions and registration through the ADRC of La Crosse County at 608-785-5700/ adrc@lacrossecounty.org

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.

October 3rd 1:30pm: Making the Nature Connection
Myrick Park Marsh Trails 2000 La Crosse St. La Crosse

October 17th 1:30pm Education: Create a Safe Home
First Lutheran Church 410 Main St. Onalaska

November 21st 1:30pm Education: Engagement during the Holidays
First Lutheran Church 410 Main St. Onalaska

Men's Shed

The ADRC of Monroe County, Tomah Senior Center, VA Caregiver Support Program, and the ADRC of La Crosse County are kicking off the **Men's Shed**. This is an opportunity for men to explore common interests and learn new things.

When: Tuesday, October 22, 2024, at 1:30 PM

Where: Tomah Senior Center

1002 Superior Avenue

Tomah, WI 54660

If you have any questions, please contact Kristine Meyer at 608-386-0922 or kmeyer@lacrossecounty.org.

November is Family Caregiver Month

Statistics on family caregivers in the U.S. include:

- 22.3% of adults reported providing care or assistance to a friend or family member in the past 30 days.
- 24.4% of adults aged 45 to 64 years are caregivers compared to 18.8% of adults aged 65 years and older.
- One in four (25.4%) women are caregivers compared to one in five (18.9%) men.
- 53 million Americans are providing unpaid care for relatives and friends.
- Most caregivers (41.8 million) are looking after care recipients who are age 50 or older.
- Approximately 43.5 million caregivers have provided unpaid care to an adult or child in the last 12 months.
- Most caregivers (82%) care for one other adult, while 15% care for 2 adults, and 3% for 3 or more adults.

Watch for announcements and resources in November to celebrate you, the unsung hero, the CAREGIVER! This year's theme will focus on the five goals of the 2022 National Strategy to Support Family Caregivers.

Goal 1: Increase awareness and outreach

Goal 2: Build partnerships and engagement with family caregivers

Goal 3: Strengthen services and supports

Goal 4: Ensure financial and workplace security

Goal 5: Expand data, research, and evidence-based practice

Watch your news sources and social media for additional information and resources.

CARING BETTER & BRAVER

A day of self-care & learning for family caregivers

**Main Speaker:
Kari Berit**

Event Highlights:

- S.A.N.E. Caregiver
- Stress & Wellbeing
- Long-Term Care
- End of Life
- Social Connection



**Register by
October 14!**

**October 26, 2024
10am - 4pm**

Holmen Area Community Center

**\$20 / person
Lunch Included**

**Call the ADRC
608-785-5700**



Cooking for Two

Crock Pot Apple Crisp

This super easy Crock Pot Apple Crisp uses apples, oats, and pantry ingredients to make a delicious crock pot dessert perfect for a holiday or everyday dinner.

Prep Time: 10 minutes

Cook Time: 3 hours

Total Time: 3 hours 10 minutes

Servings: 6

Ingredients

- 4 apples - medium
- ½ cup flour
- ½ cup light brown sugar
- ½ cup rolled oats
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 4 tablespoons butter

Instructions

1. Start with the apples of your choice. You will need four medium apples to make four cups of apple slices—peel and slice.
2. Mix ½ cup each of flour, light brown sugar, and rolled oats in a medium bowl. Add ½ teaspoon cinnamon and ¼ teaspoon nutmeg, then mix well. Add four tablespoons of softened butter and cut into the topping with a fork until combined thoroughly. It will be crumbly looking.
3. Give a smaller 3 to 4 quart crock pot a heavy spray of PAM.
4. Add 4 cups of apple slices.
5. Smooth the apples, then pour the topping mixture evenly over the apples.
6. Cook for 2 hours on high covered, rotate the lid to allow moisture to vent, and cook one more hour on high for 3 hours total.
7. Allow to cool a little before serving so the apples will set up some. Great with ice cream.

FALL WORD SEARCH

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

ACORN

FOOTBALL

NOVEMBER

SEPTEMBER

APPLES

HALLOWEEN

OCTOBER

SUNFLOWER

AUTUMN

HARVEST

PUMPKIN

SWEATER

CANDY

HAYRIDE

RAKE

THANKSGIVING

CIDER

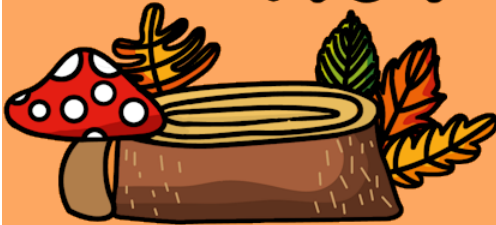
LEAVES

SCARECROW

TURKEY

As the season is changing and daylight hours are slipping away, it is important to take care of you... If you do not take care of yourself, it makes it more difficult for you to take care of another person. Please see the Self-Care Challenge below for new ideas for self-care. See how many you can cross off!

AUTUMN SELF-CARE CHALLENGE



@BlessingManifesting

Dig your cold weather pjs out of the closet	Paint pumpkins with quotes or inspirational sayings	Do something to celebrate your body	Do a thing you've been afraid to do	Embrace the concept of warmth in your life	Buy or make something to add to your Fall wardrobe
Choose a day to unplug and enjoy the weather	Wash your bed linens & bring out the warm blankets	Make soup or a crock pot recipe	Check in with how you're feeling	Enjoy your morning beverage outside	Let go of that thing that's been bothering you
Start a 7-day gratitude practice	Give yourself a massage with a good lotion	Pick one bad habit that you want to work on	Light candles or the fire-place and RELAX	Strive to create more balance in your life	Declutter + get rid of things you no longer need
Spend time outside journaling or writing	Bake goodies - share them with someone you love	Warm blankets windows open delicious nap	Indulge in pumpkin bread, coffee or muffins	Go on a nature walk & take photos of the season	Slow down and savor the little moments
Get spiritual meditate, read or spend time in prayer	Apple cider candied apples apple picking APPLES!	Write a letter to release emotions	Practice Hygge the art of coziness	Honor your ancestors in some way	Sit by a fire pit or fireplace

The simple act of caring is HEROIC. ~~~ Edward Albert, actor