

# Caregiver Chronicles

AREA AGENCY ON AGING OF DANE COUNTY  
2865 N SHERMAN AVE, MADISON, WI 53704  
[HTTPS://AAA.DCDHS.COM/](https://aaa.dcdhs.com/)



**Summertime is always the  
best of what might be.**

**—Charles Bowden  
Author**

Summertime brings long days and warm weather that makes it an ideal time to care for yourself by getting out to enjoy your favorite activities. June is **Brain Health Month** and Summer is a perfect time to boost your brain health with active, creative, and social pursuits. How will you make Summer count as a time for you to take advantage of nice weather and make some memories?

To make it easier and more fun to find your favorite brain health activities, the Area Agency on Aging Caregiver Program is joining with the Aging and Disability Resource Center Dementia Care Team to bring you **Brain Health Bingo**. You can find the bingo card with ideas on pages 4 and 5, and a longer list of suggestions with full links on pages 6 and 7. Celebrate by joining in active, artistic, and delicious pursuits and enter for a chance to win prizes. Challenge your family, friends, coworkers, and community to join with you and see how many new ways you can find to benefit your brain while trying new things and enjoying longtime favorites.

You can kick off Brain Health Month by attending the **1st Annual Brain Health Summit** on June 1, 2024. The virtual presentation will provide insight into the latest research with practical tips for cognitive well-being (see page 8 for details).

Eligible adults living with dementia and their family members/friends can now enroll in an exciting, evidence-based program, **Riding in the Moment**, designed to increase quality of life. Learn more about the program and how to get involved on page 9.

June is also **PRIDE Month** for the LGBTQ+ community. See page 3 for resources and to listen to a very special intergenerational story from *StoryCorps*.

June 14, 2024, is **World Elder Abuse Awareness Day**. Elder abuse is a pressing issue affecting our older population and is often perpetrated by those they trust. Financial exploitation and financial abuse of older people is one of the leading types of abuse each year in Dane County and across the state. In recognition of World Elder Abuse Awareness Day (WEAAD), celebrated annually on June 15<sup>th</sup>, Dane County Adult Protective Services (APS) in partnership with the Elder Abuse Community Coordinated Response Committee (EACCR) and Pellitteri Data Destruction will be holding a shred fest event on Friday, June 14<sup>th</sup> at Warner Park (see pages 10 and 11 for details).

Farmers' Markets are a hallmark of the season, providing opportunities to purchase fresh, nutritious produce while getting outdoors and enjoying a social event. For those who qualify, the Farmers' Market Nutrition Program provides an extra incentive. The program offers vouchers you can use to purchase locally-grown fruit, vegetables, and herbs (details on the program are on page 13).

On July 21, join the Veterans Health Administration (VHA) Caregiver Support Program to learn about resources available to caregivers and families of Veterans. (Learn more on page 14.)

Wishing you a wonderful Summer!

Jane De Broux, Caregiver Specialist  
Dane County Caregiver Program  
Phone: 608-381-5733  
Email: [debroux.jane@danecounty.gov](mailto:debroux.jane@danecounty.gov)





## Resources for LGBTQ Elders:

### OutReach LGBTQ+ Community Center:

Programs for LGBTQ+ elders including an Elder Advocate to help with finding and connecting services; the LGBTQ 50 Plus Alliance formerly called the LGBT Senior Alliance sponsored by the OutReach Community Center and the Madison Senior Center; and the BOLD Grant supporting services for caregivers of LGBTQ individuals with dementia and other memory-related issues are among the resources available for LGBTQ+ elders.

<https://www.outreachmadisonlgbt.org/lgbtq-elders>

SAGE: Nationwide advocacy for LGBTQ people that connects generations, each other, and allies:

<https://www.sageusa.org/>



A lovely story of a grandmother, MJ Seide, sharing her life with her granddaughter, Genna Alperin, from StoryCorps.

**StoryCorps** reminds the nation that every story matters and every voice counts. Since 2003 they've helped nearly 700,000 people across the country have meaningful conversations about their lives.

<https://storycorps.org/>

Click the on the photo or go to the link below to listen:

<https://storycorps.org/stories/mj-seide-talks-to-her-granddaughter-genna-alperin/>



# BRAIN HEALTH

## bingo

### ACTIVE NATURE MUSIC ART NUTRITION

Go for a walk in your neighborhood	Visit a botanical garden	Attend an outdoor concert	Visit a local art museum	Try a new fruit
Attend an exercise class	Watch a sunset or sunrise	Sing a favorite song or play an instrument	Attend an art class or program	Eat leafy greens with at least 2 meals 1 day
Go on a nature walk	Plant in a garden or container	<b>FREE SPACE</b>	Draw/Paint or color a picture	Have a glass of water with each meal
Try a new physical activity	Visit a state or county park	Dance to a favorite song	Take a photo of a favored person, item, or place	Have an outdoor picnic
Stand during commercial breaks while your show is on	Seek out interaction with animal(s)	Listen to music for at least 20 mins 1 day	Attend an art or craft fair	Eat a seasonal vegetable

**Activities to be completed during the month of June 2024.**  
**Card due by July 8th!**

- Take a picture of your completed card and email to [danedcs@danecounty.gov](mailto:danedcs@danecounty.gov)
- OR
- Drop off at the Aging & Disability Resource Center (2865 N. Sherman Ave. Madison, WI 53704) to be entered to win a prize





## MUSIC

- Attend a [Concert on the Square, Madison](#) (Wed)
- Attend a [Concert on the Rooftop](#), Monona Terrace (Thursdays)
- Participate in [Make Music Madison](#) (June 21st annually)
- Go to a [NewBridge Summer Concert](#), Warner Park (Mon)
- Attend a local music festival (such as Marquette Waterfront Festival, Oregon Summerfest, Verona Hometown Days).
- Join the [UW-Madison Precious Memories Choir](#).

## ACTIVE

- There are 12 agencies primarily responsible for programming and services for older adults in Dane County -- [Find free and/or small fee classes near you!](#)
- Take a walk in your neighborhood and listen to the different bird sounds.
- Join the YMCA or get a gym membership. (\$)
- Connect with [RSVP](#) to find a volunteer opportunity in your community that matches your interest.

(\$)= fee associated;  
if not otherwise noted, no cost

Dane Arts

## NATURE

- Olbrich Botanical Gardens (Outdoor - Free; Bolz Conservatory & events (\$))
- Henry Vilas Zoo
- Arboretum
- Allen Centennial Gardens
- Aldo Leopold Nature Center (Trails - free and open daily)
- Great sunset spot! San Damiano Park, Monona WI
- Visit any of our beautiful [state or county parks](#) (*Parking pass required for state parks*)
- Visit a [historical or cultural site](#)

## NUTRITION

- Incorporate greens into a fruit smoothie - [Try this](#) recipe that promotes gut health!
- Try a "Grab & Go" meal for your picnic from the Verona Senior Center.
- Join friends for delicious & nutritious meals at [Dane County Senior Dining Sites](#) and learn more about nutrition counseling to help you improve your health.
- [Find a Farmers' Market](#) near you for fresh, local farm-to-table foods.
- See if you're eligible for Dane Co. [AAA's Senior Farmers' Market Nutrition Program](#)

Offers vouchers to eligible older adults for \$45 of Wisconsin-grown fruit, vegetables, or herbs at farmers markets and roadside stands!

## ART

- Visit the [Dane Arts website](#) to view the 2024 DaneArts Calendar or watch the series 'Behind Creative: A Dane Arts Series'
- Attend a local art fair or festival. See [here](#) for a list of possibilities!
- Attend an [ARTS for ALL](#) program (*most free, some\$*)
- Participate in an art activity or [join a class](#) (\$)
- Admire some [mural art](#) in the community
- Visit at least 1 art museum, gallery, or organization to visit this month. [Find a list of local options here!](#) (*Some free, some\$*)

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

DATE TURNED IN: \_\_\_\_\_



# BRAIN HEALTH LINKS AND IDEAS

## Music



- Attend a **Concert on the Square**, Madison (Wednesdays): [wcoconcerts.org/concerts-tickets/concerts-on-the-square](https://wcoconcerts.org/concerts-tickets/concerts-on-the-square)
- Attend a **Concert on the Rooftop**, Monona Terrace (Thursdays): <https://www.mononaterrace.com/event-group/concerts-on-the-rooftop/>
- Participate in **Make Music Madison** (June 21, annually): <https://makemusicmadison.org/>
- Go to a **NewBridge Summer Concert** at Warner Park: <https://www.newbridgemadison.org/summer-concerts>
- Attend a local music festival:
  - **Marquette Waterfront Festival**: <https://isthmus.com/events/marquette-waterfront-festival/>
  - **Oregon Summerfest**: <https://www.oregonwisummerfest.com/>
  - **Verona Hometown Days**: <https://veronahometowndays.com/schedule>
- Join the **UW-Madison Precious Memories Choir**: <https://www.adrc.wisc.edu/precious-memories-choir>

## Nature



- Tour **Olbrich Botanical Gardens** (Outdoor gardens are free, Bolz Conservatory \$): <https://www.olbrich.org/visit>
- Visit the **Henry Vilas Zoo**: <https://www.henryvilaszoo.gov/visit/>
- Hike and observe nature at the **UW Arboretum**: <https://arboretum.wisc.edu/visit/>
- Visit **Allen Centennial Gardens**: <https://allencentennialgarden.wisc.edu/plan-your-visit/>
- Go to the **Aldo Leopold Nature Center**: <https://aldoleopoldnaturecenter.org/>
- Enjoy a beautiful sunset at **San Damiano Park** in Monona: <https://www.sandamianomonona.org/>
- Visit one of our beautiful **State or County Parks**: <https://dnr.wisconsin.gov/topic/Parks>; <https://www.danecountyparks.com/>
- Visit a historical or cultural site: **Indian Mounds** at the Arboretum; **Indian Mound Conservation Area** in McFarland, **Pheasant Branch Conservancy** in Middleton, **Yahara Heights County Park** and **Governor Nelson State Park**: <https://www.visitmadison.com/blog/stories/post/madisons-effigy-mounds-connect-people-throughout-time/>
- Stroll a **Historic District in Madison**: <https://www.cityofmadison.com/dpced/planning/local-historic-districts/1601/>
- Take a **Cultural Walking Tour**: <https://www.cityofmadison.com/dpced/planning/cultural-walking-tours/3505/>

## Active

- Stop by the agencies that provide programming and services for older adults in Dane County and check out a free or small fee class or activity near you!

**Dane County Focal Points:** <https://dcdhs.com/Disability-and-Aging/Senior-Services/AAA-Contracted-Services>;

**Goodman Community Center:**

<https://www.goodmancenter.org/community-services/older-adults-program-activities>;

**Madison Senior Center:** <https://www.cityofmadison.com/senior-center>;

**Monona Senior Center:** <https://www.mymonona.com/287/Regular-Programs>;

**Verona Senior Center:** <https://www.ci.verona.wi.us/290/Senior-Center>

- Take a walk in your neighborhood and listen to the different bird sounds.
- Join the **YMCA** or get a fitness center membership.
- Connect with **RSVP** to find a volunteer opportunity in your community to match one of your interests:  
<https://www.rsvpdane.org/volunteer/>

## Nutrition

- Incorporate greens into a fruit smoothie. Try this recipe that promotes gut health!:  
<https://www.danecountyhumanservices.org/documents/pdf/Aging/Senior-Nutrition-Program/Newsletter-2024-Apr-May-June.pdf>
- Try a “Grab & Go” meal for your picnic from the **Verona Senior Center** (anyone can order one; select current newsletter link for menu and calendar): <https://www.ci.verona.wi.us/DocumentCenter/Index/152>
- Join friends for delicious and nutritious meals at Area Agency on Aging (AAA) of **Dane County’s Nutrition Program**
- **Senior Dining Sites:** <https://www.danecountyhumanservices.org/documents/pdf/Aging/Senior-Nutrition-Program/Nutrition-Brochure-2024.pdf>
- Find a Farmers’ Market near you for fresh, local farm-to-table foods:  
<https://madisonmom.com/greater-madison-area-farmers-markets/>
- See if you’re eligible for **Dane County AAA’s Senior Farmers’ Market Nutrition Program** (offers vouchers to eligible older adults for \$45 or Wisconsin-grown fruit, vegetables, or herbs at farmers’ markets and roadside stands:  
<https://www.danecountyhumanservices.org/documents/pdf/Aging/Senior-Nutrition-Program/Newsletter-2024-Apr-May-June.pdf>

## Art

- Visit the **Dane Arts** website to view the 2024 Dane Arts Calendar or watch the series *Behind Creative: A Dane Arts Series*: <https://www.danearts.com/>
- Attend a local art fair or festival: <https://www.visitmadison.com/events/festivals-and-fairs/>
- Attend an **ARTS for ALL** program: <https://www.artsforallwi.org/>
- Participate in a **Madison School & Community Recreation** (MSCR) art activity or join a class:  
<https://www.mschr.org/programs/arts-enrichment/adult-arts-enrichment/>
- Admire community mural art: <https://www.visitmadison.com/blog/stories/post/5-dont-miss-madison-murals/>
- Visit at least one art museum, gallery or organization this month: <https://art.wisc.edu/art-at-uw/local-arts/>



# 1ST ANNUAL VIRTUAL BRAIN HEALTH SUMMIT

JUNE 1, 2024 | 9:30 AM - NOON

Join us for an enlightening virtual program on brain health for insight into the latest research and practical tips for cognitive well-being. Plus, learn about the benefits of mindfulness and explore networking opportunities in our breakout sessions.

## TOPIC HIGHLIGHTS:

- Exercise, Sleep, Diet & Stress
- Cognitive Enrichment & Engagement
- Building Resilience
- Healthy Brain Aging
- Interactive Mindfulness Activities
- Giveaways

## SCAN TO JOIN



<https://t.ly/qzPd>

## OUR SPEAKERS



**DR. NATHANIEL CHIN**  
Wisconsin Alzheimer's Disease  
Research Center



**LISA SIMPSON, PA**  
UW Health  
Center for Wellness



Center for Aging Research and  
Education  
CARE at the UW-Madison School of Nursing



CAIRASU  
ALL THINGS ALZHEIMER'S



Wisconsin Alzheimer's Institute  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH



# Enroll in Riding in the Moment™!



Riding in the Moment™ is an evidence-informed program designed to increase the quality of life of adults living with dementia and their family members/friends. This program will be delivered by trained staff and volunteers at Three Gaits (located in Stoughton) in partnership with the UW Geriatric Health Services Research Lab.

## The Program

- Complete intake packet and riding eligibility assessment
- 8 weekly visits for approximately 60 minutes
- Visits include opportunities to ride, groom, and pet horses, and engage in other nature-based activities
- Research demonstrates increased quality of life among participants

## Eligibility

- To be eligible, participants must:
- Have a documented diagnosis of Alzheimers disease or related dementia in the early or moderate stage
  - Be community-dwelling resident (not living in care facility)
  - Have reliable transportation from a family member or friend (funding to available upon request)

## Interested in Enrolling?

Contact [ashley@three-gaits.org](mailto:ashley@three-gaits.org), visit [www.three-gaits.org](http://www.three-gaits.org), or call (608) 877-9086 to sign up and get more information!



**GERIATRIC HEALTH SERVICES**  
**RESEARCH LAB**



**Three Gaits**  
Therapeutic Horsemanship



**Wisconsin Partnership Program**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH



Riding in the Moment™ at Three Gaits is generously funded by the Wisconsin Public Partnership at the University of Wisconsin School of Medicine and Public Health

The Riding in the Moment™ program was created by Hearts & Horses, LLC. Hearts & Horses, LLC is not affiliated with nor participates with Three Gaits and its use of the program.



#WEAAD

**JUNE  
15th**



**Report Elder Abuse  
in Dane County.**

**STOP ELDER  
ABUSE!**



**WORLD ELDER ABUSE  
AWARENESS DAY**  
Building Strong Support for Elders

**PLEASE CALL  
608-261-9933**



In recognition of World Elder Abuse Awareness Day (WEAAD), celebrated annually on June 15<sup>th</sup>, Dane County Adult Protective Services (APS) in partnership with the Elder Abuse Community Coordinated Response Committee (EACCR) and Pellitteri Data Destruction, will be holding a shred fest event on Friday, June 14<sup>th</sup> at Warner Park (2930 N. Sherman Ave, [Directions to Warner Park](#)) from 11:00am – 1:00pm.

Financial exploitation and financial abuse of older adults is one of the leading types of abuse each year in Dane County and across the state. By confidentially shredding personal documents with identifying information you are protecting yourself. Documents such as bank statements, old tax returns, receipts, old check books that are not properly destroyed can be obtained by those with bad intentions and used to access your accounts, email and your identity.

Don't be a victim of financial exploitation! Bring all of your personal documents to be confidentially shredded by Pellitteri Data Destruction on June 14<sup>th</sup> at Warner Park. There will be two trucks available and volunteers to help guide you to the trucks and assist you in removing boxes, bags, etc from your car if you are unable to do so.

We hope to see you there!

Dane County APS

EACCR Committee

Pellitteri Data Destruction





# WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

## SENIOR SHREDFEST

JUNE 14, 2024 11:00AM -1:00PM

WARNER PARK, 2930 N. SHERMAN  
AVENUE

**OPEN TO THE PUBLIC**— Come and safely shred **up to 3 bags or boxes (approx. 50 lbs)** of your confidential documents at a Shred Fest hosted by the Dane County Elder Abuse Coordinated Community Response Team, Adult Protective Services, Aging & Disability Resource Center and Pellitteri Data Destruction Division

***Pellitteri***  
DATA DESTRUCTION DIVISION



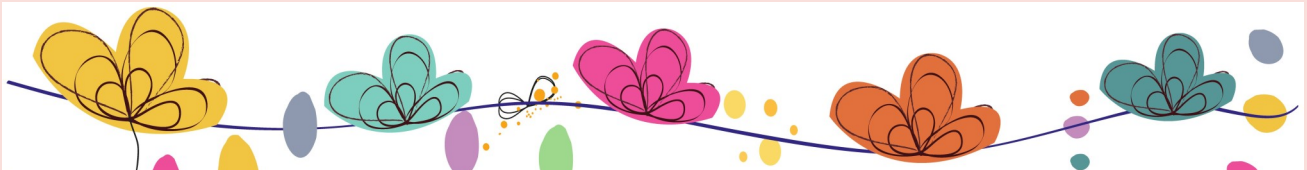
# Monthly MIPPA Moment: Alzheimer's & Brain Awareness

*MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.*

June is Alzheimer's & Brain Awareness Month. Alzheimer's disease is the most common form of dementia, accounting for approximately 60-80% of all dementia cases, or an estimated 6.7 million Americans aged 65 and over living with it. Vascular Dementia related to stroke symptoms is the second most common dementia type. Other common forms of dementia include Lewy Body dementia, frontotemporal dementia, and mixed dementia. Up to 2-3, million Americans are living with the forms of dementia, not including Alzheimer's.

A cognitive assessment to look for signs of dementia is part of the Medicare Annual Wellness Visit for beneficiaries. Medicare covers the Annual Wellness Visit once every 12 months. The patient pays no out-of-pocket costs and no deductible, copayment, or coinsurance for eligible visits. See: <https://www.medicare.gov/coverage/yearly-wellness-visits>. See also: <https://www.alz.org/media/documents/alzheimers-facts-and-figures.pdf>. If you haven't yet this year, schedule your Medicare Annual Wellness Visit and make sure you are up to date on your preventive screenings!

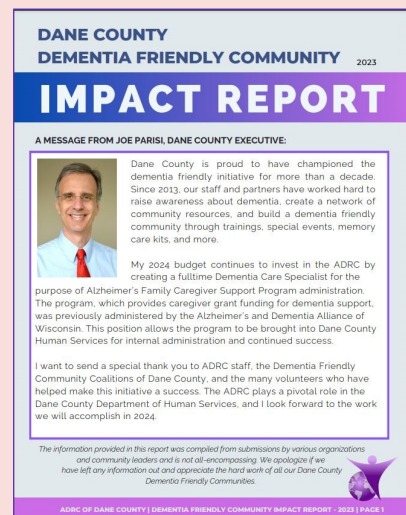
**For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458. This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 2101WIMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.**



The **2023 Dane County Dementia Friendly Community Impact Report** is now available.

The report highlights the accomplishments of our Dementia Care Specialists and the volunteers and community members that make up the Dementia Friendly Communities of Dane County:

<https://daneadrc.org/documents/pdf/Dementia-Support/Dementia-Friendly-Program/Dane-County--Dementia-Friendly-Community-Impact-Report-2023.pdf>



**Senior Farmers' Market Nutrition Program**  
**June 1 – October 31, 2024**



Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing \$45 of Wisconsin grown fruit, vegetables, or herbs at farmers' markets and roadside farm stands.

The vouchers are distributed on a first come/first serve basis to those **age 60+ or Native Americans age 55+**, who live in Dane County, and have gross incomes under \$27,861 per year (or \$2,321/month) for a one person household and \$37,814 per year (or \$3,151/month) for a two person household. One set of vouchers is available per person.

Individuals that received vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678 or [Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com). Applications will be mailed out in early May. Once we receive and approve your application, vouchers will be mailed starting on June 1<sup>st</sup>.

*"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."*







# Caregiver & Family Resource Fair

Join the Veterans Health Administration (VHA) Caregiver Support Program for an opportunity to learn about the wealth of resources available to caregivers and families of Veterans.

## Date, Time, Location:

Friday, June 21, 2024 - No need to RSVP!

Madison VA Hospital by Auditorium from 11:00am - 1:00pm

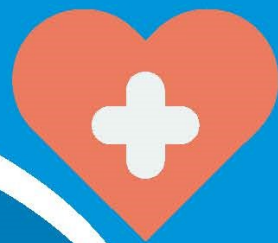
Madison West Clinic Conference Room from 9:00am - 4:00pm

Janesville VA Clinic Conference Room from 9:00am - 4:00pm

## Contact Us @

Madison VA Caregiver Support Program

(608) 256-1901 ext. 11576



*You're there to support your Veteran.  
We're here to support you.*  
[www.caregiver.va.gov](http://www.caregiver.va.gov)



U.S. Department of Veterans Affairs



# Family Dementia Caregivers Needed for NIH-Sponsored Research Study

## About this study

This research, conducted by Indiana University in collaboration with CareVirtue and funded by the National Institutes of Health (NIH), seeks to explore the effectiveness of CareVirtue Planner in supporting family caregivers of individuals with Alzheimer's disease and related dementias.

The study aims to evaluate how utilizing this personalized legal and financial planning platform impacts caregivers' ability to navigate the challenges associated with caregiving and improve their overall well-being.

## What's involved?

For this study, participants will start with an initial demographics questionnaire about themselves and the person they care for. Following this, they'll attend a virtual meeting for setup and account creation on the CareVirtue Planner website.

Over 3 months, participants will engage with the platform and have the chance to share their feedback and impressions through surveys and virtual meetings with a member of the research team.

Compensation includes up to \$150 and one year of free access to the CareVirtue Planner tool.

## You may be eligible if you:

- Identify as a primary caregiver for a person living with Alzheimer's disease or related dementias
- Have access to the internet
- Have access to a laptop or desktop computer
- Are at least 18 years of age

For more information, please contact the study team led by Dr. Nicole Werner, PhD.



812-855-4711



werneriu@iu.edu

# CAREGIVERS NEEDED!

Study Title: Barriers to Deprescribing

This study has received clearance from the University of Oklahoma Institutional Review Board (IRB #: xxxxx)



## Purpose of Study:

Research shows that some medications have harms that outweigh the benefits, especially for individuals with Alzheimer's disease or related dementias (ADRD). We want to understand how caregivers make decisions about their loved one's medications.

## Interested in Participating?

- Are you an unpaid caregiver (18 years or older) of an older adult with ADRD?
- Do you help the older adult make decisions about their health and medical care?
- Do you have knowledge that the older adult is actively taking 1 or more of the

following medications:

- benzodiazepines
- antipsychotics
- psychotropics
- antidepressants
- anticholinergics



## Eligible and willing participants will:

- Participate in a 30 minute virtual interview session with the principal investigator and/or research mentor regarding your caregiving roles, knowledge, and barriers you may face.
- Receive a \$25 Amazon Gift Card as our gratitude for your time after completing the 30-minute interview session.

## Questions? Interested in Participating?

Please email the research point of contact or scan this QR code to learn more about this study and complete a brief screening survey



sarah-joseph@ouhsc.edu



The University of Oklahoma is an equal opportunity institution