

Caregiver Chronicles

December 2020



Caring for Caregivers

AREA AGENCY ON AGING OF DANE COUNTY
2865 N SHERMAN AVE, MADISON, WI 53704
608-261-9930

For me, I think everybody
With half a heart tries
To do their best to do their part
Of good during the holiday season

—Darren Criss
Actor, Singer & Songwriter



A Quiet Season of Hope

This year's holiday season will be like no other we have experienced in our lifetimes. In order to keep each other safe and well we need to be separate from one another, sometimes including those we love most. This goes against everything we instinctively want to do at traditional times of gathering and celebration. The contradiction—in order to protect loved ones we may need to stay away—adds pressure as the holidays are the time of year caregivers see as an important one to check on the health and well-being of older adult loved ones.

I've been thinking about reactions I've heard to dealing with COVID-19 during the holidays from fatigued folks who've wondered if they should bother decorating or engaging in activities that won't be shared in the same way we've always done. An image of my favorite holiday story as a young child, *How the Grinch Stole Christmas* by Dr. Seuss came to mind. In it, the Grinch figures he can stop Christmas from coming if he can sneak into Whoville and steal all the decorations, gifts, and even the "roast beast" for the Who's feast. After removing every material trace of celebration, he is shocked to learn that he hadn't stopped Christmas from coming. "IT CAME! Somehow or other, it came just the same." The Whos gathered together and sang for love and community which was the point all along.

In the upside-down world of COVID-19 holidays, the moral of the story is turned on its head. Holidays are community, loved ones, and sharing. But in this version of a grinchy COVID-19 holiday story, we may find ourselves with all the trappings but without the physical presence of our community. So how do we turn that on its ear? No matter what traditional celebration you've cherished or which holidays you celebrate, find ways to make the season feel special. My neighbors have gone all out with light displays and decorations, knowing that as we stroll the neighborhood or as children look out their windows they know we are still here just the same. Bake your favorite goodies and drop them off on doorsteps of neighbors and friends. Pare down the feast and donate to food pantries this year. Send cards and photos by post. Through it all, make frequent contact with those you care for by video, phone, or mail. Set up Zoom, Facetime, Google Hangout—whichever is your favorite video conferencing platform—and decorate together. Or make dates to eat meals together online. Set up video caroling together. Put your focus on the activities that mean the most to you and your loved ones. Make a calendar that includes favorite events online: a church service or spiritual ritual; a tour of holiday displays; and concerts and solstice celebrations. Be creative about ways to support each other. And always concentrate on the hope where you can. There are vaccines now and help is on the way! We need to hold together until we can be together again.

For extra-stressed caregivers, there is a new listing of caregiver support groups with a variety of options on pages 8, 9, and 10. Trualta is available for online caregiver education and resources including those specific to Dane County caregivers. Now you can sign up directly online at no cost to you (see pages 3—5 for more information).

The holidays will be completely different in 2021. This is not the new normal, it's a once-in-a-hundred-years pandemic. Our new normal may not be just as it was before, but it definitely won't be this. Let's take this quiet season to begin creating what we want and need going forward.



A handwritten signature in black ink that reads "Jane De Broux".

Jane De Broux
Caregiver Program Coordinator
Dane County Area Agency on Aging

The logo for "Caring for Caregivers" features a red heart outline to the left of the text "Caring for Caregivers" in a serif font.

608-261-5679
debroux.jane@countyofdane.com

Wisconsin has 580,000 family caregivers across the state

Are you one of them?



Get access to **FREE** online educational resources to help caregivers:

- Develop essential skills
- Learn about health issues
- Manage care for loved ones
- Take care of yourself

Register at wisconsincaregiver.org



WISCONSIN DEPARTMENT
of HEALTH SERVICES



Greater Wisconsin
Agency on Aging Resources, Inc.



Wisconsin
Family and Caregiver
Support Alliance

Wisconsin First State in the US to Offer Free Online Courses for Family Caregivers

Trualta Partnership Helps Caregivers Learn New Skills to Support Themselves and Loved Ones

The Wisconsin Department of Health Services (DHS) and the Greater Wisconsin Agency on Aging Resources (GWAAR) announced a partnership with Trualta, a new free online educational tool for family caregivers across the state. Trualta helps caregivers learn about health issues, care techniques, and managing care for loved ones during flu season and the COVID-19 pandemic.

“As winter months approach and cases of COVID-19 continue to rise in Wisconsin, family caregivers face increased isolation and may need extra help caring for friends and family members with serious health conditions. This program provides caregivers with the opportunity to learn new skills in the comfort of their own homes,” said DHS Secretary-designee Andrea Palm.

Sponsored by DHS, GWAAR, and the Dane County Area Agency on Aging, this partnership with Trualta can help individuals needing care live at home longer. Family caregivers can visit [WisconsinCaregiver.org](https://www.wisconsincaregiver.org) and click on the “Trualta” banner on the main page to sign up for access to Trualta’s library of online resources. The modules teach caregivers how to safely provide hands-on care, connect families with reliable support agencies, and offer information and video training from experienced professionals in a quick and easy format. For low-vision users or for caregivers who prefer audio instructions, Trualta also offers a “read to me” function.

“Caregiving is 24 hours a day, seven days a week, so making time for in-person training and education can be difficult, even during normal times,” said Jane Mahoney, Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources. “Our partnership with Trualta provides an alternative for education and training that people can access whenever it works for them.”

In Wisconsin, family caregiving is expanding rapidly. By 2040, the 65+ population will grow by 640,000—an increase of 72%—according to The Governor’s Task Force on Caregiving Report released last month. The tasks caregivers are expected to perform have become more medically complicated, making preparation and access to reliable training increasingly important.

“Our goal is to equip family caregivers earlier so that they are better prepared. Most people find themselves responsible for the care of another person with little warning. In the midst of a global pandemic, we realize that caregivers need easy access to innovative resources that complement the training, emotional support and respite services provided by Aging and Disability Resource Centers (ADRCs) and health care providers,” said Lynn Gall, Family Caregiver Support Programs Manager, Wisconsin Department of Health Services. Anyone caring for an older adult can benefit from Trualta’s support, whether they are seeking personal care training, safety and fall prevention tips, help caring for a person with dementia, caregiver wellness ideas, or other support.

“We are proud to partner with the state of Wisconsin to help family caregivers feel confident and keep loved ones at home longer, particularly when the health care system is overburdened with COVID-19,” said Jonathan Davis, Founder and CEO, Trualta. “Family caregivers provide 80% or more of care for loved ones, and we anticipate that will continue to rise during these challenging times.”

(continued page 5)

“Dane County caregivers, like those across the state, are busy, and often their time is not their own. Web-based training with experts is especially critical during COVID-19, when many in-person opportunities are not available,” said Angela M. Velasquez, Aging Program Specialist, Area Agency on Aging of Dane County.

To Register: Visit WisconsinCaregiver.org and click on the “Tualta” banner on the main page.

About Tualta

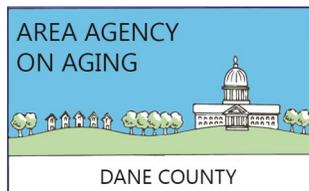
Tualta (www.tualta.com) supports families managing care for loved ones at home via an online learning platform. In partnership with innovative healthcare payers, providers, government and social service organizations, Tualta provides better care at lower cost. Each partner organization is equipped with a customized learning portal through which healthcare professionals deliver on-demand, personalized skills-based training to help caregivers keep their loved ones at home for longer. Currently available in Canada and across 17 US states, Tualta’s evidence base is proving that trained, confident family caregivers can improve health outcomes and reduce costs.

About the Greater Wisconsin Agency on Aging Resources, Inc.

The Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR) (<https://gwaar.org/>) is a nonprofit agency committed to supporting the successful delivery of aging programs and services in 70 counties and 11 tribes in Wisconsin. GWAAR provides aging lead agencies in our service area with training, technical assistance, and advocacy to ensure the availability and quality of programs and services to meet the changing needs of older people in Wisconsin.

About the Wisconsin Department of Health Services

The Department of Health Services (DHS) (<https://www.dhs.wisconsin.gov/>) is one of the largest and most diverse state agencies in Wisconsin, with an annual budget of roughly \$11.5 billion and more than 6,100 employees. DHS is committed to protecting and promoting the health and safety of the people of Wisconsin, and making sure everyone can live their best life. DHS oversees Medicaid and other health and social service programs. The Department ensures that the care provided to Wisconsin residents is high quality and delivered in accordance with state and federal law, and works to continue Wisconsin's long tradition of strong health outcomes and innovation. DHS works with local counties, health care providers, community partners, and others to provide alcohol and other drug abuse prevention, mental health, public health, implementation of long-term care, disability determination, regulation of state nursing homes, and numerous other programs that aid and protect the citizens of our state. DHS also oversees seven 24/7 institutions: three centers for the developmentally disabled; a facility for mentally ill inmates; two psychiatric hospitals; and a facility for treating sexually violent persons.



Resilience: A Helpful Tool for Caregivers

When life takes a turn you weren't expecting and you find yourself in a place you'd rather not be, do you fall apart or face the situation with confidence and strength? There's nothing like a global pandemic to test your ability to cope. Add to that the regular challenges of being a caregiver and the stress that comes with the holidays and even the strongest person may falter. While your first reaction to these challenges might be fear and anxiety, adopting principals of resilience can help you respond more positively during hard times.

Resilience is the ability to recover when things go wrong. Some people are better equipped to cope than others, but all of us can learn to become more resilient by adopting these principles:

1) **Solve the right problems.** Instead of mulling over things you are powerless to change, focus on what you can do. You can't make COVID-19 go away or somehow undo the fall your mother took but you can find ways to add meaning to each day and add safety measures to prevent falls in the future.

2) **Find meaningful activities.** As a caregiver, it is easy to lose your own individuality in the hubbub of what needs to get done, especially with the added challenges of the pandemic. However, it is vital to carve out time to do something you love; something that gives you energy and recharges your battery.

3) **Get connected.** It is vital to stay connected to others and reach out for help when needed. Asking for help is not a sign of weakness but a sign of wisdom and strength. Even with COVID restrictions in place, a friend can drop off a meal or visit with you and your loved one by phone or video. Participating in a virtual support group or event can also connect you with others who are in a similar situation and can help you feel more positive about your situation.

4) **Remain hopeful.** You can't change what has happened but you can look positively toward the future. Set goals to focus on for both the long term and every day. Find a success in each day to keep you feeling optimistic and capable. Actively foster positive thoughts.

5) **Learn from experience.** Reflect on how you faced hardships in the past and build on those strategies that were successful. When you do make a mistake, like losing your temper, don't dwell on it. Figure out what led to the blunder, like a lack of sleep, and address it. Find practical and correctable reasons for mistakes rather than focus the blame inward on yourself as a "bad person."

6) **Believe in your ability to cope.** It is easy to get overwhelmed with the responsibility of caregiving added to the challenges facing the world right now. Feelings of fear and anxiety are normal and okay; validate them. Then move forward and be aware of the personal strengths and resources you have.

7) **Take pride in your accomplishments.** When you find success, whether big or small, give yourself credit. Acknowledging that an achievement was the result of your hard work and effort rather than just good luck helps you feel capable to deal with the hardships and setbacks that come your way.

Caregiving can be full of challenges and difficulties, especially with all the added stressors right now. Becoming a resilient caregiver will help you adapt to these tough times and become a stronger and more confident person in all you do.

—Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency
on Aging Resources





CAREGIVER TELECONNECTION

www.caregiverteleconnection.org

Telephone Learning Sessions
WELLMED CHARITABLE FOUNDATION

Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Tuesday, December 1st	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Grief in the Holidays with Darwin Huartson <i>The holidays are an especially hard time when grieving the loss of a loved one. The season renews memories, family ties and traditions. We become painfully aware that our loved ones is no longer physically present. This is often difficult for families. The pain of the loss is confused with the spirit of the season. "Grief and the Holidays" is designed to help those who are grieving and their families to better understand the grief process, how it affects us during the holidays and how we can use this time to continue to heal</i>	** Please join us for our first online session through zoom** Call in only options still available
Wednesday, December 2nd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Sick of Covid-19!! with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW <i>You may not have COVID-19, but you may not be feeling your best. This session will address the impact of stress on our health during this pandemic.</i>	
Tuesday, December 8th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Denial in Early Dementia with Evalyn Greb <i>For older persons, it is easy to rationalize behavior changes in early stages of dementia as a part of normal aging. Why would anyone want a diagnosis of progressive dementia? But the truth is that early diagnosis predicts better outcomes for both the caregiver and care recipient.</i>	
Wednesday, December 9th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	La otra cara de la Navidad cuando eres cuidador de un familiar con Letty Guzman-Sanchez <i>La Navidad es sinónimo de alegría, reencuentro, fiestas, comidas y regalos pero la realidad es que estas celebraciones pueden ser días de dificultades, agotamiento e incluso tristeza para familiares que cuidan a un ser querido enfermo. Es importante prepararnos para estas fechas y poner en práctica algunos consejos útiles para lograr equilibrio y serenidad durante estas fechas y de esta manera disfrutar de la temporada decembrina.</i>	
Thursday, December 10th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Safe use of Medication for Seniors and their Caregivers with Lucy Barylak, MSW <i>Dear Lucy will talk about how to best manage your loved one's medications, especially during the pandemic. Caregivers need to understand and be vigilant about medication side effects, as well as how new medications may affect someone with dementia. If you have a question for Dear Lucy, please submit it to caregiversos@wellmed.net</i>	
Monday, December 14th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Caregiving and the Holidays with Zanda Hilger <i>Learn tips for reducing holiday stress followed by interactive discussion with caregivers about holiday stresses and how to manage them, learning from one another.</i>	**Sponsored By North Central Texas Caregiver Teleconnection**
Tuesday, December 15th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Getting Through the Holidays with Tam Cummings, PhD <i>The holidays are one of the most stressful times of the year under the best of circumstances. But this year is especially challenging due to COVID. Let's talk about what to do for your loved one, your family and friends, and for yourself as we move through this emotional month.</i>	**Sponsored by VITAS Healthcare**



A program of the WellMed Charitable Foundation Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free

Dane County Caregiver Support Groups

Due to Covid-19, the majority of groups are meeting virtually or over the phone. This list will be updated as times and dates change or new groups are formed. It was last updated November 25, 2020.

If you are leading or participating in another group you'd like to have included on this list, please contact Jane De Broux, Caregiver Program Coordinator at 608-261-5679 or debroux.jane@countyofdane.com.

Groups for General Caregiver Support

DeForest Area Community Senior Center, 505 North Main Street

(Open to caregivers living in DeForest, Vienna, and Windsor)

Meets the 3rd Thursday of the month at 3:00 pm by phone

Contact Natalie Raemisch at 608-846-9469 for phone number and code to join the phone conference.

Verona Senior Center, 108 Paoli Street

(Open to all Dane County caregivers)

Meets the 1st and 3rd Tuesday of the month at 10:00 am by Zoom or phone

Contact Becky Losby at 608-847-7471 to register and receive the code to join the meeting

Middleton Senior Center, 7448 Hubbard Ave

(Open to all Dane County caregivers)

Meets the last Thursday of the month at 10:00 am in person with Covid-19 guidelines in place

Contact Carmen Sperle at carmen.sperle@hcr-manorcare.com or at 608-819-0033 to register as space is limited

Groups for Grief and Hospice

DeForest Area Community Senior Center, 505 North Main Street

(Open to caregivers living in DeForest, Vienna, and Windsor)

Meets the 3rd Monday of the month at 10:00 am by phone

Contact Julia Hayde 608-640-6435 for phone number and code to join

Middleton Senior Center, 7448 Hubbard Ave

(Open to all Dane County caregivers—mixed group also for general support)

Meets the 3rd Thursday of the month at 12:00 pm by phone

Contact Carmen Sperle at carmen.sperle@hcr-manorcare.com or at 608-819-0033 to register and for code to join

Group for Parkinson's Disease

Monona United Methodist Church, 606 Nichols Rd

(Open to all Dane County caregivers)

Meet the 1st Wednesday of the month from 2:00 - 4:00pm by Zoom

Contact Siv Golding at 608-839-3512 to register and for code to join



Groups for Dementia and Memory Loss

Stoughton Area Senior Center, 248 W Main Street #1

(Open to all Dane County caregivers) led by Dory Arin from the Alzheimer's and Dementia Alliance of WI
Meets the 2nd Thursday of the month at 2:00 pm by Zoom or phone
Contact Hollee Camacho at 608-873-8585 to register for code

New Perspective Senior Living in Sun Prairie 222 South Bristol St

(Open to all Dane County caregivers) sponsored by Alzheimer's Association of South Central WI
Meets on the 2nd Tuesday of the month at 6:00 pm in person with Covid-19 guidelines in place
Contact Karen Kane at 608-712-3411 to register and confirm date and time

Hyland Park of Sun Prairie, 881 Liberty Blvd

(Open to all Dane County caregivers) sponsored by Alzheimer's Association of South Central WI
Meets on the 4th Thursday of the month at 1:30 pm in person with Covid-19 guidelines in place
Contact Lizzie Gernon at 608-228-7936 to register and confirm date and time

Online Group for Dane County Caregivers

Sponsored by Alzheimer's and Dementia Alliance of WI
Meets weekly on Thursdays from 1:00 - 2:30 pm by Zoom or phone
Contact Noreen Kralapp at 608-661-0463 or Noreen.kralapp@alzwisc.org to participate

Dane County Men's Online Caregiver Support Group

Meets every 1st and 3rd Tuesday of the month from 1:00 - 2:00 pm by Zoom or phone
Contact Jeff Hamm at jhamm@wisc.edu to participate

Wisconsin Statewide Telephone Support Group

(Open to all Wisconsin caregivers)
Meets by phone every Tuesday from 5:30 - 7:00pm
Contact JoAnn Janikowski at 800-272-3900 to register

Young Onset Support Group

(Open to all Dane County caregivers) sponsored by Alzheimer's and Dementia Alliance of WI
Contact Noreen Kralapp at 608-661-0463 or Noreen.kralapp@alzwisc.org to participate
Call in #833-548-0282, Meeting ID: 838 2471 8684

Dane County Lewy Body Dementia Support Group.

(Open to all Dane County caregivers) sponsored by Alzheimer's and Dementia Alliance of WI
Meets every 2nd and 4th Wednesday of the month from 1:30 - 3:00 pm by Zoom or phone
Contact Noreen Kralapp at 608-661-0463 or Noreen.kralapp@alzwisc.org to participate
Call in #833-548-0282, Meeting ID: 880 1595 5586, Passcode: caregiver

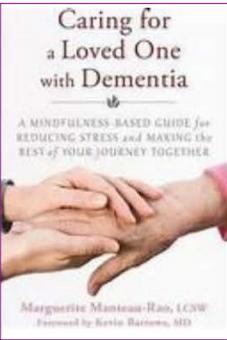
Adult Children Caring for Parents with Dementia Support Group

(Open to all Dane County caregivers) sponsored by Alzheimer's and Dementia Alliance of WI
Meets every 1st and 3rd Wednesday of the month from 6:30 - 8:00 pm by Zoom or phone
Contact Noreen Kralapp at 608-661-0463 or Noreen.kralapp@alzwisc.org to participate



Mindfulness & Dementia Care Support Group

Connect with others and learn mindfulness strategies to help you cope with your caregiver journey. We will read the book shown here. Books are provided.



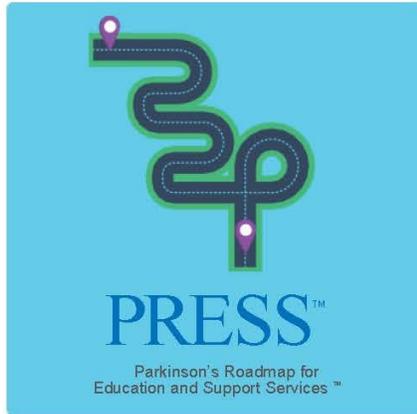
**2nd Tuesday of Each month
6 p.m.**

Beginning January 12th, 2021

Online via Zoom

RSVP to
Schmidt.joy@countyofdane.com





Date: Tuesdays, December 15, 2020 – February 2, 2021

Location: Online - Sessions will be held via Zoom. (Computer and internet access required.)

Time: 4:30 – 6:00pm

APDA Parkinson's Roadmap for Education and Support Services™ (PRESS™)

Free program, registration is required. Space is limited.

- Session 1: What's Next After Diagnosis**
- Session 2: Medication Management of Parkinson's**
- Session 3: Importance of Exercise in PD**
- Session 4: Dealing with Physical Symptoms of PD**
- Session 5: Impact of Parkinson's on Daily Coping and Relationships**
- Session 6: Tips for Daily Living**
- Session 7: Caring for Others, Caring for Yourself**
- Session 8: Building your Healthcare team**

The group is open to any adult who has been diagnosed with Parkinson's disease within the last 5 years, their care partners and adult family members

To register or for additional information please contact:

Theresa Fishler
920-397-5328
tmfconsultingllc@outlook.com

apdaparkinson.org/wisconsin

PRESENTING SPONSOR



Monthly MIPPA Moment: Preventing Pneumonia

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

Did you know that December 6 -12, 2020, is National Influenza Vaccination Week? The CDC recommends that anyone over the age of 6 months get the flu vaccination. Getting vaccinated is especially important for those who are at a high risk of flu-related complications. These groups of people, among others, can include adults ages of 65 and over; and individuals with asthma, diabetes, HIV/AIDS, cancer, and heart disease. If they get the flu, these people are at a high risk of getting other illnesses such as pneumonia, bronchitis, and sinus infections. The flu also makes chronic health problems, such as asthma and heart disease, even worse.

Medicare Part B (Medical Insurance) covers one flu shot per flu season. The flu season can run from as early as September to as late as January.

Your costs in Original Medicare. You pay nothing for a flu shot if your doctor or other qualified health care provider accepts assignment for giving the shot. <https://www.medicare.gov/coverage/flu-shots>

Beneficiaries see:

flu shot coverage page: <https://www.Medicare.gov/coverage/flu-shots>

The Preventive & screening services page: <https://www.medicare.gov/coverage/preventivescreening-services>

Your Medicare Coverage page: <https://www.medicare.gov/coverage>

**For more information on MIPPA Programs call MIPPA Program Specialist
Leilani Amundson at 608-240-7458.**



**Connecting People with the
Assistance They Need**

Monday through Friday

Call 7:45 am—4:30 pm

(608) 240-7400

Website: www.daneadrc.org

Email: ADRC@countyofdane.com

*Click on the button to follow the ADRC on
facebook.*





FREE Virtual (Online) Welcome to Medicare Seminars

*Sponsored by Area Agency on Aging of Dane County's
Elder Benefits Specialist Program*

What you need to know about enrolling in Medicare

If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

January 23, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by **1/14/21**

March 20, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by **3/11/21**

May 15, 2021, 9-11:30 am

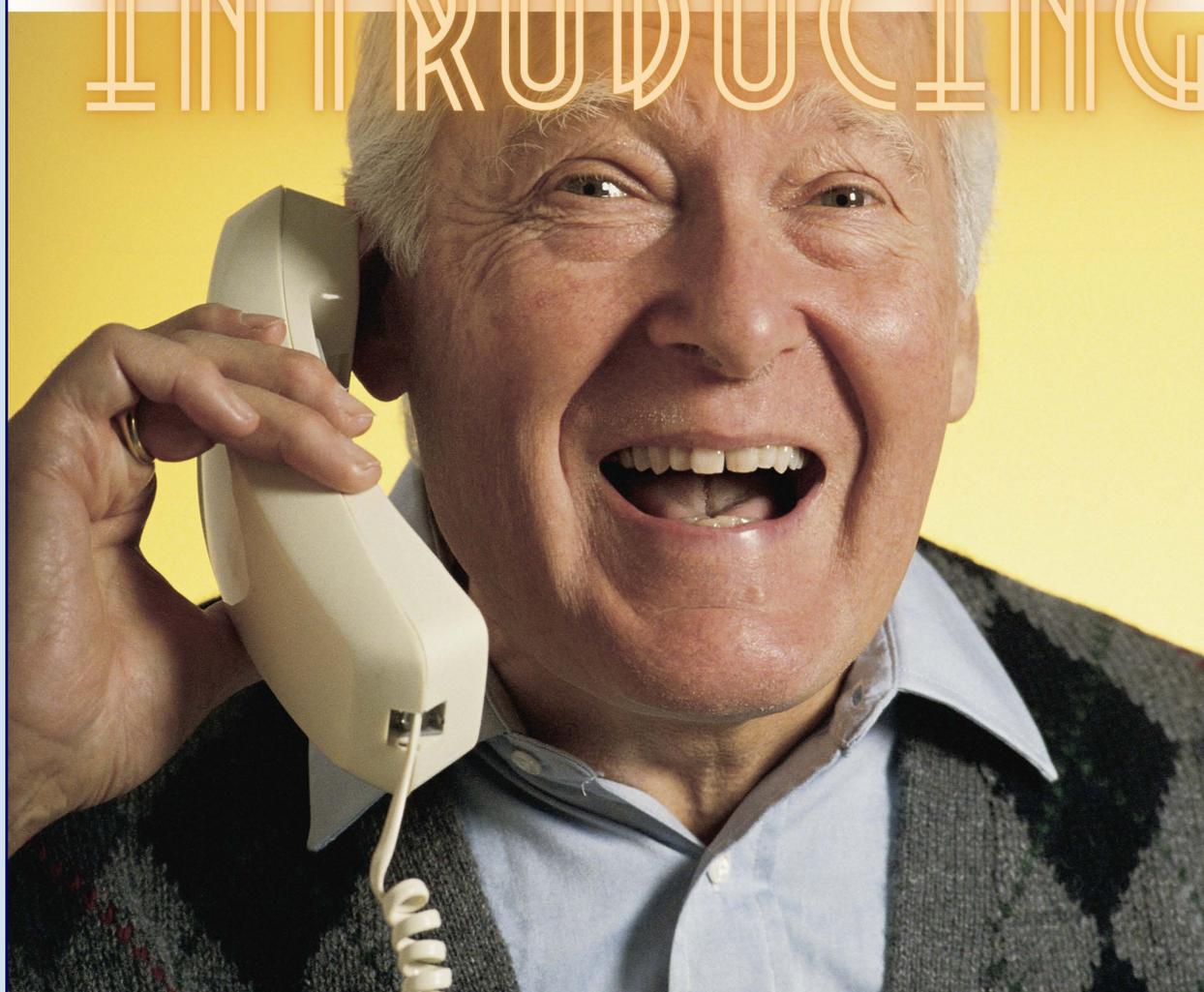
Email aaa@countyofdane.com to register by **5/6/21**

Seminars will be offered via Zoom.

Email for more information.



INTRODUCING



AREA AGENCY ON AGING
OF DANE COUNTY

NEWS CALL

Nutrition Education and Wellness Social Call

10:30 AM to 11:30 AM

Dial-In (215) 446-3656

Dial-In Toll-Free (888) 363-4734

Access Code: 9400768

Every Other Tuesday

December 8, 2020

December 22, 2020

January 5, 2021

January 19, 2021

Join this conference call to learn all things nutrition, wellness, healthy aging and more! The December 8th call will focus on healthy holiday habits and recipes.



Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

What will I learn in the workshop?

- ◆ Information about bladder and bowel control
- ◆ At-home techniques and exercises to help prevent or improve symptoms
- ◆ Tools to help you set goals and mark your progress

Researched and proven to reduce bladder and bowel leakage!

This workshop will be held online via Zoom

January 6, 2021 10 AM – 12 PM

January 20, 2021 10 AM – 12 PM

February 3, 2021 10 AM – 12 PM

The workshop cost of \$20 includes educational material that will be mailed to you before January 6.

To sign up, contact Alyce Miller, MS, RDN, CD at (608) 261-5678

Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

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Caring for Caregivers

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Fax: 608-283-2995

Email: debroux.jane@countyofdane.com

Save paper and reduce postage costs

Please let us know if:

- You are willing to receive the newsletter via email
- You are no longer interested in receiving the newsletter

Contact:

Jane De Broux

608-261-5679

debroux.jane@countyofdane.com