

Caregiver Chronicles

September 2020



Caring for Caregivers

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

Education is the most powerful weapon which you can use to change the world.

—*Nelson Mandela*
*Anti-apartheid revolutionary,
political leader, and philanthropist*



If education is the most powerful weapon which you can use to change the world, art may be the most powerful means we have to move us emotionally, express ourselves, and make sense of what's happening around us. This issue of *Caregiver Chronicles* features both as we begin the month of September. This year we have a back-to-school season like no other we have experienced. We will be using new ways to educate ourselves as well as our children, and coping with a time that is not at all what we typically expect. Our rituals that mark the season are disrupted—whether shopping for school supplies, returning to classrooms, attending Fall festivals, or enjoying beloved spectator sports.

Caregiver education has been an area the Dane County Caregiver Program has been looking to expand and strengthen for some time. While we are still unable to gather in-person in most instances, there are other ways to access useful resources. It so happens that the tool selected for Dane County caregivers beginning in 2020 is an interactive online platform called **Trualta**. This rich resource can be tailored to the individual caregiver and it is brought free-of-charge to caregivers in Dane County by the Dane County Caregiver Program. We had hoped for a strong rollout of the program earlier this year, but COVID-19 and the immediate need to ensure physical safety and provide support and respite for caregivers and their care partners temporarily left less room to proceed. Beginning this month, the Area Agency on Aging's new intern Sarah Schupbach will be onboarding caregivers and helping users get the most out of the program. Learn more about Trualta on pages 4 and 5.

September is also **Falls Prevention Month**. On Tuesday, September 22, *Only Leaves Should Fall* will be presented as a Facebook event featuring a live chat with Dr. Zorba Paster. Check out this important educational opportunity on page 7. If you are turning 64 this year the Dane County Elder Benefits Specialist Program can help you make informed choices about your Medicare options. See page 8 for online seminars planned in September and November. You may also want to save the date for the *Domestic Violence in Later Life Virtual Conference* on the first of October. Details are on page 11. Last, but not least, you will find a link to the Wisconsin Department of Health Services **COVID-19 Individual Decision Tool** to help Wisconsinites keep each other safe on page 9. As upcoming cooler weather keeps us indoors more often this information is more critical than ever.

On pages 3 and 11, you can explore art in the time of COVID-19 with visual art, poetry, and music. See page 10 for some free, unique classes on "Music, Travel, and Art" presented by the Family Caregiver Alliance National Center on Caregiving.

We likely have some time before us until we see what we perceive as normal in-person interactions again. If you are a caregiver who needs support and resources, please call or email today at the email and phone number below.



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

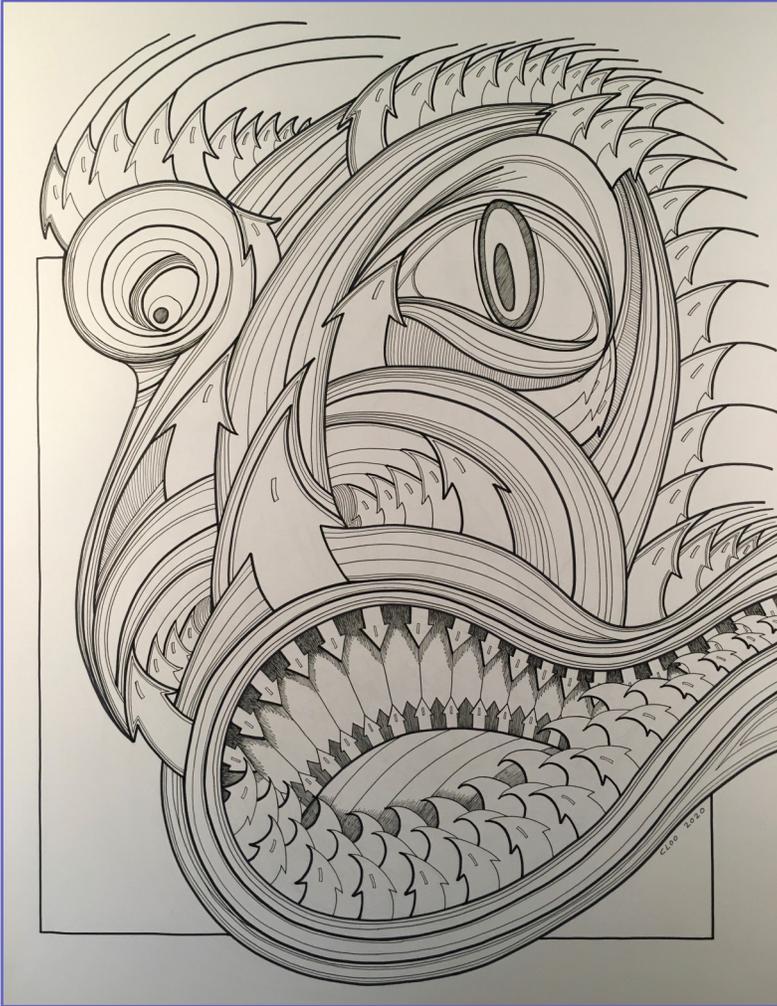
608-261-5679

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Caring for Caregivers

Art in the Time of COVID-19



IF COVID HAD A FACE

Madison artist, Cloo Stevenson, has always expressed herself in her artwork. When the pandemic came to the US she found herself unable to do other work until she dealt with feelings related to COVID-19.

“The houses represent us and it’s as though we fear each other. The highly-contagious ‘monster’ lives in others and possibly ourselves. We should feel safe in our houses but we don’t know where COVID-19 resides because we can’t see it.”

Stevenson’s next work is a mural of colorful birds.

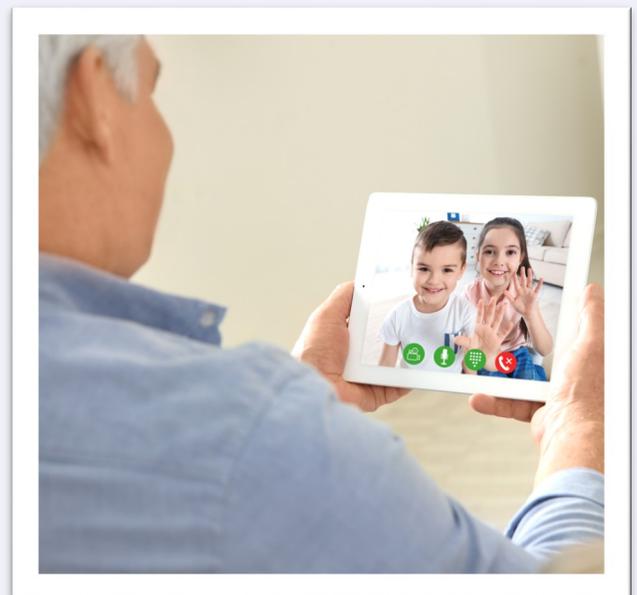
PANDEMIC THROUGH A POETS EYES

Retired physician-turned poet Andrian Schnall is a long-distance grandparent who beautifully captured his experience of life in the times of COVID-19. Here’s part of a longer poem by Dr. Schnall:

... On the screen he shows me
The prints on his walls, the view
from his window. He’s smart
and silly and wonderful,
and suddenly says *I love you.*”

Read his full poem at the link below:

<https://www.cleveland.com/opinion/2020/04/granddad-loneliness-a-coronavirus-poem-adrian-schnall.html>



New Caregiver Resource for Dane County Caregivers

Staying safe during a pandemic involves social distancing measures that keep traditional support groups, classes, and conferences from proceeding as usual, yet the need for caregiver education and training is greater than ever. To address the need for safety and ease of access, Dane County's Caring for Caregivers Program provides **Trualta** (see page 5), an online platform and educational tool available free to caregivers of adults with Alzheimer's or dementia; frail older adults age 60 plus; grandparents and other relative caregivers age 55 plus raising a relative child age 18 or under; and parents age 55 plus providing life-long care to a severely-disabled adult child age 19 -59. With **Trualta**, caregivers develop skills and find local resources from the comfort and safety of home.

Unlike sitting down to "Google" a caregiving topic and attempting to sift through piles of results, when you access **Trualta** you find clearly organized, evidence-based and caregiver-tested information you can trust. You gain unlimited access to articles, videos, audio lessons, and printable tip sheets to build your confidence and improve your caregiving skills. Important information on self-care helps you maintain your own wellbeing.

Trualta can help you handle challenging care situations including those related to personal care, safety, brain health, caregiving during the COVID-19 pandemic and more. You will have access to trainings from world-renowned dementia care expert Teepa Snow who teaches skills and techniques to improve your ability to care for someone with dementia. The popular *Alzheimer's Music Connect* can also be accessed through the platform, and has been shown to improve the mood and behavior of persons with dementia. You can learn about strokes and how they affect thinking, movement, and communication. Providing hands-on care such as shaving, showering, and oral care are also covered. Topics like *Keep Your Cool*, *Caregiver Guilt*, and *Balancing Work and Caregiving* provide helpful tips to make caregiving more sustainable. New content is being added regularly and we look forward to information for grandparents raising grandchildren, more on chronic conditions, and recreational activities.

On-demand learning allows you to choose what, when, and how you learn. **Trualta's** lessons vary from five minutes to two hours, so you can choose what you want to learn (accessible by computer, tablet or smart phone) based on the time you have available. Once you create your **Trualta** account, you will continue to have access to the materials for the entire year.

The Dane County Caregiver Program is also introducing our new intern, **Sarah Schupbach**. Sarah is a Master's of Social Work student at Aurora University and will be coordinating **Trualta** onboarding for the Dane County Caregiver Program. She can help you get started, make recommendations on training topics, guide you to local resources, and answer your questions. Contact Sarah at schupbach.sarah@countyofdane.com to get started.

—Jane De Broux, Dane County Caregiver Program Coordinator

Thanks to Jane Mahoney, OAA Consultant for GWAAR for providing information used in this article.





Access free training and resources to help you build skills and confidence to provide care at home.

Trualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.



“Practical, realistic solutions to make a kitchen safer.”

- Kari from "Kitchen Safety with Mid-Stage Dementia"

“Teepa Snow is a jewel. Every time I listen to her I learn more and more, she is a blessing to us caregivers.”

- Patricia from "Teepa Snow: Dementia Care Provisions"

POSITIVE APPROACH, LLC techniques, strategies, and overall approach to care were created and developed by Teepa Snow, Positive Approach, LLC

Trualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you.



Contact Us to Register Today!

Sarah Schupbach

schupbach.sarah@countyofdane.com



CAREGIVER TELECONNECTION



www.caregiverteleconnection.org



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Tuesday, September 1	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Gain Tips on Loving Yourself w/ Cynthia Hazel, MA <i>Love is a challenging concept for most of us. We are taught from birth to love others, but relational love can be difficult. If we do not understand how to meet our own needs, how can we be there for our charges? We will explore loving and accepting ourselves as a tool for emotional completeness. Discussions and exercises are included.</i>	
Thursday, September 3	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Both of my Parents were Diagnosed with COVID-19 with Lucy Barylak, MSW <i>The session will focus on the fears and difficulties that the caregiver faced .As well as how she managed to be there for her parents at a distance.</i>	
Tuesday, September 8	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	The Emotional Impact of COVID-19 in Long Term Care with Dr. Nestor Praderio <i>The uncertainty of the pandemic and how we live with it remains a focal point in our society. It has created unprecedented mental, and emotional stress in our lives. The chaos is significantly compounded for those living in Long Term Care. Dr. Praderio will lead a Question and Answer session to discuss the confusion, fear, anxiety, isolation and other emotions our loved ones may be experiencing.</i>	
Monday, September 14	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	COVID and Facilities, Resources, Medicare Open Enrollment & Education, Dealing with Isolation with Laura Wolfe, PhD <i>Learn about many timely issues that affect family caregivers and older adults, including, COVID concerns about choosing facilities, medical care concerns, dealing with loved ones isolation and loneliness, Medicare open enrollment data, and finding resources..</i>	***Sponsored by North Central Texas Caregiver Teleconnection***
Tuesday, September 15	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Dementia Dialogs: Caregiver Stress Relief, Self-compassion, and compassion Fatigue with Tam Cummings, PhD <i>This session will cover a variety of stress relief techniques for family caregivers and include a written self-test for caregivers to use to measure their stress levels, their self compassion and their compassion fatigue.</i>	**Sponsored by VITAS Healthcare**
Tuesday, September 29	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Aprende a identificar las 10 señales con Alejandra Scott <i>Si usted o algún conocido está experimentando pérdida de memoria o cambios de comportamiento, es hora de que conozca la verdad. Detectar la enfermedad de Alzheimer temprano le dará la oportunidad de empezar un tratamiento, participar en un estudio clínico y planear para el futuro.</i>	
Wednesday, September 30	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	How to Protect the Marriage Bond When Caring for a Spouse with Bary Jacobs, PsyD <i>When illness or disability affect one spouse and the other becomes a spousal caregiver, their marriage often suffers. How can spousal caregivers keep love alive in what otherwise now feels like relationships of sadness and drudgery? Barry J. Jacobs, Psy.D, a clinical psychologist and co-author of AARP Meditations for Caregivers, will present ideas for restoring joy and mutual caring.</i>	



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

ARE YOU CONCERNED ABOUT FALLING?

Only Leaves Should Fall

Falls Prevention Event

Tuesday, September 22, 2020

Facebook Event

11:00am - 12:00pm



Dr. Zorba Paster!

Please join the Dane County Falls Prevention Task Force of Safe Communities for a

LIVE virtual chat with

Dr. Zorba Paster!

Tuesday, September 22

from 11:00am - 12:00pm

September is Falls Prevention Month, and Dr. Paster will speak about strategies for maintaining independence and keeping upright by preventing a fall.

This is a FREE event and registration is not required.

Visit: <https://www.facebook.com/SafeCommunitiesMDC/live/> to join the session on September 22.

If you have any questions contact:

Ashley Hillman,
Falls Prevention Program
Manager Safe Communities,
608-235-1957



Supported by:

Dane County Falls Prevention Task Force



Monthly MIPPA Moment: Ovarian and Prostate Cancer Awareness

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

September is National Ovarian and Prostate Cancer Awareness Month. Among other preventive services, Medicare Part B (Medical Insurance) covers pelvic exams for females once every 24 months. Medicare Part B also covers some of the digital prostate exams for males and all of a prostate specific antigen (PSA) blood test once every 12 months for men over 50 (beginning the day after their 50th birthday) if you get the test from a provider who accepts Medicare assignment.

It's important for beneficiaries to remain vigilant with their health, thus, it is important to review both coverage and frequency of use criteria regularly. To stay on top of your preventive services, check the [CMS publication](#) on preventive services, and the list and schedule of preventive services [here](#).

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



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.

September 26, 2020, 9–11:30 am

Email aaa@countyofdane.com to register by **9/16/20**

November 14, 2020, 9–11:30 am

Email aaa@countyofdane.com to register by **11/4/20**

Seminars will
be offered
using
GoToMeeting.

Email for more
information.



DHS COVID-19 Individual Decision Tool to Keep Each Other Safe

The Wisconsin Department of Health Services has launched a COVID-19 Individual Decision Tool to help Wisconsinites keep each other safe. Wisconsin is seeing significant COVID-19 activity, and data show that this is at least partly due to activities like gatherings. Data obtained from contact tracing calls indicate that the percent of people with confirmed cases of COVID-19 who reported attending a gathering, party, or other meetup with people outside their home in the past two weeks grew from 7% of cases in May to 21% of cases in June and 20% of cases in July.

DHS urges residents to consider how individual actions like the decision to attend a gathering may contribute to community spread. To support residents in making safer choices, DHS has launched a new [Decision Tool for Individuals and Families](#).

“The safest choices are to stay home and wear a face covering when you are out,” said Governor Tony Evers. “At the same time, we know from the data that people are choosing to participate in activities that put themselves and others at risk, and we hope this tool will assist people in making safe choices. I understand the pull to see family and do the activities we love to do, but we also need to protect ourselves and each other as much as possible.”

This is particularly important information to those providing care for older adults and other vulnerable people. The tool can help you make the most informed possible decisions.

**COVID-19 is still spreading across Wisconsin communities.
We can all do our part to protect our communities by limiting
contact with others and avoiding nonessential trips out in the
community as much as possible.**



***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 below to follow the
ADRC on facebook.*





Family Caregiver Alliance®

Linking you to caregiver resources, classes,
and important information at www.caregiver.org

Let's Get Away Together Fall Series: "Music, Travel, and Art"

This series is comprised of interactive travel activity sessions with each week focusing on a new part of the country or cultural activity, while incorporating storytelling, music, poetry writing, and/or a simple craft. Each session will include a followup message filled with tips, activities, and recipes for families to continue to enjoy after the virtual trip. The focus of each group is to explore a new world, experience a variety of engaging opportunities, and enjoy a sense of camaraderie and community.

Let's Get Away Together is intended to be an enjoyable activity for family caregivers and the person they care for. Those receiving care who are able to participate in the discussion and activities are encouraged to attend with their family caregiver.

September 8—Art Inspired by Nature, Let's talk about Self Care

We all deserve a moment of joy and self-care. Join us to admire art, nature, and camaraderie!

September 15—Let's Go to Catalina!

This gorgeous part of the country will be explored through fun facts, live music, and great conversation!

September 22—Must-See Paintings!

Become inspired through these bucket-list art pieces from around the world!

September 29—Let's Take a Road Trip; West Coast edition!

This comedic adventure will sure to bring laughs, memories, and spark curiosity in the Golden Coast.

October 6— Inspired by a Rainbow

This breathtaking art-inspired trip will brighten your day and warm your soul.

October 13— Let's explore Music and Sound

Board? Tired? Uninspired? Join us for something NEW to boost your spirits and explore with your friends!

October 20— Let's Go to Alaska!

Learn something new about our 49th state through breathtaking views, fun facts, and inspiring music.

October 27— Harvest and Holiday Party

Let's celebrate the season of fall, costumes welcomed!! We might even have a contest so think big and have fun preparing!

When: Tuesday, September 8, 15, 22, 29, and October 6, 13, 20, 27, from 1 to 2 p.m. (PT)

Cost: No charge

Registration: [Click here](#)

Registration is open to family caregivers, but priority will be given to residents of the San Francisco Bay Area (Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara Counties).



Click on the photo of the singers to listen.

COVID-19 has brought many intergenerational projects to a halt. Donegal County Council's Choir of Ages (Ceol le Chéile), however, took their rehearsals and performance online. The choir brings young and older people together to build relationships and socially participate in something enjoyable.

Please enjoy their rendition of the Bob Marley classic, "Three Little Birds," as a reminder we will be together with our loved ones of all ages again.

Person-Centered Trauma-Informed Care

Guest Speaker:

Dr. Sheri Gibson, Instructor (University of Colorado--Colorado Springs) & Faculty Affiliate (UCCS Gerontology Center)



Domestic Violence in Later Life Virtual Conference

October 1, 2020 8:30 am-noon FREE CEH's available

This pinwheel represents
498 elder abuse cases
Dane County investigated
in 2019.



Save the Date!

Watch your email for
forthcoming registration
information!

Inquiries? Email gray-dorn@countyofdane.com

Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

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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:

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608-261-5679

debroux.jane@countyofdane.com