

Caregiver E-Visit

August 2016

Smile, and the World is Better

He smiled at me, his eyes twinkling.....
A smile engulfed her face....
I smiled at the thought.....
She flashed a smile and
They smiled, knowingly.....

Smile, we have good news!!!! Recent studies have confirmed that the very act of smiling can improve the mood, slow the heart rate, lower blood pressure, relax the body, and enhance a person's ability to cope with stress. Research has shown that these effects are accomplished by the release of certain neurotransmitting chemicals that send messages between muscle and brain cells. There are two groups of muscles involved in a good solid smile... those at the edges of our lips and those that surround our eyes. (insincere smiles apparently involve only the lips and do not invoke the same feel-good reaction).

So, smiling is sensible. It's also fun!! It's quick (usually 3-6 seconds)! And it's the "lazy way out"! Smiling takes 17 muscles and makes you happier. Frowning uses 43 muscles and puts you in a funk. They are both highly contagious, so which kind of epidemic do you want to start today? (By the way, 20,000 frowns will create a permanent frown line on the

forehead). Smile lines are much more attractive!!

Here's a **bonus**: A smile often leads to laughter, and laughter refreshes just about every system in your body. It relieves pain, diminishes anger and hate, drowns out guilt feelings, and repairs a healthy sense of connection with others and the universe.

Wouldn't more "smiles across the aisles" enhance our beloved country?



Sometimes conscious smiling is difficult for a family caregiver:

- when providing personal care, especially when incontinence is involved;
- when we're in a hurry and our care partner is "dawdling";

"We have a portable and powerful resource that is with us at all times, inviting us to stop and just "be" with life."

~Elisha Goldstein



**For more
information or if
you wish to make
comments on this**

**E-Visit, contact
Marilyn Joyce
262-833-8764 or
email
marilyn.joyce@ra
cincounty.com**



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- when we hear the same question for the umpteenth time while trying to balance the checkbook;
- when we're under a load of paperwork and phone calls;
- when technology seems to play tricks on us and take longer than the old fashioned pen and paper; and of course
- when losses occur

At such times, keeping a certain thought, quotation, or memory in the back of the mind is helpful. (Think of: babies, playful animals, flowers, music, etc.)

So — Smile...Smile...Smile!!!!

When you wake up,
When you eat,
When you greet your care partner,
When you see something beautiful or funny,
When you have a headache,
When you are going to sleep,
.....And, MOST IMPORTANTLY,
when you look in the mirror!!

“Sometimes your joy is the source of your smile and sometimes your smile is the source of your joy.”

~Thich Nhat Hahn

Kudos for Caregivers' A Day for Self Care and Renewal

Save the date for
a Celebration of
You!

November 4
(Friday)
10 am – 2 pm
Grace Church
3626 HWY 31
Racine



Respite Care will be available.
More details to follow.



If you have ever
been frustrated, overwhelmed,
anxious,
Been ignored by your care partner's
medical provider,
asked for help and ended up with an
argument,
neglected your own health to care
for someone else,
felt stressed enough to scream
or felt like you are alone on this
journey....
Please scroll down and consider
acquiring some **Powerful Tools for
Caregivers!**

Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease, or stroke can be physically, emotionally, and financially exhausting.

Connect with Resources

Balance Your Life

Take Care of Yourself

Aging and Disability Resource Center of Racine County
262-833-8777



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 two hours, once per week for six weeks on Wednesdays

August 10 – September 14, 2016
6:00 p.m. to 8:00 p.m.

Aging and Disability Resource Center of Racine County –
Conference Room A

14200 Washington Ave,
Sturtevant, WI

Cost: \$10 for textbook and snacks

Call 262-833-8764 to register

Notes:

This class is being held on Wednesday evenings instead of Thursday as formerly planned.

*The class is also being offered by **Aurora Health Care** as an afternoon class beginning on August 24th.*

Call
262-884-4138 for more information on the Aurora Course



AGING AND
DISABILITY
RESOURCE CENTER
OF RACINE COUNTY

14200 Washington Ave
Strutevant, WI 53177

Phone: 262-833-8777
Email: adrc@racinecounty.com

Connecting you to your community's resources

Please Note that the ADRC has a new Website Location.
Find us at: www.adrc.racinecounty.com

Support Groups for Family Caregivers

For caregivers who are over 60 or are caring for someone over 60 and caregivers (of any age) for people who have dementia. Contact: Marilyn Joyce, 833-8764, or marilyn.joyce@racinecounty.com

General Caregiver Groups

First Friday

12 Noon-1:00 pm

Caregiver Connection

Telephone Group

Call 833-8762 for call-in
Information

Aug 5 Sept 2 Oct 7

Third Tuesday

1:30-3:00 pm

Yorkville United Methodist
Church

17645 Old Yorkville Rd
(Just off of Highway 20, 3 miles
West of I-94)

Aug 16 Sept 20 Oct 18

Second Saturday

10:30 am- 12:00 Noon

Living Faith (former Atonement)
Church

2915 Wright Ave, Racine

Aug 13 Sept 10 Oct 8

Third Wednesday

1:30-3:00 pm

Burlington Senior Center
209 N. Main St, Burlington
Eppers Room

Aug 17 Sept 21 Oct 19

Alzheimer's Association Support Groups:

*For families dealing with any
type of dementia*

First Thursday

10:30 am -12 Noon

Bethania Lutheran Church
4120 Wright Ave, Racine

(Park and enter in the back of the
building)

Aug 4 Sept 1 Oct 6

Second Thursday

6:00 – 7:30 PM

Bethania Lutheran Church
4120 Wright Ave, Racine

(Park and enter in the back of
building)

Aug 11 Sept 8 Oct 13

