

Caregiver E-Visit

November 2017

Kudos for Yourself

Kudos: (symbols of honor and respect), including: compliments, recognition, adoration, hugs, pats on the back, “Thank You’s,” rewards, high fives, thumbs up, applause, HELP, and other symbols of loving kindness! Our celebration of National Family Caregivers’ Month is called “Kudos for Caregivers- Finding Joy.” See page 3 for details.

Two caregivers in our community, Terry Lynch and Barbara Celeste McCloskey, have published books about their experiences. We thank them for their generous sharing. For more information about these publications, call: 262-833-8764. Here are their stories in brief.

At the beginning of his journey, Terry was a 45-year-old successful advocate for disability rights in Washington, DC. He was gregarious, vibrant, an avid golfer, and all-around sports enthusiast. That year Terry realized that his mother had health challenges and wasn’t able to live alone. He resigned his position, returned to Racine, and vowed to keep his mother, Leila, “as strong as she could be for as long as she could.” Being a strategist by nature, he went about

assembling a team (or, as he called it, a campaign) to help him do just that.



Terry and his mom were care partners for a decade. Some of what Terry knew from his government work served him well as he became an advocate for Leila in the community and the medical field. His knowledge of Family Caregiving would grow exponentially during those years as Leila’s caregiver. After Leila’s passing, Terry decided to write a book **“But I Don’t Want Eldercare!”** a 3 year labor of love for other caregivers.

Barbara and Ken have been married for over 20 years. For 12 years they have been living with Ken’s diagnosis of Multiple Sclerosis. Barb ended her careers as a teacher and broker to devote her time to caregiving. She finds that
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For more information or if you wish to make comments on this E-Visit, contact Marilyn Joyce 262-833-8764 or email marilyn.joyce@racinecounty.com

self-expression is very helpful, so she keeps a journal. She recently shared her ongoing story with us in a book titled: **“Barbie and Ken - A Love Story.”**

Barb generously shares with readers the challenges of caregiving and the pitfalls that try her patience. She also writes eloquently of sunny days, funny times, and the unique and poignant experiences of a loving care partner couple. She hails Ken as her inspiration and hero.

Terry and Barbara both stress that family caregivers need a life separate from caregiving. And they earn and deserve KUDOS! Sometimes some caregivers get some kudos from other people. Those occasions are precious as gold! Most days, though, as Terry and Barb have both learned, you have to celebrate yourself. Here are a few ways to do that. Consider practicing Self-Celebration during November, which is National Family Caregivers’ Month.



Invest in Your Health

Good nutrition, hydration, rest, and exercise are essential, and you deserve them. Terry says, “Find a way to get regular exercise. It’s an investment!”

Schedule Regular, Meaningful Conversation with a Well-Chosen Friend

Choose someone who understands and honors what you are trying to do. Some former friends may seem to turn away. They don’t understand. Accept that loss and find new companions in the caregiving community.

Stay Connected with People

Share life events like birthdays. Talk and play with grandchildren (try Skype and other video chatting, you’ll love it!) Meet with caregiver groups by phone, in-person, or online.

Play!

Playing involves imagination, curiosity, laughter, delight, exercise, and laughter. It gives you something to concentrate on while your mind performs the “Refresh” function. Terry enjoys golf and coaching his favorite teams from his chair with his cheer-leading cats!

Practice Gratitude

Barb says that keeping a Thankful Diary is “a way to recognize how wonderful a simple life can be. When you’re thankful, you don’t worry about what you don’t have.”

Let Go of Self-Expectations

And of what you think others expect of you; of issues from the past and worries about what the future may bring. Terry says, “You are not going to please everyone, get everything

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done, do everything right, or be a nice person all the time!” Exhale and let go of toxic expectations. Your next breath will bring new energy.

Express Yourself

Color, doodle, sing, hum, whistle, decorate, write, talk, shout (or even, scream!) Barb finds great pleasure in writing and creating visual arts such as paintings.

Get Help with, and Time Away From, Caregiving

Help and respite are not just rewards and honors. They are absolutely essential elements of family caregiving. You need some time away from caregiving duties.

Barb’s car once took her out for a random ride that brought light and healing for her that day. Terry was able to take occasional short trips to visit friends. Some caregivers take a walk or savor a soak in the tub.

You can call the ADRC (262-833-8777) and ask for information about arranging for help and respite as well as other types of information.



Caregiver Consultations:
to arrange an appointment with Alzheimer’s Association staff to meet locally, contact Felicia at 262-833-8761.

Kudos For Caregivers... Finding Joy

Don’t miss **Kudos for Caregivers, “Finding Joy..”** our annual event to honor caregivers.

There is still space, and respite care is available—call Felicia at 262-833-8761 right away for more information and to register. This event is Free.

Wednesday, November 8th
8:30 am to 2:00 pm
Veteran’s Terrace
589 Milwaukee Ave
Burlington, WI

Keynote Speaker
Former Governor Martin J. Schreiber
Using humor and compassion as he shares lessons from his ongoing, 10-plus-year journey as caregiver and author of **“My Two Elaines: Learning, Coping, and Surviving as an Alzheimer’s Caregiver.”**

Special Guest Performances By: WAI Amazing Grace Chorus

See the ADRC website or Facebook for online information. Call Felicia at 262-833-8761 right away for more information and to register.

AGING AND
DISABILITY
RESOURCE CENTER
OF RACINE COUNTY

14200 Washington Ave
Sturtevant, WI 53177

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

www.adrc.racinecounty.com

Connecting you to your community's resources

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

Sometimes we are able to make reminder calls to former attendees about an upcoming Support Group. However, this is not always possible. These groups almost always happen at the scheduled time and place. If you haven't gotten a call, and you have doubts, please call 262-833-8764 or 262-833-8777. See you there!!

General Caregiver Groups

First Friday

12 Noon-1:00 pm

Caregiver Connection

Telephone Group

Call 833-8762 for call-in

Information

Nov 3 Dec 1 Jan 5

Second 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)

Nov 14 Dec 12 Jan 9

Second Saturday

10:30 am- 12:00 Noon

Atonement Lutheran Church

2915 Wright Ave, Racine

Nov 11 Dec 9 Jan 13

Third Wednesday

1:30-3:00 pm

Burlington Senior Center

209 N. Main St, Burlington

Eppers Room

Nov 15 Dec 20 Jan 17

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)

Nov 7 Dec 7 Jan 4

Second Thursday

6:00 – 7:30 PM

Bethania Lutheran Church

4120 Wright Ave, Racine

(Park and enter in the back of the
building)

Nov 9 Dec 14 Jan 11

