

Caregiver E-Visit

October 2016

Managing Caregiver Stress

“How do I manage the stress that comes with caregiving?”

This was a clear, concise question posed by a Support Group attendee and echoed by several others. It’s a big question that led to a lot of discussion. As a facilitator of the group, however, I failed to mention one very simple answer that works every time -

“Breathing Consciously”.

I realized the omission half-way through the group, and thought, “We can do some deep, healthy breathing at the end of the meeting.” That, unfortunately, didn’t happen, and I have vowed to have each support group from now on end with an opportunity for good breathing or some other simple way to invoke the Relaxation Response. Stress management is important enough in caregiving, that I think we’ll also visit at it briefly in every E-Visit newsletter.

The Relaxation Response is the chemical reaction needed to return our functioning to a normal state following a time when our lives were interrupted by a Stress Response. Stress Response is what keeps a zebra alive for the time it takes to outrun a hungry tiger. It involves



putting the body in a state of emergency that is unhealthy to sustain for more than a few minutes. That’s why a zebra needs to sleep the rest of the day after running from a threat. Human beings have learned to sustain a Stress Response indefinitely or until they develop health problems that make a full life impossible.



So, we could say that the ability to achieve a Relaxation Response is pretty much as important as the ability to maintain a heartbeat!

Belly Breath

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

Here is the very simple deep breathing or “belly breath” exercise that is taught in the Powerful Tools for Caregivers class:

Take a deep breath in through your nose and count slowly to six. (or a period that feels comfortable to you.)

Now breathe out slowly through your mouth to the same count.

Continue breathing at your own pace, in through your nose and out through your mouth, without forcing your breath. If your mind becomes distracted, try to refocus on your breathing. Try to take at least three of these breaths in

a row.

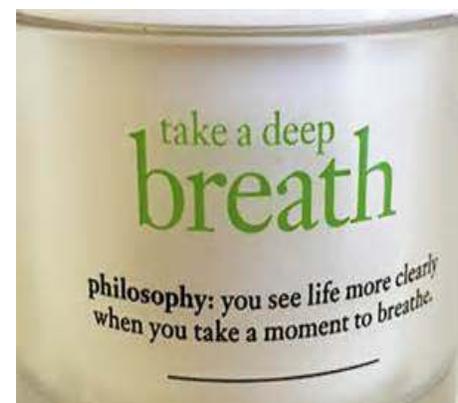
Notice how relaxed you feel.

Do this as often as you think of it during the day. It is free and takes no extra time or space!

Take Good Care of Yourself!

Resources:

You can find free breathing, relaxation, and meditation exercises and demonstrations on line.





2016 Fall Seminars

Aging and Disability Resource Center of Racine County
14200 Washington Ave, Sturtevant
 To Sign-up call 262-833-8777

Monday, October 10th, 10:00 am—12:00 pm – **“Care in the Home”** Presented by Deb Mickelsen, ADRC Resource Specialist

What do you need to know regarding the different services that can assist you in your home.

Friday, October 14th 9:00 am—11:00 am **“Medicare Workshop”** Presented by Barbara Tiedt, Elder Benefit Specialist

Basic overview of Medicare, Medicare Supplement vs. Medicare Advantage, Prescription Drug Coverage Options, Other benefits available to seniors.

Monday, October 17th, 10:00 am—12:00 pm – **“Share the Care”** Presented by Joan Litwitz , GWAAR

Find out about a model program to create a unique caregiving family from friends, relatives, and others.

The Alzheimer’s Association will present a two-part program;
“Living with Alzheimer’s Disease – Late Stage”

Thursday, October 6 and 13 from 10:30 a.m. to 12:30 p.m. at the Gateway Technical College – Racine Campus, 901 Pershing Drive. Tailored for family caregivers of persons with late stage Alzheimer’s disease or related dementia.

No charge to attend and the program is available to family caregivers.

Registration is required by contacting Deborah Klement at 414-479-8800 or 800-272-3900.

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 nearly 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

Oct 7 Nov 4 Dec 2

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)

Oct 18 Nov 15 Dec 20

Second Saturday

10:30 am- 12:00 Noon

Atonement Lutheran Church
2915 Wright Ave, Racine

Oct 8 Nov 12 Dec 10

Third Wednesday

1:30-3:00 pm

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

Oct 19 Nov 16 Dec 21

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)

Oct 6 Nov 3 Dec 1

Second Thursday

6:00 – 7:30 PM

Bethania Lutheran Church
4120 Wright Ave, Racine

(Park and enter in the back of
building)

Oct 13 Nov 10 Dec 8

