

Caregiver E-Visit

April 2018

“Sweet Cheer” Opening Your Heart’s Windows

Maggie and Frank were care partners who had been bogged down in winterdom. They’d been in the house for weeks except for errands and medical appointments. Maggie, the caregiver, feels like she is at the end of her rope. She’s lost contact with her friends. Her children and grandchildren are busy with their own lives, and she felt like she’d been stuck in this house with its endless, cheerless routines for the rest of her life.

Frank was just plain grouchy and complained from morning till night. He hated his disease, hated being dependent, hated that his basketball teams were all eliminated early on. Food tasted no good! And why was Maggie always urging him to bathe or take medicine?

He said she was too bossy. She said he was demanding. They both felt that there was no light

at the end of their dark, narrow tunnel.

One day Maggie slogs through half frozen mud puddles to take out the garbage. She pauses to take a deep breath of fresh air. Suddenly she sees a flash of red, and is treated to a chorus of cardinal songs. “Sweet, sweet, sweet cheer”, they seem to say, and they are answered by the lilting melody of a robin. This quickens Maggie’s heart and awakens her to sense cheer in the present moment. She takes in another deep breath of fresh air and begins to let joy fill her body. Back indoors she opens a window so Frank can hear the birdsongs too. She smiles with a cheery “Good Morning.” Frank looks at her with surprise. It’s been so long since either of them smiled. But that day, as care is given and received in their home, happiness and humor are also

Inside Story Headline

exchanged.

In her book Daily Comforts for Caregivers * Pat Samples

offers this affirmation:

“I can draw on the wonderful energy of the earth that sustains the plants, and draw in the lifegiving energy of the sun. [I will] allow myself to sense the earth’s renewing energy seeping in through the bottom of my feet and ... moving slowly ...all the way up to my heart“

That moment of birdsong in the mud by the garbage may lead to changes in Frank and Maggie’s home life. Their growing awareness of the goodness still in their lives leads them get more help with the challenges the disease has caused, giving them time and energy to enjoy each other and the loved ones in their lives. They’ll still have ups and downs, as we all do. And they can always invite joy into their hearts with a smile or a chuckle. April can be a good time to get a cheery boost from nature when we open the windows of our hearts.

Sweet Cheer to you and your

loved ones.

* For a copy of Daily Comforts for Caregivers, call: 262-833-8764.

Powerful Tools
FOR Caregivers

wiha
Wisconsin Institute
for Healthy Aging

We’ll be offering the highly acclaimed class “Powerful Tools for Caregivers” on six lovely spring evenings soon. Join other caregiving families as we watch the days get longer, leaves pop open, birds sing evening songs, and roses budding. You will learn how to reduce stress, communicate effectively, learn from emotions, find resources, and make good decisions. Most importantly, you’ll learn to take good care of yourself as you develop stronger self-confidence and discover that you aren’t alone.

Classes held on Thursdays, April 19 and 26, May 3, 17, 24, and 31. No class on May 10th.

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

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
- Locate helpful resources
- Better communicate feelings
- Increase their ability to make tough decisions

Class meets for two hours, once per week for six weeks on Thursdays

**April 19 – May 31, 2018
6:00 p.m. to 8:00 p.m.
No class May 10th**

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

14200 Washington Avenue,
Sturtevant, WI

Cost: \$10 for textbook and snacks

Call 262-833-8764 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

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

Apr 6 May 4 June 1

Second Saturday
10:30 am- 12:00 Noon
Atonement Lutheran Church
2915 Wright Ave, Racine
Apr 14 May 12 June 9

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)
Apr 17 May 15 June 19

Third Wednesday
1:30-3:00 pm
Cross Lutheran Church
126 Chapel Ter, Burlington
Apr 18 May 16 June 20

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)
Apr 5 May 3 June 7

Second Thursday
6:00 – 7:30 PM
Bethania Lutheran Church
4120 Wright Ave, Racine
(Park and enter in the back of
building)
Apr 12 May 10 June 14

