

Caregiver E-Visit

August 2019

Making the Most of Caregiver Support

It's a perfect summer morning. May has just finished helping her father, who is unable to take care of himself. She assists him with dressing, gives him breakfast, and makes sure he takes his medicine. She's already tired, and she contemplates how pleasant it would be just to sit on the porch. But she walks resolutely to her car to attend the monthly Caregiver Support group. She feels uneasy leaving her dad alone, though. She hopes to get information about In-Home help from her friends at the group.

Across town, Stan is thinking, "I'm going to a support group? Really? A big strong guy like me?" Stan's daughter Sally insists that she wants him to attend this group with her and she is picking him up in 10 minutes. Sally said she's noticed how tired and sad and even downright irritable Stan has been lately. She has assured him that they will have "an awesome time!"

He's not so sure, but agrees to try.

Soon the group is assembled with the facilitators. The atmosphere is pleasant, comfortable, and welcoming. There is even chocolate available (and other healthy snacks!)



Attendees are able to tell their stories, ask questions, and share ideas with each other. The facilitators share information about community resources, planning for the future, and other helpful ideas. Several times they remind this group of generous, caring people that it is imperative to take care of themselves.

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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



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Self-care may seem like a luxury, but it is actually a #1 responsibility for family caregivers!

Stories are told, questions are asked, and wisdom is offered. Tears and laughter are both shared comfortably. When it's time to leave, Stan notices that everyone seems both more energetic and calmer than when they arrived – “Including me!” he thinks to himself. When someone says, “See you next month”, he nods and says “Sure.”

Caregiver groups are definitely beneficial to caregivers. If you need someone to be with your loved one while you attend a caregiver group or another opportunity to stay connected with friends and family while being a caregiver, call the ADRC at 262-833-8777 and ask for a Caregiver Support Referral. Limited funding is available for respite care for those who qualify.

Try This:

August is known for the lazy, hazy, “dog days” of summer. My dog Sam taught me a

good lesson about the value of laziness. Only I call it mindfulness! It's a way to feel contented just as things are for a while.

I'd like to invite you to try some mindfulness moments with me right now if you like:

For the next moment or two, step outside or look out a window while the world passes by. Really notice colors, and birdsongs and the sweet smell of summer, perhaps children or animals at play.

Be aware of your breath, moving in and out, up and down, drawing in and letting go.

Don't judge anything for now. Don't worry about the future or dwell on the past.

Pause here as long as you can. Then take a deep breath before taking up your duties again.

Happy August! May you be comfortable and content.

Take Good Care of Yourself!

New Dates—Living Well

Join Us!

Dates: September 20- October 25th
1:00pm – 3:30pm
Every Friday for 6 weeks

Lincoln Villas North Apartments –
Dining Room
3919 Ruby Ave, Racine, WI 53406
(parking on Ruby Ave)

Class Fee \$10.00

Registration Required!

Call the ADRC: 262-833-8777

Living Well is... A proven program to improve health and well-being for people with long term (chronic) health conditions. Designed especially for older adult learners like you, you'll learn and share with others. Living Well with Chronic Conditions (LW) is an evidence-based workshop that meets for 2½ hours, once a week, for six weeks in a community setting. You will be provided with tools to better navigate life's "ups and



Photo Credit : Chris Ford

downs" and increase their health knowledge. Research confirms that participants experience significant, measurable health improvements and quality of life. The small group (10-12 people) is highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Wisconsin Senior Olympics Presents:

Olympian

5K/10K

A Race for All Generations
In Racine
Saturday

August 10th

[https://](https://www.wiseniorolympics.com/news/2019-Olympian-5k-10k-for-All-Ages-x-16344.html)

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Come race along the beautiful Racine lakefront with it's spectacular views and fast, flat course. Bring the entire family to cheer the racers on to victory and stay for the post-race events. Walk or Run. Team and individual rates.

Race Director:

Cari Greving
(262) 898-3323
cari@realracine.com
For more information

Register by August 3rd on the website

Resource Ideas



Did you Know?...

The Caregiver Support team has put together a small library of books to;

- Assist with caregiving
- Share stories that help young people understand why a grandparent is not the same as they were
- Educate on other processes

Call or stop in to check out the library. You can try out these

resources to see if the information will be helpful to you. We have relaxed return requirements so you can take your time.



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

New!

Racine County has a
2nd Memory Café!
Meets First Monday
of the Month
1:30 to 3:00 pm
The Dish Restaurant
1220 N Ohio St
Racine
First Time Attendees
register by calling the
Alzheimer's
Association
800-272-3900
*Begins August 5th
No September
Resumes October 7th*



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

Aug 2 Sept 6 Oct 4

First 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 6 Sept 3 Oct 1

Second Saturday

10:30 am- 12:00 Noon

Living Faith Lutheran Church
2915 Wright Ave, Racine

Aug 10 Sept 14 Oct 12

Third Wednesday

1:30-3:00 pm

Cross Lutheran Church

126 Chapel Ter, Burlington

Aug 21 Sept 18 Oct 16

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 1 Sept 5 Oct 3

Second Thursday

6:00 – 7:30 PM

Bethania Lutheran Church

4120 Wright Ave, Racine

(Park and enter in the back of
building)

Aug 8 Sept 12 Oct 10

