

# Family Caregiver News

February/March 2016 Flyer

## Making the Most of Caregiver Support

*It's a blustery day in Wisconsin! Mary pulls her scarf up over her chin and walks resolutely to her car. Across town, Stan scrapes his windshield, thinking "I'm going to a Support Group? **Really!?**" Mary hopes to talk with her caregiver friends and get some information about in-home help. She knows this chilly outing will be worthwhile. Stan is feeling rather dubious regarding this whole idea.*

*Soon Mary and Stan join a group of caregivers, where they are greeted warmly. The atmosphere is pleasant and accepting. The facilitator shares information about caregiving issues and coming events. Caregivers exchange ideas, share some feelings of loss and frustration, and laugh together. When it's time to leave, everyone feels refreshed, and they take home ideas, information, and a sense of belonging.*

*The next day, Larry, who is unable to attend a Support Group in person, phones in to the Caregiver Connection conference call from work. Although the facilitator and attendees cannot see each other, Larry reaps similar benefits and enjoys the convenience of joining the group from anywhere. (You can register to participate in "Caregiver*

*Connections", by calling: 262-833-8764)*

From this facilitator's point of view, caregivers who attend support groups, even infrequently, get the most benefit from the Caregiver Support Program. I become more familiar with the situations and needs of attendees. After a group, I often look for further information and follow up with a phone call, email, or a packet of material. Topics for newsletters often spring from support groups, too.

If you want to attend a Support Group but are having difficulty figuring out how, call a Caregiver Support Specialist, and we'll help you strategize. Even attending a group every few months is helpful.



*Perhaps the most important takeaways from any caregiver support interaction are these:*

- 1. It is vitally necessary to take good care of yourself**
- 2. There IS help for you in this community**
- 3. You are not alone**

**Caregiver  
Support Team  
Member  
Contact  
Information:**

**Felicia Elias**  
Caregiver  
Support  
Specialist  
262-833-8761

**Marilyn Joyce**  
Caregiver  
Support  
Specialist  
262- 833-8764

**Elizabeth  
Trudeau**  
Caregiver  
Support  
Specialist  
262-833-8762



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

## **NEW!!! Monthly E-notes**

You can receive an email near the beginning of each month listing support groups and other events coming up, along with a brief word of encouragement.

If you currently receive this newsletter and ADRC Connections by email: DO nothing.

If you receive them by “snail mail” and would also like the Monthly E-notes, send an email from your preferred email address to: [marilyn.joyce@goracine.org](mailto:marilyn.joyce@goracine.org) . You can just put “Monthly E-notes” in the subject and click “Send” (or include note if you’d like.)

Unless you request it, no change will be made in how you receive the ADRC Connections or this newsletter.

### **Caregiving Relationships**

This 3-session workshop introduces many concepts that are useful throughout a caregiving journey. For example:

- Care for the caregiver is of paramount importance.
- Caregivers are prone to chronic stress and health problems.
- Caregiving takes a team; it’s not a solo job.
- You can use community resources that can help.
- Effective communication techniques can help you get what you need.
- Caregiving can bring gifts, too.

This class is presented on three Saturday mornings: March 5, March 19, and April 9th From 10:30-12 noon at Atonement Lutheran Church. For information and to register contact Marilyn Joyce 262-833-8764; [marilyn.joyce@goracine.org](mailto:marilyn.joyce@goracine.org)

## **Support Group Information**

**First Thursday 10:30 am-12 Noon  
Alzheimer’s Association Group**  
For Families Dealing with Alzheimer’s and other Dementias  
2000 Domanik Dr - 1st Floor United Way conference room. \***Location change**— beginning in March 2016 held at Bethania Lutheran Church, 4120 Wright Ave

**Feb 4, Mar 4, Apr 7**

**First Friday 12 Noon-1 pm  
“Caregiver Connection” Telephone Group**  
Call 262-833-8762 to pre-register

**Feb 5, Mar 5, Apr 1**

**Third Tuesday 1:30-3:00 pm**  
Yorkville United Methodist Church  
17645 Old Yorkville Rd. (3 Miles West of I-94, just north of Highway 20)

**Feb 16, Mar 16, Apr 19**

**Second Saturday 10:30 am–12 noon**  
Atonement Lutheran Church  
2915 Wright Ave  
Park and enter in back of building (on South side)

**Feb 13, Mar 13, Apr 9**

**Third Wednesday 1:30-3:00 pm**  
Burlington Senior Center, Eppers Room  
209 N Main St

**Feb 17, Mar 17, Apr 20**

**Third Thursday 6:00-7:30 pm  
Alzheimer’s Association Group**  
For Families Dealing with Alzheimer’s and other Dementias  
Atonement Lutheran Church  
2915 Wright Ave—Park and enter in back of building (on South side)  
**Location and week Change**— beginning in March 2016: Second Thursday at Bethania Lutheran Church, 4120 Wright Ave.

**Feb 18, Mar 10, Apr 14**