

Caregiver E-Visit

November 2016

Family Caregiving – A Job That Takes a Lot of Courage!

November is National Family Caregivers' month. I was thinking about how often you are called upon to do something that is uncomfortable or downright scary just as part of your daily routine. A few examples are when you:

Ask for help.

Set limits.

Let other people's unskillful remarks "roll off your back."

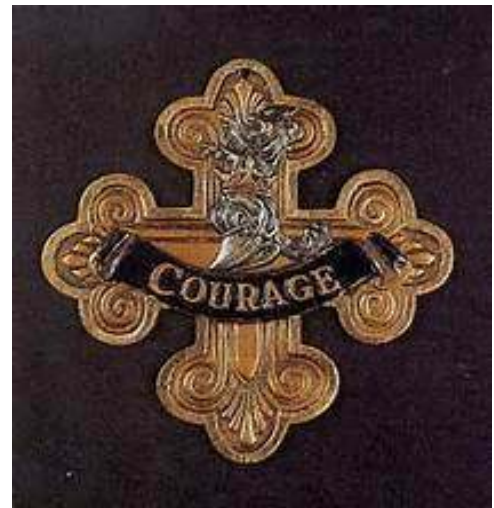
Just put one foot in front of the other sometimes.

Advocate for yourself and your care partner in the medical world.

Make tough caregiving decisions.

Remain flexible enough to change your expectations, plans and routines.

Acknowledge that you feel conflicting emotions.



Here is a replica of the badge of Courage received by the famous Cowardly Lion.

LET GO... of the past; of the quest for perfection and permanence; and, eventually, of your loved one's earthly life.

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Take a few minutes to remember times when you have used courage perhaps without realizing it.

- Celebrate all the tasks you've done that no one else had time for.
- Applaud the times you've loved your care partner even when you didn't feel appreciated.
- Honor the effort you make for self-care even in the midst of overwhelming responsibilities.
- Give yourself a shout out for all those skillful communication techniques that you used instead of saying, “@#\$\$%^”!!!
- Treat yourself each time you transform negative self-talk into a positive affirmation.

Here's to the courage of caregivers, this month and always!

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along.’” - Eleanor Roosevelt

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



Personal Care

Are you purchasing incontinence garments for your care partner?

have been donated and are free for the asking. Call 262-833-8764 for details.

We have a limited supply of protective undergarments that



Meditation info of the Month

AARP has created several resources for caregivers. This includes several options for 2, 5, and 10 minute relaxation meditation videos. They can be found at: <http://www.aarp.org/entertainment/books/bookstore/home-family-caregiving/info-2016/>

[meditations-for-caregivers.html](#)

They also offer a book or ebook format of "**Meditations for Caregivers: Practical, Emotional, and Spiritual Support for You and Your Family**"

Don't Forget:

Kudos for Caregivers' A Day for Self Care and Renewal
November 4
(Friday) 10 am – 2 pm
Grace Church
3626 HWY 31
Racine

A Note About the Caregiver Support Group in Yorkville:

We are planning to hold the Yorkville Support group on the Second Tuesday each month beginning in January 2017. (Currently held on the third Tuesday) The group will continue to meet from 1:30-3 PM at the

Yorkville United Methodist Church. 17645 Old Yorkville Rd (Just off of Highway 20, 3 miles West of I-94).
 Upcoming dates are November 15th and December 20th.

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

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)

**Nov 15 Dec 20 (Change to
2nd Tuesday in January)**

Second Saturday

10:30 am- 12:00 Noon

Atonement Lutheran Church
2915 Wright Ave, Racine

Nov 12 Dec 10

Third Wednesday

1:30-3:00 pm

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

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)

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)

Nov 10 Dec 8

