

# Caregiver E-Visit

January 2019

## Express Yourself!

Maria takes care of her father who has Parkinson's Disease. She is about to attend her first Caregiver Support Group. She has some misgivings, but her cousin told her about this group and offered to stay with her dad, so she can attend. So, she has decided to try it.

When she arrives, she can sense that this is a place where she is welcome. Other attendees smile, introduce themselves, and pass her the bowl of treats. The facilitator welcomes the group and gives everyone.... coloring books! Maria wonders whether she's attending an art group by mistake. But it is explained that these coloring books were designed for family caregivers by Amy Goyer, an amazing woman who has been a caregiver for much of her life. She says this is a way caregivers can give themselves the "much needed gifts of relaxation and creative expression."

Tenuously Maria opens her book and chooses a blue pencil. With it she begins to beautify a floral scene beside these words from a Chinese Proverb: "Flowers leave some of their fragrance in the hands that bestowed them."



As people talk about their caregiving lives, their questions and concerns, Maria has many feelings she is not yet ready to share, but she feels comfortable. Choosing the colors, moving her hands, and seeing the picture come together seem to keep her grounded and contented. Occasionally tears are shed to



express emotions, as not everything can be conveyed in words. Likewise, there is also plenty of laughter and affection in the group.

*Being of service, as imperfect as my care is, has meaning, and that feels good.*

- Amy Goyer

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](mailto:marilyn.joyce@racinecounty.com)

When Maria speaks, she tells her story and the others listen attentively and respond with empathy. They compliment Maria for coming and sharing her story, and they give her some new ideas and connections to helpful resources.

Maria feels that together they have created not just pictures but also a community. She wonders whether her father might like sharing the picture book, and she knows that the pictures, the coloring, and the snippets of wisdom chosen just for family caregivers will encourage her until the next meeting.

The booklet in the story is Color Your Way Content When Caring for a Loved One, by Amy Goyer with art by Judy Clement Wall. It was

generously made available to ADRC caregiver program by AARP's Family and Caregiving Program. If you would like a free copy, call 262-833-8764.



***The things I do matter. They have had a positive effect on my loved ones and, I believe, in a bigger sense, I have contributed to the stream of love in this world.***

- Amy Goyer

## Announcements:

The Yorkville Support Group will be changing from the third to the first Tuesday of the month beginning in March. Same time (1:30 – 3 PM) same place: Yorkville Methodist Church, 17645 Yorkville Road (just north of Washington Avenue).

We are in the process of finalizing classes for 2019. If you are interested in:

- Stepping On
- Living Well with Chronic Conditions
- Powerful Tools for Caregivers
- Sip & Swipe Café
- Healthy Living with Diabetes



Contact Elizabeth with questions  
262-833-8762

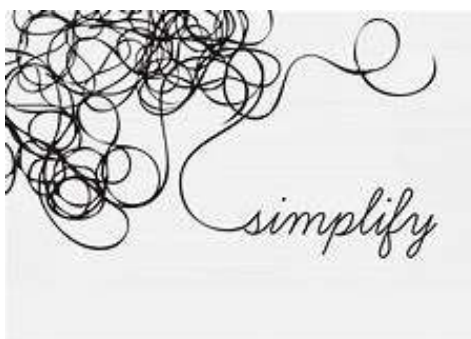
## Resource Ideas

Request a copy of the New ADRC publication, **Dementia Care Resources**. You can also find it online on the ADRC Website at: [https://www.adrc.racinecounty.com/site/453/service\\_directory.aspx](https://www.adrc.racinecounty.com/site/453/service_directory.aspx)

The ADRC continues to update our website- you can also take a look at the revised **Dementia/Alzheimer's Area**. That is found at: [https://www.adrc.racinecounty.com/site/456/senior\\_services.aspx](https://www.adrc.racinecounty.com/site/456/senior_services.aspx)

We will always welcome your feedback and suggestions on information that would be helpful to you in your caregiving journey.

Give us a call 262-833-8777.



*It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love is put in the giving.*

*-Mother Theresa*

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## 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](mailto: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

**Jan 4 Feb 1 March 1**

**Second Saturday**  
**10:30 am- 12:00 Noon**

Living Faith Lutheran Church  
2915 Wright Ave, Racine [Map](#)

**Jan 12 Feb 9 March 9**

**Third Tuesday—\*\*Change to  
1st Tuesday beginning March  
2019**

**1:30-3:00 pm**  
Yorkville United Methodist  
Church [Map](#)

17645 Old Yorkville Rd  
**Jan 15 Feb 19 \*March 5**

**Third Wednesday**  
**1:30-3:00 pm**

Cross Lutheran Church  
126 Chapel Ter, Burlington [Map](#)

**Jan 16 Feb 20 March 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) [Map](#)

**Jan 3 Feb 7 March 7**

**Second Thursday**  
**6:00 – 7:30 PM**

Bethania Lutheran Church  
4120 Wright Ave, Racine  
(Park and enter in the back of  
building) [Map](#)

**Jan 10 Feb 14 March 14**

