

Caregiver E-Visit

July 2017

Joy in July

It was a warm July afternoon, and Kaitlin was home from college. Her family had gathered to celebrate her sister Kayla's graduation. The house was crowded and quite noisy, what with a baby crying, a baseball game on TV, and music chosen by Kayla and her friends on the patio.

Kaitlin noticed that her grandfather Ernie, who had Parkinson's Disease and lived with his daughter Susan, was becoming restless. She could tell that he was having a hard time making sense of all the commotion. She watched her aunt Susan, struggle to meet her father's needs. Susan looked very tired and sad. She had been irritable with family members lately, and no one was paying much attention to her. Kaitlyn wondered how she could help. She talked with Susan and they decided that a short ride in the country might be pleasant and relaxing. Ernie agreed. Kaitlin and Sue packed some ice water, fruit and crackers. Susan handed Kaitlyn a card with her contact information and some suggestions regarding what Ernie might need. They made sure his bathroom needs were met.

Then they helped him into Kaitlin's car and the "road trip" began.

As they passed green fields, they talked about Ernie's days of farming. They inspected the height of the corn and pronounced it "knee high by the 4th of July," They



also checked beans, cabbage, and other crops. When they passed a field of newly mown hay, they rolled down the windows, took a deep breath, and inhaled fond memories. Ernie remembered the satisfaction of having crops harvested. Kaitlin remembered summer overnights at her grandparents' farm and the sweet smell of dew-covered hay stacks.

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The **National Institute on Aging** offers many publications and fact sheets on their website at: <https://www.nia.nih.gov/health/publication/all?>

See "Participating in Activities You Enjoy—More Than Just Fun and Games"

https://www.nia.nih.gov/sites/default/files/participating-in-activities-you-enjoy_0.pdf

"Exercise and Physical Activity : Alzheimer's Caregiver Tips"

https://www.nia.nih.gov/sites/default/files/caregivingtips_exercise-

Joy in July

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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

They parked along the riverbank, watched meandering ducks, listened to songbirds, and spotted plump, shining fish splashing upstream. Ernie started to tell some of his “fish stories.” Some were already familiar, but this time Kaitlin realized that each telling was more precious and would be a memory she could pass along to her children someday. She vowed not to miss a chance to hear them again. On the way home, they stopped for ice cream – the universal and timeless treat!

Along with remembering bygone days, they were also finding joy and love still present in this very moment!

Boredom and sensory overload can contribute to restlessness and agitation. Activities that call up long-term memories can be helpful to a care receiver who needs to focus on something familiar and comforting. Sharing memories, funny stories, and life lessons can also enrich other family members in so many ways!!!



A Few Tips for Caregivers to share with those helpers providing respite:

- ◆ Send along or plan for water, fruit drinks, melons, popsicles, etc.
- ◆ Plan for weather changes – jacket, sunscreen, etc.
- ◆ A few helpful suggestions on what your loved one may need. (Try to sound more helpful than “bossy,” even though it can be difficult to turn your loved one over to someone else.)
- ◆ Remember to include food-related issues, e.g. allergies, the need to cut up some things.
- ◆ Be available by phone or, better yet, have a standby contact.
- ◆ Show a generous amount of appreciation to people who help, no matter how little it seems.
- ◆ Depending on the needs for care and supervision, it might be advisable to have more than one helper along.

Rides in the country became a habit for Kaitlin and Ernie that summer. Kaitlin sometimes invited a cousin or friend along. Susan would go out with a friend, sit on the patio, catch up with something for herself, or take a nap. She no longer felt unappreciated and abandoned by her family in her caregiving role. She had more fun and WAS more fun to be with. Kaitlin’s act of kindness had become a blessing to her whole family in many ways.



BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



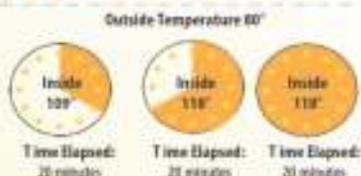
WHERE:



HOW to AVOID:



During extreme heat the temperature in your car could be deadly.



HEAT ALERTS: Know the difference.

HEAT OUTLOOK	HEAT WATCHES	HEAT WARNING/ADVISORY
Minor Excessive heat event in 3 to 7 days	Excessive heat event in 12 to 48 hours	Major Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburns can significantly slow the skin's ability to release excess heat.

206 people died in the US as a result of extreme heat in 2011.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/extremeheat/>



Agency for Toxic Substances and Hazardous Waste Investigation
U.S. Department of Health and Human Services

Other Caregiver tips for Beating the heat:

Slow Down – don't hurry, reduce expectations, stay indoors, and make comfort a priority. Rest, rest, rest!!!

Drink Up – Aging can affect the body's ability to regulate temperature and conserve water. Some people don't realize they are thirsty and need to be encouraged to take in adequate fluids. Beverages may be more attractive if they are a nice color, served with ice cubes, and sipped through a straw. Water, juices and perhaps some "sun tea" are good remedies to restore balance. (caffeine and alcoholic beverages, not so much!)

Mellow Out with cool foods in small portions. Foods with a high liquid content are beneficial: melons, smoothies, or a fresh cool-as-a-cucumber salad.

Act "shady"- Avoid sun exposure. Dress in loose, light colored clothing; wear a hat and sunglasses to protect your eyes. Use sunscreen several times a day, and avoid going out between 11 am – 4 pm if possible.

Run the engine of your mind on "cool" - Avoid the heat of anger, arguments, and guilt feelings. Remind yourself and others that "It's too hot for this today."

Sit still and eat a frozen dessert!!!
Now, how cool is that!?!?

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

July 7 Aug 4 Sept 1

Second 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)

July 11 Aug 8 Sept 12

Second Saturday
10:30 am- 12:00 Noon

Atonement Lutheran Church

2915 Wright Ave, Racine

July 8 Aug 12 Sept 9

Third Wednesday
1:30-3:00 pm

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

July 19 Aug 16 Sept 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)

July 6 Aug 3 Sept 7

Second Thursday
6:00 – 7:30 PM

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

July 13 Aug 10 Sept 14

