

Caregiver E-Visit

Spring 2016

An E-visit for Caregiver Support

Happy May to you from your ADRC Caregiver Support Specialists!! We hope May finds you among flowers and birdsong and fresh, spring scents, with opportunities to enjoy them, even a little at a time!

We know springtime can bring challenges for you as you manage caregiving duties along with many other responsibilities. There are so many signs and sounds of beauty around, but to you the neighbor's meticulously manicured flowerbed may seem like just a reminder of one more thing on your list of Things To Do. (Really, it is a "Too Do" list, because there is always way TOOOO much on it!) Here are a few tips for self-care at this time of year, when the air is filled with beauty and added duties:

First—When you notice spring's sights and sounds wherever they may be; stop - take a slow, deep breath - and enjoy them. They

are resilient miracles of nature, the same as you. You and flowers and birds, and graduating kindergarteners and yesterday's kindergartners now degreed, and all the other signs of growth and renewal are parts of something big and wonderful!! Recognize that miracle and see yourself in it.



Streamline your landscaping. Ask for help. This can save you time to enjoy the growing season with your care partner, taking walks or just sitting on the porch. Learn to really appreciate the beauty that happens to occur on someone else's property. (Don't try to keep up with the "Joneses")

Inside this issue:

E-Visits	1
Tiny Vacation Card	3
Support Group Listing	4



Please write back!!

*How are things going for you?
What would you like to see in a future E-Visit?
What ideas would you like to share?*

Reply to:
marilyn.joyce@goracine.org
262-833-8764



Continued from front page...

lawn. They may be so busy manicuring that they miss the miracle!)

You might be able to do some simple gardening with the person you care for. Many caregivers have found that older people love to plant seedlings and watch them grow in small pots. Just getting their hands in dirt can bring back fond memories of the past for many people. Gardening is also good exercise for small muscles in the hands and wrists. You may find some tasks to accomplish as a team. One caregiver picks up sticks in a wooded area while her husband sits and breaks them up to put in a container. They are taking care of their homestead together!

This time of year in Wisconsin needs to be a time of rehabilitation for everyone, especially **YOU!**

SAVE THIS DATE!!

A Celebration of National Family Caregivers' Month:

A Special Day to Honor You!

Friday, November 4, 2016
10 am – 2 pm at Grace Church,
3626 HWY 31, Racine

Caring for someone with dementia? Check out the Alzheimer's Family Caregiver Support Program ([AFCSP](#)). Call the ADRC 262-833-8777 for more information about the program.

Alzheimer's Association - Area Programs:

Memory Café

Share your stories and socialize with others who have worries about their memory.

Third Thursday of each month
1:30—3:00 pm Old Settlers
Bowling Center

1500 15th Ave. Union Grove, WI
RSVP to Wendy Betley at
414-479-8800

Care Consultations

with Alzheimer's Association Staff. Times are available at the ADRC offices.

Call Felicia 262-833-8761

A Card for You from the Deck of Tiny Vacations



Let Nature Nurture You

Soak in its wonders at every chance,
even by gazing out a window or caring for a plant

Some of nature's gifts:
Fresh air, sunlight, water, colors, creatures, resilience,
endless variety,
and a reminder that we are part of something bigger.

Notice nature's lessons:
Life has cycles,
Life is persistent and,
Despite its difficulties,
Your life is part of something GOOD.

Class Information:

Call

Elizabeth at
262-833-8762

- Caregiving Relationships
- Healthy Living with Diabetes
- Living Well with Chronic Conditions
- Powerful Tools for Caregivers
- Stepping On

Powerful Tools for Caregivers

This is a six- week class designed to help family caregivers take care of themselves while caring for another adult. Participants learn to manage stress, improve self-confidence, learn effective communication skills, and much more.

Thursdays- August 11 for 6 weeks
6:00 – 8:00 pm

Held at 14200 Washington Ave, Sturtevant
For more information and to register, call
Marilyn at 262-833-8764



**AGING AND
DISABILITY
RESOURCE CENTER
OF RACINE COUNTY**

14200 Washington Ave
Sturtevant, WI 53177

Phone: 262-833-8777
Email: adrc@goracine.com

Connecting you to your community's resources

Caregiver Support

Through classes, support groups, written materials, and individual consultations, Senior Services provides ongoing support to family caregivers. Such support includes:

1. Information on community resources
2. Encouragement to invest in one's own health and well-being
3. Facilitation of establishing effective communication skills
4. Moral support through tough situations and decision-making

A family caregiver is someone whose life is impacted by meeting the needs of a family member or friend. Those needs could include chores, errands, supervision, or physical care. Situations where either the caregiver or care receiver is over age 60 are eligible for this service. In addition, anyone over 55 who is caring for a relative under 18 years of age can obtain information and support from the Caregiver Support Program.

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@goRacine.org

General Caregiver Groups

First Friday

12 Noon-1:00 pm

Caregiver Connection

Telephone Group

Call 833-8762 for call-in
Information

May 6th, June 3rd

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)

May 12th, June 9th

Third Wednesday

1:30-3:00 pm

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

May 18th, June 15th

Second Saturday

10:30 am- 12:00 Noon

Atonement Lutheran Church
2915 Wright Ave, Racine

May 14th, June 11th

**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)

May 5th, June 2nd

Second Thursday

6:00 – 7:30 PM

Bethania Lutheran Church
4120 Wright Ave, Racine

(Park and enter in the back of
building) **May 12th, June 9th**

