

CAREGIVER CHRONICLES

BULLETIN

Dane County Caregiver Program



Jane De Broux
Caregiver Specialist

608-381-5733

Debroux.Jane@countyofdane.com

Something Old, Something New

Happy New Year!

In 2023, there will be some updates to *Caregiver Chronicles*. The long form newsletter distributed monthly made it difficult at times to bring information and events to caregivers in time for you to participate.

Beginning this year the large, comprehensive newsletter will be sent out quarterly with one or two bulletins per month to keep you up-to-date. Bulletins will include monthly features and events.

Monthly MIPPA Moment: Poverty Awareness Month

January is National Poverty Awareness Month. The 2022 federal poverty line is \$18,590 for a family of two (2023 levels have not been set yet). Poverty can cause malnutrition and hunger, lack of proper medical care, social discrimination, isolation and exclusion, and limited access to other basic services. The effects of poverty can reach deep into our communities.

To help with Medicare costs, low-income beneficiaries may see if they qualify for financial assistance from the Medicare Savings Programs (MSPs). The MSPs help millions of Americans access high-quality health care at a reduced cost. The MSPs help pay Medicare premiums and may pay Medicare deductibles, coinsurance, and copayments for those who meet the conditions of eligibility. People with Medicare interested in learning more can visit www.medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs.

To see if you may qualify for one of the multiple Medicare Savings Programs, apply online at access.wi.gov, over the telephone at 1-888-794-5556, by mail (<https://www.dhs.wisconsin.gov/library/F-10101.htm>), or in person with your local Medicaid agency. The local agency in Dane County is the Capitol Consortium, at 1819 Aberg Avenue, Madison, WI 53704. The Capitol Consortium can also send you an application and answer any questions you may have about the application or these programs if you call the number above. For more information see: <https://www.dhs.wisconsin.gov/publications/p1/p10062.pdf>.

“Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.”

-Brené Brown



For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458. This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 2101WIMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



All sessions are available by telephone and on Zoom

Thursday 2:00 pm Eastern **Beginning the Dementia Journey with Tam Cummings, PhD**
January 5 1:00 pm Central *This is the first in a two part series. Please join Dr. Tam Cummings as she reviews the steps and challenges encountered by the family caregiver as it becomes apparent the loved one has cognitive issues. Please come with any questions you have about the disease and/or the challenges you may be experiencing.*
 12:00 pm Mountain
 11:00 am Pacific
****Sponsored by VITAS Healthcare****

Monday 1:00 pm Eastern **Siblings and Caregiving: Challenges and Opportunities with Zanda Hilger, LPC**
January 9 12:00 pm Central *In this session, learn about the complex role that siblings can play in family caregiving. How can you identify the needs of the person you are caring for and communicate those to match sibling personalities and abilities? Explore the challenges of long-distance caregiving. What about the role of in-laws? What are tips that will help you diffuse conflicts?*
 11:00 am Mountain
 10:00 am Pacific

Tuesday 11:00 am Eastern **Dementia or Alzheimer's - Understanding the Difference with Dr. Nestor H Praderio**
January 10 10:00 am Central *When a diagnosis of Dementia is issued, people usually assume that it is Alzheimer's and often reference the two interchangeably. Please join Dr. Praderio as he discusses how Dementia, Alzheimer's Disease and other related dementias all fit together.*
 9:00 am Mountain
 8:00 am Pacific

Thursday 11:00 am Eastern **Dear Lucy: Life After Caregiving with Lucy Barylak, MSW and Dr. Pam Orzeck**
January 12 10:00 am Central *Please join Lucy Barylak, MSW and Dr Pam Orzeck for the first of a two part series. They will explore the emotional difficulties that caregivers face after a loved one has passed. There will be a presentation and question period.*
 9:00 am Mountain
 8:00 am Pacific

Friday 11:00 am Eastern **Vida saludable para su cerebro y cuerpo: consejos de las últimas investigaciones con Maxine P. Vieyra**
January 13 10:00 am Central *Durante siglos, hemos sabido que la salud del cerebro y del cuerpo están conectadas. Pero ahora, la ciencia puede proporcionar información sobre cómo tomar decisiones de estilo de vida que pueden ayudarlo a mantener su cerebro y cuerpo saludables a medida que envejece. Únase a nosotros para aprender sobre la investigación en las áreas de dieta y nutrición, ejercicio, actividad cognitiva y compromiso social, y use herramientas prácticas para ayudarlo a incorporar estas recomendaciones en un plan para un envejecimiento saludable.*
 9:00 am Mountain
 8:00 am Pacific



A program of the WellMed Charitable Foundation
Register online at www.caregiverteleconnection.org or
call 866.390.6491 Toll Free



Every year you make a resolution to change yourself.

This year, make a resolution to be yourself.



www.caregiverteleconnection.org



Date Time Topic A LEADING VOICE FOR CAREGIVERS

All sessions are available by telephone and on Zoom

Wednesday January 18	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Accentuate the Positive with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW <i>Caregivers often feel like so much is out of their control, but that's not always the case. This program will focus on the positive aspects of caregiving and ways to take control of what is possible.</i>
Thursday January 19	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy Part 2: Life After Caregiving with Lucy Barylak, MSW and Dr. Pam Orzeck <i>Please join Lucy Barylak, MSW and Dr Pam Orzeck for the second session of a two part series They will discuss how caregivers can identify their needs and hopes in order to move forward in their lives after the loss of the person they are caring for. There will be a presentation and question period.</i>
Thursday January 19	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Dementia and the Hidden Patient with Dr. Natalee Oliver <i>Oftentimes caregivers live in the shadows of their loved ones with different forms of dementia. Join Dr. Natalee Oliver, DSW to discover why it is important to take care of yourself without feeling guilty, so you are not the hidden patient.</i>
Thursday January 26	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	New Year's Resolutions for Caregiver Well-Being with James Huysman, PsyD, LCSW <i>Unmanaged stress negatively affects personal relationships, general mood, and one's overall well-being. It also effects our loved one's health. Join Dr. Jamie as he discusses why self-reflection and self-care are critical to the health of us as caregivers.</i>
Tuesday January 31	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Embracing Tender Memories in Caregiving with Barry J. Jacobs, Psy.D. <i>It is easy for family caregivers to get swept up in the many tasks they need to do each day for care receivers. But when caregiving is over, it won't be memories of feeding or dressing their loved ones that will most matter to them; it will be tender moments of emotional closeness. In this Caregiver Teleconnection with Barry J. Jacobs, Psy.D., a clinical psychologist, author, and consultant, we'll discuss ways of being present with care receivers by focusing more on being with them than doing for them.</i>



A program of the WellMed Charitable Foundation
 Register online at www.caregiverteleconnection.org or
 call 866.390.6491 Toll Free



Dementia Friendly Community

Consider joining your local Dementia Friendly Community to participate in community organizing, outreach, education, and other opportunities!

YOU CAN HELP

RAISE AWARENESS OF DEMENTIA AND REDUCE STIGMA	IMPROVE COMMUNICATION
INCREASE ACCEPTANCE AND COMPASSION	PROMOTE INCLUSIVITY AND ACCESSIBILITY

For more information, contact the **Dementia Care Specialist** at the **Aging & Disability Resource Center** at (608) 240-7400.



Facebook: ADRCDaneCo
 Website: www.daneadrc.org