

# Caregiver Chronicles

October 2021



Caring for Caregivers

AREA AGENCY ON AGING OF DANE COUNTY  
2865 N SHERMAN AVE, MADISON, WI 53704  
608-261-9930



***Breathe. Don't be afraid to ask for help.  
Don't try to be a hero if your health or  
stress is at risk. Finally, don't try and do it  
alone.***

***—Caregiver Janice B.***

## October: Emotional and Mental Health Awareness

October is *Emotional Wellness Month*, October 3—9 is *Mental Illness Awareness Week*, and October 10th is *World Mental Health Day*. As wonderful as the gorgeous turning leaves and pleasant sweater weather can make us feel, we are also aware that the days are shorter, reminding us of more time spent in darkness. As cold weather approaches, we are inside more often, and aren't where we thought we might be in our ability to move on from the threat of COVID-19. The holidays are approaching quickly and all the expectations that go with them. And, many of us—caregivers especially—have not yet had time to recover, grieve, or acclimate to all that the pandemic has wrought in our lives.

Being a family member, relative, or friend who is also a caregiver is challenging in the best of circumstances. The stress and challenges of the role can have a huge impact on the caregiver's mental health, leading to more instances of depression, post-traumatic stress disorder, alcohol and drug addiction, and anxiety.<sup>1</sup> Left unaddressed, burnout can set in, and at that point, a caregiver's ability to continue on with caregiving is threatened. (See Jane Mahoney's article, *Recognize Caregiver Burnout* on page 4 for signs of burnout and ways to address it.)

The goal of the Dane County Caregiver Program is to support family caregivers so they are able to continue to be a source of support for their loved one. This issue of *Caregiver Chronicles* includes a variety of resources to help depending on your needs. Caregiver Teleconnection offers free learning sessions you can access by phone. During October, they have a special series on *Caregiving During COVID-19: A Series of Emotions*. Four sessions cover *How to Cope with Fear*, *How to Deal with Anger*, *How to Handle Uncertainty*, and *How to Process Sadness*. (See page 7 for more information and how to register for any or all of the sessions.)

For caregivers and/or their loved ones on Medicare, MIPPA Program Specialist, Leilani Amundson lays out the ways that Medicare helps pay for mental health services. (See her detailed description of available services in *Monthly MIPPA [Medicare Improvements for Patients and Providers Act] Moment* on page 9.)



<sup>1</sup>Schall, John, CEO of Caregiver Action Network, [Mental Health America](https://www.mentalhealthamerica.net), accessed 9.30.21.

Another way to address mental or emotional distress is to take charge of your life in ways available to you. The virtual *2021 Triad of Wisconsin Conference* begins on Friday, October 1 and sessions continue through October 29 with a variety of dynamic speakers. It's not too late to register. (See page 11 for details on the conference.)

A well-documented antidote to stress is time spent in nature and spending time with loved ones. Many caregivers are sandwiched between generations and are challenged to find activities that appeal to a variety of age groups. Friends of Pheasant Branch Conservancy and the Madison Reading Project are *Celebrating Books and Trees* in an event on October 2. Attendees are invited to "wander and wonder" in the Bock Forest. It's an opportunity for parents, grandparents, caregivers, and care partners to learn, select a book of their own, and enjoy an ice cream treat. Come anytime between 10:00 am and 1:00 pm, registration not required. (See page 12 for details.)

For caregivers of persons with Alzheimer's or related dementia, the West Madison Dementia Friendly Coalition is holding a Fall Resource Fair, *Caring for Caregivers*. The virtual event features live presentations with Q & A. (See page 13 for details and Zoom link.)

For caregivers of our veterans, and veterans who are caregivers, registration is open for the Madison VA's upcoming *Virtual Caregiver Day Off Class*. Free classes are offered on *Handling Emotions* and *Lowering Stress*. (See pages 14 and 15 for details and registration.)

Registration is also taking place in October for *Boost Your Brain & Memory Class*, presented by the ADRCs of Dane and Trempealeau Counties. The class focuses on lifestyle factors that impact brain health and memory strategies that attendees of the class can implement in their daily lives. Class takes place in November but space is limited. Be sure to register soon if you are interested. (See page 16 for details.)

Sometimes, as in the case of burnout, mental and emotional health issues become overwhelming. If you need more immediate help, contact the ADRC phone line from 7:45 am—4:30 pm to reach a staff member directly who can provide you with a referral. You can also reach out to the Behavioral Health Resource Center for assistance accessing mental health and/or substance abuse services in Dane County. You can reach them at 608-267-2244, or by email at [BHRC@countyofdane.com](mailto:BHRC@countyofdane.com). For more information, check the website at [danebhrc.org](http://danebhrc.org).

Emotional Wellness Month presents another opportunity to care for yourself. In the moment, relax your shoulders and jaw and breathe. Then make a plan to do things that support you. We are here to help if you need it.



Jane De Broux  
Caregiver Specialist  
Dane County Area Agency on Aging



Caring for Caregivers

Office: 608-261-5679  
Mobile phone: 608-381-5733  
[debroux.jane@countyofdane.com](mailto:debroux.jane@countyofdane.com)

## Recognize Caregiver Burnout

Providing care for an aging or disabled loved one is probably one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming, bathing, and walking is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one's ability to care for themselves deteriorate is emotionally difficult. And the changes in your own personal, social, and work life as a result of your caregiving obligations may leave you feeling confused, unhappy, and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the challenges go beyond your ability to manage and into what is often called **caregiver burnout** which is a state of physical, emotional, and mental exhaustion. Stressed caregivers may experience fatigue, anxiety, and depression. Learning to identify the warning signs of burnout and learn interventions to reduce stress levels will help make your caregiving role more manageable and enjoyable.

Here are some warning signs of Caregiver Burnout:

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity at work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with care recipient frequently
- Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to feedback from your friends and family about how you appear to be coping then heed the warnings to counteract burnout.



Once you have recognized that you are experiencing burnout you can try various things to help you cope. Here are some suggestions:

- Ask others for help. You don't have to do everything. It's okay to ask for help.
- Get support. Find family and friends whom you can share joys and frustrations with.
- Attend a support group to receive positive feedback and coping strategies from others in similar situations.
- Consider seeking professional counseling if needed.
- Take regular breaks, even if it is only 15 or 20 minutes while your loved one is sleeping or engaged in something else, do something that makes you feel good.
- Maintain good health by exercising regularly and eating a healthy diet.
- Take regular time out for journaling, meditating or contemplation.
- Stay involved in hobbies and activities you enjoy. Find a home care provider or ask family or friends to stay with your loved one if necessary.

When you understand and acknowledge that being a caregiver may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do prevent burnout and be an effective caregiver is to take care of yourself!

For more information on Caregiver Burnout and other caregiver issues, please call the Dane County Caregiver Program at 608-261-5679 or email Jane De Broux, Caregiver Specialist at [debroux.jane@countyofdane.com](mailto:debroux.jane@countyofdane.com).

—Jane Mahoney, Caregiver Support Specialist  
Greater Wisconsin Agency on Aging Resources





# CAREGIVER TELECONNECTION



[www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)

Telephone Learning Sessions



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Tuesday October 5	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Lewy Body Dementia: A Tale of Two Lewies with Julia Wood</b> <i>October is Lewy Body Dementia (LBD) Awareness Month, and there are many symptoms of this complex condition that remain poorly understood and confusing for many. Care partners will gain an understanding of LBD and how to find support, education and resources across the evolving stages.</i>	
Thursday October 7	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Online-Engaging Caregivers: A Program for Healthcare Workers with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</b> <i>Join Lucy Barylak, MSW and Dr. Elliot Sklar as they discuss how to support caregivers from different cultures; gender and sexuality and cultural competence in long term care planning, and in long term care settings</i>	
Monday October 11	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>BEWARE: Scammers are still at work with Melinda Gardner</b> <i>The pandemic has placed many of us in situations we never thought we would be in...isolation. This is the perfect environment for scammers to 'work.' We want to help you stay aware of various frauds and scams to reduce your chance of becoming a victim of scams. We will provide some recent scams and what you can do to protect yourself. <b>**Sponsored by the North Central Texas Caregiver Teleconnection**</b></i>	
Thursday October 14	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Dear Lucy: Challenges that Caregivers face when Providing Personal Hygiene Care to a Loved one with Dementia with Lucy Barylak, MSW</b> <i>Join Lucy Barylak, MSW as she provides tips on how to deal with difficult behaviors when it comes to bathing, dressing, grooming, and dental care.</i>	
Monday October 18	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Online-Understanding The Fight, Flight, Freeze and yes, Fawn Response for a Happier and Healthier Life with Dr. James Huysman, PsyD, LCSW</b> <i>Join us this month to learn about our nervous system and how to learn vital techniques how to aid our body in its' own self-regulation for a healthier and happier caregiver experience and of course our lives in the process.</i>	
Tuesday October 19	12:00pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Online-So What's Next? with Tam Cummings, PhD</b> <i>Planning for the progression of dementia and the care of your loved one differs for each family. But let's try and prepare you for some of the bumps in the road. Asking for a lost loved one, a frightened voice calling you for help from memory care, demanding you bring the car and take her or him home are just a few of the tangles in the twisting and turning road of dementia care. Bring your questions and concerns and we will get you ready. <b>**Sponsored by VITAS Healthcare**</b></i>	
Thursday October 21	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Online-COVID-19 Update: Booster Shots &amp; More with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</b> <i>There's a lot of debate about booster shots which makes it hard to know what to do and who to trust. What do caregivers need to know? We'll discuss all of the data and answer your questions and concerns.</i>	
Tuesday October 26	12:00pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Online-Understanding the Challenging Behaviors of Loved Ones with Dementia with Barry J. Jacobs, Psy.D.</b> <i>Because they are confused and often fearful, individuals with moderate to severe dementia often have behavioral challenges. In this session, with Barry J. Jacobs, Psy.D., we'll discuss ways of understanding these behaviors, better managing them, and feeling less guilt about setting behavioral limits. <b>**Sponsored by Arden Courts**</b></i>	
Friday October 29	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Online-"Conceptos básicos de Medicare" con José Díaz</b> <i>¿Ha oído hablar de la inscripción abierta de Medicare? Únase a José Díaz que explicara los conceptos básicos de Medicare para que haga un decisión informada para su ser querido.</i>	



A program of the WellMed Charitable Foundation  
Register on [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) | or call  
866.390.6491 Toll Free


**Date**
**Time**
**Topic**
**A LEADING VOICE FOR CAREGIVERS**
**PRESENTATION**
**Caregiving During COVID-19: A Series of Emotions**

**Presenters**
**Dr. Elliot Montgomery Sklar  
Lucy Barylak, MSW**

Whether caregiving for a loved one or trying to care for ourselves during the pandemic – we are all experiencing a series of common emotions. When we don't address these emotions, they can impact upon our physical and mental health. This series will provide a forum to discuss these feelings and experiences around COVID-19, along with practical tips and answers to your questions.

<b>Wednesday October 6</b>	<b>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</b>	<b>How to Cope with Fear</b> <i>We are still living in a time of unknowns with new COVID waves, variants and boosters – and even the fear of a return to normal. This session will address coping with ongoing fear and anxiety.</i>
<b>Wednesday October 13</b>	<b>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</b>	<b>How to Deal with Anger</b> <i>Many of us are feeling frustrated, overwhelmed and angry. Interpersonal conflict has increased since the pandemic began, and this session will address ways to deal with anger and conflict.</i>
<b>Wednesday October 20</b>	<b>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</b>	<b>How to Handle Uncertainty</b> <i>It's hard to know what science to believe, and to have a sense of when the pandemic will be over. This session will address how to cope with the uncertainty we are all feeling.</i>
<b>Wednesday October 27</b>	<b>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</b>	<b>How to Process Sadness</b> <i>There is a loss that we feel over missed time, and missed loved ones, and missed experiences. This session will discuss acknowledging the elements of grief around us.</i>



# FREE Virtual (Online) Welcome to Medicare Seminars

*Sponsored by Area Agency on Aging of Dane County's  
Elder Benefits Specialist Program*

## What you need to know about enrolling in Medicare

If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

**November 13, 2021, 9-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by 11/4/21

Seminars will be offered via Zoom.

Email for more information.



Monday through Friday  
Call 7:45 am—4:30 pm

**(608) 240-7400**

Website: [www.daneadrc.org](http://www.daneadrc.org)

Email: [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com)

Click on the button to follow the ADRC on facebook.



**Connecting People with the  
Assistance They Need**



**Monthly MIPPA Moment: October is Emotional Wellness Month  
and World Mental Health Day is October 10**

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.

*For more information on MIPPA Programs, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.*

One in six adults will experience depression in their lifetime. Depression and anxiety can consume peoples' energy; lead to physical issues with headaches, cardiac or stomach issues; and even affect motor function. Addressing mental health wellness can provide relief in most cases and finding the right avenue of treatment is important.

Medicare helps pay for mental health services through Part A and Part B. If you have Part A and you're an inpatient in a general or psychiatric hospital, Medicare helps pay for therapy, lab tests, and other services. If you have Part B, Medicare helps cover mental health visits you would get from a doctor and services you generally get outside of a hospital. These include **one depression screening per year, one alcohol misuse screening per year, opioid use disorder treatment services, and other services**. You pay nothing for these screenings if your doctor accepts assignment. This entails an agreement by your doctor, provider, or supplier to be paid directly by Medicare, to accept the payment amount Medicare approves for the service, and not to bill you for any more than the Medicare deductible and coinsurance. The screening must occur in a primary care setting (like a doctor's office) that can provide follow-up treatment and/or referrals.

If you or someone you know would like to talk to a crisis counselor, call the free and confidential National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255). TTY users can call 1-800-799-4889.

Adapted from <https://www.medicare.gov/blog/medicare-mental-health-coverage-2020>. 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.



## Hispanic Heritage Month September 15—October 15

[National Hispanic Heritage Month](#) began on September 15 and is a month to recognize the contributions and influence of Hispanic and Latino Americans in the U.S. In 2020, [9% of older adults in the U.S. were of Hispanic origin](#), and in 2019 over [6% of persons of Hispanic origin were ages 65 and over](#). Legal assistance programs often work with older adults of Hispanic or Latino origin who face health and economic disparities. These disparities are exacerbated by language barriers for individuals with limited English proficiency and gaps in information about the impact of utilizing government assistance on an individual's (or their family's) immigration status. Such disparities are furthered during the COVID-19 pandemic due to access-related barriers, as [Hispanic adults had the lowest vaccination rates](#) as a result of factors such as misinformation about costs, safety, and access, concerns about employment and immigration, and barriers accessing vaccination sites and information.<sup>1</sup>

The links below will take you to resources recommended by the National Center on Law & Elder Rights that may be of interest to caregivers for members of the Hispanic Community:

- National Council on Aging: [BuscaBeneficios.org](#)
- National Council on Aging: [Caring and Connecting with Latino Older Adults](#)
- NCLER: [Language Access Rights: Tips for Advocates of Limited English Proficient Older Adults](#)
- Justice in Aging: [Ten Things You Should Know About Language Access Advocacy for Older Adults](#)
- NCLER: [Access to Benefits for Older Immigrants](#)
- NCLER: [Medicaid & Transportation for Older Adults](#)
- National Hispanic Council on Aging: [Status of Hispanic Older Adults Annual Report](#)

**NewBridge Madison** has a [Diversity and Inclusion Program for LatinX](#) older adults.

Contact Garrett Tusler for more information: 608-512-0000 extension 3009 for more information or email [GarrettT@newbridgemadison.org](mailto:GarrettT@newbridgemadison.org).



<sup>1</sup>Shared from National Center on Law & Elder Rights: <https://ncler.acl.gov/>



# Triad of Wisconsin Conference - 2021

Shaping a  
Healthier,  
Safer Future



**Five Fridays: October 1, 8, 15, 22, 29 from 10 AM to 12 PM**

Presentation	Presenter	Day & Time
Putting the Spotlight on Elder Abuse - A Crime Too Often Operating in the Shadows	Paul Greenwood, Greenwood Law Corp., Retired Deputy District Attorney (Elder Abuse Prosecution Unit), San Diego County, Calif.	Oct 1, 10 AM
A Collective Impact Approach to Addressing Social Isolation and Loneliness in Wisconsin	Amber Mullett, Wisconsin Department of Health Services Sam Wilson, State Director, AARP-Wisconsin Janet Zander, Advocacy and Public Policy Coordinator, GWAAR	Oct 1, 11 AM
Money Smart for Older Americans	Jenefer Duane, Senior Program Analyst, Office for Older Americans, Consumer Financial Protection Bureau	Oct 8, 10 AM
News or "news"? The Basics	Chris Rickert, Urban Affairs, Investigations and Consumer Help Reporter, Wisconsin State Journal	Oct 8, 11:15 AM
Crime, Statistics, and Risk of Victimization	Ken Streit, Professor, Law School, University of Wisconsin-Madison	Oct 15, 10 AM
Understanding Risk Perceptions	Dominique Brossard, Professor and Chair, Dept of Life Science Communication, University of Wisconsin-Madison	Oct 15, 11 AM
Landlord / Tenant Rights Under Wisconsin Law	Jeff Kersten, Agency Liaison, Wisconsin Department of Agriculture, Trade and Consumer Protection	Oct 22, 10 AM
Age-Friendly Housing: A National Perspective on Current Research, Trends and Policy Solutions	Shannon Guzman, Sr Strategic Policy Advisor, AARP Public Policy Institute	Oct 22, 11 AM
Financial Crimes Affecting Older Adults <ul style="list-style-type: none"> <li>Phishing and Online Scams</li> <li>Tools Older Adults Use to Build Confidence in Banking Today</li> <li>Reporting &amp; Investigation of Financial Scams</li> </ul>	Mike Mudroncik, Internal Revenue Service Carol Maria, Federal Deposit Insurance Corporation April DeValkenaere, Waukesha County District Attorney's Office	Oct 29, 10 AM - 12 PM

Registration Fee: \$15 (Scholarships are available. Email [mthomsen@rsvpdane.org](mailto:mthomsen@rsvpdane.org))

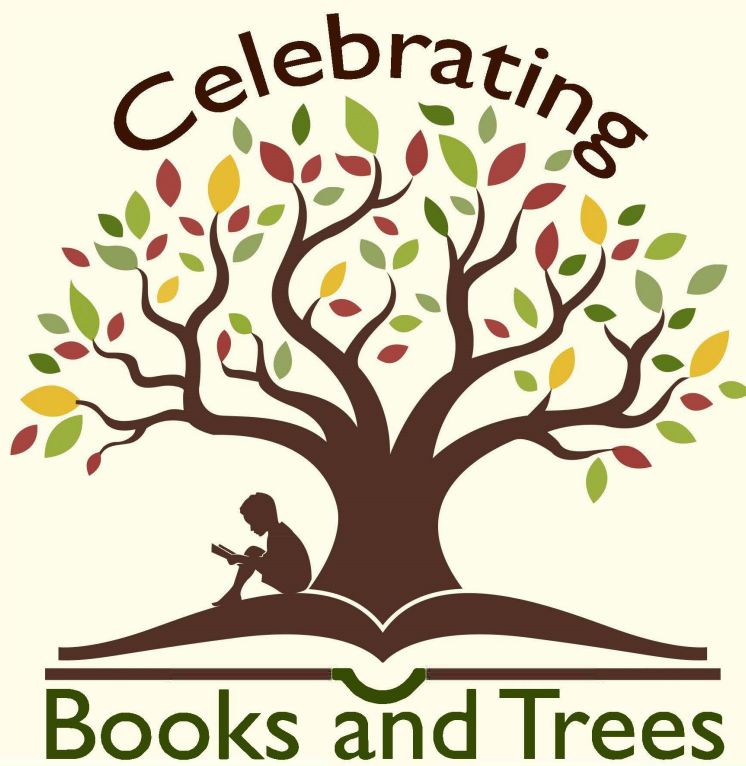
Register online at <https://bit.ly/2021TriadRegistration> Click the "Register Now!" button.

Continuing Education Hours are available. Be sure to check the box in the registration to request the CEHs.

Sponsors: AARP Wisconsin, Medicare Patrol — GWAar

Conference Planning Committee:





### **Wander and Wonder in the Bock Forest**

This is an invitation from Madison Reading Project and the Friends of Pheasant Branch Conservancy to ...

**Kids** (pre K to 5th grade) – Bring your adults with you!

**Adults** (Parents, Grandparents, Care Givers/Care Partners)  
- Bring your kids with you!

- Learn about the importance of trees from Naturalists
- Select a free book to take home
- Enjoy an ice cream treat

**Date:** Saturday, October 2, 2021

**Time:** 10:00 am to 1:00 pm (Come anytime during this time period)

**Location:** Highland Way entry in Middleton to the Pheasant Branch Conservancy



WEST MADISON DEMENTIA FRIENDLY COALITION  
PRESENTS "CARING FOR THE CAREGIVER"

# FALL 2021 DEMENTIA FRIENDLY VIRTUAL RESOURCE FAIR

**Live presentations with Q+A for family & friends who are active caregivers, caring for those with Alzheimer's or related dementias.**

Dates: October 11-14, 2021 • Virtual on Zoom

Time: 2:00PM - 6:00PM Daily

Cost: **FREE**

**RSVP** for Zoom daily zoom links to Amber via email: [abormann@brookdale.com](mailto:abormann@brookdale.com) or call (608) 234-2996.

- RSVP by 10/8/21 to be entered into a daily gift basket drawing!

@ 2021DEMENTIAFRIENDLYRESOURCEFAIR  
WWW.FACEBOOK.COM/WESTMADISONDFC

**Madison VA  
Caregiver Program**

## Virtual Caregiver Day Off Class

Free classes for  
Caregivers of Veterans  
Or  
Vets who are Caregivers

**HAPPY NATIONAL CAREGIVER  
SUPPORT MONTH!**

**Nov. Virtual Self-Care Course**

Handling Emotions

Wednesday, Nov 3, 2021

Thursday, Nov 4, 2021

**CLASSES ARE 10AM- 12PM** -Provided in partnership with the Memphis  
VA Caregiver Center.

**\*\*\*Please virtually attend by phone or computer- Phone number and  
conference code/invitation email to be provided prior to class**

**\*\*\*PLEASE PICK ONE CLASS to attend**

**\*\*\*RSVP is necessary to save your space in class.**

To RSVP call **608-256-1901 ext. 11576**. Please leave a message  
to include:

- YOUR NAME and your Veteran's name
- PHONE # you can be reached

For more information, please contact:

Meghann Schmitt, CISW

Caregiver Support Program at the

William S. Middleton Memorial Veterans Hospital

2500 Overlook Terrace, Madison, WI

#608-256-1901 ext 12308



**VA  
HEALTH  
CARE**

Defining  
**EXCELLENCE**  
in the 21st Century

**Madison VA  
Caregiver Program**

## Virtual Caregiver Day Off Class

Free classes for  
Caregivers of Veterans  
Or  
Vets who are Caregivers

**HAPPY NATIONAL CAREGIVER  
SUPPORT MONTH!**

**Nov. Virtual Self-Care Course**

Lowering Stress

Wednesday, Nov 17, 2021

Thursday, Nov 18, 2021

**CLASSES ARE 10AM- 12PM** -Provided in partnership with the Memphis VA Caregiver Center.

**\*\*\*Please virtually attend by phone or computer- Phone number and conference code/invitation email to be provided prior to class**

**\*\*\*PLEASE PICK ONE CLASS to attend**

**\*\*\*RSVP is necessary to save your space in class.**

To RSVP call **608-256-1901 ext. 11576**. Please leave a message to include:

- YOUR NAME and your Veteran's name
- PHONE # you can be reached

For more information, please contact:

Meghann Schmitt, CISW

Caregiver Support Program at the

William S. Middleton Memorial Veterans Hospital

2500 Overlook Terrace, Madison, WI

#608-256-1901 ext 12308



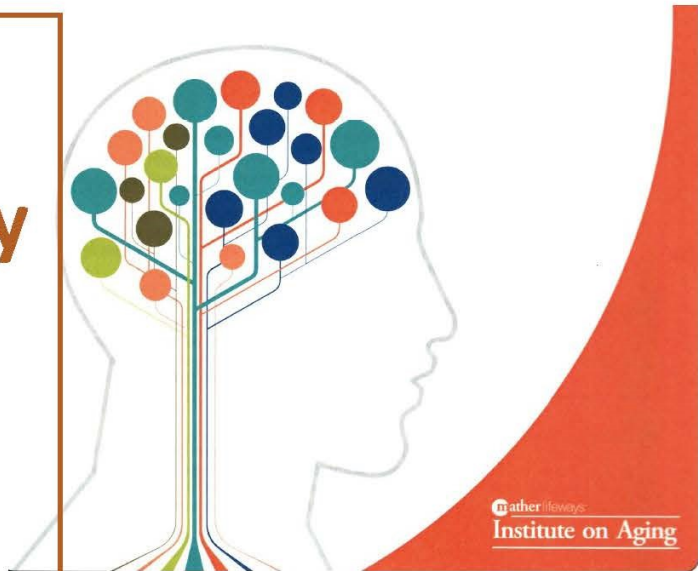
**VA  
HEALTH  
CARE**

Defining  
**EXCELLENCE**  
in the 21st Century

# Boost Your Brain & Memory

**Wednesdays**  
**Nov. 3– Dec. 15**  
**11:00am-12pm**

Offered by Dementia Care  
Specialists  
Audrey and Becky



**Space is limited register before October 25th**

**Dane County Residents call Audrey at (608) 240-7400**

**Trempealeau, Buffalo, Pepin Residents call Becky at (715) 538-1930**

Have you ever wondered if there were ways to take care of your brain as you age? The Boost Your Brain & Memory class focuses on a variety of lifestyle factors that impact brain health and memory strategies that participants can implement in their daily lives.

**Live a Healthier Life | Remember Things Better**

Classes are hosted virtually for 7 weeks.



Workbook Provided.

