

Caregiver Chronicles

May 2021



Caring for Caregivers

AREA AGENCY ON AGING OF DANE COUNTY
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608-261-9930

Alone,
We can do so little;
Together,
We Can Do So Much
—Helen Keller

Communities of **Strength**



#OlderAmericansMonth



Celebrating Older Americans

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This Older Americans Month, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.¹

One beloved community activity is coming back this summer—Farmers' Markets are reopening. Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults (age 60+) for use in purchasing fruit, vegetables, or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2021 growing season (June 1—October 30). The vouchers are distributed on a first come, first served basis so check out the details and get ready to meet your farmers (page 4).

If you are age 60+ you can support your healthy eating habits and learn how to maximize your market bounty with assistance from Shannon Gabriel, Senior Nutrition Program Registered Dietitian Nutritionist and Healthy Aging Coordinator. If you are not yet 60 and care for an older adult who is, and they could benefit from Shannon's help, you can make an appointment for them and attend the consultation as long as the adult age 60+ is also present (page 5).

As we continue to get more people vaccinated and while there are still some precautions in place, get connected by phone on first and third Wednesdays with Dane County agencies partnering to bring educational and entertaining programming (page 6); or embark on an interactive virtual travel adventure with offerings for family caregivers from the Hummingbird Project (page 7).

In this issue you will also find ways to care for yourself and your environment. Always a critical component of wellbeing, mental health is more important than ever to help address issues brought on or exacerbated by COVID-19. New resources from the Behavioral Health Resource Center (page 11) and a new mental health program for Focal Points Case Management clients (page 8) offer options for those who may be struggling. Environment is a significant contributor to mental health, so if you are a low-to-moderate income home owner whose abode needs rehabilitation, Project Home is now taking applications (page 12). And to make sure you and your care partner are safe and have peace of mind, consider taking steps to prevent falls with some helpful home safety tips (page 3).

If you need caregiver support or resources, call or email me at the contact information below.




Jane De Broux
Caregiver Specialist
Dane County Area Agency on Aging

 Caring for Caregivers

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¹Reprinted from the Administration on Community Living

Home Safety Tips for Caregivers

We work hard keeping our loved ones safe and healthy. We monitor diet and medications and activities as best we can but something that is frequently overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65 and over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. The following are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.

FLOORS: Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter (i.e., books, papers, blankets) off the floor. Be sure there are no cords or wires from lamps, phones, or small electronics across the walkway.

STAIRS AND STEPS: Always keep stairs clear of any objects such as shoes. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at both the top and the bottom along with switches at both locations so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Lastly, install handrails on both sides of the stairs making sure they are as long as the stairs and are very secure.

KITCHEN: Rearrange your cupboards so that the things you use the most are at waist level where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold onto. Never use a chair as a step stool.

BATHROOMS: The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips. Install grab bars inside the tub and next to the toilet.

BEDROOMS: Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a nightlight in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- Regular exercise makes you stronger and improves coordination and balance.
- Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- Check your vision yearly. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Count to 10 before walking.
- Always wear shoes, outside and inside the house as well.
- Use bright bulbs in all rooms of your house. Having uniform lighting in each room is safest.
- Hang light-weight curtains or shades to reduce glare.
- Paint a contrasting color on the top of all steps so you can see the stairs better.

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online: https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf

—Jane Mahoney
Older American's Act Consultant
Greater Wisconsin Agency on Aging Resources



It's finally time . . .

For Summer Farmers' Markets!

Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to senior adults for use in purchasing fruit, vegetables, or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2021 growing season (June 1—October 30).

The vouchers are distributed on a first come, first served basis to those age 60+ who live in Dane County, and have gross incomes under **\$23,828 per year (or \$1,986/month) for a one person household and \$32,227 per year (or \$2,686/month) for a two person household**. One set of vouchers per household regardless of size of household.

Due to COVID-19, distribution of farmers' market vouchers will be via mail. If you received vouchers last year, you will receive an application in the mail by the end of May, along with instructions for this year's program. For those who have never participated in the program and wish to apply, contact AAA Dietitian Shannon Gabriel at 261-5678. Once we receive and approve your application, vouchers will be mailed starting on June 1st.

"This institution is an equal opportunity provider."





Shannon Gabriel is the new Senior Nutrition Program Registered Dietitian Nutritionist and Healthy Aging Coordinator. Her goal is to promote, encourage, and guide healthy aging behaviors for older adults (age 60+). She accomplishes this in a variety of ways including: coordination and planning of healthy and balanced menus for the Dane County Area Agency on Aging Senior Nutrition Program; offering healthy aging classes on a variety of wellness topics at senior and community centers; and providing one-on-one nutrition counseling.

Nutrition counseling is available free of charge to older adults in Dane County age 60+. While individuals and caregivers under the age of 60 are not eligible, Shannon is able to consult with caregivers or their care partners of eligible age. Caregivers under the age of 60 can call on behalf of their care partner to set up an appointment and attend the session with them as needed but the older adult (age 60+) must be in attendance at the session.

Counseling sessions are offered by phone, online via Zoom, and in-person with social distancing precautions in place. Common topics for sessions include (but are not limited to):

- prediabetes and diabetic diets
- food interactions with medication
- food allergies and intolerances
- severe weight loss
- heart-healthy diet
- difficulties chewing or swallowing
- poor appetite, constipation, acid reflux
- cooking for one or two
- following a newly-prescribed diet from your physician
- basic older adult nutrition

The first counseling session is generally an hour long and includes a discussion of health history, current situation, and any concerns. From there, Shannon works with individuals to make a plan for how to address any questions and to create one or two short goals. Follow-up sessions are scheduled as needed and are typically 30 minutes long.

Shannon thoroughly enjoys teaching how food choices can enhance lifestyle for her clients. Caregiving can be stressful and overwhelming and, unfortunately, sometimes this means making health and nutrition a priority can take a back seat. Shannon's goal is to provide services that will easily guide and teach you how to better care for your loved one *and* give you the tools to apply that same knowledge to your own health. When we take the time to care for ourselves, we are able to better care for others!

To learn more or to schedule an appointment, contact Shannon at (608) 261-5678 or gabriel.shannon@countyofdane.com.



Let's
Connect!!

1st & 3rd
Wednesdays at 10 a.m.
Throughout 2021

Spring

Dane County agencies are partnering to provide educational and entertaining FREE programs **by phone** in an effort to reduce feelings of isolation.

Topics available here:

<http://aaa.dcdhs.com/COVID-19.aspx>

1st Wednesdays

Call: 1-833-558-0712

Access Code: 199 641 6875 ##

3rd Wednesdays

Call: 1-833-558-0712

Access Code: 199 195 6932 ##

Toll
FREE!!!





Let's Get Away, Together Virtual Travel— Summer Session

This series is comprised of interactive sessions with each week focusing on a new place or cultural activity, while incorporating storytelling, music, poetry writing, and/or a simple craft. Each session will include a follow-up message filled with tips, activities, and recipes for families

to continue to enjoy after the virtual trip. The focus of each group is to explore a new world, experience a variety of engaging opportunities, and enjoy a sense of camaraderie and community.

Let's Get Away Together is intended to be an enjoyable activity for family caregivers and the person they care for. Those receiving care who are able to participate in the discussion and activities are encouraged to attend with their family caregiver.

May 4

Let's go to Hawaii's National and State Parks!

May 11

Let's go to Saudi Arabia!
Join us as we explore the art and local/popular landmarks of Saudi Arabia

May 18

Music around the world
Jump into our Zoom-world tour of famous as well as less known music from around the world.

May 25

Let's go to India (Encore)
Explore the popular and off-the-beaten-track destinations

June 1

Let's go to the British Virgin Islands
Kick-off Summer holiday with us as we visit the Caribbean

June 8

Let's go to Amsterdam

June 15

Let's explore Sacramento
Explore California's Capitol

June 22nd

Let's go to Italy!
Join us for a musically rich tour of Italy.

When: Tuesdays, May 4 to June 22, from 1 to 2 p.m. (PT)

Where: Online

Cost: No charge

Registration: [Click here](#)

Contact: Calvin Hu, edprograms@caregiver.org



Monthly MIPPA Moment: May is Arthritis Awareness Month

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

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

In the United States, more than 54 million people have arthritis. That number is expected to grow to 67 million by 2030. Arthritis is the nation's No. 1 cause of disability and there are over 100 different types of Arthritis, the two most common are osteoarthritis (OA) and rheumatoid arthritis (RA). While OA occurs from normal wear and tear, RA is caused by the immune system attacking the tissues of the body.

Arthritis & Medicare Preventive Services

Among older Americans with RA and OA, studies have shown that important preventive tests and services such as influenza and pneumococcal vaccination were substantially underutilized. Based upon higher rates and risk factors for adverse events (for example, serious infections, fracture, malignancy, and cardiovascular disease) among patients with inflammatory arthritis, the need for the preventive tests and services we studied is generally more compelling for RA patients than for patients with OA or the general population and it is important to speak with your provider to see what preventive services you may be eligible to receive.

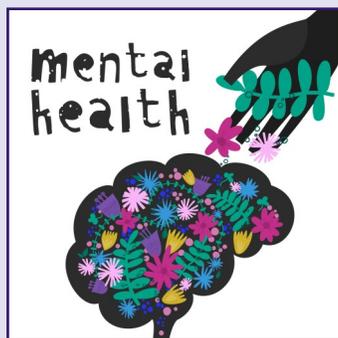
Original Medicare (parts A and B only) will cover services and supplies for any arthritis treatment and comorbid preventive services if your doctor has determined that it's medically necessary. If you have Medicare Part B (medical insurance) you'll most likely pay the monthly premium. In 2021, that amount is \$148.50 for most people and you'll also probably pay \$203 for your annual Part B deductible.

After the deductible, you typically pay a 20% copay of Medicare-approved amounts for:

- most doctor services (including while a hospital inpatient)
- outpatient therapy
- durable medical equipment, such as a walker or wheelchair

Adapted from Health.com and Medicare.gov.

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



NEW PROGRAM - Mental Health Resources

NewBridge Madison, Inc. is starting a program for Dane County Focal Point Case Management clients beginning Monday, May 3. The goal of the program is to help older adults maintain independence by delivering an in-home mental health assessment and team consultation. Clients are referred to the program through their Case Manager.

The Mental Health Resource Team is composed of Kathleen Pater, Licensed Clinical Social Worker, and Michael Garrison, Registered Nurse. *"We aim to share our combined knowledge of social work and nursing in addressing client's social, emotional, and relational needs."*

Please contact your Case Manager or local Focal Point for more information.



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.

May 15, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by 5/6/21

July 17, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by 7/8/21

September 18, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by 9/9/21

Seminars will be offered via Zoom.

Email for more information.



**Connecting People with the
Assistance They Need**

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

(608) 240-7400

Website:

Email: ADRC@countyofdane.com

*Click on the button to follow the ADRC on
facebook.*



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Tuesday, May 4	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Understanding the impact of Diabetes with Shirlee Crandall with San Antonio Lighthouse for the Blind <i>Did you know Diabetes is the leading cause of blindness in US adults? Did you know it's also largely preventable? Learn seven steps to good Diabetes self-management and much more!</i>	
Wednesday, May 5	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	How to Stage Your Loved One with Tam Cummings, PhD <i>This session will share how to use the Dementia Behavioral Assessment Tool, the FTD Staging Tool, ADL and IADL Staging Tools to assist your doctor in understanding how advanced your loved one's disease process is and to help the family caregiver prepare for the dementia journey.</i> **Sponsored by VITAS Healthcare**	
Monday, May 10th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Home Care: Can I Be Paid as a Caregiver and What Home Based Services are Available? with Cathy Stump <i>Learn about federal and state-level policies and restrictions to paid family caregivers. How do states differ? Define types of home based services that may be available and how to apply for them.</i> **Sponsored by the North Central Texas Caregiver Teleconnection**	
Tuesday, May 11th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Zoom - Problemas de comportamiento en la enfermedad de Alzheimer con el Dr. Praderio <i>N.H. Praderio, MD describirá los problemas de comportamiento más comunes asociados con la enfermedad de Alzheimer, incluida la agitación, la agresión verbal (obscenidades, acusaciones, etc.) y la agresión física (caminar, morder, golpear), deambular, acaparamiento, alteraciones del sueño, inhibición sexual, alucinaciones y otros.</i>	
Wednesday, May 12th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	The New Normal: Tips for Caregivers with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW. <i>How do pandemics end? Are we there yet? In our new normal, some caregiving responsibilities are becoming more challenging. This session will address how to find balance in our new normal.</i>	
Thursday, May 13th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: Why Dementia Affects Balance with Lucy Barylak, MSW <i>Join Dear Lucy for this interactive session where she will talk about how caregivers can recognize balance problems in their loved one. She will also provide tips on creating a safe place for your loved one with dementia.</i>	
Monday, May 17th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	ZOOM - Taking your O2 First While Caring for Older Adults with Jamie Huysman, PsyD <i>The overwhelming stress we feel as caregivers can develop into serious health issues, both mentally and physically, which can prevent caregivers from leading a fulfilling life. Join Dr. Jamie Huysman for this discussion and begin the authentic path necessary to start trusting ourselves and the healing process.</i>	
Tuesday, May 25th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Hurricane Preparedness: Tips for Caregivers with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>The 2021 hurricane season is expected to be more active than usual and begins on June 1st. Join us as we discuss preparedness tips and planning strategies for caregivers to keep you and your loved ones safe.</i>	
Wednesday, May 26th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Caregiving During COVID-19: Mental Health & COVID-19 with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>A pandemic has implications on our mental health. Addictive health behaviors like drinking alcohol and overeating are on the rise. This session will focus on addiction, healthy coping behaviors, and resilience.</i>	



BEHAVIORAL HEALTH RESOURCE CENTER

The BHRC is a community resource available to any Dane County resident

REGARDLESS OF:

- INSURANCE STATUS
- FINANCIAL STATUS
- LEGAL STATUS
- IDENTITY
- ABILITY
- AGE

Do you need assistance accessing mental health and/or substance use services in Dane County?

Phone: (608) 267-2244

Email: BHRC@countyofdane.com

Website: danebhrc.org

Interpretation services are available.

CONTACT:

Wyolanda Singleton
Intake Supervisor
246-3737 ext. 2200 or wyolandas@projecthomewi.org



The Dane County Rehabilitation Program (DCRP), funded by the Dane County Community Development Block Grant and operated by Project Home, is currently accepting applications to serve low-to-moderate income (LMI) homeowners in Dane County.

The DCRP is a non-interest bearing, deferred-payment loan program available through Project Home. A mortgage will be signed and filed to secure the re-payment of the loan when a customer's home is sold or is no longer their main residence. Eligible repairs may include roofing, siding, HVAC, plumbing, electrical, safety concerns, and accessibility modifications. The home must be fully code-compliant at the completion of renovations done through DCRP. *Condos and mobile homes on leased land are not eligible.*

Eligibility Requirements:

- Must reside in one of the participating municipalities in Dane County, WI
- Income cannot exceed 80% of the County Median Income (CMI) – *see chart on following page*
- Home Assessment must be at or below \$268,000 for a single family home or \$343,000 for a duplex (We can only work on the owner's side of a duplex).
- Your property has NOT been through the DCRP program in the past
- Participants must be in good standing with all other mortgage holders
- Homes must need between \$5,001 - \$24,999 worth of repair work
- Owner's loan to value ratio cannot exceed 95%

The Dane County Community Development Block Grant Program (CDBG) invests in community-based groups that forward the priorities to:

- Create decent, affordable housing
- Create suitable living environments
- Expand economic opportunities

WHEN: Projects occur throughout the year as income-eligible homeowners contact Project Home and their homes are evaluated for possible participation in the program.

WHERE: Rehab projects are performed at homes throughout Dane County, excluding the City of Madison (which has its own program) and a few non-participating communities.

Income Requirements for DCRP: Cannot exceed 80% of County Median Income Level

Household Size	Maximum Annual Gross Income
1	\$54,950
2	\$62,800
3	\$70,650
4	\$78,500
5	\$84,800
6	\$91,100
7	\$97,350
8	\$103,650