



FAMILY CAREGIVER NEWSLETTER NOVEMBER 2009

Support Group and Event Information has moved to third page.

THE POWERFUL CAREGIVER*

**This column is named after the class "Powerful Tools for Caregivers", a six-session workshop on helping caregiving families thrive (not just survive). The class is currently offered at least twice a year in Racine County. Call 638-6678 for more information on this and other classes.*

It's National Family Caregivers' Month!!

November has been declared **YOUR** month by the Governor of Wisconsin and the National Family Caregivers' Assn. (NFCA). The NFCA was started by a woman who has been the primary caregiver to her husband since 1974. Many years ago she and a caregiver friend pondered the question: "What is the common thread that weaves through caregivers' lives?"

After much soul-searching and conversations with hundreds of caregivers, their answer was this: "feeling overwhelmed a loss of personal time, sadness, and stress." (Does any of this sound familiar?) They started the NFCA so that caregivers like you could learn to appreciate themselves, keep in touch with each other, and have access to important information. Caregivers can join and receive a monthly newsletter free of charge by calling 1-800-896-3650 or emailing: info@nfcacares.org

Family caregivers provide 80% of the long-term care needed in this country! In recognition of this fact, the NFCA is proposing a Family Caregiver Postage Stamp. Enclosed you will find a chance to honor yourself by signing and returning the petition for it. GIVE YOURSELF THE STAMP OF APPROVAL.

Of course we need to remember that caregiving can hold rewards as well:

- ❖ You may gain new skills.
- ❖ You may develop new friendships.
- ❖ You may learn to find joy in small pleasures.
- ❖ You may give back to an important person in your life.
- ❖ You can learn about yourself, your limits, and SELF-care.

Please do something nurturing for you every day this month. It may be listening to music, taking a bubble bath, calling a friend, or going out for a meal or movie. And, please follow this prescription:

**Several times a day, take three slow, deep, “belly breaths”
and say to yourself:
“I am doing my best and I am wonderful.”**

If you possibly can, attend the “**Circle of Friends**” event being held in your honor in Burlington on November 10th. It is being sponsored by Senior Services (home to Marilyn, Felicia, and Ruth) and Aurora Health Care. See enclosure or attachment.

Community Resources for Caregiving Families

This column highlights one of the many resources in our community. For more, see the Community Resource Directory available from the Aging and Disability Resource Center (638-6800 or www.adrc.racineco.com).

A new resource in Racine County is the **Visually Impaired Self-Help Group**. Visual impairments, such as cataracts, macular degeneration, and glaucoma are all too common; this group is a place to find out about many devices, services, and adaptations to everyday life that a person might not think of on one’s own. It is facilitated by Kathleen Bronson, a Low Vision Therapist from the Office for the Blind and Visually Impaired. There is no need to RSVP for this group! The next meeting is on Wednesday, **December 2nd from 1-2 PM** at United Way of Racine County (in the Lincoln Lutheran building at 2000 Domanik Drive.)

Kathleen also offers a number of other services for anyone with low vision. She makes home visits and demonstrates the use of devices e.g. colored glasses that enhance light on gray days and decrease glare so that one can

watch TV or do crafts. She also suggests adaptations that can be made in everyday life e.g. the use of color contrast. She can connect people with audio book services and a Braille library. She can give information on acquiring larger equipment, like a device that projects images of small objects and printed material onto a TV screen. Independence and continuing quality of life are goals of low vision therapy.

If you or someone you know has a need for services due to any level of visual impairment, (even someone with early cataracts) call Kathleen at 414-220-5308 or email Kathleen.Bronson@wisconsin.gov

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SUPPORT GROUPS FOR FAMILY CAREGIVERS

First Friday 10:30AM-12Noon – **NOV. 6**

For Families Dealing With Alzheimer's and other Dementias

Lincoln Lutheran Office Building, 2000 Domanik Drive

4th Floor (Enter through door on west side of building)

Paulette Kisse, from the Alzheimer's Assn., will be a guest.

She will speak on "Holiday Tips and Hints". Try not to miss this !

Second Thursday 1:30-3:00PM **NOV.12**

Lincoln Lutheran Office Building, (See above)

Second Saturday 10:30AM-12N **NOV. 14**

Mount Pleasant Lutheran Church, 1700 S. Green Bay Road

Third Wednesday 1:30-3:00 PM

Burlington Senior Center, Eppers Room, **NOV.18**

209 N. Main Street

Third Thursday 9:15 AM-11:30 AM **NOV. 19**

St. Edward's Parish Hall 1430 Grove Ave.

Lunch Hour (12 to 1) "Brown Bag" group:

At Racine County Workplace 1717 Taylor Ave, **NOV. 17**

NOTE CHANGE IN DATE



OTHER EVENTS for CAREGIVING FAMILIES

“Circle of Friends”: Recognition and Renewal for Caregivers”. This is free event you won’t want to miss, especially if you live in the Western part of our county! Deadline for registration is Nov. 4th, so don’t delay. (Free respite care is available!)

“What About Me? The Impact of Alzheimer’s Disease/Dementia on Children and Teens” will be presented by Susan Berry on Saturday, Nov. 7 at UW-Parkside. (see enclosed or attached flyer)



Free consultations for families dealing with dementia: with Paulette Kisse, Regional Coordinator for the Alzheimer’s Assn., and Oct. 20th from 2:30-4:30 PM at the ADRC. Call 638-6480 for an appointment. The Alzheimer’s Assn. also has a **24-hour hotline at: 1-800-272-3900.**

Since November is Thanksgiving month, let’s all practice the art of appreciation for the good in our lives. Giving thanks is free, can’t hurt, and just may improve our outlook on life!

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