



Welcome 2025!!!

It's hard to believe a new year is already upon us! But starting new allows us to reflect on the past and look forward to the future. As you reflect and look ahead, we are reminded to start those pesky New Year's Resolutions. *insert grumbles and sighs* Before you get out your pen and paper and begin writing "eat healthy", "exercise more", "sleep better", let's scrap that for some alternative thinking. From merritclubs.com, here are some alternatives that will stick better than New Year's resolutions.

1. **Set a theme for the year:** creating a theme will allow you to look at the big picture and motivate you on what matters. Examples like: "live with less" or "more me time".
2. **Take baby steps:** making sweeping changes can be daunting and overwhelming. Instead, focus on the small tasks that get you to your goal.
3. **Don't focus on material objects:** people tend to focus on material objects like losing 10 pounds or buying a new car. Consider non-objective things such as spending more time with family, taking up a hobby, or learning a new language.
4. **Celebrate your successes:** reward yourself for a job well done and use it as motivation to keep going.

Program Update Note: Our NEW Caregiver Support Group in Spring Green will start on March 17, 2025 at 3:30pm at the Spring Green Library. See Page 5 for details.



Sincerely,

Marina Wittmann

Aging Program Supervisor
Caregiver Support Program Coordinator
marina.wittmann@saukcountywi.gov

The ADRC will be closed on
Monday, January 20, 2025



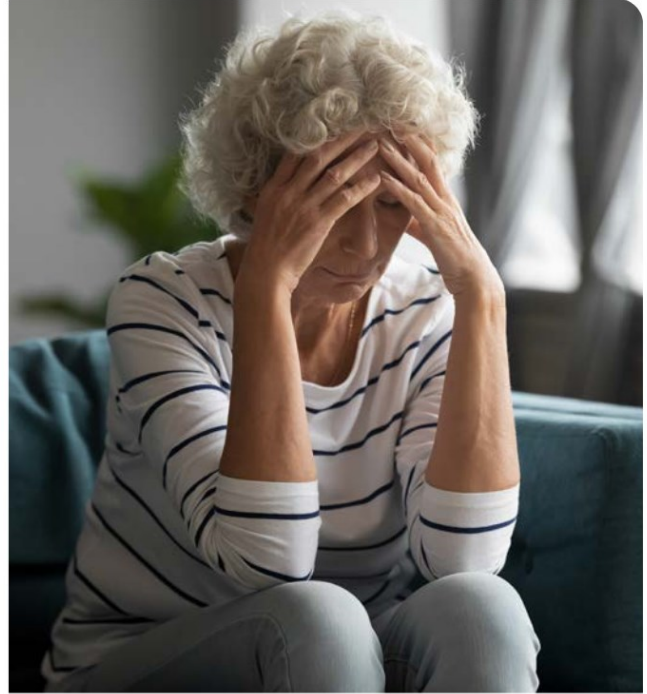


let's talk about

Post-Stroke Depression

About 30% of people who have a stroke get depressed. It can occur right away, or months or even years later. Depression, which can be a serious complication, can result from a biochemical change in the brain due to stroke or from an emotional reaction to one. If left untreated, it can affect quality of life and make post-stroke recovery difficult.

Post-stroke depression (PSD) — a feeling of hopelessness that interferes with functioning and quality of life — is largely unrecognized, under-diagnosed and under-treated.



Common symptoms include:

- Depressed mood, called anhedonia
- Persistent sad, anxious or empty feelings
- Significant fatigue/lack of energy
- Lack of motivation
- Social withdrawal
- Problems concentrating/remembering details
- Difficulty finding enjoyment in anything
- Sleep disturbances
- Irritability
- Increase or decrease in appetite and eating patterns
- Feelings of helplessness, hopelessness and/or worthlessness
- Aches, pains and digestive problems that don't ease with treatment
- Suicidal thoughts

Several factors can predict whether you're at risk for post-stroke depression, including:

- A history of depression
- Physical disability
- Stroke severity
- Cognitive impairment
- Previous stroke
- A family history of psychiatric conditions
- Being a woman
- Lack of family and social support after stroke
- Anxiety after stroke

Diagnosis

Diagnosing PSD can be challenging because stroke symptoms can mask signs of depression. Your health care professional should evaluate you for depression during a follow-up visit. Be open and honest and explain what you are experiencing. Include your caregiver or family member in these conversations, as it may be difficult for you to easily identify signs of depression.

(continued)



American Stroke Association®
A division of the American Heart Association.

Together to End Stroke®

Post-Stroke Depression

Treatment

Because of the complexity of post-stroke depression several treatments should be tried to determine patient-specific usefulness.

- **Antidepressants:** These medications should be closely monitored for their effectiveness. Antidepressants may help survivors enjoy life again. Consult with a psychiatrist to find one that works for you or your loved one.
- **Psychotherapies:** Cognitive behavioral therapy, motivational interviewing and supportive psychosocial intervention may be helpful. In addition, patient education, counseling and social support may all be added as components of a treatment plan.
- **Stroke support groups:** Finding a local group can be beneficial. You can connect with other stroke survivors and share your story. You can also learn



of resources and services in your community to help make your post-stroke journey easier.

- **Exercise program:** If you have been cleared to exercise, a structured exercise program for at least 4 weeks complementary to other treatment might also help treat your post-stroke depression.

HOW CAN I LEARN MORE?

- 1 Call 1-888-4-STROKE (1-888-478-7653) or visit stroke.org to learn more about stroke or find local support groups.
- 2 Sign up for our monthly *Stroke Connection e-news* for stroke survivors and caregivers at StrokeConnection.org.
- 3 Connect with others who have also had an experience with stroke by joining our Support Network at stroke.org/SupportNetwork.

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

Will my depression ever get better?

MY QUESTIONS:

We have many other fact sheets to help you make healthier choices, manage your condition or care for a loved one. Visit stroke.org/LetsTalkAboutStroke to learn more.

Nationally sponsored by:



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Ask Kurt!

What are some activities I can do with my loved one who has little to no interest in doing things?

Kurt Goeckermann

*Dementia Care
Specialist*



This is a question that arises with great frequency. In earlier stages of dementia, people may realize they are going to struggle with certain activities and attempt to avoid them, thereby avoiding embarrassment or potential failure. Offering help or reassurance may be beneficial. They may be more confident and willing to go to play cards if a trusted individual will go with them. Simplifying the activity may also improve acceptance. Perhaps the person can no longer remember how to initiate the timing and planning of a woodworking project. This makes the statement, “you should go down in the basement tomorrow and do some woodworking” problematic. However, they may still be able to partake in the activity if someone would help setting up the time, space and materials. Failure to recognize and adapt to changing abilities will often result in avoidance or refusals of the activity.

As dementia progresses, the amount of help and guidance needed will increase. Simply visualizing what the activity would be becomes difficult. Even further simplification is needed at this point. For some activities, a caregiver may need to be present throughout. The person may need very simple one-step directions and cues. If a helper says “just thread the needle with the red thread, then pass it through the cloth and tie it off on the backside before you start stitching” the person is likely to be unable to complete the task. If, however, you hand them a needle and thread and say “thread the needle” success is much more likely. This is especially true if the individual was familiar with sewing, as old learning is usually retained longer in the dementia process. This does not mean you should not try new things but expect to have to provide more assistance. Utilizing activities that are historically familiar may increase comfort and acceptance.

If the activity involves larger, noisier venues or groups, keep in mind that as dementia progresses people are less able to make sense of and manage complex situations. Smaller settings with less extraneous noise may help acceptance and allow the individual to remain engaged longer without feeling anxious or overwhelmed. A setting that they were familiar with in the past may also increase comfort, again using old learning.

Some final suggestions. Often if you present the activity in the form of a question, the reflex response from the person with dementia may be “No”. Instead of, “do you want to do a puzzle today” try “come and do this puzzle with me”. Instead of “Do you want to go to church today” try “It’s time to go to church”. Of course, the person still has the right to refuse but this approach may reduce the automatic, reflexive “No”. Secondly, do not give up on an activity after one or two failures. It may be the person was tired that day. We all have moments when we do not feel like doing something. Try moving activities earlier as often people with dementia may be less able to cope later in the day. Try another person, a relative or friend suggesting or assisting with the activity. Do not take an activity being brief as a failure. If the person engages for 15 minutes instead of the hour you were planning, take that as a 15-minute success. If it becomes obvious that a certain activity consistently is not being accepted, move on to something else. Finally, identify other issues that may be impacting the situation. Are hearing and vision deficits negatively impacting the activity. Are there mobility or pain issues. Accounting for these may increase success.

There are resources to assist you. A simple online search will reveal numerous ideas and suggestions for specific activities to try with a person who has dementia. There are Senior Centers, Meal Sites, Memory Cafés, and Adult Day Centers that have programs available to Sauk County residents and their caregivers. Please contact the ADRC to help you identify and examine the possibilities.

Sincerely, Kurt

Caregiver Support Meetings & Memory Cafe's

General Family Caregiver Group

- **Riverwood Senior Living**, Wisc Dells, Last Tuesday @ 10am | Contact Sue, 608-886-0873
- **Woodman Senior Center**, Richland Center, 4th Monday @ 10:30m | Contact Pam, 608-548-3954

Veteran Specific Caregiver Group

- **Baraboo VA Clinic**, 3rd Monday @ 1:30pm | Contact Meghann Schmitt, 608-256-1901 ext. 12308
*caregiver of an enrolled veteran or enrolled veteran who is a caregiver

Parkinson's Specific Group

- **First Congregational Church** in Baraboo, 3rd Monday @ 2pm | Contact Geri Schoenoff, 608-356-3473

Mental Health Specific Group

- **West Square Building**, UW Extension Room, 3rd Monday @ 6pm | Contact Ted Hall, 608-301-5390
 - Virtual option available: <https://us02web.zoom.us/j/84660758640> *for adults with a loved one who has symptoms of a mental health condition, including alcohol or substance use disorders

Dementia Specific Groups

- **Maplewood** in Sauk City, 4th Tuesday @ 3pm | Contact Theresa Grimes, 608-643-3383
- **Virtual Morning Coffee Connect**, Every Monday @ 10am | Contact Pam Kulberg, 608-548-3954
- **Reedsburg Library**, 3rd Wednesday @ 12pm | Contact Marina Wittmann, 608-355-3289
- Coming Soon! **Spring Green Community Library**, 3rd Monday @ 3:30pm | Contact Kurt Goeckermann, 608-355-3289 (starts March 17, 2025!)

Huntington's Disease Specific Groups

- **Virtual Huntington's Disease Groups**, 3rd Tuesday @ 6:30pm (Caregivers), 2nd Tuesday @ 6:30pm (Young Adults, 16-35), 1st Saturday at 10:30am (Statewide) | Contact Deb Zwickey, 414-257-9499

Memory Cafe's

A safe space where caregivers and loved ones with dementia can socialize, listen to music, and have fun!

- **Fusch Community Center**, 2nd Friday @ 10am | Contact Kurt Goeckermann, 355-3289
- **Reach Out Lodi**, 4th Friday @ 1pm | Contact 697-2838

Alzheimer's Association Virtual Statewide Groups | call 800-272-3900 to register

- For Persons Living with Mild Cognitive Impairment, 2nd Wednesday @ 10am
- Family Caregivers for Loved One with Dementia Living at a Facility, every other Friday @ 10am
- Family Caregivers for Loved One with Frontotemporal Degeneration, 3rd Wednesday @ 6pm
- Family Caregivers for Loved One with Dementia in the Early Stages, 4th Tuesday @ 10am



**Meets on the first Thursday
of the month at 10:00 am**

Virtual Group:

Coffee Talk

Grab your coffee and join us for a relaxed morning (virtual) chat with other Wisconsin adoptive, foster, kinship, and/or guardianship parents to connect and feel supported. Pre-adoptive parents who reside in Wisconsin are welcome to attend. This is an informal group with no set agenda. Contact Jamie at jsocolick@cclse.org with questions.

For more information, or to register today, go to <https://coffeetalkgroup.eventbrite.com>

WIFAMILYCONNECTIONSCENTER.ORG



Virtual Alzheimer's Education Series

January - March 2025

To register: click on the title of program or call our 24/7 Helpline at 800.272.3900



**Join us for our free monthly Virtual Education Series.
Recordings will be emailed to all registered participants.**

Thursday, January 16, 12 - 1 PM **Advancing the Science: The Latest in Alzheimer's and Dementia Research**

Alzheimer's Association Education Program
Alzheimer's disease is an escalating health crisis, yet significant progress in Alzheimer's research has led to advancements in diagnosing, treating and preventing dementia. Join us to learn about the latest in Alzheimer's research and treatments and how we're leading the way to find a cure.

Wednesday, January 8, 2 - 3 PM **StrongBodies: Lifting People to Better Health**

April Anderson: UW-Madison Health & Well-Being Instructor
Do you want to increase your balance, flexibility, and muscle strength? If so, please join us to learn all about the StrongBodies strength training program. April will provide a live demonstration of the exercises, and you will have the opportunity to participate right along with her! Grab some light weights or even soup cans if you'd like to join in the fun!

Tuesday, February 11, 12 - 1 PM **Understanding Alzheimer's & Dementia**

Alzheimer's Association Education Program
Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, what happens in a brain affected by Alzheimer's, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

Friday, February 21, 10 - 11 AM **Hospice and Palliative Care for Those Living with Dementia**

Deanna Rymaszewski: Clinical Educator & Social Worker at Agrace
This session will explore how hospice and palliative care support the unique needs of people with dementia, focusing on comfort, dignity, and quality of life. Topics include symptom management, caregiver support, and the Medicare Hospice Benefit. Ideal for healthcare professionals, families, and caregivers.

Tuesday, March 18, 6 - 7 PM **Ten Warning Signs of Alzheimer's**

Alzheimer's Association Education Program
Join us to learn about common signs of Alzheimer's and dementia, typical age-related changes, how to approach someone about memory concerns, early detection and benefits of diagnosis, and Alzheimer's Association resources.

Tuesday, March 4, 10 - 11 AM **Balancing Risk & Independence In Dementia Care**

Sheri Fairman: Owner of Dementia Care Solutions
When should they stop driving? How do I keep them from leaving home unexpectedly? When do I need to look for a long term care community? These questions and more are explored as we talk about maintaining independence and evaluating risk in the day to day for people living with dementia.

To register: call our 24/7 Helpline at 800.272.3900

Discussing Mental Health with Doctors: A Caregiver's Guide

Article from: Caregiver Action Network

Why Effective Communication Matters

When it comes to managing mental health, communication between caregivers and healthcare professionals is critical. Understanding how to convey the right information and ask the right questions can make a big difference in the quality of care your loved one receives. With the typical mental health appointment lasting only 15 minutes, it's crucial to be well-prepared and advocate for the best possible care.

Preparing for Your Appointment

Proper preparation can help ensure that your loved one's needs are met during their mental health appointments. Here's how to get organized before seeing the doctor:

Organizing Information

It's important to gather all relevant information about your loved one's mental health prior to the appointment. This includes changes in mood, energy levels, appetite, and any other significant changes since the last visit. Keeping a list of symptoms or behaviors you've observed will help you communicate clearly with the healthcare provider.

Creating a Concise Summary

Prepare a brief but comprehensive summary of the key concerns or issues. Focus on changes in behavior, mood, and medication. Also, include any concerns about side effects, new symptoms, or difficulties adhering to the prescribed medication routine.

During the Appointment

Once at the appointment, being engaged and ensuring clear communication is key to getting the most out of the short visit. Here are techniques to help with effective communication:

Effective Communication Techniques

Start by establishing your presence as a caregiver and emphasizing that you're there to support your loved one's mental health. Speak clearly and concisely about the key issues you've prepared. Use specific examples to explain symptoms or changes, such as, "My loved one has been more irritable and anxious since the last visit," or "They've been having more frequent panic attacks."

Engaging with the Doctor

It's important to ask open-ended questions to encourage the doctor to provide detailed explanations. Here are a few examples of what to ask:

- "What side effects should we be aware of with this medication?"
- "Can we discuss the treatment options available for managing anxiety or depression?"
- "Are there lifestyle changes we can implement to support mental well-being?"

Advocacy and Persistence

As a caregiver, you are your loved one's advocate. Here's how to ensure they get the best care:

Being an Advocate

It's important to respectfully advocate for your loved one's needs. Don't hesitate to ask for clarifications if something isn't clear. If your loved one is experiencing negative side effects, bring it up immediately and ask for alternatives.

Article Continued...

Ensure that the treatment plan aligns with your loved one's preferences and overall well-being.

When to Seek a Second Opinion

If you feel the care being provided is inadequate or not addressing key concerns, don't be afraid to seek a second opinion. You should feel confident that your loved one's mental health is being managed properly.

Understanding Mental Health Professionals

There are various types of mental health professionals, each with different expertise. Knowing the differences can help ensure your loved one is getting the right type of care.

Different Types of Professionals

- Psychiatrists: Medical doctors who can diagnose mental health disorders and prescribe medications.
- Psychologists: Mental health professionals specializing in therapy and counseling but do not prescribe medication.
- Therapists: Licensed professionals trained to provide talk therapy for emotional and mental well-being.

Working with Mental Health Professionals

Once you've established care with a mental health professional, regular communication and follow-up are crucial. Ensure that everyone involved is on the same page regarding treatment goals, and make sure to update the healthcare provider about any changes or new symptoms.

Developing and Monitoring a Treatment Plan

A treatment plan outlines the steps and strategies for improving mental health. As a caregiver, your role is to help monitor progress and provide updates to healthcare providers as needed.

Creating a Comprehensive Plan

A comprehensive treatment plan should include medication management, therapy sessions, lifestyle changes, and any other interventions that support your loved one's mental health. Make sure the plan is achievable and realistic for your loved one's daily routine.

Tracking Progress

Keep track of your loved one's symptoms, changes in mood, and response to treatment. Document any side effects or issues with medication adherence. This information will help the healthcare provider adjust the treatment plan as necessary.



Take 5!

QUOTE OF THE ISSUE:

"To appreciate the beauty of a snowflake it is necessary to stand out in the cold."

~Aristotle

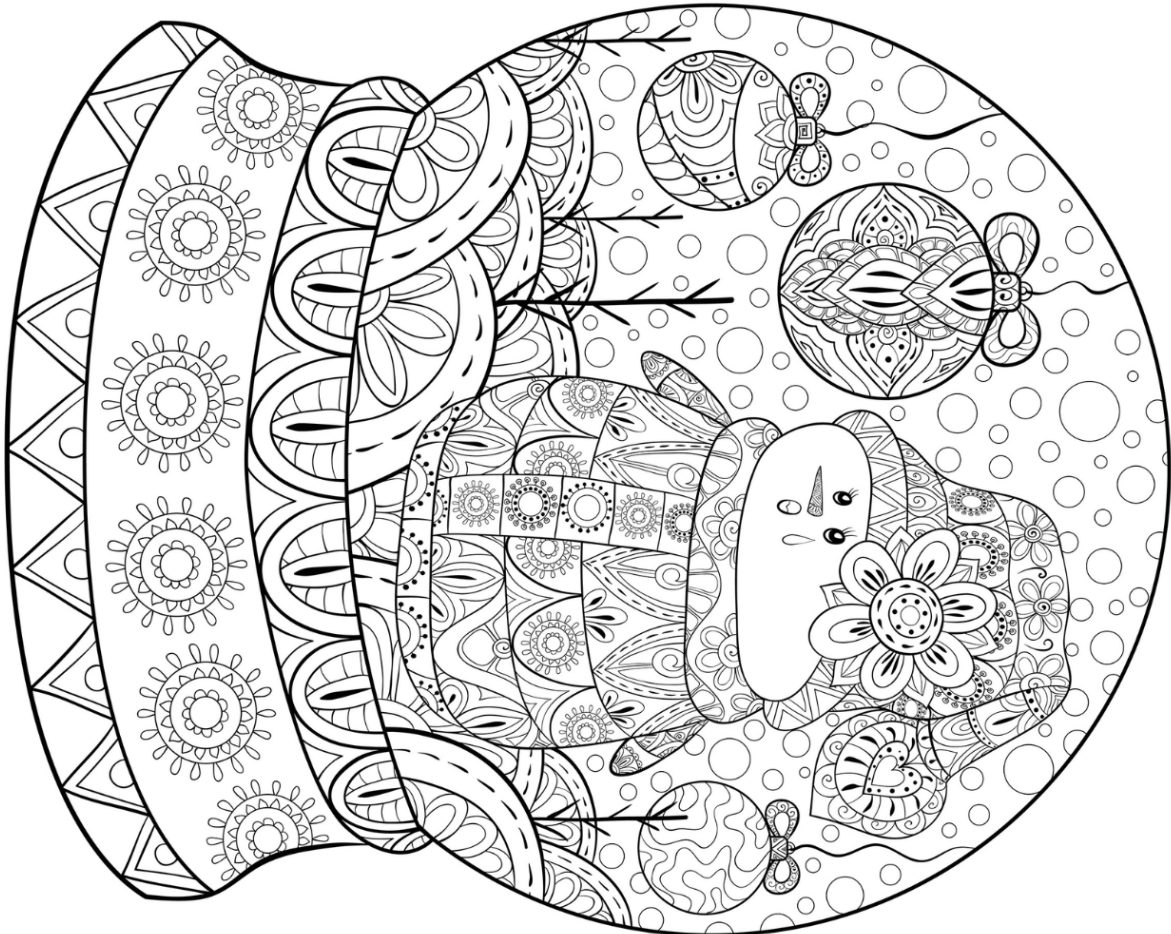
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Sudoku Rules:

Fill in the blanks so that each of the nine rows, columns, as well as each of the nine 3x3 grids must contain one of each number 1-9.

Color Me!





Of Rock and Marquette Counties

December 9, 2024

FOR IMMEDIATE RELEASE DEMENTIA PROGRAM

Contact: Karen Tennyson, Dementia Care Specialist, ADRC of Rock County
608-921-7165 or karen.tennyson@co.rock.wi.us

Janet Wiegel, Dementia Care Specialist, ADRC of Marquette County
608-297-3148 or jwiegel@co.marquette.wi.us

**Are you struggling through the holidays as a caregiver?
Understand the grief, loss and mourning associated
with caring for someone with dementia.**

Join us for

Moving Forward:

Grief and Ambiguous Loss Associated with Dementia Caregiving

The Aging & Disability Resource Centers of Rock and Marquette Counties are offering the 16-week grief and bereavement educational support group on Monday afternoons from 2-4pm beginning January 13 and running through April 28, 2024. This is a virtual group. There is no cost to attend. **Registration and screening are required.**

Who is this group for? The group is for anyone who is or has cared for someone with dementia. Caring for someone with dementia presents a constant series of losses and not just those related to death. Each session will cover a grief, loss and mourning topic followed by about 60 minutes of conventional support group discussion.

For more information or to register, please contact
Rock County Dementia Care Specialist, Karen Tennyson at 608/921-7165 or
karen.tennyson@co.rock.wi.us

Marquette County Dementia Care Specialist, Janet Wiegel at 608/297-3148 or
jwiegel@co.marquette.wi.us

####

SIGN UP!

**for
Well
Connected!**

Call or Email Marina Wittmann

ADRC: (608)355-3289

marina.wittmann@saukcountywi.gov

5	1	2	6	8	3	7	9	4
3	6	7	4	9	2	1	8	5
4	8	9	5	7	1	2	3	6
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2	4	5	7	6	9	3	1	8
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8	2	6	9	1	7	4	5	3
7	3	4	2	5	8	9	6	1
9	5	1	3	4	6	8	7	2

Solution for Sudoku

ADRC
505 Broadway St
Baraboo, WI 53913

Seasonal Depression

What you need to know about depression



21 Million

American Adults suffer from depressive illness during any one year period.



Women

experience depression 2X as often as men.



Symptoms of depression

Changes in appetite

Changes in sleeping patterns

Feelings of hopelessness

Persistent sad, anxious or "empty" mood

Recurring thoughts of death or suicide

Decreased energy, fatigue, being "slowed down"

Major depression is classified as a type of affective disorder or mood disorder that goes beyond the day's ordinary ups and downs, becoming a serious medical condition and important health concern in this country.

How can you beat holiday or seasonal depression?



Exercise

A daily 30-minute walk may help prevent depression - so take a brisk stroll down a snowy path!



Enjoy the Sun

15-30 minutes, in the early morning



Sleep

Lack of sleep can take a toll on your mood. Aim for 7-9 hours.



Control

Alcohol Consumption

Concerned about depression? If the depressed mood is serious, leading to isolation, crying spells, not sleeping or eating, hopelessness and thoughts of death or suicide, **get help immediately!**



Source: Johns Hopkins Medicine Health Library; Andrew Angelin, MD