

# Well Connected

For Family Caregivers

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MAY & JUNE 2024



A Bi-Monthly Newsletter  
for Family Caregivers

Sauk County ADRC:  
(608)355-3289  
[www.co.sauk.wi.us/adrc](http://www.co.sauk.wi.us/adrc)

 @adrcsauk

On the back cover of this issue of Well Connected, you will see “Mindset Reset” daily checklist. I stumbled upon this as I was searching for something to fill that awkward spot on the back page! But it struck me as a totally new way to look at self-care. Jess Nadine shares this Mindset Reset on her blog. She states that self-care and self-love can be hard and when there are times when you have a few minutes, we find ourselves in front of the TV. But then post-show, we think of all the things we WISH we would have done with our time and we beat ourselves up a little bit.

But, making the decision to check off at least 3 things from this list every day can be a game changer. Take a look at the very simple list she put together and see if it’s something you want to try. You can also add your own that are more applicable to your daily life.

We hear about self-care a lot, but as family caregivers, it’s even MORE important. Take the time each day to do something for yourself! Or check 3 things off the Mindset Reset checklist. See how you feel! I am going to give this a whirl myself and I’ll report back my results in the July issue of Well Connected.

As always, we are with you throughout your caregiving journey. Please do not hesitate to reach out if you have any questions or just need a listening ear. ADRC: (608)355-3289



*Sincerely,*

*Marina Wittmann*

Aging Program Supervisor  
Caregiver Support Program Coordinator  
[marina.wittmann@saukcountywi.gov](mailto:marina.wittmann@saukcountywi.gov)

The ADRC will be  
closed on Monday,  
May 27





# Communicating Better with Health Professionals

## INTRODUCTION

Sometimes it can seem like health professionals speak a different language. When we feel worried about a loved one's health condition, it can be hard to keep up with everything being said by a doctor or nurse. It's important to communicate clearly with health professionals. Good communication helps you be a more effective caregiver, leads to better care, helps family members feel like part of the healthcare team, and helps clear up confusion quickly.

## FOUR KEYS TO EFFECTIVE COMMUNICATION

We can all improve our communication skills. Researchers have found four key ways that we can strengthen communication in healthcare:

### 1. *Be fully present*

- Before entering the health setting, take a moment to calm your mind. Breathe deeply.
- Make eye contact.
- Focus on the present moment – don't worry about yesterday or tomorrow.
- Set a positive tone.
- Maintain a strong sense of yourself.

### 2. *Participate*

- Be prepared.
- Clearly state your purpose.
- Offer information about your loved one's condition.

- Ask questions.
- Assert yourself. When you assert yourself you ask questions, clearly state what you want, offer compromises, and set limits about what is acceptable in a care plan.

### 3. *Build understanding*

- Really listen – with your full attention.
- If you hear something you don't understand, ask the health professional to clarify the point.
- Show that you understand what someone is saying by repeating it back in your own words.
- Avoid assumptions. Don't jump to conclusions. Allow others to finish speaking.
- State difficulties and concerns. Ask for help in understanding the reasons for treatment choices and recommendations.

### 4. *Encourage working together*

- Focus on goals that you, your loved one, and the health professional can agree upon.
- Be clear about who is responsible for what and get extra help with certain tasks, if needed.
- Speak openly and honestly.
- Help with problem solving. Share information that you have that can help the health team make good decisions about care.
- Express appreciation. Saying "thank you" to health professionals who gave you help means more than you can imagine.

## **FAMILY CAREGIVERS AS TEAM MEMBERS**

The role of the family caregiver is to serve as an effective member of the healthcare team, along with the patient, doctor, nurse, social worker, therapists, and other team members. Your goal is to help your loved one navigate the healthcare system and get the best quality care possible. Here is a list of key activities for you as a team member:

- Set up a file with detailed records of important medical information.
- Go to appointments with your loved one and speak up for him or her, as needed.
- Write down notes during appointments.
- Ask questions about anything that is not clear or sounds complicated.
- If you disagree or have a concern, speak up.
- Ask others to listen to your loved one's concerns in his or her own words.
- Provide progress reports to health professionals.
- If your loved one's needs are not being met by his or her team of health professionals, find a new team.

## **HOW TO SUPPORT TREATMENT PLANS**

- Make sure your loved one follows medical instructions. If you have any questions or doubts about what is to be done, call and ask.
- Come prepared. Bring complete information about your loved one's current symptoms, condition, medication, and therapies.
- Be a good reality check. Help your loved one not to exaggerate, dramatize, or under-report symptoms.
- Reach out for help if something changes.

Don't attempt to play doctor yourself.

- Tell the doctor when you seek a second opinion. It's okay. Health professionals are used to this and usually find a second opinion to be helpful.
- Educate yourself about the particular disorder your loved one has. Share what you learn with health professionals. They won't always have all the answers or know the latest research about a particular disorder.

## **RESPECT HEALTH PROFESSIONALS' LIMITS**

- Be respectful of health professionals' time and emotional limits.
- Be patient; most health care offices are busy and see many patients every day.
- Learn the office routine – including the best time to call with medical questions, how to make appointments, and the name of the person who handles billing information.

Information provided in this fact sheet was adapted from materials submitted by the National Family Caregivers Association, Kensington, MD. For more information, visit their website at <http://www.nfcacares.org>.

## **For more information about ACL**

U.S. Department of Health and Human Services,  
Administration for Community Living,  
Washington DC 20201  
Phone: (202) 619 – 0724  
Fax: (202) 357 – 3555  
Email: [ACLinfo@acl.hhs.gov](mailto:ACLinfo@acl.hhs.gov)  
Web: <http://www.aoa.gov>



# Virtual Alzheimer's Education Series

## April, May & June 2024



Register at [alz.org/wi](https://alz.org/wi) or call our Helpline at 800.272.3900



Join us for this free monthly Virtual Education Series hosted by the Alzheimer's Association Wisconsin Chapter. This series is tailored for caregivers, families, and those living with Alzheimer's and other dementias. Each month features a Community Education Program covering essential caregiver topics, along with an expert speaker bringing diverse insight. Come learn, share, and find support on your journey.

**Thursday, April 25: 11 AM - 12 PM**

### The Ten Warning Signs of Alzheimer's

Alzheimer's Association Education Program

What are the common signs of dementia and Alzheimer's versus typical age-related changes? How do I approach someone about memory concerns, and what are the benefits of early detection?

**Tuesday, April 30: 2 - 3 PM**

### Journey of the Care Continuum thru the Stages of Dementia

Julie Rosnowski-Olson, Geriatric Nurse Prac., MSN, BSN, RN

Learn about options for support and care at different stages as well as costs and community resources, and what to look for when visiting care facilities.

**Thursday, May 16: 2 - 3 PM**

### Understanding Alzheimer's & Dementia

Alzheimer's Association Education Program

What is the difference between Alzheimer's and dementia? What happens in the brain? What are the stages, and current research and treatments?

**Wednesday, May 22: 11 AM - 12 PM**

### Are You Kidding...LOVE Myself?

Julia Johnson, SLP-CCC Dementia Care Consult.

Loving YOURSELF while being a caregiver is tough! Join us to gather solutions to reduce your stress and become the best care partner, while still loving YOU!

**Tuesday, June 4: 7 - 8 PM**

### Healthy Living for Your Brain & Body

Alzheimer's Association Education Program

Learn strategies for healthy aging that may delay the onset of cognitive decline through socialization, cognitive activity, physical exercise, diet and nutrition.

**Thursday, June 13: 11 AM - 12 PM**

### Advancing the Science: The Latest in Alzheimer's and Dementia Research

Lisa Groon, Senior Health Systems Dir., Alz. Association

Learn about FDA-approved treatments for Alzheimer's disease and the pathway to access treatment and other resources available.

**REGISTER at [alz.org/wi](https://alz.org/wi) or call our 24/7 Helpline at 800.272.3900**

# Caregiver Support Meetings & Memory Cafe's

## General Family Caregiver Group

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

## Veteran Specific Caregiver Group

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

## Parkinson's Specific Group

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

## Mental Health Specific Group

- **West Square Building, UW Extension Room**, 3rd Monday @ 6pm | Contact Ted Hall, 1-608-301-5390
  - 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, 643-3383
- **Virtual Morning Coffee Connect**, Every Monday @ 10am | Contact Pam Kulberg, 548-3954
- **Reedsburg Library**, 3rd Wednesday @ 12pm | Contact Marina Wittmann, 355-3289

## 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 Penny, 592-4592

## 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

## ADRC Support for Caregivers | ADRC: (608)355-3289

- Powerful Tools for Caregivers, Caregiver Lending Library, Respite Funding and more available!

ADRC: (608)355-3289



[www.co.sauk.wi.us/adrc](http://www.co.sauk.wi.us/adrc)

# For Grandparents and Relative Caregivers

## Have a Child Who Struggles with Sleep? Here's Why (and How to Help!)

"I need a drink of water."

"I'm too hot."

"I'm too cold."

"What's that noise?"

"I need another drink of water."

[info@coalitionforcyf.org](mailto:info@coalitionforcyf.org)

<https://coalitionforcyf.org>



Is this what bedtime sounds like in your home? Bedtime can be challenging for many families, and not getting enough sleep can leave everyone feeling cranky and sluggish the next day. Bedtime issues are often challenging for children who have experienced trauma. Recent research shows that over 54% of children who have been adopted or are in out-of-home care have some sleep problems, such as difficulty falling asleep, resistance to going to bed, and nightmares. We want to offer you some strategies for setting up a bedtime routine.



Make sure your child doesn't go to bed hungry. Children in care often worry about food, so sending them to bed with a full stomach after a bedtime snack can help. You may also calm their anxiety by letting them know what they will eat for breakfast in the morning.

Consider using a weighted blanket. These heavy blankets, weighing between five and 30 pounds, can relieve anxiety and stress. The added weight is designed to produce a calming effect when placed on the body.

If possible, keep your child's bedroom door open. It may be comforting for them to hear you moving about the house or chatting as they fall asleep, assuring them that they are not alone. If you have a hyper-vigilant child who wakes easily during the night, white noise machines are a good option. Their "sound cocoon" can be soothing.

Along with these suggestions, continue building secure attachments during the daytime. This doesn't happen automatically—it takes time and intention. As your bonds grow, you should be moving steadily toward fewer sleepless nights.

### Recommended Resources:

*The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired*, by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph. D  
*Good Night, Sweet Dreams, I Love You: Now Get Into Bed and Go To Sleep!*, by Patrick C. Friman,  
*Sleep Problems*, by Dr. Richard Delaney (DVD)

For Grandparents and Relative Caregivers

**SAVE THE DATE**

## 2024 CONFERENCES

### FAMILIES LIKE MINE 2024



SEPTEMBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	7	8	9	10	11	12
	13	14	15	16	17	18
	19	20	21	22	23	24
	25	26	27	28	29	30

When: Saturday, September 14, 2024  
Where: Chula Vista Resort, Wisconsin Dells

### HEALING CENTERED FAMILIES 2024



NOVEMBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

When: Saturday, November 16, 2024  
Where: Chula Vista Resort, Wisconsin Dells



### Conference Summaries:

**Families Like Mine Conference** is a one day conference supporting relative caregivers of children. All relative caregivers of children are welcome to attend whether they are formally a part of the child welfare system or not. The conference topics focus on resources, training, and complex family relationships. This is a free conference for relative caregivers.

**Healing Centered Families Conference** is a conference supporting all families touched by the child-welfare system and focuses on healing and support for all family members. This is a free conference.

<https://www.championclassrooms.org/pages/conference-save-the-date>

# Take 5!

## QUOTE OF THE ISSUE:

*Summer has a flavor like no other. Always fresh and simmered in sunshine."*

~Oprah Winfrey



D M P S P O L J S W I M G H I P S E Q C  
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Solution on Page 12

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				2	8			6
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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.

## HELLO SUMMER Word search

- |           |            |
|-----------|------------|
| BARBECUE  | PARADES    |
| BASEBALL  | PICNIC     |
| BERRIES   | POOL       |
| BOATING   | ROADTRIP   |
| CAMP      | SAND       |
| FIREWORKS | SHORTS     |
| FISHING   | SPRINKLER  |
| FLIPFLOPS | SUNGLASSES |
| FRISBEE   | SUNSCREEN  |
| GARDEN    | SUNSHINE   |
| GOLF      | SWIM       |
| GRILL     | VACATION   |
| ICECREAM  | WATERMELON |
| LEMONADE  |            |



# 7 Summer Self-Care Tips for Caregivers on the Go

Caregivers should attend to their physical and mental well-being while caring for a loved one. The magnitude of your service directly correlates to the amount of time you spend to recharge and renew yourself. The summer schedule tends to be looser, and more extended warmer days make it easier to prioritize self-care.

Here are seven tips to help you function from the point of strength and wellness during summer trips with an older loved one under your care.

## Schedule Some Alone Time

Summer weather may encourage you to overextend yourself. Setting aside at least fifteen minutes to do what you love and lose yourself before returning to reality is best.



## Wear Summer Fit Clothes

Whether going on a day trip or summer vacation with a loved one under your care, you must select outfits that keep you cool in the warm summer weather. Go for a baggy, light-colored outfit made of breathable fabrics that will make you comfortable as you perform your caregiving role. Remember to protect your skin with sunscreens and a hat when going out in the sun.

## Have Your Support System

Do not feel alone. Professional help exists around Minneapolis, Saint Paul, Minnetonka, and Hennepin County, MN, which you can seek when you feel overwhelmed. You can also let family and friends chip in wherever they can. Caregivers around Minneapolis, Saint Paul, Minnetonka, and Hennepin County have online support groups where they share experiences and caregiving tips as they give moral support to each other.

## Exercise

The benefits of exercising are vast and can be easily noticed in caregivers who regularly exercise daily. Exercising makes you sleep better, can reduce depression, and increase alertness.

Switch up your workouts during summer by considering outdoor yoga, among other activities you are used to doing indoors. Hiking is a suitable exercise during summer; you can ask the loved one under your care to join you, and it will benefit you both.

## Eat Healthy and Hydrate

Take advantage of a variety of fresh produce during summer. Eat food rich in nutrients, such as fresh fruits and vegetables, and do not forget to drink at least eight glasses of water daily to hydrate. Summer in Minneapolis, Saint Paul, Minnetonka, and Hennepin County, MN, can cause heat exhaustion and dehydration.

## Get Enough Sleep

Build an everyday regime such as meditating or a workout routine to have a restful sleep at night. Six to eight hours of sleep is recommended to keep you energetic during the day.

## Read Books

Summer is the best time to grab a book you bought earlier and had no time to read. For fun, you can read a novel about Alzheimer's and dementia for personal development. New caregiving skills will significantly improve the quality of care you provide to an older individual. Also, being an educated caregiver enhances your communication with healthcare providers and future preparations.

## Conclusion

It is easy to forget about your well-being and wellness while caring for others. Taking these steps helps prevent caregiver burnout and enables you to enjoy summer like everybody else.



# The Unique Challenges Facing Caregivers of Veterans: Rising Above and Beyond the Call of Duty



Article by: **TRUALTA**

Veterans make tremendous sacrifices to protect the freedom and safety of Americans, often returning home with wounds that extend far beyond the battlefield. Caregivers, frequently family members, play a critical role in helping veterans heal, both physically and emotionally. Approximately 5.5 million family caregivers in the United States provide care to current or former service members, according to a report, "Hidden Heroes: America's Military Caregivers," published by the RAND Corporation. These caregivers face unique challenges not encountered by those caring for non-veterans. Trualta aims to raise awareness about these distinct obstacles and provide valuable resources to support these dedicated caregivers on their journey.

## **Unique Challenges**

### **Combat-related injuries**

Veterans often suffer from injuries, wounds, and illnesses that can be severe and life-altering, such as amputations or spinal cord injuries. Caregivers must be prepared to address the physical and emotional implications of these injuries and often need to learn new skills or adapt their homes to accommodate their loved ones' needs.

### **Physical disabilities**

Caring for a veteran with physical disabilities may require caregivers to assist with mobility, activities of daily living, and personal care, sometimes indefinitely. This can be physically demanding, particularly when the caregiver must lift, transfer, or reposition their loved one. Caregivers need to learn proper techniques to avoid injury and be aware of available resources, such as adaptive equipment, to help alleviate some of the physical strain.

### **Traumatic brain injuries (TBIs)**

TBIs can lead to cognitive, emotional, and physical impairments, which require ongoing support and therapy. Caregivers must be patient and understanding as they help their loved ones navigate the challenges of memory loss, difficulty concentrating, and mood swings. This can be emotionally taxing and requires caregivers to have a strong support system and access to professional guidance.

### **Mental health issues**

Veterans may face post-traumatic stress disorder (PTSD), depression, anxiety, and other mental health disorders, which can be challenging for caregivers to manage and support. The National Health Study for a New Generation of Veterans found that 13.5 percent of recent veterans experience PTSD, making it one of the most common mental health issues faced by veterans and their caregivers. The Department of Veterans Affairs reports that as many as 20 percent of veterans who served in Operation Iraqi Freedom or Operation Enduring Freedom suffer from major depressive disorder or other mental health conditions. Caregivers must be equipped with the knowledge and skills to recognize the signs of these conditions and understand how best to support their loved ones.

### **Navigating the VA healthcare system**

The complexity of the VA healthcare system can be overwhelming, with bureaucratic hurdles and a lack of resources adding to caregivers' stress. Caregivers must learn to navigate this system to ensure their loved ones receive the care they need, often while juggling their own work and family responsibilities.

*"In the service of their country, veterans gave their all. In return, we must provide them with every opportunity to recover and thrive." – Senator Elizabeth Dole, founder of the Elizabeth Dole Foundation, which supports military caregivers.*

## **The Toll on Caregivers**

Caregivers of veterans often face tremendous stress, as do most family caregivers. Nearly 20 percent of military caregivers provide care for post-9/11 veterans, and these caregivers are younger, more likely to be employed, and more likely to care for someone with a mental health or substance use disorder, according to the RAND study. These additional responsibilities can make it challenging for caregivers to maintain a healthy work-life balance, which can contribute to feelings of isolation, depression, and anxiety.

Article Continued...

The high demands of caregiving can lead to burnout, making self-care and community support essential for caregivers' well-being. According to the RAND study, 12 percent of post-9/11 military caregivers spend 40 hours or more per week providing care, similar to a full-time job. Identifying and managing caregiver burnout is crucial. Signs of burnout may include irritability, exhaustion, and feelings of hopelessness. Caregivers should seek support from friends, family, and professionals to help manage these feelings and maintain their mental health. *"These hidden heroes, military caregivers, they're all around us. They're the spouses, parents, siblings, and friends who step up when our wounded warriors need them most."* – Tom Hanks, actor and advocate for military caregivers.

## **The Importance of Self-Care**

While caring for a veteran, it is essential for caregivers to prioritize their own health and well-being. Self-care may include regular exercise, getting enough sleep, and eating well. Caregivers should also ensure they have time for hobbies and activities they enjoy, as well as regular breaks from caregiving responsibilities. Support from friends, family, and the community can play a significant role in alleviating caregiver stress. Encouraging caregivers to share their feelings and experiences can help them feel less isolated and more understood. Building a network of people who can offer emotional and practical support is invaluable in maintaining a caregiver's well-being.



## **Resources and Support for Caregivers**

### **Support groups and counseling services**

Connecting with others who understand the unique challenges of caring for veterans can provide invaluable emotional support and practical advice. Local support groups, online forums, and counseling services specifically designed for caregivers of veterans can help create a sense of community and shared understanding. Trualta's caregiver chat room, virtual support groups, and care educator office hours are services provided to meet these needs.

### **Financial assistance and benefits**

Caregivers may be eligible for financial support through the VA, such as the [Caregiver Support Program](#) and [Aid and Attendance benefits](#). These programs can help cover the costs of home modifications, respite care, and other expenses associated with caregiving.

### **Educational resources and workshops**

Organizations like the [Elizabeth Dole Foundation](#) and the [National Alliance for Caregiving](#) offer workshops, webinars, and online resources to help caregivers build their knowledge and skills. [Trualta](#) offers skills-based education and training online as well. These educational opportunities can empower caregivers to better manage their loved ones' care and their own well-being.

### **Respite care**

Providing temporary relief from caregiving duties, respite care allows caregivers to rest and recharge. Respite care can be provided by friends, family members, or professional caregivers and can be essential in preventing burnout.

### **Legal and advocacy support**

Navigating the legal aspects of veterans' benefits and healthcare can be confusing and time-consuming. Organizations such as the [Veterans Consortium Pro Bono Program](#) and the [National Veterans Legal Services Program](#) offer free legal assistance to help caregivers advocate for their loved ones' rights.

"Caring for those who once wore the uniform is not only a sacred obligation but a moral responsibility. We must ensure that caregivers have the support and resources they need to provide the best possible care for our veterans." – Robert L. Wilkie, former Secretary of Veterans Affairs.

### **Raising Awareness and Increasing Support**

The challenges faced by caregivers of veterans are unique and complex, and understanding these obstacles is crucial to providing the support they need. By raising awareness and connecting caregivers with valuable resources, we can help ensure that these dedicated individuals can continue to rise above and beyond the call of duty, just as the veterans they care for have done. Let us all take action in supporting the caregivers of our nation's heroes, recognizing their sacrifices and offering the assistance they need to thrive in their vital role.





# for Well Connected!

Call or Email Marina Wittmann  
ADRC: (608)355-3289

marina.wittmann@saukcountywi.gov

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

Solution for Sudoku

ADRC  
505 Broadway St  
Baraboo, WI 53913

## Mindset Reset

### DAILY CHECKLIST

- Didn't hit snooze on my life/goals
- Set intentions for the day
- Said affirmations to self
- Followed a morning routine
- Journalled
- Turned phone off to be present
- Stopped scrolling to be present
- Read / listened to podcast / book
- Moved my body in some way
- Exercised
- Stretched
- Got outdoors with no phone
- Meditated
- Ate a meal that served my body
- Drank water
- Reframed limiting beliefs
- Stop sabotaging / changed habit
- Ate intuitively
- Said, "no" to others to say, "yes" to me
- Ate a serving of vegetables / drank greens
- Ate a serving of fruits / drank fruits
- Stopped to do breath work - at least 5 deep belly breaths
- Had a bath with intention to self care
- Tried something new

Check off at least 3 things from this list everyday and watch your life transform