

Marquette County Senior Citizen News

ADRC OF MARQUETTE COUNTY
PO BOX 405 • 428 UNDERWOOD AVE
MONTELLO, WI 53949 • (855) 440-2372

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**We're looking for photos of
Marquette County for
the cover of our newsletter!
Submit your photos to Jan at
jkrueger@co.marquette.wi.us**



Dear Caregivers,

I just wanted to say thank you to all the dedicated and loving caregivers for sharing your time in caring for those in our community. You may feel like you are just doing your job and upholding a civic or moral responsibility. However, to the people who need and depend on you, it is so much more. It is love, compassion, understanding, trust, respect, hope, support, reassurance, and a way of life that they have not chosen, but you have chosen to be all these things to someone.

It is people like you that set examples everyday on what humanity should and can be. I am proud you are members of our community. The past year has been met with more challenges and yet you have continued to help and support members of this community. Thank you for your devotion and courage to meet these challenges. Thank you for your commitment to our community members. Thank you for using your time and energy to make a difference. Thank you for caring and giving of yourself. Thank you! Thank you! Thank you!

Tremendous Gratitude,

Jan Krueger, ADRC Director
ADRC of Marquette County

Darcy Ingram

Caregiver of the Year

After having heart surgery and looking at a long recovery, where does a mother turn for help? To someone who knows her well and has the compassion and tenderness for caregiving to her daughter. And this daughter answered the call even before it went out. This daughter took a leave of absence from work and was with her mother at the hospital, brought her home, cared for her at home, attended when there were complications and trips back to the hospital and stayed until everything was stable. She was with her parents 24/7 and became the heartbeat of the home, keeping things steady and strong. She assisted with household chores, bathing, physical cares and medication monitoring.

This was such a relief to her father also, so he had time to have quality time with his recovering wife. What a gift her 30+ years of experience as an RN was to the family. She could help them understand all the confusing parts of health care, the procedures and treatments needed. This greatly helped aid in the healing and recovery of her mother. There were a few emergencies that could have gone in the wrong direction without her immediate action and direction. Her sacrifice of her own time, her support, her willingness to help in any way, and her remarkable care and love for the people who cared and loved her first should certainly be recognized. These very proud parents want the community to know what a special person she is.

So, thank you to Darcy Ingram.



Kathy Kohnke

Caregiver Nominee



Disease and illness can turn the lives of a family upside down. For nearly 15 months, this father and husband battled acute myeloid leukemia. His wife did exactly what she had vowed to do and took care of him in sickness and in health. Due to his numerous doctor appointments and daily care, she had to end her employment. He spent countless days and weeks as an inpatient at the hospital and she never left his side, staying with him day and night. Though caregiving is stressful and tiring, it is worse not to be there, not to be helping, seeing and supporting your loved one. Covid caused this. So thankful for video chat. When he came home, he continued to need round the clock care. And his wife was there, ready, willing and able.

She became the watcher, the guide, offering encouragement and support. Caregiving often calls us to lean into love we didn't know was possible. She had a high level of energy even when tired and stressed. She had a smile even though her heart was heavy. When Hospice Care became the treatment, it did not deter her from continuing with total care and comfort measures. She was there to hold the hand of her husband and her children when things got scary. During this time, she also had responsibilities for her parents. She tried to do frequent visits with her mother and frequent phone calls with her father. Her plate was full, maybe overflowing, but she kept on going and doing. Her husband has now passed away knowing how much he was loved and cared about.

We are thankful for such a special example of love, patience and compassion. We are thankful for Kathy Kohnke.

Mandy Zeatlow

Caregiver Nominee

This caregiver is truly a selfless, caring and sweet person. She has cared for her husband for 60 years. Those generations ago, the role of the wife was different than today. The role of the wife was to care for the home and all the household chores but also to care for the spouse so that he could complete his job as the breadwinner. This wife embraced her role and gladly accepted her role and put all her energy into being the best at it. Lunch was always served at 12:00 noon with a perfectly set table. She worked diligently to make the house their home.

As they grew older and her husband's health worsened with some dementia, she renewed her vow to be a spouse, a partner and a caregiver. She was not deterred in her goal to support her husband and their home.

There were many highs and lows and some real tough times but she never gave up and was unflinching in her devotion. She has had many joys and many frustrations but she was proud of her role and proud of her marriage. Her husband's final wishes were to remain at home and she did everything she could do to care for him in every way. In the world, you may be one person but to one person, you may be the world and she made her husband her whole world and in caregiving, she became his whole world. She is amazing to her family. She is sharp of mind and her memory is unbelievable. She does not hesitate to help others. She is an honest person, a TRULY honest person. She has lived her life with grace and is a rainbow shining in a cloudy sky. She has spent a very successful life of sacrifice and caregiving.

Her family is so very proud of her and wish to honor Mandy Zeatlow.



Eric Jachthuber

Caregiver Nominee



Sometimes in small, rural communities people do not have access to some of the more sophisticated and technical services. When it comes to medical questions and medication needs, that is not the case in Montello, WI.. Eric Jachthuber, Pharmacist, serves Montello and the surrounding area at Bentley Pharmacy. He goes above and beyond each and every day. He is a good listener and helps each individual get what they need. He is a problem solver and will contact Physicians and insurance companies and medication suppliers to get the best for each customer. Often when there is a problem with insurance payment, we are told to call our insurance companies but if Eric is working with you, he will pursue this. Seldom elsewhere will you get this personalized service. He treats each person with respect and courtesy and remembers their stories and long after, will ask about their condition or that of a family member.

Not only do community members get this specialized attention but visitors and vacationers to our city also can count on him for help. When they lose or forget their medications, he will take the time to contact physicians and get temporary supplies. He is even known for driving personally to another pharmacy to get the supply.

When a person gets a new diagnosis or a new treatment, it is often a time of worry and confusion and questions. Eric is very patient and understanding and will spend whatever time necessary to support that person and make sure they leave reassured and confident. You do feel like a real person, having a real conversation instead of the next number in line. Everyday there is a life crisis for someone and Eric meets this head on with his knowledge and experience but more so with his compassion and kindness. He is absolutely committed to the community and has gone above and beyond to help Montello get local testing and vaccinations. If he sees a need in the community, he will be working on a solution. This is not just a job or career for him, it is his calling and his path. He has touched many lives and is a great asset to the community. He is also very humble and does not like recognition, but we would very much like to let him know how much he is appreciated.

Thank you to Eric Jachthuber for his efforts to make his community thrive.

Caring for the Caregiver: Tips on Reducing Stress

- Identify the stressors in your caregiving role. What tasks or behaviors are most frustrating or anxiety producing? Think through and plan your responses to these stressful situations.
- Learn and practice stress management techniques. Relaxation exercises such as deep breathing, meditation, and visualization, as well as physical exercise, can be helpful.
- Get adequate rest.
- Recognize that caregiving is stressful and realize that role changes are difficult to undertake. Do not be hard on yourself when you experience impatience, frustration, sadness, or anger. These are natural emotions when caring for someone who may be unhappy, ungrateful or difficult.
- Be willing to walk away from difficult situations to calm down. Return later and try a new approach.
- Remember to not personalize the problems you are experiencing. The person is not trying to make life difficult.
- Keep incidents in perspective. Try not to overreact to small setbacks or minor crises.
- Simplify and structure the environment, make care routine.
- Set realistic goals regarding what and how much you can do for your loved one.
- Take one day at a time. Try not to worry about what might happen when you have planned the best you can.
- Be good to yourself. Give yourself frequent praise and rewards for your patience and endurance. Say nice things to yourself when the person you are caring for no longer can. Continue to find ways to have fun.
- Use your sense of humor - it relieves stress and is a positive emotional release for both of you.
- Maintain your own physical, emotional, and spiritual health. Find sources for personal satisfaction. Cultivate some emotional detachment.
- Write feelings/thoughts in a journal. Writing things down will often help put them into better perspective and will be a way of releasing emotions.
- Identify and be willing to use your support system. Avoid isolation. Have someone available to vent. If family or friends offer help, accept it.
- Be familiar with your financial, legal and community resources.



Health Benefits of Laughter and Positive Attitude

1. Reduces stress hormones.
2. Boosts immune system.
3. Elevates brain awareness, increases alertness and memory.
4. Increases levels of natural pain killing opioids (endorphins!)
5. Eases muscle tension.
6. Enhances blood oxygen levels.
7. Increases pulse and respiration.
8. Improves blood circulation.
9. Protects blood vessels against inflammation.
10. Increases perception of happiness and satisfaction.
11. Enhances overall feelings of well-being.
12. A good belly laugh amounts to a small workout.

IT'S FREE!

NO PRESCRIPTION NEEDED!

NO NEGATIVE SIDE EFFECTS!

NO NEED TO GO TO THE PHARMACY!

CELEBRATE FAMILY CAREGIVERS

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently nudges her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent’s house. They are everywhere – family, friends and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity and quality of life. The role of the unpaid caregiver is invaluable and yet they often don’t recognize their own worth.

Let’s Celebrate Caregivers this month! Here are some simple things you can do to really help a caregiver and let them know that they are important and appreciated.

1. Stop by their house and say hello. You don’t have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.
2. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers’ needs are forgotten. Listen to them without judging or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.
3. Offer to help. Instead of telling them to call if they need something, be more persistent in offering your help. Try this. “I am going to help you. Do you want me to bring a meal or a mop?” Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.
4. Invite them to do something – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.
5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to visit the **ADRC of Marquette County** to find out the various types of support that are available.
6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them. Contact the **ADRC of Marquette County** for info about the Caregiver Support Group.
7. Check in regularly. A weekly phone call to ask how things are going can alleviate feelings of loneliness and help them feel special and important. Sometimes they just need someone to listen to them, and sometimes hearing about someone else’s life gives them a break.
8. If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.

Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated!

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

CAREGIVER BILL OF RIGHTS

I have the right:

- ♥ To take care of myself. This is not an act of selfishness. It will enable me to take better care of my loved one.
- ♥ To seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.
- ♥ To maintain facets of my own life which do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things for myself.
- ♥ To get angry, be depressed, and express other difficult emotions occasionally.
- ♥ To reject any attempt by my loved one (either conscious or unconscious) to manipulate me through guilt, anger, or depression.
- ♥ To receive consideration, affection, forgiveness, and acceptance from my loved one for as long as I offer these qualities in return.
- ♥ To take pride in what I am accomplishing and to applaud the courage it sometimes takes to meet the needs of my loved one.
- ♥ To protect my individuality and my right to make a life for myself that will sustain me when my loved one no longer needs my full-time help.
- ♥ To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made toward aiding and supporting caregivers.

by Jo Horne, author of Caregiving: Helping an Aging Loved One



Caregiver Resource - Tualta

Tualta is an online portal that helps caregivers develop skills and find local resources, all from the comfort and safety of home.

Tualta gives you unlimited access to articles, videos, audio lessons, and printable tip sheets to improve your caregiving journey. You can develop skills and feel more confident in your ability to handle challenging care situations including those related to personal care, safety, brain health, and even your own wellness. You will have access to trainings from Teepa Snow who teaches skills and techniques to improve your ability to care for someone with dementia. Alzheimer's Music Connect can also be accessed through the portal, which can improve the mood and behavior of someone with dementia. You can learn about strokes and how they affect a person's thinking, movement and communication. Providing hands-on care like shaving, showering and oral care are also covered. Topics such as Keep Your Cool, Caregiver Guilt and Balancing Work and Caregiving provide helpful tips for keeping yourself mentally and emotionally healthy as well as host of other topics related to caregiving; and new content is being added regularly.

With an on-demand learning library this big, you get to choose what you learn, how you learn, and when you learn. The lessons vary from 5 minutes to 2 hours, so you can pick what you want based on the time you have. With Tualta, you have access to materials any time of the day and anywhere you are, so you don't have to worry about fitting Tualta into your busy schedule. Once you create your Tualta account, you will continue to have access to the materials for the entire year.

Tualta is easy to use on a computer, laptop or tablet and is available at no cost to Wisconsin caregivers thanks to the National Family Caregiver Support Program.

If you are interested in learning more about Tualta contact **Colleen Sengbusch at 608-297-3101.**

Meditation

Courtesy of DailyCaring.com

Meditation is a simple way to improve caregiver health and well-being. It doesn't require any equipment and is easy to do. You need a quiet spot where you can sit and try to focus your attention in a way that helps your body and mind relax.

Guided meditations make this easy because you follow the voice prompts. If your thoughts wander while you're meditating, it's ok. It happens to everyone. There is no right or wrong way to do it.

Meditation has dozens of benefits including helping to regulate emotions, reducing the physical effects of stress, boosting immune system, improving sleep, reducing depression, lowering blood pressure to name a few.

There are 5 free apps that can make meditation quick and simple for caregivers. Some have premium options available for a fee/subscription

1. MyLife
2. Insight Timer
3. Smiling Mind
4. Sanvello
5. Headspace



Did you know that Marquette County has a Veteran's Service Office? The officers there provide assistance and advocacy for veterans and/or their dependents and survivors, in pursuit of federal, state and local benefits. They can also provide aid with each of the following: VA Healthcare, VA Non-Service-Connected Pension, VA Survivor's Pension, VA Service-Connected Compensation, VA Burial Benefits, Military Records Requests/Medal Replacement Requests, Educational Benefits and Brick Marker Applications. The office is located at 480 Underwood Ave. (PO BOX 214) in Montello and can be reached at **608-297-3182**.

Memory Cafés

The number one thing you can do to keep your brain healthy is socialize! Memory Cafes are designed for people with a cognitive impairment and their care partners (or anyone who wants to keep their brain healthy) to come and join together to socialize, have snacks, and to engage in a group activity that might spark some memories! We share, laugh, do activities, and challenge our brains through socialization in a comfortable, relaxed atmosphere.

Virtual Memory Café

3rd Friday of every month
10:00am-12pm

For more information contact
RKearney@alzwissc.org

Westfield Memory Café

1st Wednesday of every month
10:00- 11:30 AM
at Westfield Village Hall
129 E. 3rd St.

For more information contact
Janet.Wiegel@alzwissc.org or 608-697-2838

Portage Memory Café

4th Thursday of every month
1:00-3:00pm
at Portage Public Library
253 W Edgewater St.

For more information contact
Janet.Wiegel@alzwissc.org

Sauk City Memory Café

3rd Thursday of every month
9:30-11:00am
at Sauk Prairie Community Center
730 Monroe St

For more information contact
Janet.Wiegel@alzwissc.org

Richland Center Memory Café

4th Thursday of every month
10:00-11:30am
at Woodman Senior Center
1050 N. Orange St.

For more information contact
Heather.Moore@alzwissc.org

Reedsburg Memory Café

2nd Friday of every month
10:00am-12:00 PM
at Fusch Community Center
2090 Ridgeview Drive

For more information contact
Janet.Wiegel@alzwissc.org or 608-697-2838

Thank you to the Marquette County Caregiver Coalition for their input and assistance planning for National Family Caregiver 's Month. A very special thank you to Nancy Charles for delivering our awards & prizes, being our photographer and helping with our nominee write-ups.

Marquette County Caregiver Support Group

Taking care of you... so you can keep taking care of them.

The Marquette County Caregiver Support Group meets the
3rd Wednesday of each month.

Call Colleen at 608-297-3101 for more information

Strategies for Special Holidays

by David Lowell, MD

Strategies for Special Holidays - Caregiver.com

<https://caregiver.com/articles/strategies-holidays/>

The holidays can be a time of renewal - renewal of friendships through visits and cards, renewal of family relationships through gatherings and shared meals, and renewal of one's faith. But the holidays also are a time that can be particularly challenging for a caregiver. It is a time during which the changes in one's life are highlighted and there are additional demands placed upon an already stressed life.

The holidays are always a whirlwind and this is especially true for caregivers. During the holidays it is important for caregivers to seek a balance - between caring for someone else and caring for oneself; between celebrating good memories of past holidays while not dwelling on what might have been lost. Here are ideas to keep in mind for both the caregiver and the care receiver as the holiday season arrives:

Ideas for the Caregiver:

1. Don't try to do it all. In the past you may have prepared Christmas dinner for 20 and created hand-made gifts for all of your relatives. Ask other members of the family to carry on specific family traditions. Dividing the responsibility will help you manage your stress level.
2. Don't attempt to travel long distances by car if your loved one is not used to it and tires easily. You will both be exhausted by the time you reach your destination, and you will have a difficult time enjoying yourself.
3. Ask family or friends to provide respite care. Make time to enjoy holiday decorations or window shopping. Just a few hours of time by yourself or with a friend can be renewing and help combat a sense of isolation.
4. Avoid comparisons with past holidays. It is often emotionally draining to look upon change as loss. "Life is change" can be a helpful concept to hold onto.
5. Create new traditions that can be carried on year to year, rather than dwelling on old traditions that your loved one can no longer participate in.

Ideas for Your Loved One:

1. Find a way to have your loved one participate in the holidays, whether its making decorations or counting the days on an Advent calendar
2. Decorate your loved one's room or living area for the holidays. Incorporate symbols and decorations that are meaningful.
3. Stimulate all of your loved one's senses with the sounds, sights, smells and tastes of the holidays. Ideas include holiday music and decorations, a favorite dessert and familiar scents.
4. Familiar holiday foods are a nice way to evoke positive memories.
5. If your loved one is in a care facility, extend traditions to other people in the facility. For example, pass out holiday cards or make a traditional dessert to share.

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 from 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 to 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 **ADRC of Marquette County at 855-440-2372**.

By Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

Quick & Nutritious Meal Ideas for Caregivers

By Amelia Cisewski, RDN, CD

It's important to provide well-balanced meals and nutritious snacks for our loved one as we are caring for them. Sometimes it can be a challenge especially if they are eating less and have difficulty eating some foods. Below are some ideas to help make it easier.

Making Smoothies

Smoothies can be a quick, easy way to add fruits, vegetables, protein and other essential nutrients into your loved one's diet as well as yours as you are caring for them. They can be a quick breakfast or healthy snack throughout the day.

Here is a basic smoothie recipe that you can make your own and add any flavors you like:

- 1/2 c milk or juice
- 1/2 c yogurt
- 1 1/2 c fruit, veggies, etc.

Steps to make your smoothie:

1. First, add your liquids (milk, or fruit juice) and yogurt
2. Second, add any frozen ingredients (ice or fruit)
3. Add bulk ingredients including chopped or sliced fruits & veggies (banana, strawberry, spinach, blueberries, etc.)
4. Next, add optional extras (spices, ground flaxseed, peanut butter, protein powder)
5. Finally, starting at low speed, gradually increase speed until desired consistency.



Slow-Cooker Meals

Slow-cooker meals can free up a lot of time. In the morning, prep a meal in the crockpot, and a meal will be ready for you later on in the day when you may be busy or worn out. Slow-cookers aren't just for chilis, soups, and stews. You can make side dishes, fillings for sandwiches or tacos, and even oatmeal or desserts.

Easy Slow-Cooker Lasagna

- | | |
|------------------------------|---------------------------------------|
| 1 lb. ground beef | 2 c mozzarella cheese |
| 1/2 c onion, chopped | 1/4 c grated Parmesan cheese |
| 1 tsp. garlic, minced | 1 egg |
| 1 jar (25.5 oz.) pasta sauce | 2 Tbsp. fresh parsley or 2 tsp. dried |
| 1/2 c water | 6 uncooked lasagna noodles |
| 15 oz. cottage cheese | |

1. In a large skillet, brown beef and onion. Add garlic and cook for 1 minute. Drain.
2. Add spaghetti sauce and water to skillet and simmer about 5 minutes.
3. Mix cheese, egg, and parsley.
4. Pour 1 c meat sauce into a 4 to 6-quart slow cooker. Place half of the noodles and half of the cheese mixture on top of sauce. Cover with 2 cups meat sauce. Top with remaining noodles, cheese mixture, and meat sauce.
5. Cook on LOW for 4-5 hours or until noodles are soft. Sprinkle 1/2 c of mozzarella and remaining Parmesan on top. Cover with lid to melt cheese and allow to sit 10 minutes before serving. Enjoy!

Note: Freeze leftover lasagna in individual containers to use as a quick meal in the future.



Using Leftovers

Plan meals so you can use leftovers later on in the week. For example, let's say you have leftover chicken and turkey, you can make stew, wraps, or salad later in the week with the leftovers. If you have extra veggies, add to a soup, casserole, omelet, or salad. Add extra fruit to cereal or yogurt. Sometimes we have fresh fruit that may go bad before we finish eating it, freeze extra to use for a smoothie.

Advance Planning Documents

By the GWAAR Legal Services Team (for reprint)

It is important to review your own advance planning documents periodically or create advance planning documents if you have not already done so. Everyone over the age of 18 should be planning in the event incapacity would occur. Be sure to discuss your wishes with your agent or use this as an opportunity to have another conversation with them to ensure your wishes are clear!

The law on advance care planning documents and authority varies by state. In Wisconsin, practitioners typically recommend the following documents:

- Power of Attorney for Finances and Property;
- Power of Attorney for Health Care;
- Declaration to Physicians (a/k/a Living Will); and
- Authorization for Final Disposition (burial & funeral arrangements).

Advance planning documents can be executed with or without an attorney. Even though the basic forms are available online for free, an attorney can provide legal advice and counseling regarding the person's specific circumstances to ensure that the person's wishes are stated and carried out as desired. It is important that the power of attorney for health care is signed before two unrelated and disinterested witnesses. Although the power of attorney for finances does not technically require witnesses, it is granted important protections under Wisconsin law if it is notarized when signed.

Powers of attorney provide authority for someone to make financial and health care decisions for another person. Unlike other states, Wisconsin is not a "next of kin" state, meaning that family members do *not* have the ability to make health care decisions on behalf of another person just by virtue of being a relative (or spouse). Wisconsin law requires that a person be granted specific authority to act--either authority from the individual person (via a power of attorney document), or from a court (usually through a guardianship action). Power of attorney documents are valid once they are drafted and signed. When they are activated depends on the language within the document. Typically, a power of attorney for health care is activated by two physicians or a physician and a psychologist when the principal has an incapacity to make health care decisions. A power of attorney for finances is typically active upon signing, however, can be activated upon incapacity instead if those instructions are provided within the document.

A Living Will is a document that on its face may look similar to a power of attorney for health care; however, there are several important differences. In writing a Living Will, a person is making a directive to his or her doctor regarding the person's end of life decisions. There is no authority given to another person to act as an agent on the principal's behalf, as is the case in the power of attorney documents. Additionally, a Living Will only applies in limited situations, such as if you have a terminal condition or are in a persistent vegetative state. By contrast, a power of attorney for health care provides for an agent to have broad authority to make decisions in a wide range of situations. A person can have both a power of attorney for health care and a Living Will, if desired, or one or the other. If the documents are inconsistent, the power of attorney for health care takes precedence.

Finally, the Authorization for Final Disposition allows a person to indicate his or her funeral and burial preferences in writing and to appoint a representative to carry out those wishes upon the person's death. This document is recommended as part of a comprehensive estate plan because the authority under a power of attorney ends upon the principal's death. If no agent is appointed under an Authorization for Final Disposition form, Wisconsin law indicates that a surviving spouse, children, parent, or siblings (in that respective order) can make funeral and burial decisions on behalf of a decedent. If there are surviving children or siblings that are making the decision, a majority of that group must agree and that can potentially cause issues and delays.

Advance Directive forms can be found on the [Department of Health Services website](#). More information on advance directives and how to complete these forms are also available on our [website](#).

Myth-busting false beliefs about POA's:

1. I do not need a POA because my spouse or family can make decisions on my behalf.

- a. Wisconsin is not a "next of kin" state, meaning that family members do not have inherent authority to make decisions solely based on their relationship with you. Authority must be specifically given to a person through a POA document or a court order.

2. I do not need a POA until I am older or sick.

- a. Too often, people wait until it is too late to do advance planning. If a person no longer has the capacity to execute a POA document, then a guardianship action in court may be needed. All adults over the age of 18 should consider creating advance directives.

3. Once I create a POA, I'm set for life.

- a. POA documents are not locked in stone. They can be revoked at any time or re-executed if the principal is of sound mind. [Honoring Choices](#) recommends that advance planning documents be reviewed if any of the 4 "d's" occur:
 - i. **Death** (if any of the agents named in your POA pass away);
 - ii. **Decade** (if it has been more than 10 years since you drafted or reviewed your documents);
 - iii. **Divorce** (if you subsequently get a divorce after drafting your POA—in Wisconsin, this invalidates your documents by law);
 - iv. **Disease** (if you become sick or are diagnosed with an illness).

In reviewing your documents, you want to ensure that the agent(s) you chose would still be able and/or willing to serve, that the principal and witnesses signed on the same date, that the witnesses are not related to the principal, that the document still reflects your current wishes and that nothing is crossed out.

4. I don't have a lot of money or property, so I don't need a Power of Attorney for Finance.

- a. A Power of Attorney for Finance may be needed to apply for or manage insurance and public benefits like Medicaid.
- b. A Power of Attorney for Finance agent would be the one who could sign contracts regarding property, represent your interests in litigation or sign a lease.
- c. A Power of Attorney for Finance can establish a special needs or burial trust.
- d. You determine exactly what authority you want your agent to have or not have.



Wisconsin's Family Caregiver Support Programs

National Family Caregiver Support Program (NFCSP)

Alzheimer's Family Caregiver Support Program (AFCSP)

National Family Caregiver Support Program (NFCSP)

This program offers respite, information, support, and other resources to family caregivers.

HOW DOES THE PROGRAM WORK?

Caregiver support services are available to all families caring for a person aged 60 or older or someone with dementia. Grandparents and older relatives caring for minor children or an adult with a disability may also qualify for the program.

WHAT CAN THE PROGRAM PROVIDE?

Limited short-term respite care provided in the home, at a day program or a short stay in a facility.

Respite services for caregivers include:

- Chore services such as yard work, snow shoveling or heavy housework
- Personal care such as dressing, bathing or toileting
- Daily homemaking tasks such as meal preparation, shopping or light housework
- Companionship and general supervision for safety purposes

Services and items that assist the caregiver in provided care including:

- Transportation and assisted transportation
- Assistive devices (weighted silverware, adaptive clothing, door locks, bed alarms, etc.)
- Minor home modifications (wheelchair ramps, grab bars, etc.)
- Supplies (incontinent supplies, etc.)
- Safety equipment (emergency response system, Safe Return, etc.)

WHO IS ELIGIBLE?

- Any caregiver who provides unpaid care to a person age 60 or older, **or** to a person of any age who has Alzheimer's disease or related dementia.
 - Note: The older adult receiving care must need assistance with daily living.
- Grandparents or relatives age 55 and older who are the primary caregivers for a child under age 19 **or** who care for a person age 19 to 59 with a long-term disability.

HOW DO I APPLY?

There are no fees or income requirements to enroll in this program. Contact your County or Tribal Aging Office or Aging & Disability Resource Center for more information. To find your local office visit

www.wisconsincaregiver.org.





Wisconsin Alzheimer's Family and Caregiver Support Program (AFCSP)

This program was created to enhance the lives of informal and family caregivers while helping people with dementia remain living in the community as long as possible.

HOW DOES THE PROGRAM WORK?

Funds are available in each county for qualified individuals to provide temporary caregiver respite care and purchase goods and services needed to help care for someone with irreversible dementia.

WHAT CAN THE PROGRAM PROVIDE?

Typical goods and services include:

- Respite care or home care services (personal care assistance, meal prep, medication assistance and monitoring, homemaker services, yard work and snow removal, etc.)
- Emergency response systems
- Transportation expenses
- Incontinence supplies
- Home safety modifications
- Home-delivered meals
- Specialized clothing
- Activities and hobby supplies
- Legal expenses related to guardianship
- Caregiver counseling services
- Caregiver education classes
- Individualized services as approved

Caregiver support groups and caregiver education opportunities are also provided in each community. Contact your local Aging and Disability Resource Center or Alzheimer's organization for events in your area.

WHO IS ELIGIBLE?

Families are eligible if three criteria are met:

1. There is a diagnosis of Alzheimer's disease or other dementia
2. The person with dementia resides in a community or home setting (not a facility)
3. The person with dementia and spouse have a gross annual income of \$48,000 or less (costs related to dementia-related care may be deducted when calculating gross income)

HOW DO I APPLY?

Contact your County or Tribal Aging Office or Aging & Disability Resource Center. To find your local office visit www.wisconsin caregiver.org.

BENEFITS OF ACCEPTING HELP

Caring for someone with Alzheimer's disease can be stressful. Learning about the disease and accepting help from others can make the task easier.

No person can do everything alone. Caregiver respite care and support services relieve stress, protect the caregiver's health and enhances the joy of caregiving.



Checklist: What to Do After A Loved One Passes Away

Article from: <https://www.neptunesociety.com/resources/checklist-what-to-do-when-a-loved-one-passes>

Grief can be overwhelming when a loved one has just passed away. Your world is suddenly awash in sadness, memories, love, a sense of loss, and a realization of how much you will miss the person who's gone. It's hard to focus on the decisions that need to be made.

Our free guide, "The Complete Checklist for When a Loved One Passes Away," includes details about what to do in the hours and days after a death, as well as what to do once the memorial services are complete.

The complete guide can be reached at

<https://www.neptunesociety.com/docs/TheCompleteChecklistForWhenALovedOnePassesAway.pdf>

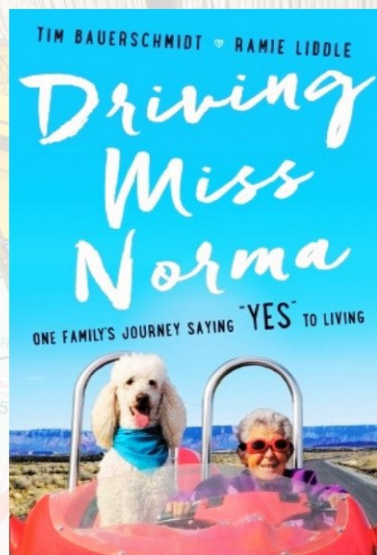
Below is part of the guide, a checklist you can follow to make that period of time a little easier.

What to Do After Memorial Services, Cremation, or Burial

- In the days, weeks and months following your loved one's memorial services, it can be difficult to face the legal, accounting and paperwork that needs to be done. Use a checklist and set due dates for yourself, which will help you avoid procrastinating these tasks.
- You'll need several copies of the death certificate, which are typically found at your local or state health department. Death certificates are often required for banks and financial institutions, attorneys or probate, and life insurance benefits, pensions, annuities, and Veterans Administration benefits (10 days).
- Locate all important documents (1 month): Tax documents
- Birth, marriage, and divorce certificates
- Bank account records
- Social Security cards or papers
- Military discharge papers
- Vehicle registrations, titles, or loans
- Current bills, debts
- Investment records and debts
- Notify all legal and financial interests (within 1 month): Creditors (including mortgage lenders)
- Utility companies (including internet and cell phone providers)
- Lawyers, accountants, financial advisers
- Pension agencies
- Social Security
- Veterans Administration
- Motor vehicles division
- File life insurance or final expenses policy claims with their respective companies (1-2 months).
- Meet with a probate attorney if one is required in your state (within the first month).
- Execute the will if you are the executor or have the executor do it. This will consist of paying debts and distributing assets according to the deceased's wishes (immediately post-funeral and within 1 year).
- If you want to scatter cremated remains, make sure it's legal. Your cremation services partner can help you learn where you may legally place cremated remains.
- Send thank-you notes. You may want to thank, personally or on behalf of the family, anyone who helped you through the days immediately after the death and who sent flowers, brought food, and made contributions (within 10 days of services).
- If the death had an impact on your legal documents, adjust them. If you are a surviving spouse or a beneficiary of the person who died, or if the person who died was a beneficiary of yours, you may need to change some legal or financial documents, including your own will, insurance policies and investments (within 6 months).

Creative Caregiving

From Coast to Coast



with *Driving Miss Norma* co-author Ramie Liddle

Wed., November 10th
6:00-7:30 p.m. via Zoom

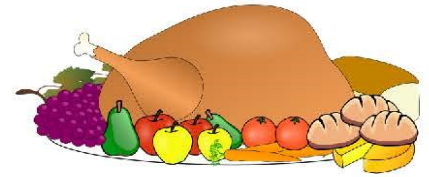
In celebration of National Caregivers Month, Ramie Liddle will share the incredible cross country caregiving journey she and her husband took with her 90-year-old mother-in-law, Norma. Infused with Norma's irrepressible wisdom, courage, and generous spirit, Ramie will share the charming and infectious joyous chronicle of their experiences on the road. Join us for the tale of this transformative journey of caregiving and living life on your own terms that shows us it is never too late to begin an adventure, inspire hope, or become a trailblazer. To register, call: 608-789-7145; email: programteam@lacrosselibrary.org or visit lacrosselibrary.org



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Food Safety and Preparation

During the Holidays



By Amelia Cisewski, RDN, CD

Enjoying food with family and friends is an exciting part of the holiday season. During this holiday season, keep food safety in mind including proper planning, cooking, and wrapping up leftovers.

Tips for Home Food Safety

1. Wash hands before, during, and after food preparation. Wash hands when switching tasks, such as handling raw meat and then cutting vegetables.
2. Keep kitchen surfaces (countertops, cutting boards, and utensils) clean throughout meal prep with hot, soapy water.
3. Always use separate cutting boards for raw meat and for ready-to-eat foods such as fruits and vegetables.
4. Use separate spoons and forks to taste, stir, and serve food.
5. Use a food thermometer to ensure foods are cooked to proper temperatures.
6. Refrigerate food within 2 hours of serving to prevent the growth of harmful bacteria that can lead to food poisoning.
7. Don't thaw foods at room temperature, on the counter or in warm water. Defrost food in the refrigerator, cover raw meat and place it on the bottom shelf so juices won't drip onto other foods. You can defrost food in the microwave if you will be cooking it immediately afterwards.
8. If taking food to parties, make sure to follow the same food safety habits as when home. Keep foods well refrigerated and be sure to cook them to proper temperatures.

Saving the Leftovers

After holiday meals, we often have leftovers. Follow these tips to make sure you don't get sick.

1. Store leftovers in shallow containers (2 inches deep or less)
2. Refrigerate or freeze leftovers within 2 hours of cooking the food
3. Remove turkey from the bone and store it separately from the stuffing and gravy.
4. Use the turkey within 3-4 days; use stuffing and gravy within 1-2 days.
5. Reheat leftovers to 165°F.

Quick & Easy Holiday Recipes

Sweet Potato Bake

Prep time: 15 minutes **Bake Time:** 50 minutes **Serves:** 6

Ingredients

2 sweet potatoes, peeled & cubed	2 tablespoons milk
¼ cup raisins	3 tablespoons maple syrup
¼ cup pecans	1 teaspoon cinnamon



Directions

1. Preheat oven to 400 degrees.
2. In a greased baking dish, spread potatoes and top with raisins and pecans.
3. In a small bowl, combine milk and maple syrup.
4. Pour mixture over the sweet potatoes and sprinkle with cinnamon.
5. Bake for 50 minutes or until tender.

Nutrition Facts: for 1/2 cup

Calories	113	Saturated Fat	0.3g	Dietary Fiber	2g
Total Fat	3g	Carbohydrates	20g	Protein	1.5g

Cranberry Cornbread

Prep Time: 15 minutes **Bake Time:** 40 minutes **Serves:** 9

Ingredients

1/2 cup butter, softened	2 tsp baking powder
1 cup sugar	1/2 tsp salt
2 large eggs	1-1/2 cups buttermilk
1-1/2 cups all-purpose flour	1 cup cranberries, halved
1 cup cornmeal	



Directions

1. In a bowl, cream butter and sugar until light and fluffy. Add eggs; mix well. Combine the flour, cornmeal, baking powder and salt. Add to creamed mixture alternately with buttermilk. Fold in cranberries.
2. Transfer to a greased 9-in. square baking pan. Bake at 375°F for 40-45 minutes or until a tooth pick inserted in the center comes out clean. Serve warm.

Nutrition Facts: for 1 piece

Calories	350	Sodium	414g	Dietary Fiber	1g
Total Fat	12g	Carbohydrates	54g	Protein	6g



Did you know we have a Resource Room?

We have numerous books in our library that we can give out to Marquette County Residents to read and then ask that they pass them on to someone else that would use them. Books and Stories about Alzheimer's, dementia, caregiving, mindfulness, aging, loss. Contact us and we can send you the list of what we have.

We have many other resources that we can let you look at, try, and some even keep depending on the situation. If your not sure what you need, or you can't afford something that is needed– Reach out.

- Safety Alarms- Motion, door, and Pressure Alarms
- Weighted Blankets
- Clocks
- Pill Organizers
- Medication Lock Boxes
- Adaptive Equipment
- Computer Tablets and Power Banks
- Lifelike Baby Doll and Kitty Cat
- Fidget Toys
- Large Playing Cards and Large Print Dice
- File of Life magnets

Please give the ADRC of Marquette County a call at **855-440-2372** to learn more about the services we offer or Visit us at **www.adrcmarquette.org** for some great information!