

# Caregiver E-Visit

February 2017

## Love in the Time of Caregiving

In honor of February, here are a few stories of love from the lives of family caregivers.

You are a group of people who may define “LOVE” in broader strokes than others because of the role you have added to a relationship.

**ROSA** and Lucia: “Having my mother live with our family has brought me a lot of stress and frustration. No matter how bad things get, though, I brush my mother’s long, black—silver streaked hair each evening, and I feel thankful for each time I can do that. For me it’s an opportunity for good memories, and I feel so much love.”

**JOHN** and Beverly: “Earlier in her disease, Bev used to kiss me goodnight and go to bed early in the evening. Then she would get up several times, come to me and say she forgot to kiss me goodnight. Each time I would get an extra kiss!”

**BOB** and Sarah: “I have gone to the facility where Sarah lives hundreds of times when she didn’t seem to recognize me. I would just sit with her and hold her hand. I felt both love and despair. Then one day I came in the door just as she was returning to her room from a shower. She looked at me, her eyes brightened,

and she called me by name. Then she motioned for me to come and give her a kiss. That was such a special kiss. Now I know it was probably her last. It brings a flood of feelings when I think about it.”



**JENNY** and John (and Fran) from Jenny’s journal: “Today I went to see John as usual and take him for our daily walk. Fran, another resident, wanted to walk with us. She calls John her boyfriend... There we were, walking, she on one side and I on the other side of John, holding hands. The two of them carried on a disjointed conversation, and I could tell that somehow, they connect to one another. It may sound strange, but I was glad for their friendship with each other. I am glad that they both receive some pleasure

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**For more information or if you wish to make comments on this E-Visit, contact Marilyn Joyce 262-833-8764 or email [marilyn.joyce@racinecounty.com](mailto:marilyn.joyce@racinecounty.com)**



## Love in the Time of Caregiving ...Continued from page 1

through their interaction. She tells me, 'This is my boyfriend.' And I answer, 'Well, he certainly is a good one.' As I get ready to leave, I hug John and he says to me, 'It's so nice to meet you.'

Caregiving brings new definitions of love, doesn't it? Our feelings may run a large gamut. We understand that relationships change over the years, sometimes in ways we would not choose, but we also understand that love may be stored in memories.

Children's TV companion Fred Rogers once said "Love is an active verb, like struggle. This describes caregiving love, expressed in the provision of a safe environment, food and drink, warmth and comfort, personal care, guidance and supervision, and much more. Sometimes love is "letting it be" when the person you care for can no longer grasp a situation and becomes downright angry and hateful (as when car keys must be taken). A caregiver's love may be entirely unrequited. In day to day caregiving, It survives, though, in deep ways, demonstrated by touch that communicates comfort and reassurance in caregiving actions. Sometimes a caregiver can reach into a bank of love stored in memories of mutual affection and fun times.

An important part of our job as Caregiver Support Specialists is to

remind you, dear reader, to also LOVE YOURSELF. This is not selfish, it's not frivolous, and it's not a luxury. It is necessary for survival of your "self." People who love you need to know that it is essential for you to have fun, laugh, play, do hobbies, get outside, take care of your own health, engage in contemplation and your own spiritual path, and continue to nurture other relationships. So here's a two-part assignment for February, should you choose to accept it:

1. Smile at the person in the mirror each day.
2. Give yourself flowers and/or a sweet treat.

Lots of love to you this February!!

## Upcoming Classes

Space is limited, so register today!

### Caregiving Relationships

See more information and a map of the location on page 4.

For further information or to register, call **Marilyn Joyce** at **262-833-8764**

### Stepping on - Building Confidence and Reducing Falls

Held Wednesdays March 1—April 12  
1:00 to 3:00 pm

Aurora Wellness Center  
Burlington, WI 53105—Fee \$10

For further information or to register, Call **Susanne** at **262-767-8313**

The flyers for both of these classes can be found on the ADRC website.

## Caregiver Resources

We have new books to share with caregivers. Some are for you to borrow, and some you may keep. Let us know if you're interested in more details.

### Books to Borrow

***Loving Someone Who Has Dementia*** – How to find Hope While Coping with Stress and Grief. The author, theorist and clinical practitioner, focuses on the challenges family caregivers face relationally, as you care for a person who is both there and not there, by learning to live with ambiguity and guide yourself through a “middle ground.”

***50 Sanity Saving Tips for Caregivers***- The author, who cared for her elderly family members for 12 years, has a passion for “care for the caregiver.” Her tips help you to care for loved ones “without killing yourself in the process.”

***Moving a Relative with Memory Loss*** – A practical guide to deciding where its' best to care for a loved one; assessing potential care facilities; making the move; managing care, and helping your loved one and facility staff get to know each other.

***I'm Still Here: A New Philosophy of Alzheimer's Care*** – Techniques which can help a person with dementia live “a better-quality life with a connection to others and to the world.” The author is an innovator in nondrug approaches to treating people with dementia.

### Books to Keep

***Daily Comforts for Caregivers*** - - Day by day this book leads you to the comfort of your own wisdom, which is so easy to lose sight of. “As a caregiver, you have a right to peace of mind,” says author Pat Samples.

***The Alzheimer's Caregiver's Playbook*** A football coach who cared for his wife strategizes around the challenges of her Alzheimer's Disease, presenting his ideas as though he were pondering plays for the biggest game of his life.

***The 36-Hour Day***- A thorough guide for families caring for people with memory loss and dementia. This is a roadmap that covers countless aspects of a very long journey, and serves as a resource to keep handy for the long haul.

### Lovely Breathing

*Love is something we receive and give, much like the air we breathe. Here's a breathing pattern that brings relaxation and a sense of well-being:*

*Take in a deep, slow, belly breath that inflates your upper abdomen. Release it in a long, slow stream through pursed lips (as though you were blowing bubbles.)*

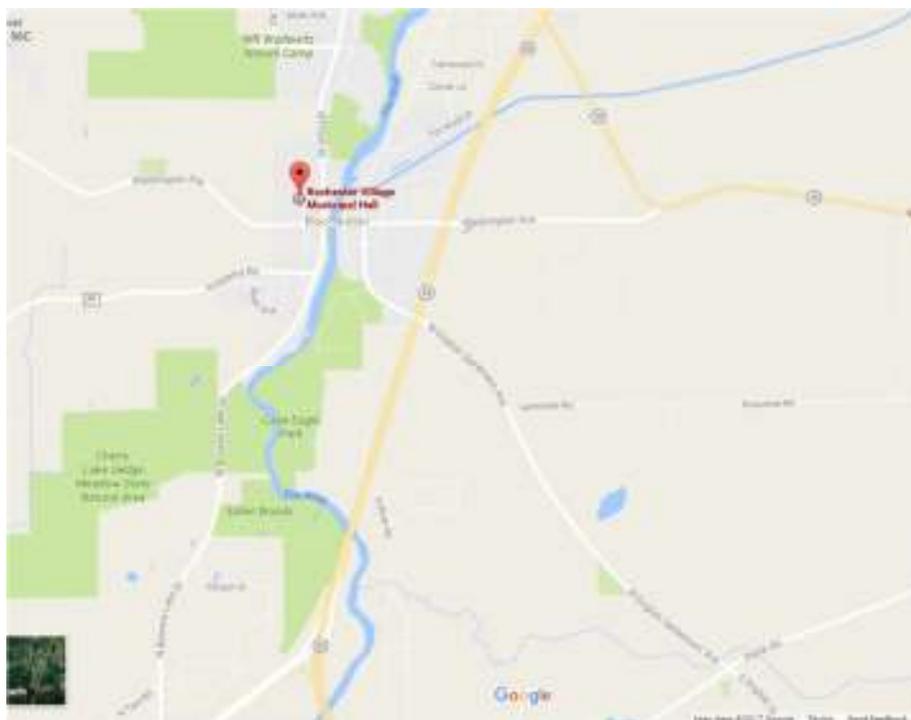
*Good times to take a breathing are red lights and train crossings, waiting rooms and grocery lines, when you're having a moment you want to last, or when you are in a challenging situation. (Try pausing for a deep belly breath before responding to someone who is being a jerk).*

*Inhale a deep breath and let it fill you with a feeling of love.*

*Then exhale and picture that love spreading to those who need it – perhaps even the difficult people!*



## Caregiving Relationships—Map of Class Location



### Rochester Village Hall—From Racine and Sturtevant:

Take Highway 20 west. Turn left onto Highway D, Cross Highway 36, Turn right onto N State St, The parking lot will be straight ahead of you.

or

Take Plank Rd (Highway A) west. Turn right onto N English Settlement Avenue (which becomes S Rochester St once you cross Highway 36). Turn left onto E Main St/Washington Ave/Highway D, Then turn right onto N State St, The parking lot will be straight ahead of you.

### From Burlington:

Take Highway 36 north. Left onto N Browns Lake Dr. Left onto Washington Ave/Highway D, Turn right onto N State St, The parking lot will be straight ahead of you.

### From Waterford:

Take S Jefferson St south (which becomes N Front St). Turn right onto W Spring St, The parking lot will be ahead and to your right.

## Caregiving Relationships

We are offering a 3-session classes for Family Caregivers at the Village Hall in Rochester, beginning in early March. This workshop includes a separate meeting with each participant to discuss needs, concerns, and helpful resources. That's why class meetings are two weeks apart, every other Saturday. (We'll be done before its time to do yard work!). Please request the class flyer. A map of the location is on the left.

We hope each participant benefits by learning about available resources; realizing the importance of self-care; discovering a community of caregiver support; and realizing you aren't alone.

For further information or to register, call **Marilyn Joyce** at **262-833-8764** or email [marilyn.joyce@racinecounty.com](mailto:marilyn.joyce@racinecounty.com)

Space is limited, so register today!



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## Support Groups for Family Caregivers

For caregivers who are over 60 or are caring for someone over 60 and caregivers (of any age) for people who have dementia. Contact: Marilyn Joyce, 833-8764, or [marilyn.joyce@racinecounty.com](mailto:marilyn.joyce@racinecounty.com)

Sometimes we are able to make reminder calls to former attendees about an upcoming Support Group. However, this is not always possible. These groups nearly always happen at the scheduled time and place. If you haven't gotten a call, and you have doubts, please call 262-833-8764 or 262-833-8777. See you there!!

### General Caregiver Groups

**First Friday**  
**12 Noon-1:00 pm**

Caregiver Connection

Telephone Group  
Call 833-8762 for call-in  
Information

**Feb 3 March 3 Apr 7**

**Second Tuesday**  
**1:30-3:00 pm**

Yorkville United Methodist  
Church

17645 Old Yorkville Rd  
(Just off of Highway 20, 3 miles  
West of I-94)

**Feb 14 March 14 Apr 11**

**Second Saturday**  
**10:30 am- 12:00 Noon**

Atonement Lutheran Church  
2915 Wright Ave, Racine

**Feb 11 March 11 Apr 8**

**Third Wednesday**  
**1:30-3:00 pm**

Burlington Senior Center  
209 N. Main St, Burlington  
Eppers Room

**Feb 15 March 15 Apr 19**

### Alzheimer's Association Support Groups:

*For families dealing with any  
type of dementia*

**First Thursday**  
**10:30 am -12 Noon**

Bethania Lutheran Church  
4120 Wright Ave, Racine  
(Park and enter in the back of the  
building)

**Feb 2 March 2 Apr 6**

**Second Thursday**  
**6:00 – 7:30 PM**

Bethania Lutheran Church  
4120 Wright Ave, Racine  
(Park and enter in the back of  
building)

**Feb 9 March 9 Apr 13**

