



First Annual Caring Better and Braver Conference

A conference for family caregivers will be held on **Saturday, October 28, 2023, from 10 AM to 3 PM.** Come and join us at the **Black River Beach Neighborhood Center** in La Crosse for a day of laughter,

self-care, and lunch. Please register by October 13, 2023, by calling 608-785-5700 or emailing

adrc@lacrossecounty.org. You also can register through

Eventbrite using the QR code to the right. We are asking for a suggested donation of \$10 to defray costs.



Topics for the day are “Bust the Burnout”; Assistive Technology; The Techy Caregiver; and “Laugh for the Health of It”. We also are offering Chair Chi and Guided Meditation over the lunch time. At the end of the day, there will be opportunities to peruse resources and connect with other family caregivers.

Respite options may be available. Please indicate the need for respite when you register. This conference is sponsored by the ADRC of La Crosse County; La Crosse County Caregiver Coalition; and the City of La Crosse Parks, Recreation, & Forestry.

How to Hire & Train Respite Providers

Are you struggling to find trained respite providers? In this course, primary caregivers will receive information and tools to find, hire, and retain a respite provider. A variety of worksheets and checklists will be given, along with a discussion on how to use them. Join the ADRC of La Crosse County and Respite Care Association of Wisconsin on **Thursday, December 7, 2023, from 5-630 PM.** We will be holding this training at **Hunter’s Last Chance Bar & Grill, 1400 Leonard St. S., West Salem.** Pizza will be provided! This training is open to professionals and family caregivers.

Register by November 17th by calling 608-785-5700 or be email at adrc@lacrossecounty.org. This training opportunity is sponsored by the ADRC of La Crosse County and La Crosse County Caregiver Coalition.

Check Out Your Neighborhood

Are you looking for fun fall activities for you and your care recipient? Check out this list developed by Graying with Grace. They also have a website (www.grayingwithgrace.com) that you may want to check out! They have activity ideas for staying active, healthy, social throughout the year. (Reprinted from Graying with Grace)

Fall into Fun: Engaging Activities for Seniors to Stay Active, Healthy, and Social this Autumn

Discover how seniors can enjoy the magic of the fall season with a wide range of indoor, outdoor, and social fall activities designed to promote social interaction, mental stimulation, safety, and overall well-being.

Indoor Fall Activities

- **Make Pumpkin Spice:** Create a homemade blend of seasonings to share with friends and family or use in favorite fall recipes.
- **Art and Craft Projects:** Capture the essence of fall with leaf art, knitting, crocheting, and seasonal decorations.
- **Book Clubs:** Dive into captivating fall-themed stories to keep the mind sharp and engaged with others.
- **Cooking Classes:** Learn new seasonal recipes and bond with fellow seniors over fall-themed dishes.
- **Puzzles and Games:** Stimulate the mind with jigsaw puzzles and digital games featuring breathtaking fall scenery.



Outdoor Fall Activities

- **Visit the Pumpkin Patch:** Enjoy fall foliage and look out for seasonal attractions like corn mazes and hayrides.
- **Outdoor Movie Marathon:** Arrange a backyard movie night for friends, family, or the neighborhood.
- **Walking Clubs:** Explore local parks and neighborhoods, taking in the vibrant fall colors.
- **Gardening:** Plant spring bulbs and tend to vegetable gardens for a fulfilling outdoor activity.
- **Bird Watching:** Observe migratory birds at nearby parks or nature reserves as a fun and educational experience.



Social Fall Activities



- **Apple Butter Fundraisers:** Engage with the community while raising funds for a local charity or senior center.
- **Fall Festivals:** Celebrate the season by attending Halloween carnivals, Thanksgiving feasts, and other festive events.
- **Community Events:** Get involved in outdoor concerts, movie nights, and gatherings to foster social connections.
- **Volunteering Opportunities:** Find meaningful ways to contribute to the community and connect with like-minded individuals.

Health and Wellness



- **Fall Foliage Walk:** Embrace the beauty of nature and boost cardiovascular health with scenic strolls.
- **Exercise Classes:** Join classes specifically designed for seniors, such as low-impact aerobics, resistance training, or dancing.
- **Meditation and Yoga:** Enhance mental clarity, stress management, and overall wellness through mindfulness practices.

Making Activities More Accessible

- Accommodate different mobility levels
- Prioritize seniors' safety
- Integrate mental stimulation
- Encourage socialization
- Be mindful of personal preferences
- Consider accessibility aids



Embrace the beauty of the fall season with these engaging activities for seniors, and let's flourish together. Visit our website for more information and resources on maintaining an active, healthy, and connected lifestyle during the autumn months.

Graying With Grace

Caregiver Support

Webinar: Balancing Work and Caregiving Trualta webinar

This webinar (recorded from a live event) hosted by Trualta discusses practical tips for finding a balance between work and caregiving, such as knowing your options, communicating with your employer, utilizing assertive communication, and setting your boundaries. To view this webinar, you will need an account or register for a FREE account here: <https://wisconsincaregiver.trualta.com/login>

Webinar: <https://wisconsincaregiver.trualta.com/learning/webinar-balancing-work-and-caregiving>

Video Series Reminder: Man Enough to Care

Caring for others is an act of love that comes with joyous moments along with many personal sacrifices. This compelling 5- episode video series “is a uniquely vulnerable, empathic and uplifting exploration of what it means to give care and be cared for as a man in today’s society.” The series is produced by Caring Across Generations and can be viewed on the organization’s website: <https://caringacross.org/manenough/#episodes>

Military and Veteran Caregiver Network | American Red Cross www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network

Wisconsin Adoption & Permanency Support www.wisapsp.org/virtual-support-groups

KINnect Relative Caregivers of Children & Coffee Talk for Adoptive and Guardianship Parents

LGBTQ Caregivers Support Group — 3rd Wednesday of every month. In partnership with Openhouse, Family Care Alliance is launching a new monthly support group (via Zoom) for LGBTQ caregivers. For more information or to register, contact Adriana Sanchez at asanchez@caregiver.org.



What’s New on Trualta!

Parkinson’s Disease: Daily Care Caring for someone with Parkinson's disease can mean helping them adjust to new ways of doing daily activities. In this toolkit, you'll learn about Parkinson's

symptoms and how the disease affects movement and cognition. You'll also learn strategies to help prevent freezing and falls, encourage activity and exercise, support their safety, and plan.

IDD: Building Wellness Mental Health Your care recipient with an intellectual or developmental disability (IDD) may be coping with mental health challenges, trauma, social

isolation, or challenging behaviors. In this toolkit, you'll learn more about these challenges and how to help, as well as how you can support self-esteem, resilience, and social skills. You'll also learn ways to provide person-centered care and use strategies to plan for their future.

Healing Caregiver Burnout: Hitting Your Limit Managing the constant demands of caregiving can be overwhelming and stressful. Without proper support, it can lead to caregiver burnout. This toolkit will help caregivers recognize signs of burnout and compassion fatigue, take steps to recover, get organized and receive support, and use strategies to prevent burnout in the future.

Mobility & Fall Prevention Having good mobility allows the body to move freely and can help prevent falls. In this toolkit, you will find strategies to encourage safe movement, prevent falls, and support proper use of equipment.

Compassion Fatigue: What Is It?

(Reprinted from Trualta)

It's Different Than Burnout

While it may sound like burnout, compassion fatigue comes from the impact of helping others—notably, helping people who have experienced something traumatic, stressful, or emotionally painful. It comes from having a great deal of empathy and then feeling exhausted after a long time of having to use that empathy. You may feel weary, like you're completely depleted, and that you have nothing left to give.

Signs Of Compassion Fatigue

It's important to pay attention to your body's physical and mental signs, as compassion fatigue can develop over time. Be on the lookout for:

- Changes in appetite
- Changes in sleep
- Nausea or dizziness
- Mood swings or changes like feeling sad, numb, angry, or irritable. For example, you may cry more easily.
- Feeling powerless, hopeless, or helpless
- Reduced sympathy and empathy.
- Feeling emotionally, physically, and mentally exhausted
- Decreased interest in previously enjoyed activities, or not taking care of your own needs.
- Guilt or blaming yourself for not being able to give more or help your care recipient who is suffering.

- Thinking over and over about your care recipient's suffering and feeling angry about the people or circumstances that caused the suffering.

Healing From Compassion Fatigue

It's possible to heal from compassion fatigue. The first step is identifying the source of what's making you feel weary so that you can use strategies to start addressing it. Some strategies you could try including:

- **Take note of your signs** of compassion fatigue. Now that you're aware of them, you'll be better able to recognize when things are becoming too much.
- **Remind yourself what you can control.** You can't control your care recipient's condition or how they feel about it, but you can control how you respond to it.
- **Define enough.** On the days you feel weary, ask yourself "What could I get done today that would feel like enough?"
- **Identify priorities.** Ask yourself "What **must** get done today" and only do those things. If those tasks are too much, consider who you can ask for help.
- **Take a time out.** Do things that replenish your energy. Giving your mind a break can give you a new perspective on a situation or can simply help you recharge your emotional "battery".
- **Take time to do things for yourself,** even if it's something small like going outside for 5 minutes to breathe in the fresh air and feel the sun on your face.
- **Set boundaries with family members.** For example, telling them how often you'll share updates, when you'll receive texts or calls, or how you'll respond when they give unsolicited advice.
- **Seek professional help** if you need it.

Pumpkin Pie Squares

1 pkg. yellow cake mix (divided)
 ½ c. melted butter
 3 eggs (divided)
 1 16 oz can pumpkin pie mix
 1 ¼ c. sugar (divided)
 ¼ c. soft butter

½ tsp. salt
 2 tsp. cinnamon (divided)
 1 ⅔ c. evaporated milk
 ½ tsp. ginger
 ¼ tsp. cloves



Crust: 1 pkg. yellow cake mix (reserve 1 c. of mix for topping); ½ c. melted butter; and one egg. Combine and press into 9x13 pan.

Filling: 2 eggs slightly beaten; 1 tsp. cinnamon; pumpkin pie mix; ¾ c. sugar; salt; evaporated milk; ginger; and cloves. Combine and pour over crust.

Topping: 1 c. cake mix; 1 tsp. cinnamon; ½ c. sugar; and ¼ c. soft butter. Combine and sprinkle over filling. Bake at 350 degrees for 45-50 minutes.

2023 Veteran's Bonanza

If you are a Veteran, have a family member or have a friend who is a Veteran, mark your calendar!

When: Saturday, November 4, 2023, from 10:00 a.m. –4:00 p.m.

Where: The La Crosse Center
300 Harborview Plaza
La Crosse, WI 54601



FALL

WORD SEARCH PUZZLE

BIRDS
BRISK
CHANGING
CLOUDS
COAT
COLD
COLORS
CORN
CROPS
FOOTBALL
FROST
GOURD
HARVEST
HEATER
JACKET
LEAVES
MIGRATE
NOVEMBER
OCTOBER
PUMPKINS
RAKE
SCARECROW
SEASON
SWEATER
TREES
WIND

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M	T	O	O	O	A	S	G	E	E	D	C	Z	N
V	I	L	O	N	V	O	D	K	B	D	M	R	I
W	C	G	G	T	U	E	H	R	V	O	O	M	S
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A	N	J	D	E	T	O	Y	J	B	R	I	S	K
R	L	H	R	S	W	E	A	T	E	R	U	C	H

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.

