

Spring 2023 Edition

Caregiver News



199 County Road DF- Juneau, Wisconsin
920-386-3580 or 800-924-6407

Spring Has Sprung!

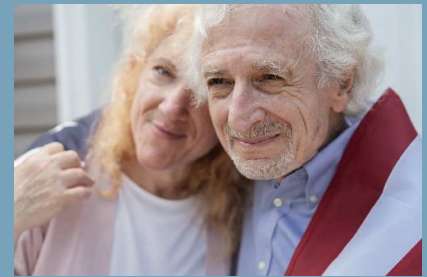
With the fresh air brings new life and is the perfect time to fine –tune your focus on living a healthy life style.

Here are 5 tips to make the most out of the spring season.



3. Take a Walk in Nature

Moderate outdoor exercise in the fresh air can revitalize you. Taking a walk may relieve tension and improve your mood.



Spending time outdoors in the sunshine, surrounded by blooming green plants has many positive effects on both your mind and body. Studies show people tend to become more active in the spring and summer seasons. These healing effects become apparent through reduced stress and lowered blood pressure.



1. Garden

Not only does gardening get you outside in the sunshine and adds color to your surroundings. It promotes overall health and quality of life by increasing physical strength, fitness, flexibility, cognition, and socialization.

2. Soak Up The Sunshine

According to studies, spending time outside can improve your mood and cognition. Even moderate exposure to sunlight for older adults can strengthen bones and may reduce colorectal cancer, hip fractures, strokes and heart attacks. Sunshine also protects against low vitamin D, depression and insomnia. Always protect yourself with appropriate sun protection.



4. Drink Extra Water

People tend not to consume enough water in their daily diet. The spring warm weather, sunshine, and increase in movements and exercise can easily lead to dehydration. Researchers say seniors often have diminished thirst reception.



5. Lighten Up Your Diet

Increasing your diet with fresh vegetables and fruit may help reduce the risk of chronic diseases like diabetes, heart disease, and cancer. Aim for seven servings a day



SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity through creative engagement, workshops and programs. SPARK! programs are FREE for families to attend together in a comfortable environment led by specially trained staff and volunteers.

SPARK! programs typically last 60-90 minutes and group sizes are limited, so please pre-register for the programs you plan to attend. Each program is unique and include topics such as cooking, art-making, drama/dance, music/song, poetry and storytelling. SPARK! programs are designed to be offered on various days and times to encourage attendance at multiple locations in your region. All SPARK! facilitators have been trained by Alzheimer's professionals and collaborate with community partners to continually enhance programming.

On behalf of all SPARK! organizations, we look forward to meeting you soon! **Register at:**
<https://www.co.dodge.wi.gov/dementiafriendlyregistration>
 or by calling (920)386-3580



Imagine That! Art Studio
 409 E. Main Street, Waupun
 1st Monday 3:45-5:00

2/6, 3/6, 4/3, 5/1, 6/5, 7/3, 8/7, 9/4, 10/2, 11/6, 12/4



Unmasked Expression Therapies
 207 N. Spring Street, Beaver Dam
 2nd Friday 1:00-2:30

1/13, 2/10, 3/10, 4/14, 5/12, 6/9, 7/14, 8/11, 9/8, 10/13, 11/10, 12/8



Horicon Marsh
 N7725 WI-28, Horicon
 3rd Monday 1:00-2:30

2/20, 3/20, 4/17, 5/15, 6/19, 7/17, 8/21, 9/18, 10/16, 11/20, 12/18



Dodge Cty. Center For the Arts
 130 W. Maple, Beaver Dam
 3rd Thursday 1:00-2:30

2/16, 3/16, 4/20, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16, 12/21

We have books, games, and other items to assist you to pass the time in a safe, happy way. Our Dementia Care Specialist and Caregiver Program Coordinator have ideas that can help.



Give us call at (920)386-3580

We are more Than Caregivers

We are still nature lovers, skilled knitters, professionals, parents and children. We need to recognize our feelings and our limits and listen to them, get help when we need it – and plan for the time when our role will change again.

Are you a person who is helping someone else so they can stay home?

Help is available to you in many different ways:

- 24 hour call in line– Alzheimer's Association (always answered by a person) 800-272-3900
- Free telephone learning sessions, with different subjects each time. register ahead by calling 866-390-6491) <http://www.caregiverteleconnection.org>
- Veterans Caregiver Support Line 855-2603274
- Online from AARP: <http://www.aarp.org/home-family/caregiving/>

MUSIC CAN ENHANCE YOUR LIFE

*“Love me tender, love me true
All my dreams fulfill
For my darling I love you
And I always will.”*

Reading the words of a song you love can stir up feelings of nostalgia. Hearing the song from the first dance on your wedding day may bring some color to your cheeks and put a smile on your face. And listening to popular songs from when you were a teenager might bring back memories of the crazy things you did when you were young.

Music is a powerful tool in so many ways. Listening to music can promote memory, reduce stress, relieve loneliness and open a window to emotions such as joy, pride, sadness, laughter or tears. Music reaches into the soul like nothing else, bringing feelings to the surface that are often difficult to name but healing to release.

Music is a great way to connect with someone whose ability to communicate is affected by dementia, stroke or other disease. Listening to songs from their past can help a person feel calm and relaxed and is a pleasant way to spend time together. Playing soothing music during a meal might increase the amount eaten, or make unpleasant tasks, such as bathing or grooming, more bearable.

It is nice to enjoy music with other people but listening to or performing a song on your own can also be meaningful. While separated from her friends due to the quarantine my daughter can be heard playing guitar and singing frequently throughout the day. She says it helps express her feelings of sadness and anxiety, leaving her feeling more settled and focused.

While staying Safer-at-Home, adding music to your day can bring some cheer and help pass the time. Consider sharing a song with someone over the telephone or video-chat as a special way to connect with when you can't physically be together. Recording a performance of a song and sending it by email or over social media is also a meaningful way to reach an isolated loved one. The goal isn't to impress anyone, just to express yourself and have fun.

Try enhancing your life by adding music to each day. Turn on some upbeat music in the morning to get you going. Try something familiar and relaxing during mealtimes. Find your old favorites to enjoy with a loved one for an extra special afternoon, then listen to soft, slow music in the evening to help prepare for a good night's sleep.

So, dig up those old songbooks, find a good radio station or look up your favorite songs online and see where the music takes you.

Jane Mahoney
Older Americans Act Consultant



What song brings you back?

Music & Memory is a proven program through which the healing power of music “reawakens souls” through the simple but profound experience of listening to their favorite music

Get a **FREE** personalized playlist
through the ADRC of Dodge County!

You can get:

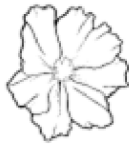
- iPods on loan—with training in how to use them
- Headphones or speakers on loan

If you or a loved one have been diagnosed with any type of dementia and would like to enjoy the benefits of Music and Memory

Contact Kaelan Pieper

(920)386-3259

kpieper@co.dodge.wi.us



Spring



W H M Z A L K R S G U B E C H T Q I
 F T U L Y I J B E P Q N O P A S D X
 S J N I B O R H L V M C S U T L E K
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BIRDS	CALF	GARDEN	LAMB	SNAIL
BLOSSOM	CATERPILLAR	GRASS	NATURE	SPRING
BUGS	CHICKS	HATCH	NEST	SPROUT
BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM



Tree Valley Academy



Aging & Disability Resource Center
of Dodge County