

The

Caregiver's Newsletter



Winter 2022-2023

199 County Road DF– Juneau, Wisconsin

920-386-3580 or 800-924-6407

Why does Winter Cause Depression?

The reduced level of sunlight in fall and winter may cause winter-onset SAD (seasonal affective disorder). This decrease in sunlight may disrupt your body's serotonin levels and internal clock that may lead to feelings of depression. A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD.

Caregivers in particular need to be aware of the risk of depression. According to a survey by the Family Caregiver Alliance, caregivers experience depression at **twice** the rate of the general population. Anyone who has been experiencing **five** or more of the following symptoms for more than two weeks should contact their health care provider.

- * Persistent sad, anxious, or "empty mood"
- * Sleeping too much or too little
- * Change in appetite resulting in weight gain or loss
- * Loss in pleasure and interest in activities once enjoyed
- * Irritability, restlessness
- * Crying too often or too much
- * Aches and pains that don't go away when treated
- * Difficulty concentrating, remembering, or making decisions
- * Fatigue or loss of energy
- * Feeling guilty, hopeless, or worthless
- * Thoughts of death or suicide



If depression goes untreated it can lead to increased emotional and physical problems as well as affect your ability to care for your loved one.

Please take care of yourselves.

Can You Match The Singer to The Correct Nick Name?



- | | |
|-----------------------------|--------------------|
| ___ Old Blue Eyes | A. The Beatles |
| ___ The King Of Rock n Roll | B. Aretha Franklin |
| ___ Father of Rock n Roll | C. Frank Sinatra |
| ___ The Man in Black | D. Jerry Lee Lewis |
| ___ The Fab Four | E. Johnny Cash |
| ___ Queen Of Soul | F. Elvis |
| ___ The Killer | G. Chuck Berry |

GRANDPADS

The Aging and Disability Resource Center of Dodge County's Caregiver Program has limited Grandpads to loan out for up to one year, free of charge.

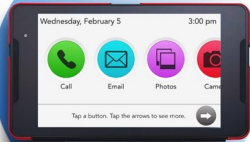
What is a GrandPad?

A GrandPad is a tablet that is designed with seniors in mind, featuring simple navigation, large buttons, and enhanced sound. The user friendly interface makes GrandPad perfect for older adults to connect with family and friends worldwide.

Contact Kaelan Pieper with any questions or if interested in the program.

(920)386-3259

kpieper@co.dodge.wi.us



Answer Key

1. C, 2. F, 3. G, 4. E, 5. A, 6. B, 7. D

Winter Safety

- * Avoid slipping on ice. Icy, snowy roads and sidewalks make it easy to slip and fall.
- * Dress for warmth
- * Fight wintertime depression
- * Keep the car on
- * Prepare for power outages
- * Eat a varied diet
- * Prevent carbon monoxide poisoning



What song brings you back?

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

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/>

Call the ADRC 920-386-3580