



Wisconsin Family Caregiving Alliance

Reunion Picnic

By Mary Fran Lepeska

In Ozaukee County, we have offered three Powerful Tools for Caregiving series. In each class, the participants develop a special bond, as have we, as class facilitators, so a decision was made to plan a reunion. We decided a great way to celebrate summer and our connectedness would be to host a summer picnic.

The event was planned for early evening in mid-July at Lion's Shelter in Upper Lake Park, Port Washington. We designed a one-page invitation which was mailed out to those who participated in the three series. We asked participants to RSVP and to bring a salad or dessert to pass. We bought a party sub sandwich, paid by National Family Caregiver Support Program dollars, and we provided other supplies for the picnic meal. Of the 39 invited, 10 ladies, representing all three series, attended the Reunion Picnic.



A highlight of the event was Jan's clown debut and games, which the ladies loved! A tossed rubber chicken was used for introductions done in a circle. Following a wonderful meal and conversation, the ladies played a guessing game, a mixing up letters game, and a

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TimeSlips Training

Become a certified TimeSlips facilitator! TimeSlips is an innovative storytelling method that celebrates the creativity of people with dementia. UWM's Center on Age and Community and Luther Manor are offering a 1/2 Day Intensive in the storytelling method on October 28th from 8:30 to Noon. The cost is \$45 and includes a training manual and a continental breakfast. The workshop focuses on the meaning and joy of the creative process for dementia care staff, as well as for people with dementia themselves.

Come awaken your inner storyteller... For more information, call the Center on Age and Community, (414) 299-2740

When the Caregiving is over: Helping Former Caregivers Move On

A bereavement kit for former caregivers is now being offered through the National Family Caregivers Association (NFCA), a not-for-profit organization dedicated to educating and supporting the nation's family caregivers. The primary purpose of this kit is to help former caregivers deal with their grief and loss and move on with their lives.

NFCA's Bereavement Kit is offered as a benefit to current NFCA members and is available to others for a fee of \$10.00. The kit includes five articles that deal with grief; loss and transitions to the next chapter of their lives; and a Bereavement Book list, with 25 books selected for the unique insights they offer. You can order online at: <http://www.nfcacares.org/> or by calling NFCA at (301) 942-2302

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balloon blowing game. All games were laugh inducing, yet carried a reminder from our caregiver series of tools that we want everyone to utilize in their caregiving role.

Several of the ladies shared how beneficial the series was for them. One participant, who is hosting a monthly informal support group at her house, invited interested others to attend. We invited the local newspaper photographer, who joined us for dinner and took photos. We hope to have another reunion later this year- maybe a holiday get-together.

For more information, call or e-mail either one of us.

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Resource Reading List

A list of reading resources has been developed to provide Wisconsin families and professionals with a convenient, single source for obtaining information relevant to their family caregiving needs. U.W. Extension and the WI Alliance for Family Caregiving have attempted to list reputable resources, but are not necessarily endorsing specific organizations that supply the information. Topics include:

- | | |
|-----------------------|-----------------|
| Alzheimer's/Dementia | Finance |
| Assisted Living | Grief/Loss |
| Caregiver Health | In-home Help |
| Challenging Behaviors | Home Repair |
| Communication | Housing Options |
| Depression | Housing |
| Diseases | Legal Issues |
| Driving | Resources |
| Equipment | Respite |
| Family Caregiving | Stress/Relaxing |

You will find the listing on the Alliance for Family Caregivers Web site at:

<http://www.uwex.edu/ces/flp/caregiving/careres/readinglist.pdf>

New Powerful Tools Class Leaders

We want to welcome all the new Class Leaders who have been trained recently!

Training in Janesville, April, 2003

Mary Brewer	Sharon Olson
Sheila Franzen	Allison Ozolins
Linda Garrett	Helen Nevins
Anita Karl	Susan Swanson
Andrea Kober-Last	Virginia Wyss
Maurice Montgomery	

Training in Portage County, June, 2003

Ken Eberhardt	Mary Ann Phalen
Candice Firgens	Viola Powless
Nicollette Jauquet	Kelly Stern
Dianne Lohse	Ann Wanserski
Alice Olds	John Wanserski

Training in Eau Claire, July, 2003

Sally Anderson	Noreen Kuroski
Sig Dooley	Janet Logan
Terry Fleming	Lola Longyhore
Shirley Johnson	Tammy Maura

Living with Grief Hospice Satellite Program 2004

The 2004 Hospice Foundation of America annual Living with Grief Teleconference will be held on April 28, 2004, from 1:30 to 4:00 p.m.CDT The conference, "Living with Grief: Alzheimer's Disease", will again be moderated by Cokie Roberts. An expert panel will discuss what is known medically about the diagnosis, progression, and treatment of the disease; innovative programs; focus on the particular grief issues; and examine the challenges and opportunities that Alzheimer's disease presents to caregivers and professionals. Registration for hosting a teleconference site in your community begins in early October. Full information and a registration form will be available in October on the HFA Web site at:

<http://www.hospicefoundation.org>