

IMPORTANT: If using these articles for reprint in your newsletters, you **MUST** cite the source.

Virtual Support Groups Available Statewide: [Virtual Events for Caregivers \(wisconsincaregiver.org\)](https://www.wisconsincaregiver.org)

Relatives As Parents Program (RAPP) or Grandparents Raising Grandchildren Articles:

September is intergenerational month and Kinship Care Month

- [Publication Archives - Generations United \(gu.org\)](https://www.generationsunited.org) – Publications & statistics on Kinship
- A Celebration of Fathers through the Eyes of Male Engagement: [A Celebration of Fathers through the Eyes of Male Engagement - FCR \(fcrinc.org\)](https://www.fcrinc.org)
- Grand families: [Grandfamilies.org > Publications](https://www.grandfamilies.org)
- Request local statistics and data from Kinship Coordinator
- [OCMH Parenting Advice during the Pandemic \(wi.gov\)](https://www.wisconsin.gov) – Parenting [Grandparenting / Relative Caregiver] Advice during the Pandemic: [OCMH Parenting Advice during the Pandemic \(wi.gov\)](https://www.wisconsin.gov)
- 2022 Fact Sheet: [General-Grandfamilies-Fact-Sheet-2022.pdf \(gu.org\)](https://www.generationsunited.org)

Caregiver Articles: November is National Family Caregiver Month and June is World Elder Abuse Awareness Month

- [New Program Offers Support for Wisconsin Caregivers \(aarp.org\)](https://www.aarp.org) – 2-1-1 offering caregiver support calls in Wisconsin
- <https://www.aarp.org/caregiving/life-balance/info-2021/caregiver-support-could-boost-economy.html?intcmp=AE-CAR-BB> – Caregiver Life Balance: “New research from AARP finds that if employers and governments enacted more supports for working family caregivers age 50 and older, not only would the productivity of these workers increase, but the policies also could cause the U.S. gross domestic product (GDP) to grow by as much as \$1.7 trillion by 2030. That economic boost could grow to \$4.1 trillion by 2050”.
- [Getting Started with Long-Distance Caregiving | National Institute on Aging \(nih.gov\)](https://www.nih.gov) – Long distance caregiving
- [Much needed relief: Volunteers can sign up to be caregivers at Wisconsin’s long-term facilities \(wbay.com\)](https://www.wbay.com) – January 2022 News Story about volunteering as a caregiver in facilities; link on how to sign up included in article
- <https://www.nahc.org/national-caregivers-day/> -- Third Friday in February is National Family Caregiver Day
- [Tax Tips and Deductions for Family Caregivers \(aarp.org\)](https://www.aarp.org) – February, March, or April
- [For Caregivers | Internal Revenue Service \(irs.gov\)](https://www.irs.gov) – February, March, and April
- [9 Engaging Activities for Low Vision Seniors with Alzheimer’s or Dementia – Daily Caring](https://www.dailycaring.com) – March is Save Your Vision Month. 9 Engaging Activities for Low Vision Seniors with Alzheimer’s or Dementia
- [Articles | Autism Speaks](https://www.autism.com) – April Autism Acceptance Month
- [Cultural Diversity and Caregiving \(apa.org\)](https://www.apa.org) – April Minority Health Month

- [OAM2022 SampleArticle.docx \(live.com\)](#) – May Older Americans Month, ACL Sample Article
- [OAM2022 ProclamationTemplate.docx \(live.com\)](#) – May Older Americans Month, ACL Sample Proclamation
- [Caregivers Need Their Own Resolutions for the New Year \(printfriendly.com\)](#) – May Mental Health Month
- [4 Mobile Apps That Instantly Relieve Caregiver Anxiety – DailyCaring](#) – May Mental Health Month
- [Caregiver Stress and Burnout - HelpGuide.org](#) – May Mental Health Month
- June Professional Wellness Month; employers
- [Special Concerns of LGBT Caregivers - Family Caregiver Alliance](#) – June Safety Month, Pride Month, and World Elder Abuse Awareness Day
- [Prevent Falls in Seniors with This Helpful Conversation Guide – Daily Caring](#) – June Safety Month, Pride Month, and World Elder Abuse Awareness Day
- Request local statistics and data from Adult Protective Services for WEAAD
- [OCTOBER IS NATIONAL AUDIOLOGY AWARENESS MONTH \(nehoustonhearing.com\)](#) – October is National Audiology Awareness Month
- [National Family Caregivers Month | ACL Administration for Community Living](#) – November Family Caregiver Month
- [How to Get Respect and Appreciation as a Family Caregiver \(aarp.org\)](#) – November Family Caregiver Month
- Gather local statistics and data from NFCSP / AFCSP Coordinator for November is Family Caregiver Month
- [11 Ways to Cope with Feeling Unappreciated as a Caregiver – Daily Caring](#)
- [4 Financial Assistance Programs for Seniors and Family Caregivers – Daily Caring](#)
- [Dementia Care in Wisconsin: Employer Resources | Wisconsin Department of Health Services](#) – Employer Toolkit
- [8 Types of Self-Care for Caregivers: Which Help Most? – Daily Caring](#)
- [5 Coping Tips for the Overwhelmed Caregiver – Daily Caring](#)
- [6 Ways to Make It Easier for Caregivers to Take a Break – Daily Caring](#)
- [Affordable Home Care: 8 Ways to Lower Senior Care Costs – Daily Caring](#)
- [ALZHEIMER'S FAMILY CAREGIVER SUPPORT PROGRAM \(gwaar.org\)](#)
- [DocSend](#) – Trualta Newsletter page
- [How to Get Family Power of Attorney for Caregivers \(aarp.org\)](#) – Power of Attorney article
- [Caregiver Outreach \(unitedwaywi.org\)](#) – United Way 211 Caregiver Outreach Program

Aging and Age Friendly Articles:

- Wisconsin Joins Coalition to End Social Isolation and Loneliness: [AARP Wisconsin Joins Coalition to End Social Isolation and Loneliness](#)

- [What Does Medicare Cover? Find Out Before the Bills Arrive – Daily Caring](#) – Medicare Open Enrollment
- [Advance Care Planning: Health Care Directives | National Institute on Aging \(nih.gov\)](#) – Advance Care Planning
- [10 Fantastic Valentine’s Day Ideas for Seniors: Activities and Gifts – Daily Caring](#) – Valentine’s Day tips
- [211 Wisconsin \(communityos.org\)](#) – Share local tax programs through United Way; good for February, March, or April
- [Medicare Vision Coverage: Find Out What’s Included – Daily Caring](#) – March is Save Your Vision Month
- [WebMD the Magazine's Health Highlights: September, Healthy Aging Month](#) – September Healthy Aging Month
- [3 Hip Arthritis Exercises for Relieving Chronic Pain – Daily Caring](#) – September Health Aging Month
- [10 Common Signs of Hearing Loss in Seniors – Daily Caring](#) – October is National Audiology Awareness Month. Treating Hearing Loss Prevents Brain Damage
- [How to Get the Best Hearing Aids from the Audiologist – Daily Caring](#) – October is National Audiology Awareness Month. How to get the Best Hearing Aids from the Audiologist
- [Advances in Pancreatic Cancer Diagnosis and Treatment \(aarp.org\)](#) – Pancreatic Cancer Awareness Day, November 1st
- [7 Ways for Seniors to Reduce the Cost of Prescription Drugs – Daily Caring](#)
- [4 Debt Forgiveness Options for Seniors – Daily Caring](#)
- [5 Winter Activities for Seniors That Warm the Heart – Daily Caring](#)
- [Preserving Access to Utility Service \(acl.gov\)](#) – Preserving Access to Utility Service Tip Sheet
- [Trualta - Global Login](#) – Sign Up for FREE, no spam, just free access for anyone on caregiver trainings, dementia, cognitive decline, Alzheimer’s, Dementia, and newly added information to support individuals with Intellectual / Developmental Disabilities and Chronic Disease Management
- **Keep Cool in Hot Weather** article (listed below) for newsletter in summer month
- **Tips for Caregivers** article (listed below) for newsletter any month

After Caregiving: After Death, Moving to a Facility, Dementia

- [After Caregiving Resources \(wisconsincaregiver.org\)](#)
- [Reduce Dementia Risk by Treating Hearing Loss – Daily Caring](#) – October is National Audiology Awareness Month

2022 Statewide Virtual Caregiver Support Groups

- [Virtual Events for Caregivers \(wisconsincaregiver.org\)](#)

Tips for Caregivers: Helping with Medications and Medical Devices by the GWAAR Legal Services Team (for reprint) Do you help care for a friend or family member in your home or check on them in their own home? Although you want to help your loved ones stay healthy, managing their medications can be a challenge. These tips can help you keep the people you care for safe. Keep a list of medicines for each person you care for. In addition to prescription medication, remember to include over-the-counter medication and dietary supplements, like vitamins and herbs. Keep this list with you and bring it to doctor visits. When you go to the doctor, ask: What is the name of the medicine? How much medicine should my loved one take and when should it be taken? Are there any side effects and special warnings? What can be done if my loved one has any problems taking or tolerating this medicine? How should we safely get rid of old or unused medicine? Give the right amount of medicine. Ask your loved one's healthcare providers how much medicine you should give and when you should give it. Be sure to use the measuring cup or device that comes with the medicine. Lock up medication. Make sure medicine is taken only by the person it is meant for. Keep medications and any dietary supplements out of the reach of children, teens, and other adults who might be harmed if they take it. Use home medical devices safely. Talk to a doctor or other healthcare provider about how to use medical devices correctly. Read the directions on how to clean the device, as household cleaners should not be used on some devices. Finally, make a plan for emergencies. Pack a kit with medical supplies, batteries for any medical devices, and a copy of your loved one's medicine list. Put the kit in a place that is easy for your loved one to access. Ask a healthcare provider how to handle medicines or devices affected by flood water or heat. If there is an emergency in your loved one's home, tell the electric company or any first responders if there is a medical device that needs power. For more resources for caregivers, please see: <https://www.fda.gov/consumers/womens-health-topics/caringothers-resources-help-you>.

Practice Preventive Care this Season by the GWAAR Medicare Outreach Team (for reprint) Spring brings a welcome breath of fresh air, along with longer hours of daylight and a promise of warmer weather. Now is a good time to focus on your health so you can enjoy all that this season has to offer. Practicing preventive care is the perfect way to spring into better health! Preventive services can help keep you from getting sick and find health problems early when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings, shots and referrals for other care, if needed. Once you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors. Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and

osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your Medicare and You 2022 handbook or on the Medicare website at www.medicare.gov. Talk to your doctor about what screenings and shots are right for you. For local assistance with Medicare questions or other health insurance counseling contact. This project is supported in whole or in part by grant numbers 1701WIMSH, 1701WIMAA and 1701WIMDR from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking this project with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL

Keep Cool in Hot Weather By the GWAAR Legal Services Team (for reprint) Summer is here, and that means hot weather is on the way. Extreme heat can be dangerous for everyone, but it can be especially bad for older adults and people with chronic medical conditions. Our bodies must work extra hard to maintain a normal temperature in extreme heat, and heat-related illnesses can develop quickly. Learn how to stay cool and safe in hot weather. Your body's ability to cool off during extremely hot weather is affected can be affected by many factors. When the humidity is high, sweat does not evaporate as quickly. In addition, age, dehydration, prescription drug use, alcohol use, sunburn, obesity, heart disease, and poor circulation can all affect how quickly you can cool off in hot weather. People who are 65 and older, children younger than two, and people with chronic medical conditions are at highest risk of heat-related illness. However, anyone can develop heat-related illness from participating in strenuous physical activities during hot weather. Everyone should take the following steps to prevent heat-related illness or death:

- Stay in air-conditioned buildings as much as you can. If your home is not air-conditioned, reduce your risk of heat-related illness by using air conditioning in vehicles and spending time in public facilities that are air-conditioned. Contact your local health department to learn whether there is an air-conditioned shelter in your area.
- Don't rely on a fan as your only method of cooling off.
- Don't use the stove or oven to cook, because it will make you and your home hotter.
- Take cool showers or baths to cool down.
- Drink more water than usual, and don't wait until you're thirsty to drink. Muscle cramping may be an early sign of heat-related illness.
- Never leave children or pets in cars.
- Check on friends and neighbors and ask others to do the same for you.
- Limit your outdoor activity, especially in the middle of the day when the sun is hottest.
- If you play a sport that practices in hot weather, look out for your teammates. Schedule practices earlier or later in the day when the temperature is cooler.
- Start outdoor activities slowly and pick up the pace gradually.
- Wear sunscreen and reapply it as indicated on the package.
- Wear loose, lightweight, light-colored clothing.
- Seek medical attention right away if you or someone around you has symptoms of heat related illness, like dizziness; nausea; confusion; high body temperature (over 103o F); hot, red, dry, or damp skin; fast, strong pulse, or losing consciousness (passing out).