

CAREGIVER AND FAMILY NEWS



Living Well in our Best Years

Fall/Winter 2025



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Happy Fall!

What a wonderful Fall we have had here in Northern Wisconsin! With unseasonably warm, sunny weather. It's been so nice to be able to spend time outside enjoying the stunning fall colors, and walking through the crunchy leaves. It brings back memories of jumping into leaf piles with siblings and friends and collecting firewood in the forest.

It is also a time to reflect on the need to prepare for the colder, crisper mornings that transition into winter, snow, and the holiday season. Yet, before moving too quickly with the changing seasons, I'd like to encourage all of us to pause and reflect on the indispensable care, support, and time that family caregivers provide in our community.

November is National Family Caregivers Month. A time to show appreciation, honor, and acknowledge caregivers' quiet acts of selflessness and sacrifice. It is also a time to raise awareness of caregiving issues, educate communities, and increase support for caregivers. Caregiving can be one of the most difficult jobs for anyone with around-the-clock care, little rest, stress, emotional situations, and oftentimes inadequate compensation.

Inside this newsletter you'll find articles about how to support caregivers, the power of support groups and family caregivers in Wisconsin and many other interesting topics related to caregivers and families.

With appreciation,

Brynna Watters-Moffitt

Brynna Watters-Moffitt, CSW
Aging & Disability Services Manager
Aging & Disability Resource Center of the North
(ADRC-N) Bayfield Co. Branch Manager





Walking Together for a World Without Alzheimer's — and for the Caregivers Who Carry the Journey

By Colleen Brewer, Dementia Care Specialist, ADRC of the North

The purple spirit was strong in Ashland this year on September 20th, 2025!

The **2025 Walk to End Alzheimer's** brought together more than **137 participants** — families, friends, caregivers, and community members — united by one goal: a world without Alzheimer's.

Together, walkers raised over **\$16,000** to support the Alzheimer's Association's mission of advancing research, providing care and support, and advocating for all affected by dementia.

How the Walk Helps Caregivers

Beyond fundraising, the Walk to End Alzheimer's is also a **day of hope, healing, and connection** for caregivers. It offers a rare opportunity to:

- ♦ **Meet other caregivers** who understand the daily challenges of dementia care.
- ♦ **Feel supported and seen** by a community that values their strength and dedication.
- ♦ **Share stories and encouragement** in a positive, uplifting environment.
- ♦ **Honor loved ones** living with dementia — and remember those who have passed — in a setting filled with compassion and understanding.

For many caregivers, the Walk is more than an event; it's a reminder that **they are not alone** in their journey.

How Your Support Makes a Difference

Funds raised through the *Walk to End Alzheimer's* helps the Alzheimer's Association:

- ♦ **Advance Research:** Support groundbreaking studies to better understand, prevent, and ultimately cure Alzheimer's disease and other dementias.

- ♦ **Provide Free Support and Resources:** Offer care consultations, educational programs, and a 24/7 Helpline (1-800-272-3900) for families navigating dementia.
- ♦ **Build Caregiver Connections:** Support groups and community events help caregivers share experiences, reduce isolation, and find strength in one another.
- ♦ **Promote Social Engagement:** Programs like memory cafés and activity groups help caregivers and their loved ones stay connected and active.
- ♦ **Advocate for Change:** Push for legislation that improves access to dementia care, respite services, and caregiver education across Wisconsin and beyond.

Thank You, Ashland and Bayfield County!

A heartfelt thank-you to everyone who walked, volunteered, or donated this year. Your compassion fuels programs that bring **hope, education, and community** to families facing memory loss — right here in northern Wisconsin.

Due to the incredible **increase in participation from Bayfield County residents**, the event will be **rebranded for 2026** as the **Walk to End Alzheimer's – Chequamegon Bay**, to better represent our growing regional community.

Stay tuned for the 2026 walk date — and plan to join us next year as we take even more steps toward a world without Alzheimer's!

Together, we are making a difference — one step, one caregiver, one family at a time.



Family Caregivers in Wisconsin Provide \$9.2 Billion in Unpaid Care to Loved Ones



580,000

family caregivers
in Wisconsin.

540 million

hours of unpaid family
care.

\$16.97

economic value
per hour.

\$9.2

billion

estimated
economic value
in Wisconsin



AARP Public Policy Institute | 2023 | aarp.org/valuing

The unpaid care provided by the estimated 580,000 family caregivers in Wisconsin is valued at \$9.2 billion, according to new state data available in AARP's [latest report](#) in the Valuing the Invaluable series.

The report highlights the growing scope and complexity of family caregiving and highlights actions needed to address the many challenges of caring for parents, spouses, and other loved ones.

“Family caregivers play a vital role in Wisconsin’s health care system, whether they care for someone at home, coordinate home health care, or help care for someone who lives in a nursing home. We want to make sure all family caregivers have the financial, emotional and social support they need, because the care they provide is invaluable both to those receiving it and to their community.” Martha Cranelly, AARP Wisconsin State Director



Family caregivers take time out of their own busy lives to help loved ones with tasks such as shopping, bathing, cooking, medication management, wound care, home repairs and transportation.

Their work is valued at \$16.97 per hour in Wisconsin, which means they provide about \$9.2 billion in uncompensated care for their loved ones every year.

What is Radon

Radon is an odorless radioactive gas that is naturally present in Wisconsin soils and, due to the unique geology in our area, it is predicted to be more abundant here than other areas of the country.

Exposure to radon gas is the second leading cause of lung cancer. The EPA estimates that approximately 21,000 lung cancer deaths per year are caused by radon.

Margaret LaMothe, Radon Coordinator for the Northern Wisconsin Radon Information Center states, "Exposure to Radon is the second leading cause of lung cancer. Since radon gas can build up in homes over the winter months, this is especially concerning in Northern Wisconsin where we may have more months of exposure. We recommend everyone test their homes for radon."

Radon Gas primarily enters the home through the ground.



- Cracks in Foundation / Basement
- Drains / Wells
- Sump Pump
- Loose Fitting Pipes

RADON TEST KITS AVAILABLE!

- Short Term Tests only take 48 – 72 hrs!
- Directions are in the package. Place on lowest livable floor of your home (basement if there is living space down there)
- Mail the test back in the envelope provided. Results will be mailed or emailed depending on preference.

Testing is cheap and easy. Picking up a test is as easy as stopping into our office:

Short Term Tests = \$10

Long Term Tests = \$25

If needed, tests can also be ordered using the link below at an increased fee to cover shipping.
<https://bayfieldcounty.wi.gov/1429/Northern-Region-Radon-Information-Center>



Figure 1. Indoor Radon Test Results (<https://wi-dhs.maps.arcgis.com/apps/webappviewer/index.html?id=58f3a3e058854810b626d002ce47aff4>)

Offered by the Bayfield County Health Department. Please contact us at (715) 373-6109 if you have questions!

Join Us

Alzheimers and Dementia Caregiver Support Group



Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for family and friends who are caring for someone who has Alzheimer's or another dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



This support group is offered in partnership between the Alzheimer's Association Wisconsin Chapter and the:



Designed for anyone who is caring for someone who has Alzheimer's or related dementia.

**Last Thursday of Each Month
1:00-2:30pm**

**Washburn Public Library
307 Washington Avenue
Washburn, WI**

**Contact the ADRC of the North at
1-866-663-3607 and ask to speak to
the Bayfield County Dementia Care
Specialist with any questions**

**www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811**



24/7 Helpline: 800.272.3900

Dial 711 to connect with a telecommunications relay service (TRS)
for people who are deaf, hard of hearing or speech impaired.



The Alzheimer's Association 24/7 Helpline ([800.272.3900](tel:800.272.3900)) is a free service offering support for people living with dementia, caregivers, families and the public. Connect with a live person who can provide information, local resources, crisis assistance and emotional support.

Anyone can contact the Helpline, day or night

Contact the Helpline any time, any day of the year. Help is available in your preferred language through our bilingual staff or interpreter service, which accommodates more than 200 languages. All conversations are confidential.

There are three ways you can connect with the Helpline:

1. **Call us.** We are available around the clock, 365 days a year at [800.272.3900](tel:800.272.3900). Dial 711 to connect with a TRS operator.
2. **Chat with us.** Click the "Live Chat" green button on this page to connect with a member of our Helpline staff. Live chat is typically available daily from 7 a.m. to 7 p.m. CT.
3. **Online.** [Use this form](#) to let us know how we can help you. We will respond to you within 24 hours.

Our professional staff has the knowledge to guide you through a variety of topics

People reach out to the Helpline for many different reasons. Our knowledgeable and caring staff can help you navigate a variety of needs and situations.

Common topics include:

- Information about memory loss, Alzheimer's disease and dementia.
- What to do after you or someone you know receives a diagnosis.
- Medical care needs, including medication and treatment options.
- Care planning, including finding quality care providers.
- Housing options and moving loved ones into residential care.
- Respite care and funding options.
- Managing caregiver stress.

- How to understand and respond related behaviors.
- Communication techniques.
- Addressing safety concerns.
- Legal and financial planning.
- Finding local programs and services.
- Not sure what to ask or where to start? That's okay, too. Just give us a call and we'll guide you from there.

What to expect when you call the Helpline

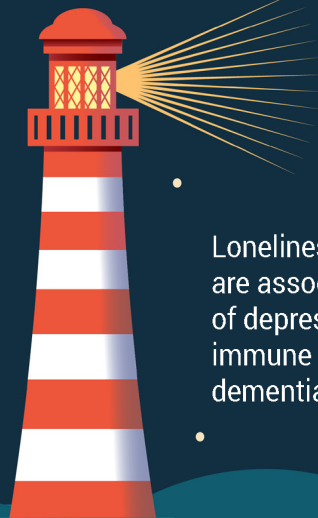
1. **Speak with a Helpline Agent.** When you call, the first person who greets you is a Helpline Agent. The agent can provide you with a variety of resources, from disease-related literature to local support and care options. They can also help you register for free in-person and virtual Caregiver Support Groups and Education Programs.
2. **Go more in-depth with a Care Consultant.** Sometimes, circumstances require a more in-depth conversation. We offer free care consultations to provide you with individualized, solution-focused support. You'll speak with a Care Consultant who is a master's-level dementia expert. Each care consultation begins with clarifying your goal or hope for the conversation. From there, we will work in collaboration with you to develop an action plan to address your individual needs.
3. **We are always here.** Please don't hesitate to reach out. We are a team of people who care and want to contribute to a greater sense of strength, hope and understanding in navigating Alzheimer's disease.

Note: *Our Helpline staff does not perform diagnosis. If you or someone you care for is having memory problems, please see your doctor.*

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STAY CONNECTED

to Combat Loneliness
and Social Isolation



Feeling lonely and being isolated are bad for your health.

Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia, and early death.*

Are you at risk?



Try to stay active and better connected if you:

- live alone or can't leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose

Ideas for staying connected

Find an activity that you enjoy or learn something new. You might have fun and meet people with similar interests.



Get moving! Exercise decreases stress, boosts your mood, and increases your energy.

Volunteer. You'll feel better by helping others.



Stay in touch with family, friends, and neighbors in person, online, or by phone.

Consider adopting a pet. Animals can be a source of comfort and may also lower stress and blood pressure.



For more information about preventing loneliness and social isolation, visit <https://www.nia.nih.gov/health/participating-activities-you-enjoy>.



*Cacioppo JT, Hawkley LC. Perceived social isolation and cognition. *Trends Cogn Sci*. 2009;13(10):447-54.

Long-Distance Caregiving: How Can I Help if I'm Far Away?

You can still provide support as a caregiver, even if you don't live close by.

From a distance, you may be able to:



Arrange for in-home care, such as a home health aide



Research long-term care options, such as assisted living or a nursing home



Plan occasional in-person visits to help out the day-to-day caregivers



Order medical equipment, medicines, and other supplies



Assist with paying bills and managing insurance claims



To learn more, visit www.nia.nih.gov/long-distance-caregiving.



The Wisconsin StrongBodies Program, based on the [National StrongPeople Program](https://www.strongpeople.org/), empowers individuals of all ages to live stronger, healthier lives. Through community-based virtual strength training programs, participants improve fitness, build strength, gain confidence, and connect socially, enhancing overall well-being.

Designed for adults as they age, participants followed a structured plan to strengthen all major muscle groups working to gradually increase the weights used. Participants gained strength, improved mobility, and reduced the risk of conditions like osteoporosis, heart disease, and diabetes.

StrongBodies has been offered as twice-weekly sessions led by trained regional FoodWise Educators with the funding provided through SnapEd funds. With the elimination of SnapEd funding, unfortunately local FoodWise Educators will no longer be able to offer these virtual sessions. As we transition into a new reality, we are looking at other ways to bring these well-received and important classes to our communities.

Please check the UW–Madison Extension Bayfield County Office website (<https://bayfield.extension.wisc.edu>) Facebook, Twitter or Instagram pages for updates or contact Stephanie Bakker at 715-373-3294!!

AGING MASTERY PROGRAM



As children, we're taught how to become successful adults.
By contrast, no one teaches us how to age well.
We want to change that.

Thursdays, 9:30am - 11:30am
February 5 - March 26, 2026
Iron River Public Library, Iron River, WI

THIS PROGRAM IS FREE!

**WORKBOOK, COFFEE &
REFRESHMENTS PROVIDED.**

REGISTRATION IS REQUIRED!

To Register Online:

Scan QR Code

or go to

<https://go.wisc.edu/bywf9x>



To Register by Phone:

Call the Bayfield County Extension Office
715-373-3288

Local Experts Present:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement



The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. You may request an interpreter, materials in an alternative language or format, or other services to make this class more accessible, by contacting Tracy Henegar at 715-395-1426 by January 5, 2026. There's no added cost to you for these services.

Winter Safety Tips for Older Adults

Baby, It's Cold Outside! When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

Condition and Warning Signs

Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

Warning Signs

- Cold skin that is pale or ashy
- Feeling very tired, confused and sleepy
- Feeling weak
- Problems walking
- Slowed breathing or heart rate

Note: Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

Frostbite

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

Warning Signs

- Skin that's white or ashy or grayish-yellow
- Skin feels hard or waxy
- Numbness

Precautions to Take

- **Stay indoors** (or don't stay outside for very long).
- **Keep indoor temperature at 65 degrees or warmer.**
- **Stay dry** because wet clothing chills your body more quickly.
- **Dress Smart** – protect your lungs from cold air.
 - Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
 - Essential winter wears: hats, gloves or preferably mittens, winter coat, boots, and a scarf to cover your mouth and nose.

Call 911 if you think you or someone else is experiencing hypothermia.

- **Cover up!** All parts of your body should be covered when you go out in the cold.
- **If skin turns red or dark or starts hurting, get inside right away.**

If frostbite has happened:

- Run the affected area under warm (not hot) water.

Call for medical help if you think you or someone else has frostbite.

Condition and Warning Signs

Injury while shoveling snow

It's one of the evils of winter – snow shoveling. If you choose to shovel, take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm.

Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have “thin bones” (osteoporosis).

Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions.



Fires and carbon monoxide poisoning

During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene and other fuels. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can also be fire hazards.

Warning Signs

- Headache
- Weakness
- Nausea or vomiting
- Dizziness
- Confusion
- Blurred vision
- Loss of consciousness

If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.

Precautions to Take

- **Ask your healthcare provider whether shoveling** or other work in the snow is safe for you.



- **Make sure steps and walkways are clear** before you walk. Be especially careful if you see wet pavements that could be iced over.
- **Clear away snow and salt your walkways** at home, or hire someone to do it.
- **Wear boots with non-skid soles** – this will prevent you from slipping.
- **If you use a cane**, replace the rubber tip before it is worn smooth.
- **Consider an ice pick-like attachment** that fits onto the end of the cane for additional traction.

- **Call an inspector to have your chimneys** and flues inspected – preferred annually.
- **Open a window** (when using a kerosene stove) – just a crack will do.
- **Place smoke detectors and battery-operated carbon monoxide detectors** in strategic places – especially in areas where you use fireplaces, wood stoves, or kerosene heaters.
- **Make sure space heaters are at least 3 feet away** from anything that might catch fire, such as curtains, bedding and furniture.
- **Never try to heat your home using a gas stove**, charcoal grill, or other stove not made for home heating.

If there is a fire, don't try to put it out. Leave the house and call 911.

Condition and Warning Signs

Accidents while driving

Adults 65 and older are involved in more car crashes per mile driven than those in nearly all other age groups. Winter is an especially important time to be vigilant when driving because road conditions and weather may not be optimal.



Precautions to Take

- **“Winterize” your car before the bad weather hits!**
This means having the antifreeze, tires, and windshield wipers checked and changed if necessary.
- **Remember your cell phone when you drive in bad weather,** and always let someone know where you are going and when you should be expected back.
- **Avoid driving on icy roads,** and be especially careful driving on overpasses or bridges. Consider alternate routes, even if it means driving a longer distance, if the more direct route is less safe. Often bigger roads are cleared of snow better than smaller roads.
- **Stock your car** with basic emergency supplies such as:
 - First aid kit
 - Blankets
 - Extra warm clothes
 - Booster cables
 - Windshield scraper
 - Shovel
 - Rock salt or a bag of sand or cat litter (in case your wheels get stuck)
 - Water and dried food or canned food (with can opener!)
 - Flashlight
 - Map (if traveling in new areas)



40 FULTON STREET
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NEW YORK, NY 10038
212.308.1414 TEL
212.832.8646 FAX
Info@healthinaging.org

DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. July 2019

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FEDERAL TRADE
COMMISSION

Seems like an
innocent text, but
it leads to a scam.

Ignore and block
unwanted texts.



FEDERAL TRADE
COMMISSION

If an online love interest asks
you for money — that's a scam.

ReportFraud.ftc.gov

ftc.gov/RomanceScams #RomanceScams



Stronger Together: How Support Groups Help Dementia Caregivers Thrive



Caring for a loved one living with dementia can be a deeply meaningful experience — but it also brings emotional, physical, and social challenges that can take a serious toll on caregivers over time.

Support groups provide a vital lifeline: a place to connect with others who truly understand, share ideas and strategies, and find comfort in knowing you're not alone.

The Toll on Caregivers

Recent studies highlight how demanding dementia care can be:

- In 2023, an estimated **11.5 million family and other unpaid caregivers** provided care for people living with Alzheimer's or other dementias, averaging nearly **31 hours per week** of unpaid support.
- Caregivers of people with dementia are **seven times more likely** to experience daily exhaustion compared to other caregivers.
- Research shows that **50–70% of dementia caregivers** will experience burnout at some point during their caregiving journey.

Nearly **one in four dementia caregivers** report that their physical or mental health has worsened due to caregiving responsibilities.

These numbers show how critical it is for caregivers to receive support — not just for the person they're caring for, but for their own health and wellbeing.

How Support Groups Help

- **Emotional relief:** Talking with others who “get it” reduces stress and isolation.
- **Practical tools and resources:** Learn strategies for navigating behavioral changes, medical appointments, and self-care.
- **Sustainability:** Support groups remind caregivers that they matter too — caring for yourself allows you to care longer and more effectively.

Connection and community: Many caregivers form friendships that extend well beyond the group, creating an ongoing network of understanding and encouragement.

Local Support in Bayfield County

If you're caring for someone living with memory loss or dementia, we encourage you to join the **Bayfield County Caregiver Support Group**, which meets **the last Thursday of each month from 1:00–3:30 PM** in the **Washburn Public Library Basement**.

To learn more or connect with additional resources, contact:

Colleen Brewer, Dementia Care Specialist

Aging & Disability Resource Center of the North –
Ashland & Bayfield Counties

1-866-663-3607

colleen.brewer@ashlandcountywi.gov

This holiday season,
remember:
Gift cards are for
gifts, not payments.

Learn more:

ftc.gov/giftcards

#GiftCardScams



Get Help Planning a Funeral

When you're making plans at a distance, contact several providers. Get details about services and prices by phone or online.

Learn more at ftc.gov/funeralplanning



How to Support Family Caregivers Taking Care of Older Adults

[Bryn Ceman](#) Older Americans Act Consultant, Family Caregiver Specialist
Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR), Oct 28, 2022



November is National Family Caregivers Month, a time to show support and to honor our nation's vital caregivers.

National Family Caregivers Month is a good time to reflect on the fact that caregiving requires around-the-clock dedication, organization, responsibility, scheduling, and hands-on care.

Some ways to show support: offer help with household chores, lawn care, or by providing a meal; make a grocery run; lend an empathetic ear. While family caregiving can be a privilege and a rewarding opportunity, caregiving can be a tough job, sometimes thankless and costly. These responsibilities often leave caregivers overlooking their health and well-being.

When our nation's caregivers suffer, are unhealthy, and unsupported, our country's older adults and individuals who are ill, frail, and disabled also suffer. In contrast, when our nation's family caregivers thrive because their loved ones have access to paid support, respite care, peer connections, and necessary therapeutic and medical care, our country thrives.

What is National Family Caregivers Month?

Celebrated since 1994 each November, National Family Caregivers Month is a time to recognize America's many kinds of family caregivers who care for people of all ages who need help in their daily lives.

Today in America, there are over 53 million family caregivers providing unpaid care,¹ which is an economic value totaling more than \$470 billion.² As Judith Awanski and Lawrence Stuntz so eloquently

wrote in a Harvard Law Bill of Health blog post last year, "To help these caregivers, we need a cultural shift that allows us all to recognize, honor, and support the family caregivers in our daily community and work lives."³

Family caregivers are the safety net

The work done by family caregivers has long been the safety net of the American long-term care system. Family caregivers are advocates who:

- Work tirelessly to keep people in their homes for as long as possible and out of expensive nursing homes
- Fill in the gaps when an in-home care worker is absent for scheduled visits
- Attend doctor's visits and help give care recipients a voice
- Function as chauffeurs to and from medical appointments, pharmacy trips, and grocery store runs
- Miss sleeping many nights in a row to ensure their loved one with dementia does not wander away
- Provide personal care for bathing, dressing, and grooming.

Often, family caregivers even tend to complex medical tasks typically performed in hospitals by nursing staff, including:

- medication management,
- wound care, and
- even observing pulse oximeters and ventilators for signs of respiratory distress.

How to show support to family caregivers

If you were called upon to offer care to a loved one, how would you manage? What would you need as a family caregiver to carry on?

Consider these questions, as it is likely that each of us will be a caregiver one day.

(Continued on page 15)

(Continued from page 14)-How to Support Family Caregivers Taking Care of Older Adults

Writer, advocate, and former First Lady Rosalynn Carter famously declared, "There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."⁴

In honor of National Family Caregivers Month, we encourage every person to reflect and identify the friend or neighbor in their life who is in the role of a family caregiver. Family caregivers need you! Be open and intentional about offering support.

This could mean

- doing a household chore,
- lawn care, or
- laundry,
- providing a meal,
- making a grocery run, or
- lending an empathetic ear.
- Most importantly, offer them grace and flexibility when with them at work, church, or family gatherings.



Sources

1. National Alliance for Caregiving and AARP. *Caregiving in the US 2020*. Found on the internet at <https://www.caregiving.org/research/caregiving-in-the-us/caregiving-in-the-us-2020/>
2. AARP. *Valuing the Invaluable 2019 Update: Charting a Path Forward*. AARP Public Policy Institute. Nov. 14, 2019. Found on the internet at <https://www.aarp.org/ppi/info-2015/valuing-the-invaluable-2015-update.html>
3. Judith Iwanski and Lawrence Stuntz. *Family Caregivers' Critical, Overlooked Role in Our Health Care Workforce*. Bill of Health. Harvard Law School Petrie-Flom Center. Found on the internet at <https://blog.petrieflom.law.harvard.edu/2021/04/12/family-caregivers-critical-overlooked-role-in-our-health-care-workforce/>
4. The Carter Center. *Written Testimony of Former First Lady Rosalynn Carter Before the Senate Special Committee on Aging*. May 26, 2011. Found on the internet at https://www.cartercenter.org/news/editorials_speeches/rosalynn-carter-committee-on-aging-testimony.html

THE ART OF AGING

Monthly Coffee & Conversation on Topics Related to Aging Well
Northern Great Lakes Visitor Center, Ashland, WI

1st Friday of the Month, 9:30 - 11am, September - December 2025

Fall topics include Identity Theft, Aging in Place, Sleep and more!

For more information or to register:



By Phone
Bayfield County
Extension Office
715-373-3288

Online:
Scan QR CODE
or visit:
go.wisc.edu/bzt2g6



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Current Resident Or

This newsletter was made possible in cooperation with the UW-Madison, Extension Bayfield County & the ADRC of the North



The Aging and Disability Resource Center of the North (ADRC-N) is open Monday-Friday, 8:00 am to 4:00 pm.
 Please call **1-866-663-3607** to speak with an Information and Assistance Specialist regarding questions about resources, services, and benefits. The ADRC-N serves adults age 60 and older, and adults with disabilities ages 18-59.
 Website: www.adrc-n-wi.org

This newsletter and past issues are also available on the Extension Bayfield County website at:

<https://bayfield.extension.wisc.edu/family-living/aging-and-caregiving/>

What would you like to learn...? Is there a topic about aging or family caregiving or finances that you'd like us to cover in this newsletter?

If so, please contact:

- ◆ Tracy Henegar at 715-395-1426 or tracy.henegar@wisc.edu
- ◆ Heidi Ungrodt at 715-373-3288 or heidi.ungrodt@wisc.edu



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To receive a copy of this or future newsletters, please contact Theresa LaChappelle, Office Manager, Extension Bayfield County at 715-373-3285 or theresa.lachappelle@wisc.edu

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