



the Working Well

Community Living Alliance, 1414 MacArthur Rd, Madison, WI 53714 www.clanet.org (608) 242-8335

From the Desk of: Todd Costello, Executive Director



Where has the year gone. CLA is grateful to have had a few opportunities to recognize the important work that our direct care workers do each day.

In September CLA celebrated our Caregivers of the Year award recipients with a lovely outdoor celebration. It felt great to be able to celebrate safely together.



Congratulations to Pam J., Nancy M., Cecelia J., and Brenda G. (See pictures on right) CLA appreciates all you do to keep our clients safe, healthy, and happy.

In November, CLA is celebrating Family Caregiver Month, this includes weekly giveaways

including meals and tablets, as well as treats and wristbands in the lobby of CLA. Family Caregivers are an integral part of achieving CLAs mission. Thank you so much for your consistent dedication to your family members and to CLA.

CLA will be participating in the "Share Your Holidays" food drive throughout November, so if you are in the area, please feel free to drop off nonperishable food items. CLA will also be "Lighting the Season with Kindness" by participating in a gift drive for those needed assistance. Gift tags will be available in the CLA lobby the last week of November and all wrapped gifts to be returned by December 12th.

Winter in Wisconsin brings along its own bit of fun. Please allow extra time to get places, keep warm clothing items in your car for emergencies and take breaks when dealing with snow covered driveways, sidewalks, and cars.

Continued on next column...

Continued from previous column...

I wish to take this opportunity to thank all CLA's dedicated personal care workers (PCWs) and Family Caregivers for the care you provide each day to our clients and for your support of CLA's mission. In the spirit of the season, on behalf of CLA's Board of Directors and Leadership Team, I wish you and your loved ones a safe, joy filled holiday season and a healthy and prosperous new year.

Best wishes for a safe and joyful holiday season and a healthy and prosperous New Year.

2022 Bob Deist Memorial Caregiver of the Year Award Celebration Congratulations and Thank You!



Brenda



Cecelia

Nancy

Pam



Like us on Facebook!



Electronic Visit Verification (EVV)

Electronic Visit Verification or “EVV” is a federal requirement for all Medicaid personal care and supportive home care services. CLA uses the online MITC System to meet state EVV requirements. The “soft launch” phase in which all provider agency employees practice using the system ends on April 30, 2023, and the hard launch begins on **May 1, 2023**. Beginning May 1, 2023, provider agencies not using EVV will be out of compliance with current WI DHS policy.

What information is collected through EVV?

Regulations require CLA to electronically collect or verify six (6) pieces of information about each visit:

- Who receives service
- Who provides service
- What service is provided
- Where service is provided
- Date of service
- Clock in at shift start/Clock out at shift end

How will the visit information be collected?

CLA staff use an electronic device to log into the MITC System to do the following:

- Clock-in/out of each visit or record daily hours worked
- Record frequency of cares
- View electronic timesheets
- Make attendance correction requests
- Access your scheduled visits on myCalendar

How can I get MITC Support?

- If you need assistance clocking in/out at beginning or end of shift, recording frequency of cares, or creating attendance requests, call your RN Supervisor or **CLA’s Call-In Line: 608-240-8555**
- If you need assistance with MITC log in or navigation, CLA holds MITC Support Office Hours through **December 15**:
 - ⇒ Mondays 1:00pm–3:00pm
 - ⇒ Thursdays 9:00am–11:00am

How can I learn more about EVV?

For more information about EVV, you can visit the DHS website below:

<https://www.dhs.wisconsin.gov/evv/index.htm>



MITC Support Hours at CLA

Community Living Alliance offers MITC Support to Personal Care Workers and Home Care Specialists on Monday afternoons and Thursday mornings **through December 15** based on the schedule below:

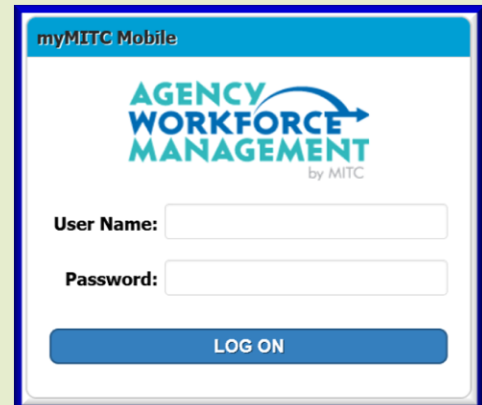
Mondays	1:00pm - 3:00pm
Thursdays	9:00am - 11:00am

Walk in during the above times - no appointment necessary!
Location: Room 142 across from CLA Reception Desk
Questions? Contact

Dona Potters, Education Coordinator
608-240-8527 pottersd@clanet.org

Assistance with:

- MITC shortcut download, log in, and profile features
- MITC navigation:
 - clocking in/out
 - recording hours
 - creating attendance requests
 - activity documentation

The image shows a mobile application login screen titled "myMITC Mobile". It features the "AGENCY WORKFORCE MANAGEMENT by MITC" logo. Below the logo are two input fields: "User Name:" and "Password:". At the bottom is a blue button labeled "LOG ON".

IMPORTANT 2022 YEAR END HOLIDAY PAYROLL INFORMATION

Your ROCs for the work week Sunday, 12/18/22 through Saturday, 12/24/22 are due at the CLA office in the green box no later than 10:30 AM Tuesday, 12/27/22.

As always, you are strongly encouraged to drop your ROC off at the CLA green box after you complete your last shift for the week. Please DO NOT rely on the US Postal Service to mail your ROCs, especially during this holiday time where mail volume may be higher than normal. This could lead to delays in your mailed ROC reaching CLA on time.

Any ROCs received via US Postal Service mail after **Thursday 12/29/22 (regardless of postmark)** will be processed and paid on the following pay date of January 20, 2023. This is one time during this holiday weeks per year CLA CAN NOT HONOR A POSTMARK if your mailed ROC is received at the CLA office AFTER Thursday 12/29/22 - so if you choose to use the US Postal service, you are taking a risk of not being paid on time. **THANK YOU** for helping us to get you paid on time!

COVID-19 Resources

WI DHS Data on COVID-19 Cases, Hospitalizations, and Deaths by Vaccination Status

On average, fully vaccinated individuals are less likely to be infected, hospitalized, and die from COVID-19 compared to unvaccinated individuals.

DHS supports the CDC recommendation that anyone 18 and older receive a booster dose of COVID-19 vaccine at least six months after having received their second dose of the Pfizer or Moderna vaccine or two months after their single dose of Johnson & Johnson vaccine. All adults are recommended to receive a booster dose for the best protection against COVID-19. To learn more, read the DHS Statement.

Early data from South Africa suggests that the Omicron variant (B.1.1.529) which has been identified in 19 countries, has demonstrated increased transmissibility. The best protection against this new variant, or any variant of COVID-19, is to get fully vaccinated and get one booster shot after completing your primary series and a second booster 6-months after if you are eligible. Check your eligibility here. When more people are vaccinated, disease transmission is reduced and children under 5 who are not yet able to be vaccinated are protected. To find a COVID-19 vaccine provider in your community, visit Vaccines.gov (link is external), or call 211 or 877-947-2211.

WI DHS continues to monitor the situation and learn more about the Omicron variant, all Wisconsinites are urged to take a layered approach to help slow the spread of COVID-19. People should continue to wear masks, get vaccinated, stay home if sick, maintain good hand hygiene, and get tested if experiencing symptoms. Increased testing will help identify cases of Omicron quickly which will help to learn more about this latest variant. Find community levels and preventions steps by county here.

PLEASE NOTE: Masks must still be worn by non-live-in caregivers while on premises with clients in the home or place of service. Employees always have the right to wear a mask regardless of client preference.

Interested in where you can get vaccinated?

Use this link to see all the options nationwide and in Wisconsin.

<https://www.dhs.wisconsin.gov/covid-19/vaccine-get.htm>

Interested in where to get a COVID test?

Wisconsin's Department of Health Services has a map showing all testing spots in Wisconsin, as well as, information to get a free test kit delivered to your own mailbox.

<https://www.dhs.wisconsin.gov/covid-19/community-testing.htm>

2022 Holiday Coverage

Join in for a Chance to Win!!!

To best meet the needs of CLA clients, CLA Scheduling Team is offering a chance to win when working extra during the holidays.

Prize Drawing: Earn points for each shift worked in addition to regular shifts between 11/20/2022 and 1/2/2023. Prize Value (\$200)

Holiday /Weekend Pay 2022: Time and half on recognized holidays, and \$1.00 per hour weekend pay differential.

CLA Recognized Holiday	Hourly Rate	Drawing Entries per shift
Thanksgiving Day	\$21.00	1
Day after Thanksgiving	\$21.00	1
Christmas Eve (Saturday 12/24)	\$22.00	2
Christmas Day (Sunday 12/25)	\$22.00	2
New Years Eve (Saturday 12/31)	\$22.00	2
New Years Day (Sunday 1/1/2023)	\$22.00	2

Contact CLA Scheduling Team to find out more TODAY!

608-240-8555

scheduling@clanet.org

**Know someone who might want to work at CLA?
Applications available online at www.clanet.org**



Thank you for all you do !

Rect

Community Living Alliance Employee Pay Increase

Shift Differential & Holiday Pay

Weekend Shift Differential

\$1.00 per hour in addition to hourly rate
Weekend defined as Saturday 5am-Sunday 11:59pm

<u>Position</u>	<u>Hourly Rate</u>	<u>Weekend Differential</u>	<u>Weekend Rate</u>
<u>PCW</u>	<u>\$14.00</u>	<u>\$1.00</u>	<u>\$15.00</u>
<u>HCS 1</u>	<u>\$17.00</u>	<u>\$1.00</u>	<u>\$18.00</u>
<u>HCS 2</u>	<u>\$17.50</u>	<u>\$1.00</u>	<u>\$18.50</u>
<u>HCS 3</u>	<u>\$18.00</u>	<u>\$1.00</u>	<u>\$19.00</u>

Holiday Pay Increases

Pay rate increase to 1.5x hourly rate
CLA Recognized Holidays: MLK Jr Day, Memorial Day, 4th of July, Labor Day,
Thanksgiving, Day After Thanksgiving, Christmas Eve, Christmas Day, New Year's
Eve, New Year's Day

<u>Position</u>	<u>Hourly Rate</u>	<u>Holiday Differential</u>	<u>Holiday Rate</u>
<u>PCW</u>	<u>\$14.00</u>	<u>1.5x</u>	<u>\$21.00</u>
<u>HCS 1</u>	<u>\$17.00</u>	<u>1.5x</u>	<u>\$25.50</u>
<u>HCS 2</u>	<u>\$17.50</u>	<u>1.5x</u>	<u>\$26.25</u>
<u>HCS 3</u>	<u>\$18.00</u>	<u>1.5x</u>	<u>\$27.00</u>

Weekend Holiday Updated Payrates
Pay rate increase to 1.5x hourly rate + \$1.00 per hour weekend increase

<u>Position</u>	<u>Hourly Rate</u>	<u>Holiday Differential</u>	<u>Weekend Differential</u>	<u>Weekend Holiday Rate</u>
<u>PCW</u>	<u>\$14.00</u>	<u>1.5x</u>	<u>\$1.00</u>	<u>\$22.00</u>
<u>HCS 1</u>	<u>\$17.00</u>	<u>1.5x</u>	<u>\$1.00</u>	<u>\$26.50</u>
<u>HCS 2</u>	<u>\$17.50</u>	<u>1.5x</u>	<u>\$1.00</u>	<u>\$27.25</u>
<u>HCS 3</u>	<u>\$18.00</u>	<u>1.5x</u>	<u>\$1.00</u>	<u>\$28.00</u>



Visit Your New & Improved WorkLife portal today!
Anytime access to skill-building courses, assessments, forms, calculators, quizzes, videos, articles and more to feel your best at work, home, and in our community.

Comprehensive navigation

Powerful search

New features every month

Biblioteca de recursos en Español

Most used resources

NEW Learning Center

From 3-minute overviews to 15-minute training sessions to full webinars and podcasts, you can pick the resource that fits your needs and schedule.

AN EASY-TO-NAVIGATE EXPERIENCE

[Watch the orientation video](https://www.youtube.com/watch?v=0k7cOHkxXAo)

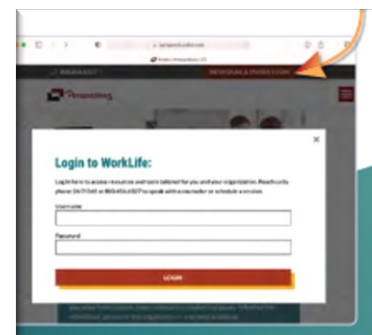
<https://www.youtube.com/watch?v=0k7cOHkxXAo>

To log in to your WorkLife Online Portal:

Go to perspectivesltd.com

and click “INDIVIDUAL AND FAMILY LOGIN” at the top of the page.

perspectivesltd.com | 800.456.6327





2023 WorkLife Monthly Webinars

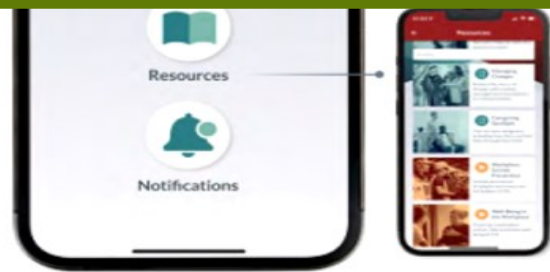
Each webinar will be available starting on the 1st day of each month, with answers to client questions added to webinar pages throughout the month. Archived webinars are available through the 'Webinar' dropdown on the WorkLife Online Portal. If requested by the employer or supervisor, participants can earn a completion certificate after watching each webinar.

	WEBINAR THEME	DESCRIPTION
January	The Struggle Is Real: Strategies for Time Management	Meet your deadlines, be on time for meetings and stop procrastinating! Most of us can become overwhelmed when we have a lot to do—responsibilities at work, planning our kid's birthday party, and remembering all the details of daily life. This webinar will discuss realistic strategies for more effective time management. Some of the things we'll review include managing email clutter, the roots of procrastination, and keeping yourself motivated.
February	Navigating Red Tape After the Death of a Loved One	The passing of a loved one is already traumatic for those left behind. However, learning the basics of dealing with the administrative side of death can make the journey a lot easier. In this webinar, you will learn the first steps needed to get through the standard paperwork, dealing with banks and funeral homes, filing the death certificate, and other key aspects of handling your loved one's estate.
March	The Sandwich Generation: Multi-Generational Caregiving	Are you taking care of your children and your parents? Many middle-aged people find themselves stuck caring for both ends of the age spectrum—helping both their children and their parents navigate finances, social lives, and changes in capacity for independence. This kind of caretaking can cause burnout and exhaustion. This webinar will review the phenomenon of the sandwich generation and how we can better manage the needs of our changing families. We'll discuss ways to have productive conversations with aging parents about their needs, ways to troubleshoot burnout as a caregiver and how to keep your own family running smoothly.

Easy, confidential and secure access to the care and resources you need. Anytime. Anywhere. Anyway.

Get started in 3 easy steps:

1. **Search** 'Perspectives Ltd' in the iOS or Google Play Store
2. **Download** the app for free
3. **Enter** your unique access code
(contact your HR/benefits department for your code)



Access Code:

com503



Scan to download



800.456.6327 | perspectivesltd.com



CLA offers a bonus to all active, current employees who refer an HCS New Hire!

\$300 Employee Bonus for hired HCS Referral

Have someone in mind already?

Tell them to contact the Recruitment Team ASAP!

Not only will *you* get \$\$ if they're hired, but *they* may get a New Hire Bonus just by joining our awesome team:

- \$700 to any new HCS hire working 21+ hours/week
- \$350 to any new HCS hire working up to 20 hours/week

Directors, Direct Hiring Managers, and HR Recruitment Staff are NOT eligible for the employee referral bonuses; the referring employee and the new hire must be actively employed at the time of the incremental disbursement of the Employee Referral Bonus and/or New Hire Bonus.

Are **YOU** interested, or do you know someone who is interested, in becoming a Home Care Specialist?

Contact Heather: russellh@clanet.org or 608-240-8529

CLA is an affirmative action and equal opportunity employer.
Visit www.clanet.org for detailed information about current open positions.

Caregiver Resources: Risk Avoidance



Winter Safety Tips from

 UnitedHeartland

WalkSAFE This Season:

Winter slips and falls are one of the leading causes of workplace injuries and a major contributor to workers' compensation costs. Over the next few months, we'll share information to help keep your team on their feet this winter — starting first with a few important tips as you prepare for the snowy months ahead.

Preparing for Winter Weather

Get ready now. Check out [UnitedHeartland.com/WalkSAFE](https://www.unitedheartland.com/WalkSAFE) for resources on snow and ice removal, proper footwear and housekeeping.

Know your news. Identify which local TV and radio stations provide the most comprehensive winter weather information.

Download. Make sure your weather app is up to date on your smartphone, or search for a new app with the comprehensive information you seek.

Don't let ice and snow surprise you. Snow and ice can arrive at any time during the winter season. Make sure written procedures are in place now to remove winter precipitation from parking lots, walkways and steps.

Tell others. See a slick spot? Notify those in your organization who can help eliminate the hazard.

Stay safe this winter season!

Risk Avoidance: Tips to Prevent Car Jacking from M3 Insurance

Article author: Ted Hayes, Senior Risk Manager

Carjacking is defined as stealing a car by force, very often while the offender is armed with a gun. Carjacking is not just a problem in large cities; it happens in suburbs, small towns, and rural areas. Rather than stealing parked cars, many violent criminals find it much easier to steal a car while the owner is inside with the keys in the ignition. Many of these cars are stolen and used to commit other violent crimes, or simply because the thief wants to take the vehicle for a ride. No matter the purpose, these crimes are very dangerous for the victim.

Be aware of your surroundings

The best way to help prevent a carjacking is always being aware of your surroundings.

Continued on next page . . .

Caregiver Resources Continued . . . Risk Insight: Tips to Avoid Car Jacking**When getting into your car...**

- Walk with purpose and stay alert.
- Approach your car with the keys in hand. Look around and inside the car before getting in.
- Be wary of people near your vehicle asking for directions or money to help with gas, or other possible distractions. They may be working with a partner, who will attempt to take your keys and your vehicle.
- Trust your instincts; if something makes you feel uneasy, get into the car quickly, lock the doors and drive away.

on the road...

- Keep your doors locked and windows rolled up (at least part-way), no matter how short the distance you will be walking or how safe the neighborhood.
- Be especially alert when stopped at intersections, gas stations, ATMs, and convenience stores.
- When you are coming to a stop, leave enough room to maneuver around other cars, especially if you sense trouble and need to get away. You should be able to see the rear tires of the car ahead of you.
- Drive in the center lane to make it harder for would-be carjackers to approach the car.
- Avoid driving alone, especially at night.
- Do not stop to assist a stranger whose car has broken down. Instead, help by driving to the nearest phone and calling police to help.
- Keep your cell phone in your pocket. If your vehicle is stolen, you will have a way of contacting 911. If your cell phone is left inside the vehicle, you will be stranded without a way to call for help.
- Be aware that some thieves will “bump” a vehicle from behind and steal a victim’s vehicle when the victim stops to exchange information. Signal to the other vehicle’s driver to follow you to a well-lit public area to exchange information. If you see a fire or police station, stop there and summon aid from inside.

When getting out of your car...

- Park in well-lit areas, near sidewalks or walkways. Avoid parking near dumpsters, woods, large vans or trucks, or anything else that limits your visibility.
- Never leave valuables in plain sight; lock your car and take the keys.
- Even if you are rushed, look around before you exit your vehicle and stay alert to your surroundings.

If carjacking happens to you...

- If the carjacker threatens you with a gun or other weapon, give up your car. Do not argue. Your life is worth more than your car. Get away from the area as quickly as possible.
- Try to remember what the carjacker looked like: sex, race, age, hair and eye color, special features, clothes. Also remember the description of any vehicles involved - color, make, model, license plate.
- Report the crime immediately to the police.
- Then, check that your policy covers car theft and get the claims process started. Notify your insurance professional about the incident as soon as possible—the longer you wait, the harder it will be to remember the details. Note that many insurance companies now use mobile apps, which can help you get the claims filing process started immediately.

Key Takeaways

- Carjacking can happen anywhere, and is often dangerous for the victim. There are key risk management steps that you can take to lower your risk of becoming a carjacking victim.
- If carjacking happens to you, first report the crime immediately to the police. Then, check that your policy covers car theft and get the claims process started with your insurance professional as soon as possible.

Caregiver Resources: Fair Housing from the Fair Housing Center of Greater Madison

Fair Housing: How Much do You Know?

Every day, throughout our community, people seek one of our most basic needs: housing. While many people go through a housing transaction with few obstacles, others are illegally denied housing.

The US Department of Housing and Urban Development estimates that over two million acts of housing discrimination occur annually, yet few incidents are reported. The reasons for this discrepancy are simple: discrimination is often subtle, and few people know or understand the fair housing laws that protect them.

How well do you understand fair housing laws? Take this quiz and find out.

Q: Is it okay for a landlord to place all families with children on one floor of the building and all other occupants on a separate floor?

A: No. The Federal Fair Housing Act prohibits the discrimination on the basis of familial status. That means that no one can be denied access to housing opportunities based on their household composition, including the presence of children. Segregating a housing complex by floor or building is a violation of this law.

Q: I am single. Can a housing provider tell me that he prefers a household with a married couple?

A: No. A housing provider cannot deny anyone housing because of his or her marital status.

Q: I use a wheelchair. Can a landlord charge me a higher security deposit than other tenants?

A: No. A housing provider cannot create additional charges or fees for someone who requires a wheelchair or for any person with a disability.

Q: True or false: It's legal for real estate agents to direct African-American home seekers to predominately African-American neighborhoods.

A: False. Steering restricts an individual's housing choices and perpetuates segregation.

Q: True or false: Landlords who live in their own buildings don't need to comply with fair housing laws.

A: False. The Wisconsin Open Housing Law has no exemptions for owner-occupied housing. There are exemptions for shared living facilities.

Q: I have a disability and use a dog as a service animal to help me live independently. When I applied to live at an apartment complex, the manager told me that no pets are allowed in the complex. Can I keep my dog?

A: If you have a disability and need a service animal in order to live independently, you have the right to request an accommodation to the housing provider's "no pets" rule in order to keep your service animal. Housing providers are obligated to allow reasonable accommodations for persons with disabilities.

Q: I'm 23 years old. A rental manager told me that he doesn't rent to people under 25. Is this legal?

A: No. The Wisconsin Open Housing Law protects people 18 years of age and older from discrimination based on age. However, there are exemptions based on age for housing for the elderly.

If you think you may have been illegally denied housing on the basis of your race, national origin, sex, familial status, disability, age, lawful source of income, sexual orientation, or another characteristic, fight back! Call our toll-free statewide complaint intake hotline at 1-877-647-3247. For more information, please see the Fair Housing Center's website, www.fairhousingwisconsin.com.

The Fair Housing Center of Greater Madison also provides educational presentations to neighborhood groups, social service agencies, religious congregations, and others about fair housing law and illegal housing discrimination. For more information on fair housing presentations, please call 608-257-0853.



Preventing Burnout at Work

The World Health Organization describes burnout as an “occupational phenomenon” often resulting from “chronic workplace stress that has not been successfully managed.” Common symptoms of burnout include exhaustion or energy depletion, decreased workplace engagement, increased feelings of job-related cynicism and reduced productivity.

Burnout not only affects employees’ overall well-being and job performance but also poses potential safety risks. In fact, recent research from the National Center for Biotechnology Information found burnout is associated with a greater likelihood of workplace accidents and related injuries. As such, it’s vital for employees like you to know how to identify and prevent burnout on the job.

Since prolonged and chronic workplace stress can lead to burnout, being able to recognize the signs of such stress can help you know when it’s time to make changes to ease the burden. Common job stressors include a heavy workload, intense pressure to perform at high levels, job insecurity, long work hours, excessive travel, office politics and conflicts with co-workers. While dealing with stress is a normal part of everyday life, here are some early warning signs that alert you to stress on the job:

- Anxiety or depression
- Low morale
- Short temper
- Headache
- Stomach or back problems
- Fatigue

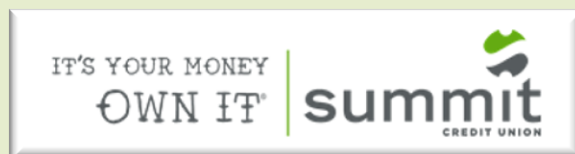
Reducing your job stress is crucial for preventing burnout. Here are some simple ways to get your workplace stress under control:

- **Plan and prioritize.** When you’re feeling stressed out, don’t panic. Make a list of the tasks you need to complete, and set realistic deadlines.
- **Focus on what you can control.** You know what your job tasks are. Break the larger tasks into smaller, more manageable steps.
- **Slow down.** When you have a lot of tasks looming over you, it can be tempting to hurry through them just to get them off your plate. However, rushing through tasks can cause you to feel more stressed and increase your odds of making mistakes. Take a deep breath when you start to get overwhelmed and slow down.
- **Maintain a good attitude.** Try to think positively about tasks at work—avoid negative thinkers and always acknowledge your accomplishments, even if it’s just by mentally congratulating yourself.

If you feel burned out, talk to your supervisor, as they may be able to help you reduce your stress or direct you to valuable workplace resources.



CLA partners with
Summit Credit Union
to bring you
Free Financial Education!



Learn how to turn wishing and waiting into experiencing and enjoying.
Your chance to ask questions and hear from experts.

Your chance to meet, ask questions and hear from experts. Let's get together.
Register in advance by clicking linked webinar title.

Steps to Boosting Your Credit Webinar
December 6, 2022

Affording Life Events Webinar
December 13, 2022

Homebuyers After 5 Webinar
February 15, 2023

Copyright 2022 © Summit Credit Union. All rights reserved.

Education Anytime, Anywhere

Get free financial education when and where you want it. Check out our on-demand webinars and podcasts to learn more about homeownership, mindful spending, budgeting and taking control of your finances.

[Listen to Podcasts](#)

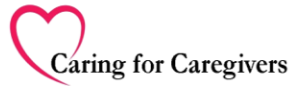
[Watch Webinars](#)

Additional Training Opportunities for Caregivers:

State of Wisconsin Offers Free Online Courses for Caregivers

Trualta is an online education portal free to Wisconsin caregivers. You'll find videos from Teepa Snow, articles on the latest research, an Introduction to Aging and Dementia course, Care Stories from caregivers, and over 30 courses on caregiving. You can view on your web browser, tablet, or phone, play audio and video or download and print tip sheets.

Sign up for free access here: <https://wisconsin caregiver.trualta.com/login>



Caregiver Chronicles

December 2022



Topics of Interest:

1. COVID-19 Resources for Caregivers p.2
2. Caregiver Support Resources p.3
3. Reduce Your Holiday Stress and Regenerating Holiday Activities p.4 - 5
4. Free or Low-cost Health Insurance Options & Resources p. 6
5. Nutrition: Snow Day Staples p. 7
6. Monthly MIPPA Moment: Important 2023 Medicare Updates p.8
7. Free Virtual (Online) Welcome to Medicare Seminars p. 9
8. Caregiver TELECONNECTION Learning Sessions & Caregiver Cup Podcast p. 10 - 11
9. Resources for Caregivers of persons with Alzheimers or other Dementias p. 12



Click [HERE](#) to access full December 2022 Caregiver Chronicles

Provided by [Area Agency on Aging of Dane County](#) * 2865 N. Sherman Ave., Madison, WI 53704 * 608-261-9930

Additional Winter Season Resource

[Wisconsin Home Energy Assistance Program \(WHEAP\) | Benefits.gov](#)

Wisconsin's Division of Energy Services oversees the Wisconsin Home Energy Assistance Program (WHEAP). This includes the federally-funded Low Income Home Energy Assistance Program (LIHEAP) and the Public Benefits Energy Assistance Program. WHEAP provides financial assistance to help eligible households pay a portion of their heating and electric energy costs. Eligible households may receive a benefit payment once per heating season (October 1 through May 15), and crisis assistance funds and help for non-operating furnaces and heating systems may also be available. The amount of the benefit payment depends on household size, income level, and energy costs. WHEAP is administered locally through county social services offices, tribal governments, and private non-profit agencies in each county in Wisconsin.

Alzheimer's & Dementia Alliance of WI

PROGRAM CALENDAR

DECEMBER 2022

EDUCATION PROGRAMS

Safety at Home for People with Dementia *online*

Thursday, December 1st • 10:00 – 11:30 AM

In this program we will cover the effects of dementia that impact safety. Learn how you can create a safe environment for your loved one at home.

Please Register Here: <https://bit.ly/Safety-at-Home-Dec1>

After registering you will receive a confirmation email containing information about joining the meeting

Direct questions to Heather Moore at heather.moore@alzisc.org or 608-723-4288

The Caregiving Journey

Tuesdays, December 6th and December 20th • 1:00 – 4:00 PM

*An educational 2-week online discussion group for family caregivers of people who are in the middle stage of Alzheimer's or other dementia-related disorder. **Please commit to the 2 weeks before registering.***

Please Register by contacting Janet Wiegel at janet.wiegel@alzisc.org or 608-697-2838

Making the Decision About Facility Care

Thursday, December 8th • 10:00 – 11:30 AM

At some point along the dementia journey, support from family, friends, and local programs may not be enough. Review items to consider when moving to facility care.

PEAK Platteville Senior Center: 155 W Lewis St, Platteville, WI

Direct questions to Heather Moore at heather.moore@alzisc.org or 608-723-4288

Creative Engagement *online*

Thursday, December 15th • 10:00 – 11:30 AM

Learn how creativity and imagination are beneficial tools to care for those with dementia.

Please Register Here: <https://bit.ly/Creative-Engagement-Dec15>

After registering you will receive a confirmation email containing information about joining the meeting

Direct questions to Heather Moore at heather.moore@alzisc.org or 608-723-4288

End of Life and Dementia

Tuesday, December 20th • 10:00 – 11:30 AM

Discuss the critical decisions often faced at end of life and ways to communicate and stay connected in the later stages.

Prairie du Chien Memorial Library: 125 South Wacouta Ave, Prairie du Chien, WI

Direct questions to Heather Moore at heather.moore@alzisc.org or 608-723-4288



608-232-3400



alzisc.org