

Caregiver Support News

Caregivers if you would like to submit a recipe, share an idea for our newsletter or need more information on a special topic please email or call us!

Spotlight on Services:

April 16th is National Healthcare Decision Day

National Healthcare Decision Day exists to inspire, educate, and empower the public and healthcare providers about the importance of advance care planning. If you haven't created an advance directive please consider attending one of the Advance Care Planning Groups that the VA offers to assist you and your Veteran in talking about planning for the future, the importance of appointing a health care decision maker and creating an advance directive. The group provides a forum for meaningful conversations about future medical treatment and putting a plan in place to reduce burden, guilt, and help you feel prepared. The Advance Care Groups are offered on the first and third Tuesday of each month (see calendar). Please let us know if you are interested in attending or would like more information about creating an Advance Directive.

Caregiver Resource Group: Honoring Relationship Wellness

Wednesday April 3 | 9am-10am

No registration required, a WebEx link will be emailed the day before the group for anyone interested in joining.

See flyers for more details.

Recipe of the Month



Peanut Butter Cup Cookies

Ingredients:

1 cup butter, softened
2/3 cup peanut butter
1 cup sugar
1 cup packed brown sugar
2 eggs
2 teaspoons vanilla extract
2-1/4 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
2 cups (12 ounces) semisweet chocolate chips
2 cups chopped peanut butter cups (about six 1.6-ounce packages)

Directions:

In a large bowl, cream the butter, peanut butter & sugars until light and fluffy. Beat in eggs & vanilla. Combine flour, baking soda & salt; gradually add to creamed mixture and mix well. Stir in chocolate chips & peanut butter cups.

Drop by rounded tablespoonfuls 2 inches apart onto ungreased baking sheets. Bake at 350° for 10-12 minutes or until edges are lightly browned.

Cool for 2 minutes before moving to wire racks.

Resource Corner



**American
Red Cross**

Military and Veteran
Caregiver Network

Connection • Engagement • Knowledge • Skills • Hope

Military and Veteran Caregiver Network (MVCN) is another way to gain support and reduce isolation as a caregiver. They offer services to caregivers of all eras, stages of life and relations across all locations. They recognize that you play an important role in the recovery, rehabilitation and re-integration of wounded, ill, injured and/or aging servicemembers and Veterans.

MCVN offers a variety of support services:

- Peer Mentor program can provide one on one companionship and support
- Support groups allow caregivers to join with each other to support and share
- Online Community Chat (texting) Groups
- Resilience Workshops for teens and children who are in caregiving homes
- “Wellbeing and You” brief and virtual groups to assist you in practicing self care and mindfulness
- Specific groups offered for Spanish-speaking caregivers, LGBTQ+, Substance Use Disorder, and Veterans who are caregivers
- Educational workshops on varying caregiver topics
- Training and learning opportunities for caregivers to become a MCVN volunteer
- “Hero Care Resource Directory” that offers over 800 resources and services for caregivers

To find out more about these services and sign up to join the network go to MCVN website. You can view MCVN calendar and register for classes and groups, or access their Hero Resource Directory.

Website: <https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html>



Sesame Street for Military Families: Caregiving



Caregiving is a whole family affair. Sesame Street offers free bilingual resources to build family resilience and coping.

The Website offers downloadable Apps, printable activity pages, kids games, a variety of videos by topic to watch as families, and information for parents on how to talk with children about challenging feelings and difficult topics.

<https://sesameworkshop.org/>

<https://sesamestreetformilitaryfamilies.org/>



For more parenting strategies and skills training that can be helpful for military families see VA website.

<https://www.veterantraining.va.gov/parenting/>

** Some of these are being offered outside the Veteran Health Administration and these links will take you to sites operated by the agencies listed. This is not an endorsement nor is it all inclusive.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 31st 	1 	2 9am- CSL Educ. Call 10am- Advance Care Planning Grp	3 9am- CG Resource Group– Relationship Wellness 1pm- VA Caregiver Support Group	4	5 10am- Mindful Meditation Call	6
7	8	9 <i>11am-REACH Group, Closed</i>	10 6pm- CSL Educ. Call	11	12	13
14	15	16 National Healthcare Decision Day 3pm- Advance Care Planning	17 2pm- CSL Educ. Call	18	19	20
21	22 	23 <i>11am-REACH Group, Closed</i> Noon-CSL Educ. Call in Spanish	24	25	26 	27
28	29	30				

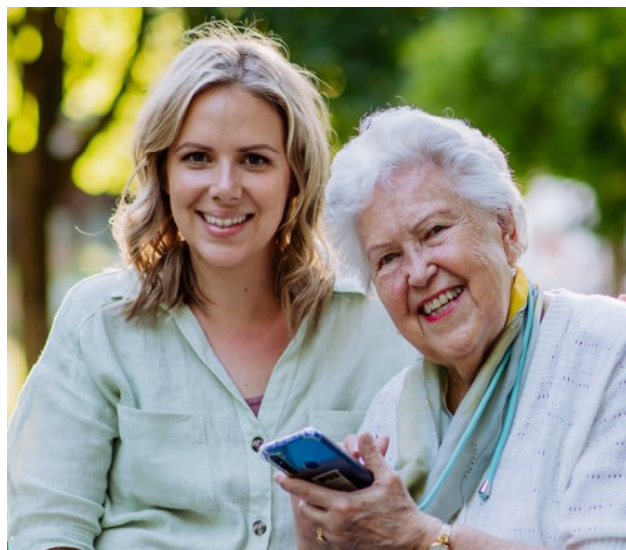
See next page & flyers for more



How to Use WebEx for Virtual Meetings:

- If using a smart phone or tablet, Make sure that you have the WebEx App downloaded to your device. Then, join the meeting through the link that was sent to you. You will need to enter your name and email when you join as a guest.
- If using a desktop or laptop, join the meeting through the link that was sent to you. “Launch” or “open” WebEx when prompted by using your computer browser or by downloading the App. You will need to enter your name and email address when you join as a guest.
- You can also dial in by phone using the toll free #1833-558-0712 and enter the access code listed for the event. Use *6 on the call to mute and unmute.

If you need help call us for support 414-384-2000 ext. 44571



Milwaukee/Green Bay VA Caregiver Support Program

Main Telephone #: 414-384-2000 ext. 44571

Email: ContactMilwaukeeCareGiverSupport@va.gov

No Registration Required, *Just Join!*

Mindful Meditation for Veterans & Caregivers

Hosted by War Related Illness and Injury Center
First Friday at 10am. Mindfulness Meditation is a technique that can help you to better manage the stress of everyday life.

Call to join: 1-833-558-0712

Access Code: 433 794 55

CRAFT PTSD (Community Reinforcement and Family Training) For family members of Vets working to manage PTSD. To participate go to this website:

https://www.ptsd.va.gov/appvid/craft_ptsd.asp

CSL Educ. Calls– Money Management: Managing your Financial Reality. Hosted by VA Caregiver Support Line (CSL) Staff. A monthly topic offered “live” on 4 different days, with the last call of the month presented in Spanish (see calendar). Call in to join: 1-347-566-4838
Conference ID#: 521 546 087#

Listen to previous podcast or view the transcripts/handouts at: <http://www.caregiver.va.gov/support-line/presentations.asps>

Caregiver (CG) Resource Group: Honoring Relationship Wellness

Monthly virtual group that offers rotating psycho-educational topics. See flyer for varying dates and topics.

Contact Us To Register:

1-414-384-2000, extension 44571

ContactMilwaukeeCareGiverSupport@va.gov

Building Better Caregivers Self paced, 6-week online workshop for caregivers of Veterans. Tips to help caregivers provide better care and manage their own health and well-being.

Annie Caregiver Text VA’s text messaging service educates and motivates caregivers with tips and activities. Messages can be set for specific topics of interest and need.

Caregiver Health and Wellbeing Coaching Develop and apply a Personalized Health Plan with help from a Health and Wellbeing Coach. Set small goals around what matters to you.

REACH VA Individual Coaching Assistance for caregivers of Vets with Dementia, Spinal Cord Injury, PTSD, Parkinson’s, ALS, MS, SCI, or any condition.

Peer Support Mentoring One on one support to connect caregivers and empower them to help one another. Register to become a Mentor or a Mentee.

VA Caregiver Support Group

First Wednesday from 1– 2pm via WebEx. Virtual group for caregivers to come together to swap tips, discuss challenges and share stories.

Advance Care Planning Group

Virtual Group for Caregivers and Vets to talk about future health care planning, appointing a health care decision-maker, and how to create an Advance Directive.



<http://www.caregiver.va.gov>

National Caregiver Support Line (CSL): 1-855-260-3274