

**Spotlight on Services:**

**VA Caregiver Center Presents: Grappling with Stress** offered twice this month. Please contact us to register!

- Thursday, May 2, 2024 @ 10am, register by May 1st
- Tuesday May 14, 2024 @ 2pm, register by May 13th

**VA Caregiver Resource Group:**

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

- Tuesday, May 21, Noon-1pm

*Here are some Free Community Caregiver events:*

**Outagamie County Caregiver Coalition Presents:**

Annual Caregiver Appreciation Event: It takes a Village

- Wednesday, May 15, 2024, 3:30pm-6pm, Poplar Hall Appleton, WI.

**Brown County Caregiver Coalition presents:**

Rejuvenate, an evening for caregivers and those they care for in the gardens. Information and Resources available.

- Wednesday, May 29, 2024, 4 - 6 p.m., Green Bay Botanical Gardens.

*\*See flyers for more details\**

*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!*

*"From caring comes courage"*

*- Lao Tzu*



**Recipe of the Month**



**Derby Dip**

- 8 oz cream cheese
- 1 12oz container of sour cream
- 1 tsp cayenne pepper (more or less depending on desired spiciness level)
- 1 tbs chicken bouillon granules
- Mix ingredients together and spread on platter
- 1 small bag of shredded Swiss cheese
- 1 small bag/container of shredded parmesan cheese
- 5 small Roma tomatoes chopped
- 2 bunches of scallions chopped
- 1 bag/container of real bacon bits
- Layer these ingredients over the cream cheese mixture: Swiss, then parmesan, then tomatoes and scallions. Sprinkle bacon bits on prior to serving with wheat thins.

## Spring Cleaning for your Mental Health



When did spring sprung? I feel blind sided by spring! It seems like three weeks ago we were still living in the doldrums of winter and today all I see are the vibrant colors of spring. As I look out of my patio door, my grass is green, the neighbor's crab apple tree is in full bloom and most of my perennials are popping up through the ground. I expressed my feeling about being overwhelmed by the change of season to a friend and she suggested I do a spring cleaning for my mental health. She provided me with the following steps to "PRACTICE":

1. Declutter your physical space. I know for me clutter can cause me stress and anxiety. I started small. I went through the pile of magazines on my end table and put them in the recycling, tossed the Valentine's candy and cleaned out the jar. A clean and organized space can help clear your mind and improve your mood.



2. Letting go of negative thoughts and emotions. Spring is a time for growth and renewal. During this time, it can be helpful to write down negative thoughts and beliefs and tear them up and literally 'let them go.'

3. Self-care, self-care, self-care! You are an important person, please start taking a little time to implement a self-care routine. There is no need to feel guilty. It does not have to be elaborate. Walk outside a breathe in the fresh air, take an extra minute to wash your face or mediate on the day's activities.

4. Re-connect with a friend, neighbor, or family member.



5. This is the big one!! Practice Gratitude! Gratitude has been shown time and time again to promote mental and emotion well-being. If anyone is interested in a Gratitude Journal, let me know. I will send one to you.

Happy Spring, Kelly Krause



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <b>1pm</b> – VA Caregiver Support Group	2 <b>10am</b> -Grappling With Stress, please register	3 <b>10am</b> -Mindful Meditation Call	4 Kentucky Derby– Wear your best hat! 
5 	6	7 <b>9am</b> - CSL Educ. Call  <b>10am</b> - Advance Care Planning Grp	8	9	10	11
12 	13	14 <b>2pm</b> - Grappling With Stress, please register	15 <b>6pm</b> – CSL Educ. Call <b>4pm</b> - Appleton Appreciation event	16	17	18
19	20	21 <b>12pm</b> – CG Resource Group <b>3pm</b> – Advance Care Planning	22 <b>2pm</b> – CSL Educ. Call	23	24	25
26	27 	28 Noon-CSL Educ. Call in Spanish	29 <b>4pm</b> – Green Bay appreciation event	30	31	

**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](mailto: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](https://www.ptsd.va.gov/appvid/craft_ptsd.asp)

**CSL Educ. Calls: Burn Out** - 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:

<https://www.caregiver.va.gov/support-line/presentations.asp>

### **Caregiver (CG) Resource Group**

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](mailto:ContactMilwaukeeCareGiverSupport@va.gov)

**Grappling With Stress : A Guide for Caregivers.** One hour class presented by VA Caregiver Center on 2 different dates. May 2nd @ 10am & May 14th @ 2pm.

**Register to join using below link:**

<https://veteransaffairs.webex.com/webappng/sites/veteransaffairs/webinar/webinarSeries/register/07d7e57bf40648b79583e7e75207e0cf>

**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