

Caregivers Connection

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“I Can’t Cook”

When Tom’s wife began to have memory issues, he could no longer rely on her to do the cooking. “She was a very good cook,” he said, as he explained that she no longer had the ability, initiative, or motivation to do the cooking. Once in a while, with his supervision, she could put together a simple meal.

Tom has diabetes and was beginning to have problems keeping his blood sugar under control. He worried that he wasn’t eating properly. “I can’t cook,” he confessed. So, what could he do?

Then he heard about the meals at the Senior Center in the Ozaukee County village where they live. When he studied the menu put out by Ozaukee County’s Senior Dining program, he and his wife selected days when the meals looked appealing and they began to eat their main meal at the Senior Center at noon.

Tom explained how the meals are nutritious and well-balanced. They include a main entrée, side(s), beverage, and dessert. They don’t go every day, but often enough so that he feels they are well-nourished. Sometimes they take part in activities at the center after the meals. For this caregiver and his Loved One, the center provides good food and socialization.

There are seven meal sites in the county. Four are located at Senior Centers. They are open most weekdays. Examples of meals—from October calendar—include teriyaki-glazed chicken breast, roast pork, spaetzli, and sweet and sour red cabbage, and turkey ala king and brown rice. Chili and brats and burgers appear on several days. Desserts can vary from fresh fruit to Black Forest torte. Cost is minimal.

Caregivers experience all kinds of issues on their journey when a spouse, another family member, or a beloved friend develops a debilitating condition, whether mental or physical. Check with the Ozaukee County’s Aging and Disability Resource Center (ADRC), telephone number 262 284-8120, for more detailed information about Ozaukee County Senior Dining, including Meals-on-Wheels.

In Ozaukee County, Caregiver Coffees provide another support system for those who are coping with the care of a Loved One. Four of these casual groups meet at four different times and four different

places. In November the groups will meet on Tuesday, November 7, at the Providence Place, 815 Washington St., Grafton, from 6:00 -7:30 p.m.; Tuesday, November 14, at the County Administration Building in Port Washington from 10:15– 11:45 a.m.; a men’s group will meet at Rose Harms Legion Post, 1540 13th Avenue, Grafton, on Tuesday, November 21, 9:30 – 11:00 a.m.; and on Wednesday, September 22, from 9:30 to 11:00 a.m. at St. John’s Lutheran Church, corner of Port Washington Rd. and Lakefield Rd., Grafton. Care for the Loved One is available at the latter site. Call Barbara Lindholm at 262 376-4328 for information.

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