



DODGE COUNTY LIFESPAN RESPITE NETWORK HAPPENINGS

WHAT'S NEW AT DODGE COUNTY LIFESPAN???

Hello everyone. My name is Paul Toellner and I was hired in August 2009 to begin the exciting challenge of continuing the progress of Dodge County Lifespan Respite Network. This is no easy task as Karla Jensen did an outstanding job for so many years. A huge thank you to Karla for a job well done! I come to DCLRN with nearly twenty years of experience working in human services. I joined the DCLRN advisory committee in Spring 2009. Then in a cooperative effort with Family Youth

Interaction Community Services, we were able to offer a Youth Summer Recreational Mentorship Respite Program from June through August which DCLRN helped support. I have been very busy with a number of updates and will continue this progress in the months ahead. I look forward to working with our registered providers, the individuals and families that we serve, the donors and many supporters that all make up our Dodge County Lifespan Respite Network.

We recently moved the DCLRN office. Our offices are now located at FYI ZONE located at 1645 North Spring Street in Beaver Dam.

We are now looking for interested individuals to serve on our advisory committee. This committee meets 4-6 times per year and is active with fundraising efforts.

Please contact Paul, if you are interested in serving in the capacity of an advisory committee member.

In a very short amount of time, I have spoken with so many wonderful families that have received DCLRN financial support. I have included the narration of one of the letters received in our office.

"I'm writing this letter on behalf of my mother. We recently received our stipend payment from the Dodge County Lifespan Respite Program that was donated by you. This money is greatly appreciated. This

financial support allows me to pay for some respite care for my mother which is greatly needed. It is heart warming to know that there are people who care about their fellow mankind. So thank you, thank you

from the bottom of our hearts."

It is stories like these that make our efforts all worth while. If you would like to support DCLRN in a financial way, please do so today.

Dodge County Lifespan Respite Network

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DCLRN Wish List

- ☺ Looking for donated packaged snack items such as cookies, crackers, crystal light drink mixes, pretzels, etc.
- ☺ Looking for gift cards to area stores like gas, grocery or Wal-Mart for supplies.
- ☺ Looking for arts/craft supplies, board games, card games, napkins, paper towels, paper plates, plastic utensils, etc.

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RESPITE CARE INFORMATION

"Families are Wisconsin's most important and constant caregivers for individuals with special needs—of all ages. Citizens and policymakers agree that accessible respite care services and related supports are essential to the preservation and well being of the family. Being a caring caregiver can be a rewarding and often challenging job. To provide good care, caregivers need to take care of themselves."

- Respite Care Association of Wisconsin, Inc. -

One of the primary purposes of respite is to provide relief to the caregiver from the demands of caring for someone with special needs. Many families don't realize that respite care is available to them or they don't know where to find a service. The Dodge County Lifespan Respite Network is a non-profit organization which is a program of the Epilepsy Foundation of South Central Wisconsin. DCLRN provides services such as an information resource for families, training for someone who would like to provide respite care, financial assistance

and respite opportunities. Dodge County Lifespan Respite Network maintains a registry that caregivers can access. The providers are trained by the family for the needs of the person with special needs and the family pays the provider. The cost for respite varies based on provider and a limited number of stipends are available to help subsidize the cost of care. Everyone needs a break for themselves and respite provides the caregiver with a well deserved break and an opportunity to rejuvenate themselves.

RESPITE STIPENDS AVAILABLE

Respite stipends may be used by families to arrange respite within their own home, out of home or within the community. Families arrange for respite on an occasional or regular basis. This may be for a couple of hours or several days. Families can use an individual they know to provide the respite or can utilize someone or an agency from

the provider registry. Families then train their own providers for their individual needs.

Stipends are available to families that have applied and been awarded approved stipend letters.

"Respite stipends may be used by families to arrange respite within their own home, out of home or within the community."

SPECIAL THANK YOU TO RECENT SUPPORTERS

Financial support received since July 2009:

*Community Day Coupon Book Sales

*Individual Donations

*John Deere Foundation



what matters.™

DCLRN depends on the financial support of others such as these listed here.

*Knights of Columbus—Mayville Chapter

*Thrivent—First Lutheran Church in Beaver Dam

*United Way of Dodge County

"Temporary relief for caregivers and families in which care is provided to individuals with disabilities and other special needs; to individuals with chronic or terminal illness; or to individuals at risk of abuse and neglect."

FREE COMMUNITY RESPITE EVENTS

We recently held a community respite event on September 19th, 2009. This event was held at the Beaver Dam Senior Center in coordination with the United Way of Dodge County Day of Caring. There were 11 United Way volunteers that provided respite assistance as well as some of our regular volunteers, Brandon, Chris, Debi, Desiree and Judy. We couldn't do all of this without volunteers and trained providers. Participants baked cupcakes, participated in arts and craft activities, played board games and pool, went for a nature walk and

watched movies. We had pizza and breadsticks from Domino's Pizza. This event was a great deal of fun for all those that attended. We are planning on hosting a FREE COMMUNITY RESPITE EVENT on a quarterly basis. The next event is tentatively scheduled for December 19th, 2009 from 11 a.m. to 3 p.m. at FYI ZONE—Family Fun Center located in Beaver Dam. If you would like more information or to register, please visit our website at dclrn.org or contact our office at (920) 356-9870.

Would you like to help Dodge County Lifespan Respite Network??? Here is an easy way to help...please drop your empty ink cartridges off at our office. We are then able to recycle these empty cartridges into coupons that will help pay for our office related supplies. We are able to recycle ten per month. This is \$30.00 per month or up to \$360.00 per year. This would help DCLRN in using more of its financial resources to provide free community respite events.

PREVENTION TIPS FOR H1N1

The portals of entry are the nostrils and mouth/throat. Contact is not the main concern, but proliferation is. Please do the following to minimize the spread of anything contagious:

1. Frequent hand washing.
2. Hands-off-the-face approach. Resist temptations to touch any

part of the face.

3. Gargle twice a day with warm water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after infection to proliferate and show classic symptoms.
4. Boost your immunity with foods that are rich in vitamin C.
5. Drink as many warm fluids as

you can. Warm liquids wash off viruses from the throat and into the stomach where they cannot survive or do any harm.

Suggestions taken from Dr. Vinay Goyal, MBBS, DRM, DNB.

UPCOMING PROVIDER TRAINING

If you or someone you know would like to attend our training sessions to become a trained respite provider and have your name included on our Provider Registry, please register by calling (920) 356-9870. Once we get a group of interested individuals, we'll schedule training sessions. We do conduct background checks and go through first

aid and safety issues when working with families caring for someone at home with a disability. As a trained provider, you can make extra income while typically being asked to provide care in an individual's home.



Are you looking for respite services??? Please visit our website at dclrn.org to locate and print out our Provider Registry.

We are moving towards more electronic communications in an effort to reduce our office related costs. Would you prefer to receive this newsletter at an e-mail address? If so, please forward an e-mail today at dclrn@tds.net.

**Dodge County Lifespan
Respite Network**

Offices located at FYI ZONE
1645 North Spring Street
Beaver Dam, WI 53916

A program of:
Epilepsy Foundation of South Central
Wisconsin

**Enabling families to continue caring
for families.**



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YOU?

YOU?

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Paul Toellner, Director

Art Taggart, Executive Director

We are now looking for interested individuals to serve on our advisory committee. This committee meets 4-6 times per year and is active with fundraising efforts.

Please contact us, if you are interested in serving in the capacity of an advisory committee member.

We would like to help... If someone has passed this newsletter on to you, possibly to alert you to respite services or because you might be an interested provider, please call Paul at (920)

356-9870 or send an e-mail to dclrn@tds.net.



Advisory Committee meets 4-6 times per year and is active with fundraising efforts.