

*This newsletter is dedicated to all families and friends of St. Anne's Salvatorian Campus.*

Happy March!

On March 1, the Wisconsin Department of Health Services launched their first-ever WisCaregiver Career Program. This program is designed to encourage individuals to become Certified Nursing Assistants and work in nursing homes.

Interested individuals can apply to any of the training sites and take the course and test for free. Those who complete the program will be eligible to work in any nursing home. If they work at a nursing home enrolled in the program, such as St. Anne's, they will be eligible for a \$500 bonus after six months.

The State is hoping to enroll 3,000 students in the program over the next two years. There is a significant nursing shortage impacting long-term care in every state; the program's goals are to increase awareness of how important this profession is and to provide an easier way for individuals to get trained and find work.

Please encourage any of your friends, family members, and co-workers who may be interested to look into this program. For more information, go to [www.wiscaregiver.com](http://www.wiscaregiver.com).

Enjoy March Madness this year! Good luck to all the college basketball teams who make it into the tournament.

Janet Krahn,  
LNHA, Memory Care Director  
[jkrahn@stannescampus.org](mailto:jkrahn@stannescampus.org)  
414-559-7970



### As a Loved One of Someone with Dementia, Are You Getting the Support You Need?

As a caregiver who loves someone with dementia, you must take care of your health so you can be of support to the individual you love. How do you take care of yourself? Do you have the support you need?

It's hard to think about yourself when you are taking care of a loved one because most days it probably feels like there's no time for you. Who provides support for you? Family members? A confidant you can tell things to who understands you and will just listen to you? Are there people available to help you with projects or other things you need?

It's hard to ask for help. It's equally difficult to recognize the need to care for yourself and how to go about doing that. It doesn't mean you have to join a gym or run a marathon. You just need to do the things that make you feel good. Perhaps it's a 10-minute walk once a day to clear your head. Maybe burying yourself in a book for half an hour with your phone turned off. Or taking a night off to relax and watch your favorite TV show without feeling guilty that you are not taking care of your loved one.

If you have a hard time finding support, there are many people at St. Anne's available to help: social workers, the pastoral staff, volunteers, and Memory Care Director Janet Krahn. We are here to take care of your loved one *and* to take care of you.

### St. Anne's Monthly Family Caregiver Support Group Meeting

Wednesday, March 21

2:00-3:00 p.m. and/or 6:30-7:30 p.m.

*Topic: Hospice Care – What is it? Dispelling the Myths of Hospice*

**Please join us in the Pavilion as we help and support each other.**