MY FAVORITE CAREGIVER TIPS

* Live in the moment
  o Don’t be so caught up in the “what’s got to get done” that you don’t have time to enjoy this time when you have your loved one’s undivided attention
* Dance/sing at least once a week
* Get outside at least once a week
* Do something fun that’s just for you every day – even if you can only do it for 10 minutes
* Visit your own doctor regularly
* Get a good night’s sleep
* Ask for help if you need it
* Breathe deeply
  ♥ Get and give at least one hug per day

**LAUGH!**
* The lowest temperature ever recorded in the state of Wisconsin: On Feb. 2, 1996, and again two days later, the thermometer plunged to 55 below zero in the Sawyer County village of Couderay.

* The deepest accumulation of snow on record in the Badger State was the 83 inches – that’s nearly 7 feet! – measured on April 3, 1933, in the Flambeau Reservoir of far northern Wisconsin.

* The warmest winter temperature in state history was recorded on Feb. 26, 2000, when it was a balmy 69 degrees in Afton, Beloit, and Broadhead.

* It’s a myth that no two snowflakes are exactly the same. In 1988, a scientist found two identical snow crystals. They came from a storm in Wisconsin.

* Each winter in the U.S., at least 1 septillion ice crystals fall from the sky. That’s $1,000,000,000,000,000,000,000$—24 zeros!

* The most snow to fall in a 24-hour period in the United States is 75.8 inches. In 1921, over six feet of snow fell between April 14 at 2:30 pm and April 15 at 2:30 pm in Silver Lake, Colorado.

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**AND A FAVORITE QUOTE:**

*IT IS THE SWEET, SIMPLE THINGS OF LIFE WHICH ARE THE REAL ONES AFTER ALL.*

--Laura Ingalls Wilder

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**Help for caregivers is available in many different ways:**

* 24 hour call in line - **Alzheimer’s Association** (always answered by a person) 800-272-3900

* **Free telephone learning sessions.** (register ahead by calling 866-390-6491) different subjects each time. [http://caregiversos.org/caregiver-teleconnection/](http://caregiversos.org/caregiver-teleconnection/) Also starting a Caregiver Telephone Support Group that meets for 8 weeks at a time. Call 866-390-6491

* **Veterans Caregiver Support** Line 855-260-3274

* Visit **Caregiver Connection** on Facebook

* Find tools at [http://www.caregiverslibrary.org/caregivers-resources/grp-checklists-forms.aspx](http://www.caregiverslibrary.org/caregivers-resources/grp-checklists-forms.aspx)

* Online help from **AARP**: [http://www.aarp.org/home-family/caregiving/](http://www.aarp.org/home-family/caregiving/)

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**Call the ADRC 920-386-3580**