

Town Hall Resources

Dealing with the Holidays: Grief, Depression, and Stress

ADVENT GRIEF CALENDAR

RESOURCE LIST FOR OLDER ADULTS AND THEIR CAREGIVERS, FAMILY AND FRIENDS DURING COVID 19

Murthy, Vivek H. MD, "Together. The Healing Power of Human Connection in a Sometimes Lonely World." New York: Harper Collins Publishers, 2020.

This book compassionately unveils the perils of loneliness as a public health issue.

Aging and Disability Resource Center of Brown County. www.bc.adrc@browncountywi.gov

This is a local website with information about COVID as it relates to older and disabled residents of Brown County. Offers many helpful services, such as online support groups, classes, exercise groups, and one-on-one instruction on how to use tablets/laptops/pc's in accessing their programs. Programs you can access from the comfort of your home, or over the phone or computer. Staff available by phone or video chat. There is an option for a 1:1, 45 minute appointment to walk through the use of your computer, tablet, smart phone, and the program used for all of their online events. (920-448-4300)

Family Caregiver Alliance www.caregiver.org

Offers caregiver education, Fact and Tip Sheets, Webinars and Videos, Caregiving Issues and strategies, Online support groups, classes and events, and a newsletter. Helpful information on dealing with COVID as well as things to do while confined to home or institution during COVID.

Alzheimer's Association www.alz.org Offers online education, support groups, a 24-hour helpline, COVID specific information. Especially for those living alone with early stage dementia of any type, or for family caregivers/spouses caring for a loved one with dementia at home during COVID.

Mental Health America www.mhanational.org/depression-older-adults

National Institute on Aging. www.nia.nih.gov/health/depression-and-older-adults

Wellness information posted within the weekly Church of the Home by our parish nurse, Cheryl Passel. Archives go back many months in 2020, in case you may have missed one or want to go back to earlier posts.

Wisconsin Department of Health and Human Services www.dhs.wisconsin.gov Up-to-date information and statistics for COVID in Wisconsin. Practical information for living in COVID times.

Caring Bridge. www.caringbridge.org Free private/personalized website to keep family and friends connected during health events. Can keep your personal site open for years at a time.