

# Dementia Support Groups & Services

Updated November 2022

**Support Groups and Services are listed in alphabetical order by service provider.** The status of support group meetings and other services may change, so please contact the organizer before attending events. If you were previously involved with a group that is not listed, please contact them for status updates.

If you choose to participate in online support groups, observe the same care in restricting your personal information as you would observe in any other online interaction or interaction with a stranger.

**Support groups that specialize in specific types of dementias are listed as follows:**

**Frontotemporal Degeneration:** Listed under Association for Frontotemporal Degeneration

**Lewy Body Dementia:** Listed under HealthPartners Struthers Parkinson's Center, Lewy Body Dementia Association, LBD Caring Spouses, Mayo Clinic

**Parkinson's Dementia:** Listed under American Parkinson's Disease Association - Minnesota Chapter, HealthPartners Struthers Parkinson's Center, Parkinson's Foundation, Wilder Foundation

## Support Groups and Services

### AARP

#### Caregiver Support Line

Toll-free [caregiving support line](#) is available Monday-Friday, 6 AM to 10 PM CT at 877-333-5885. The support line is also available in Spanish, at 888-971-2013.

## **Aging with Pride: IDEA**

[Aging with Pride: IDEA](#) (Innovations in Dementia Empowerment and Action) at the University of Washington is offering a free program for individuals with memory loss and their care partners. Either the person with memory loss or care partner must be LGBTQ.

- 9 coaching sessions for you and the person with memory loss.
- Complete the virtual program from the comfort of your home
- Compensation for completing 5 phone interviews.

Individualized sessions with a trained coach focus on problem solving, improving communication, and low impact exercise. The sessions are virtual, using easy video chatting.

Contact us today: 888-655-6646 or email [ageIDEA@uw.edu](mailto:ageIDEA@uw.edu) or visit [Aging with Pride: IDEA](#)

## **Alzheimer's Association**

### **Support Groups & Services**

Due to the COVID-19 pandemic, many support groups are hosted via phone or video conference instead of in-person. Please contact our 24/7 Helpline (800-272-3900) for details.

The Alzheimer's Association Minnesota/North Dakota Chapter has information about local resources on their [website](#).

### **Coronavirus (COVID-19): Tips for Dementia Caregivers**

Most likely, dementia does not increase risk for COVID-19, like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk. Visit the link below to find tips for dementia caregivers at home, receiving home-based services, individuals in assisted living, and tips on staying healthy.

[Tips for Dementia Care during COVID-19](#)

## **Alzheimer's Foundation of America**

### **Get a Free Virtual Memory Screening**

Alzheimer's Foundation of America offers free, online memory screening Mondays and Wednesdays, 10 AM to 4 PM ET, Fridays 10 AM to 2 PM ET by appointment.

Memory screenings are simple, quick and noninvasive, and consist of a series of questions to gauge memory, language, thinking skills and other intellectual functions. The memory screening takes approximately 10-15 minutes and is confidential. Memory screenings are

similar to other routine health screenings, such as those for blood pressure, cholesterol and skin checks.

Results are not a diagnosis, but a memory screening can suggest if someone should see a physician for a full evaluation. Early detection is important because it can enable the person to begin medications sooner, participate in a clinical trial and take a more active role in developing their care plan.

Anyone wishing to get a free memory screening should call AFA at 866-232-8484 or click [here](#) to schedule an appointment. Appointments are required and scheduled on a first-come, first served basis.

## **Alzheimer's Speaks**

A wealth of resources from and about people living with dementia.

Alzheimer's Speaks [Home Page](#)  
[Alzheimer's Speaks Radio](#)  
[Dementia Chats](#)  
[Dementia and the Arts](#)  
[Memory Cafes](#)  
[The Purple Angel Project](#)  
[Becoming Dementia Friendly](#)  
[Poetry & Articles](#)  
[Free Tools](#)  
[A Variety of Video Play Lists](#)  
[Dementia Map Global Resource Directory](#)

## **American Parkinson's Disease Association - Minnesota Chapter**

Information about at-home activities, support groups, and exercise programs.

[APDA Local Support](#)

## **Arthur's Memory Café**

Arthur's Memory Café meets virtually the 2<sup>nd</sup> & 4<sup>th</sup> Wed each month. We start at 1 PM CT and will go for an hour or two depending on the need of the group that attends. These will be Zoom meetings (video conferencing) and people could attend by phone if they don't have a computer, iPad or smart phone with a camera and microphone.

Contact: Lori La Bey at 651-748-4714 or email [Lori@AlzheimersSpeaks.com](mailto:Lori@AlzheimersSpeaks.com).

## **The Association for Frontotemporal Degeneration (AFTD)**

Support groups are a resource and a place to connect and share with others who understand.

In response to the COVID-19 pandemic, many support groups are now available to meet via AFTD's dedicated and secure Zoom account. Learn more about how your local group is meeting by contacting your local support group volunteer, or by reaching AFTD's HelpLine at 866-507-7222, or email [info@theaftd.org](mailto:info@theaftd.org)).

[Minnesota Support Groups](#)

## **Brightondale**

### **Dementia Support Group & Monthly Education**

Support and education for anyone with a friend or family member with Alzheimer's or other types of Dementia. This small support group discusses a variety of topics including the stages of Dementia, how to care for yourself as a caregiver, ways to adapt activities and hobbies for someone with Dementia and tips on navigating the disease.

Facilitator: Amy House is a trained facilitator with the Alzheimer's Association and an Independent Certified Trainer in Teepa Snow's Positive Approach® to Care.

Meetings are held the first Thursday of every month at 6 PM CT and the third Monday of every month at 2:30 PM CT via phone or Zoom

Contact: Amy House 651-746-5611 or email [ahouse@brightondale.com](mailto:ahouse@brightondale.com)

## **Brookdale North Oaks – Alzheimer's & Dementia Care**

Caregiver Support Group

Last Wednesday of each month 10:00 – 11:00 AM CT

You're not alone. Caregiver support groups connect you with others. When caring for an aging parent, you may feel like no one understands what you're experiencing. Join our Caregivers Support Group, and take a break with other caregivers. Come exchange valuable tips and suggestions with others who know just what you're going through. Participants can bring their loved one with to join in a planned activity.

Brookdale North Oaks - Alzheimer's & Dementia Care / Shoreview Parks and Recreation  
300 Village Center Dr., North Oaks, MN 55127

For reservations or more information: 763-913-6140

## **Carondelet Village Memory Café**

First Monday of each month - 1:00 - 2:30 PM CT

The Carondelet Village Memory Cafe provides an opportunity for people with early-stage dementia, families, and caregivers to meet and socialize in a safe space. Ask questions of professionals, have fun, and learn from each other. All are welcome! Invite your friends, family, neighbors, etc. The more, the merrier!

Please contact Memory Cafe coordinator to ensure day and time is correct. For more information, or to confirm dates and times, please contact Meghan Constantini at 651-695-5000 or email [mconstantini@preshomes.org](mailto:mconstantini@preshomes.org).

[Carondelet Village Memory Cafe](#)

## **Dementia Action Alliance**

This group is for and organized by people in the early stages of dementia. They have weekly chats and discussions and also have a program called Dementia Mentors which matches people with similar experiences to provide assistance and companionship through online and telephone conversations.

For a current schedule of weekly discussion topics: [Online Discussions](#)  
Programs for persons living with dementia at home in assisted living: [Online Programs](#)

For more information: [Dementia Action Alliance](#)

## **Dementia Map Global Resource Directory**

Dementia Map© is a free guide to the resources needed by those diagnosed with a form of dementia, family members, and professionals providing care or services. Dementia Map offers access to information about education, products, services, and more. Other tools include events, activities, books and digital media, housing and supportive services. You can even find a speaker for your next event!

Dementia Map intends to offer you the most valuable and comprehensive collection of dementia resources around the world – and in your own backyard. Check back often as our website changes frequently with new information. Dementia Map does not require contact information - it presents resources directly to those who are interested. Click [here](#) for more information about how Dementia Map works.

Take a look at [Dementia Map!](#)

## Dementia Mentors

Dementia Mentors provide one-on-one virtual mentor sessions, group chats, and motivational videos. The one-on-one Mentor Sessions enables you to talk privately online with a mentor that best matches your diagnosis. All mentors and presenters are living with a diagnosis of dementia themselves.

[Dementia Mentors](#)

## East Side Neighborhood Services

1700 2nd St NE Minneapolis, MN 55413

### Ongoing Support Groups

Looking for a safe and welcoming place where you can discuss the challenges, the frustrations and the joys of caregiving? The East Side Caregiver Support Groups are here to help in any way we can! In these supportive environments you can:

- Get connected to the community resources you need
- Meet and support other people with similar experiences
- Learn self-care strategies and coping techniques
- Vent, share your personal experiences, and leave feeling better for it!

Attendance is open to any adult 18+ years of age who is a caregiver for an older adult. First time participants will need to request a link and password to enter the calls.

### Caregiver Support Group

Every First Wednesday | 1:00-2:00 PM CT

Every Fourth Tuesday | 2:00-3:00 PM CT

Via Zoom

### LGBTQ Caregiver Group

Every Third Monday | 1:00-2:00 PM CT

Via Zoom

### Care for Caregivers Series

Make time for yourself on Tuesdays. Caregiving is stressful and it is difficult at times. Recharge, learn, connect, and reflect each week with a community that understands the commitment of caregiving.

Weekly on Tuesdays | 2:00 PM-3:00 PM

Via Zoom

**For more information and to obtain the link for the Zoom meetings, contact Shay at 612-787-4086 or [SMacKay@esns.org](mailto:SMacKay@esns.org).**

## NE Day Spot

Respite In-Person - Weekly on Fridays | 10:00 AM - 1:00 PM CT

NE Day Spot is a gathering place for those with mild to moderate memory loss or other chronic health conditions to be in community while caregivers have a reliable break each week. Enjoy gathering together with art, music, conversation, and movement alongside volunteers, participants, and Vital Living staff.

Every Friday, this event aims to be a safe space for:

- Persons 65+ receiving care from others
- Those living with memory loss or other chronic conditions

**Requirements:** Pre-assessment necessary to determine eligibility.

**Cost:** Suggested donation based on sliding fee scale, \$0-\$45 per day. Space is limited.

**Covid protocols include:** Up-to-date vaccinations for staff and volunteers with social distancing for everyone, as appropriate. Masks are strongly encouraged but not required.

**Interested in learning more?** Contact Shay at 612-787-4076 or [SMacKay@esns.org](mailto:SMacKay@esns.org).

[East Side Neighborhood Services](#) - 1700 2nd St NE Minneapolis, MN 55413

Email: [VitalLiving@esns.org](mailto:VitalLiving@esns.org)

## Embracing Journeys – Changing the story of caregiving



### Dump and Reload

A great way for both Professional and Family Care Partners to share stories or listen, get tips, and stay connected during this difficult time and beyond. Drop-In and stay a little or stay a while...Take what you need...Share what you know...Hold Space for each other as we go...

**Family Care Partners** – Monday 7-9am and 6-8 PM CT

**Professional Care Partners** – Tuesday 7-9 AM and 6-8 PM CT

Virtual Zoom Meetings – For more information and to register: [Embracing Journeys](#)

## Caregiver Hub

- Family Education & Consulting
- Caregiver Coach & Mentor
- Do It Yourself Caregiving – free
- New Video Every Week

- Coffee with Krisie – free
- New Video Every Friday
- New Blog Every Wednesday

[Embracing Journeys](#) [Krisie Barron's YouTube](#)

## **FamilyMeans**

Caregiving & Aging services

Counseling & Therapy

Financial Solutions

Center for Grief & Loss

## **Support Groups for Caregivers**

During support groups, caregivers learn and reinforce good self-care, give and receive encouragement, and enjoy support and understanding from others in similar situations. With professional staff facilitation, the groups explore issues such as:

- Balancing roles and responsibilities
- Understanding and dealing with the realities of chronic illnesses
- Coping with difficult emotions
- Developing support systems
- Accessing community resources

### **General Caregiver Support Groups**

Morning sessions: Wednesdays 10:00 – 11:00 AM CT

Afternoon sessions: Fridays 1:00 – 2:00 PM CT

### **Adult Child Caregiver Support Group**

3rd Wednesday 5:30 – 6:30 PM CT

New participants are welcome. Pre-registration is required by emailing Heidi Ricks at [hricks@familymeans.org](mailto:hricks@familymeans.org) or calling 651-789-4017. You will receive the link or phone number to join the meeting the day of the event.

## **Coaching and Consultation for Caregivers**

Our social workers are available for individual guidance and support. They are dementia-capable professionals, certified in the use of REACH (an evidence-based coaching protocol for Alzheimer's caregivers) and other methods.

Call for a telephone or online appointment. For more information and registration: call 651-439-4840 or check the website: [Family Means](#)

## **Virtual Memory Café**

Thursdays 2:00 – 3:00 PM CT

A welcoming place for those with memory loss and their caregivers to come together. The Café will include facilitated conversation and community resources. It will be conducted via



Zoom. Sign up by contacting Jenny West at 651-789-4015 or email [jwest@familymeans.org](mailto:jwest@familymeans.org)

## **Dementia Empowerment Services**

Services specifically for the person with a new dementia diagnosis or living with early-stage memory loss/dementia.

## **Support Groups for Persons Living with Dementia**

### **Journey Together**

A virtual social/support group that covers topics important to someone adjusting their life to living with dementia. Themes are generated by the group and a staff guide. Topics may include creating support systems, strategies for daily living, self-care, emotional well-being, reminiscing. [Contact us](#) for dates and links.

### **Community Connection**

A virtual group to explore new things in the community and break stigmas about dementia and memory loss. Each 4-6 week session has a theme and special community guests who lead us to explore history, art, poetry, nature, community locales and song writing. Please contact us for information on the next session.

### **All Groups Meet via Zoom (Tech assistance available)**

Contact Heidi Ricks, Dementia Program Coordinator at [hricks@familymeans.org](mailto:hricks@familymeans.org) or call to learn more and register 651-789-4017

## **Dementia Empowerment Coaching**

### **One-to-one Consultations for Persons Living with Dementia**

- Emotional Support with Diagnosis
- Support System Planning
- Finding Community Resources
- Goal Setting

We will provide a listening ear and guidance for you as you plan your next steps with dementia. Each person follows a unique path with memory loss, and having a guide can be essential to relieving stress along the way.

**All consultations via Zoom (tech assistance available.)** Contact Heidi Ricks, Dementia Program Coordinator by email [hricks@familymeans.org](mailto:hricks@familymeans.org) or (651) 789-4017

**Sliding scale fees available.**

For program updates: [Family Means COVID-19 Updates](#)

Main office in Stillwater, MN - other offices in St. Paul and Rochester, Minnesota and in Hudson and Eau Claire, Wisconsin.

## Former Dementia Caregiver Re-Entry Group

Find the “New” you after caregiving. In an informal setting, share with others who have had a similar journey. This is an opportunity to move past the grief and loss to reclaim “you”, and create a meaningful life beyond your caregiver role. Experienced facilitators will coordinate and offer referrals and resources as needed.

Sessions held online via Zoom 1-2:30 p.m. on the second and fourth Tuesdays of each month. Topics and organization are determined by participants. The group may transition to “hybrid” meetings including both in-person and Zoom to accommodate participants from farther away.

Contact Warren Wolfe at 612-791-5316 or email [warren.wolfe11@gmail.com](mailto:warren.wolfe11@gmail.com).

Sponsored by Roseville Alzheimer’s & Dementia Community Action Team

## Friends & Co

### Let’s Do Lunch Café Lunchbox Get-Together

Let’s Do Lunch Café brings together older Twin Cities LGBTQ+ community members for lunch and connection “on the house.” These gatherings offer an excellent opportunity for social interactions and educational programs, all in a warm and welcoming environment. Let’s Do Lunchbox Café is open for reservations every second Tuesday of the month and every fourth Friday of the month from 11:30 AM to 12:30 PM CT. We will be meeting in person at the Danish American Center, 3030 W River Pkwy, Minneapolis, MN 55406.

To join Let’s Do Lunchbox Café, join our [Private Facebook Group](#) or [visit our website](#) and sign up for e-mail updates and look for the next zoom/lunchbox invite!

Let’s Do Lunch Café is a [Friends & Co](#), [Prime Timers MSP](#) and [Rainbow Health](#) (*Previously JustUs Health*) Partnership, and endorsed by [East Side Neighborhood Services](#).

### Phone Companions

#### Offering the power of friendship in today’s environment

Phone Companions is a program developed by Friends & Co to reach out to isolated seniors and bridge the gap of social isolation.

- You can ask to be connected to someone who will be your phone companion. People who wish to receive calls complete an application and are referred to a caller.
- You can volunteer to become a phone companion. Volunteers are screened and given resource information.

Find out more: [Phone Companions](#) or 612-721-1400

## Coffee Talk

If you're like us and feeling a little up and down these days, you just might enjoy a good phone chat. What a great pick-me-up! Pick up the phone, dial-in, connect with someone, have a good chuckle, share a good story, a memory, or whatever's on your mind. It's that easy! If this sounds like something you would enjoy, join us at "the table" with your favorite morning beverage to start your day. Whether you like your java bold or light, we guarantee good company, total anonymity, and engaging conversation!

With words of encouragement and an understanding ear, Friends & Co volunteers will provide callers with friendly conversation, access to community resources, and opportunities to connect with others through Friends & Co programs.

Just pick up the phone and dial in for some friendly conversation! **It's FREE.**  
**877-238-2282 OR 612-746-0728 Monday through Friday between 8 am and Noon.**

## HealthPartners Neuroscience Center – Center for Memory & Aging

- Early Onset Dementia Support Group
- Memory Café
- People with Dementia
- Parkinson's Support Group

Support groups are currently suspended. For information about current caregiver services check our Facebook page at [Fight Memory Loss](#) or contact the support group facilitator.

## NeuroWell

Are you interested in learning how to live your best life with memory and thinking changes or keep your brain healthy? Do you want to help your patients with neurocognitive disorders live better? NeuroWell: A guide to brain health and living well with mild cognitive impairment (MCI) and dementia is here! Here is the online, interactive version of [NeuroWell](#)

## HealthPartners Struthers Parkinson's Center

### Caregiver Support Group

Monthly group for Caregivers of those diagnosed with Lewy body dementia, Parkinson's Disease Dementia, Progressive supranuclear palsy, Corticobasal degeneration, or Multiple system atrophy. Group temporarily virtual due to COVID19 – thus, currently open to members throughout Minnesota. To join the group and receive updates, please call or email Joan at contact information provided.

Joan Hlas - Phone: 952-993-6650 or Email: [Joan.Hlas@ParkNicollet.com](mailto:Joan.Hlas@ParkNicollet.com)

[Struthers Parkinson's Center](#)

### Insights from Arthur's

Deb Nygaard, Director of Development at Arthur's Residential Care, narrates short one-to-three-minute videos that give some insightful tips on how you can interact more successfully with your loved ones who have dementia or Alzheimer's. 29 short videos provide information and resolutions for particular dementia behaviors.

[Insights from Arthur's](#)

### Jewish Family Service of St. Paul

*All services are available regardless of race, ethnicity, creed, religion, national origin, gender, disability, or sexual orientation.*

#### Jewish Family Service Caregiver Support Group

Jewish Family Service is offering a monthly education & support group for individuals caring for a loved one; whether at home or in the community.

Zoom meetings 2nd & 4th Monday of Every Month at 3–4 PM except holidays

Register to attend by contacting Tara Burns: [tburns@jfssp.org](mailto:tburns@jfssp.org) • 763.300.3146

#### PEARLS (Program to Encourage Active & Rewarding Lives) and PEARLS for Caregivers

JFS offers [PEARLS](#), a short-term counseling and life coaching program supporting people in taking manageable action steps towards improving their mood and well-being. The program offers 8 free in-home (ZOOM/phone during COVID) counseling sessions for older adults 55+ or caregivers living with low mood or depression.

Contact Tara Burns: [tburns@jfssp.org](mailto:tburns@jfssp.org) • 763-300-3146. There is no fee for this service; however, donations to the program are appreciated.

## **Senior Care Services**

Services available include:

- Care Planning
- Care Coordination
- Caregiver Coaching
- Advance Care Planning

Contact Bonnie Jaffe at 651-497-8248 or by email at [bjaffe@jfssp.org](mailto:bjaffe@jfssp.org). These are fee-based services; a sliding fee scale is offered for those who qualify.

## **Community Support Program**

Participate in this new program from Jewish Family Service of St. Paul to help people feel more grounded and emotionally secure. This new program includes three 20-minute phone conversations with a mental health professional. The therapist will also discuss strategies for improving your sense of well-being. You can refer yourself to this service.

Contact: Tara Burns 763-300-3146 or email [tburns@jfssp.org](mailto:tburns@jfssp.org)  
The program is free, but donations are welcome.

## **Community Chaplaincy**

Our community chaplain is a Rabbi with additional training that includes Spiritual Care Emergency Response. Rabbi Lynn Liberman is available via telephone to offer support and connection. She will listen, provide insights from the Jewish tradition and acknowledge the challenges being faced by each of us at this time.

Contact Rabbi Liberman at 651-434-4112 or by email at [lberman@jfssp.org](mailto:lberman@jfssp.org). There is no fee for this service; however, donations to the program are appreciated.

## **Counseling & Mental Health Services**

JFS therapists specialize in the assessment and treatment of a wide range of mental health issues. Counseling is covered by a wide variety of health insurance plans. A subsidized sliding fee based on family income is also available for those without insurance.

Contact: 651-698-0767 or email [info@jfssp.org](mailto:info@jfssp.org) to schedule an appointment.

[Jewish Family Service of St Paul](#)

## **Lewy Body Dementia Association**

### **Minnesota LBD Caregiver Support Group**

A support group for caregivers and family members of people with Lewy Body Dementia. We provide a comfortable and compassionate place to share experiences, support, and resources as we journey with our loved one through the many phases of this disease.

This group meets on the first and third Mondays of every month from 6:30-8:30 PM CT except on holidays – contact Paula for details. We may start having one meeting a month take place in the afternoon and may have occasional in-person meetings.

For information contact: Paula Biever 651-641-0130 or email [paula.biever@gmail.com](mailto:paula.biever@gmail.com)

### **Twin Cities Support Group for Persons with Lewy Body Dementia**

The group is aimed at persons in the early stages of LBD who would benefit from communicating with others about living with this disease. Our goal is to provide mutual support and companionship as we share experiences and resources. Care partners are also invited.

The Twin Cities Support Group for Persons with Lewy Body Dementia meets the first Tuesday of every month from 1:30 - 3:00 PM CT via Zoom.

For information contact: Paula Biever 651-641-0130 or email [paula.biever@gmail.com](mailto:paula.biever@gmail.com)

**For a listing of other Minnesota support groups for care partners and persons living with LBD:** [Minnesota LBDA Support Groups](#)

## **LBD Caring Spouses**

This is an online group for spouses and partners of persons with LBD. It is not Facebook and can be set up to send out emails with each message, a daily digest, or you can view the information on their website. Using the daily digest is recommended. A large variety of topics are discussed. It is easy to ask questions and find information in the various email threads that get created by participants.

[LBD Caring Spouses](#)

## Lyngblomsten – 2<sup>nd</sup> Half with Lyngblomsten

### Caregiver Services

Being the best caregiver you can be includes caring for yourself. The 2nd Half with Lyngblomsten Caregiver Services team is here to help you on your caregiving journey. Our staff is providing support and resources both in person and remotely, including via email, on the phone, and through online meetings. Services include:

- **Telephone Support (one-time or multiple sessions):** Speak over the phone with a member of our team. We will listen, provide reassurance and guidance, and/or provide resources for your caregiving journey. Participate in a one-time call or over multiple sessions.
- **Education & Access to Resources:** Connect with staff for educational materials and email updates to help you on your caregiving journey, which include activity ideas to try with your care partner during this time of social isolation.
- **Memory Loss Caregiver Support Groups:** Open to persons caring for someone experiencing Alzheimer's disease or a related dementia.
- **Caregiver Coaching:** Our staff are providing caregiver-coaching support to individuals who are providing care to an adult experiencing any form of dementia.
- **Group Respite Services:** In-person or online/virtual: interactive experience for persons living with memory loss

For more information about any of our Caregiver Services, email us at [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org) or call Lisa Brown at (651) 632-5320. Additional information is available at [Lyngblomsten Caregiving](#).

### Memory Loss Caregiver Support Groups

Family and friends who are caring for someone experiencing Alzheimer's disease or a related dementia are welcome to participate. All groups are open to caregivers in the community via either Zoom (video or telephone) or in person and last approximately one hour. The in-person support group meets at a site in St. Paul.

- 2nd Tuesday each month at 10:30 AM CT online
- 3rd Thursday each month at 10:30 AM CT online
- 4th Wednesday each month at 10:30 AM at Como Park Lutheran Church in St. Paul.

To sign up, contact Caregiver Services at 651- 632-5320 or [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org).

### Group eRespite Program for Persons Living with Dementia

Our online Group eRespite program provides one hour of engaging, creative programming for persons experiencing memory loss and a break for their caregivers. Sessions are held once a week on Friday mornings. To learn more visit [eRespite](#), email us at [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org), or call us at 651-632-5320.

## The Gathering

The Gathering is a group respite program that provides four hours of brain-stimulating activities and social engagement to adults experiencing early- to mid-stage memory loss, allowing their family members and/or friends to take a much-needed break from caregiving. The program is led by Lyngblomsten staff with support from a team of volunteers who are specially trained to understand the distinctive needs of people experiencing memory loss. The Gathering relaunched in the fall of 2021 after being temporarily suspended due to the COVID-19 pandemic. Highlights of the program include:

- Sessions of The Gathering will be held from 10 AM to 2 PM CT weekly at sites in St. Paul and White Bear Lake.
- Participants attend the same session each week, forming a cohort. This allows them and their caregivers to develop relationships and a support network with others in their cohort.
- During a session of The Gathering, participants, volunteers, and staff enjoy activities that stimulate the brain and promote community. Examples include music, games, exercise, discussion groups, art activities, guest speakers, and more!
- Caregivers have the opportunity to connect one-on-one with a Lyngblomsten Caregiver Specialist for resources and support and to participate in a weekly online Caregiver Cohort Group.

For more information:

Contact 2nd Half with Lyngblomsten at 651-632-5320 or [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org)

## Powerful Tools for Caregivers

6 Wednesdays, November 2 – December 7 | 3:00PM – 4:30 PM CT

Powerful Tools for Caregivers® helps family and friends caring for older adults with long-term health conditions develop the skills and confidence to better care for themselves while caring for others. The weekly topics range from reducing your stress to communicating in challenging situation and mastering caregiving decisions.

**Location:** Bethlehem Lutheran Church in the Midway, Fireside Room  
436 N. Roy Street St Paul, MN 55104

**Class Leaders:** Cheryl Lanigan, Lynn Amon

**Cost:** Donations appreciated

**Schedule:** Every Wednesday from November 2 through December 7 | 3:00 – 4:30 PM CT

[Click here](#) to register.

For more information contact Lisa Brown at (651) 632-5320 or [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org)



## **The Memory Collective**

The Memory Collective is an eight-week online enrichment class for adults living with mild cognitive impairment or experiencing early skill changes with memory, language, visual perception or processing, filling a gap for those early in their diagnosis and providing meaningful connections with others on a similar journey. While the changes you are experiencing can be challenging, you don't have to face it alone. Sign up for the Memory Collective and experience how online relationships can bring joy and laughter into your life!

For the first seven weeks, you and (if desired) a guest of your choosing (e.g., friend, family member, spouse) will gather virtually with others for a 90-minute online Zoom session facilitated by Lyngblomsten staff. Each session will feature a variety of educational topics and activities, as well as time for you and other participants to share your life experiences as you learn from one another and build a social group.

The theme for the Fall 2022 quarter is Minnesota Nature. On the eighth week, the group will come together for a tour at a local location. This enrichment class can accommodate eight participants each day (Tuesday and Thursday). Fee: \$175 for eight sessions (less than \$25 per session) covers any guests who may attend the sessions. There may be an additional small fee to cover the in-person outing.

### **2022 Fourth Quarter Sessions:**

Tuesday morning, September 27 – November 15 via Zoom  
 Thursday afternoon, September 29 – November 17 via Zoom  
 Register and learn more at [Memory Collective](#).

Click [here](#) to view a flyer with more information about this opportunity. You also can contact Carolyn Klaver, our Community Dementia Care Specialist for 2nd Half with Lyngblomsten, who will be leading the class. She can be reached at (651) 414-5292 or email [cklaver@lyngblomsten.org](mailto:cklaver@lyngblomsten.org).

## **PEARLS (Program to Encourage Active, Rewarding Lives)**

PEARLS helps older adults develop the skills they need for self-sufficiency and more active lives through a series of one-on-one coaching sessions with a trained PEARLS coach. Develop goals to improve your physical and social activity levels. Meet for up to eight sessions on the Lyngblomsten campus in St. Paul, at the Faith Community Nurse Network's office in Mahtomedi, online, or via telephone.

[Click here](#) to learn more, or register by calling the Faith Community Nurse Network of the Greater Twins Cities at (651) 204-0904.

*Lyngblomsten Caregiver Services is supported, in part, by gifts made to the Lyngblomsten Foundation and is funded under contract with the Metropolitan Area Agency on Aging, Inc., as part of the Older Americans Act.*

## Mayo Clinic

### Caring Conversations

Caring Conversations is a virtual support group intended for anyone who is providing support and care to a spouse, partner or other relative or close friend living with Alzheimer's Disease, Lewy Body Dementia, Frontotemporal degeneration, mild cognitive impairment or a related disorder. Led by Mayo Clinic facilitators, the purpose of these meetings is for individuals to feel heard, understood and supported.

The group offers a place to share experiences and feelings confidentially with others who are on a similar path with opportunities for reflection, problem solving, and information gathering. Meetings are open to the public. **The group meets the first Thursday of each month, from 11:00am-noon CT via Zoom.**

Contact Jodi Melius, RN, RN Study Coordinator, Alzheimer's Disease Research Center, at melius.jodi@mayo.edu to get the zoom link for these meetings and be on the mailing list to receive meeting reminders.

### Caring for Lewy Support Group

The Caring for Lewy Support Group meets the 2nd Thursday of each month, from 2-3 PM CT. The group is co-facilitated by Jodi Melius from Mayo Rochester and Heather Cissel from Mayo Jacksonville. The group meets via zoom and is a really wonderful group of people who share their perspectives.

Contact Jodi Melius, RN, RN Study Coordinator, Alzheimer's Disease Research Center, at melius.jodi@mayo.edu to get the zoom link for these meetings and be on the mailing list to receive meeting reminders.

### Memory Loss: A Guide to "What Now?"

Virtual introductory class for those recently diagnosed with memory loss, mild cognitive impairment, or any type of dementia. **The class meets the second Wednesday of each month from 2:00-3:15 PM CT.**

Please call or email Jodi for the Zoom link and for additional information about the support group and the class at 507-284-1324 or melius.jodi@mayo.edu

### The Dementia Hub

The Mayo Clinic Connect service features a blog called "**The Dementia Hub**" which lists upcoming conferences, educational videos about dementia, and other news.

Here is the link to the [Dementia Hub Blog](#).

### Mindfulness-Based Dementia Caring

Mindfulness-Based Dementia Caring (MBDC) is an 8-week program specifically designed for family care partners of persons with dementia. Learn how the practice of mindfulness can

help you cope with the challenges and stresses of dementia care. The program includes interactive mindful care practices, gentle yoga, lectures, group sharing, and at-home assignments. For program details, including program dates and times, please contact Angela Lunde at [lunde.angela@mayo.edu](mailto:lunde.angela@mayo.edu) or call 507- 538-4048

### **Mindful Moment**

Mindful Moment is a weekly guided meditation intended for those in a dementia caregiving role. Mindful Moment takes place on Fridays from 12:00pm-12:30 PM CT

Contact Angela Lunde at [lunde.angela@mayo.edu](mailto:lunde.angela@mayo.edu) or call 507 538-4048 for information and the zoom link.

### **Memory Cafe Directory**

Find Minnesota Memory Cafes near you and enjoy a “dementia-friendly” outing with your loved one. Some are sponsored by national organizations, while many more are offered by local groups. If your favorite Memory Cafe isn’t shown, please let us know and we’ll add it. It’s free!

[Memory Cafes in Minnesota](#)

### **Parkinson’s Foundation**

The Parkinson’s Foundation Minnesota and Dakotas makes life better for people with Parkinson’s disease (PD) by improving care and advancing research towards a cure. Whether you are newly diagnosed with PD or have been managing it for years, a care partner, family member or friend of someone with PD, we are here to help you.

[Parkinson’s Foundation Minnesota & Dakotas](#)

### **Roseville Area Senior Caregiver Support Group**

Open and free to anyone caring for a senior, the Roseville Area Senior Caregiver Support Group meets the 4th Tuesday of each month, 1-2:30pm CT in Room C121, at the Anpetu Teca Education Center at 1910 West County Road B, Room C121, Roseville, MN.

Contact: 651-604-3520 or email [rasp@isd623.org](mailto:rasp@isd623.org)

[Roseville Area Senior Program](#)

## Senior Linkage Line®

The Senior LinkAge Line® is a service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. It is a free service of the state of Minnesota that connects older Minnesotans and their families with the help they need.

Assistance is available for the following topics and more:

- Medicare
- Prescription Drug Expense Assistance for All Ages
- Care Transitions
- Housing Options
- Long-term Care Options Counseling
- Application and Forms Assistance
- Health Care Fraud and Abuse
- State Agency Related Questions
- Volunteer and Employment Resources

Call 800-333-2433 M–F, 8 AM -4:30 PM CT or visit [Senior Linkage Line](#)

## Resources for Older Adults During COVID-19

This resource list includes services offered across the state, including those provided to American Indian elders. This resource list is a service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. **Note – the webpage is no longer being updated but still displays links to the categories listed below.**

### [Resources for Older Adults During COVID-19](#)

Searchable categories on this site include:

- Adult Day Services
- Alzheimer's & Memory Care
- Care Coordination
- Caregiver Services
- Chores and Homemaker
- Community Centers
- Grocery and Prescription Delivery
- Health and Well-Being
- Home Care
- Home-Delivered Meals and To-Go Meals
- Legal/Tax Assistance
- Safety and Emergency Assistance
- Social Support
- Transportation

If you don't find what you are looking for, call the Senior LinkAge Line at 1-800-333-2433 and we will help. Find additional resources at [Minnesota Help](#)

## **St. Anthony Park Area Seniors**

### **St. Anthony Park Caregiver Support Group**

We have moved to an online format through Zoom. We meet on the first Thursday each month from 10-11:30 AM CT. If you would be interested in learning how to become involved, call 651-642-9052.

### **Caregiver Respite**

Caregivers in St. Anthony Park, Lauderdale and Falcon Heights west of Cleveland Avenue can contact St. Anthony Park Area Seniors (651-642-9052) to be matched up with a volunteer who can provide short respite visits on a temporary or long-term basis. Respite visits are typically for a couple of hours so that the caregiver can take care of errands, go to a doctor's appointment, take a walk or just take a break.

### **"Hello Service" for Seniors**

"Hello Service" helps provide peace of mind when distance prevents regular contact with loved ones. "Hello Service" is available for seniors who live in our service area of St. Anthony Park, Lauderdale and Falcon Heights west of Cleveland Avenue. Participants in "Hello Service" receive a phone call from our staff, either daily (M-F) or weekly, depending on which level of service you choose. We can also make a monthly visit. Being physically separated from those you love can be stressful. Knowing that someone is checking in with you regularly can ease that stress. For more information about Hello Service, including pricing, contact our office at 651-642-9052.

## **St. Anthony Park Bereavement Support Group**

When: First Thursday of every month

Time: 10-11:30 AM CT

Where: Online through Zoom!

Email Pastor Victoria Wilgocki at [pastor@sapucc.org](mailto:pastor@sapucc.org) for the Bereavement Support Group link. Sponsored by: SAP United Church of Christ, SAP Lutheran Church, St. Matthew's Episcopal Church, Peace Lutheran Church and St. Anthony Park Area Seniors. No obligation.

## Teepa Snow - Positive Approach to Care®

Teepa Snow and her Positive Approach to Care® Team share about dementia so that everyone can understand *why* this is happening and *how* to support those living with brain change in a more positive and respectful way. Teepa provides training for professional and family dementia care with in-person and virtual training sessions. Many free videos and resources are available on her website.

[Teepa Snow - Positive Approach to Care](#)

[Free Teepa Snow Videos](#)

## Veterans Administration Caregiver Support

Are You a Caregiver for a Veteran? The **Program of General Caregiver Support Services** provides peer support mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources for caregivers of Veterans.

If you are interested in connecting with other caregivers or receiving additional support from a professional care team, visit their [website](#) to learn more.

## Volunteers of America

**Culturally Responsive Caregiver Support and Dementia Services** support African American and East African older adults and their caregivers through support groups, health monitoring and education, and respite care. Adult caregivers or informal providers of in-home and community care are eligible for support, so long as they are caring for an adult 60+ years of age or an individual (of any age) with Alzheimer's Disease and Related Dementias.

For more information about these resources contact the **Helpline: 952-945-4034** or visit our [website](#).

## Wilder Foundation

### Caregiver Support Groups

Caregiver services can be accessed by calling 651-280-CARE (2273)

Email [caregiving@wilder.org](mailto:caregiving@wilder.org) or view our website at [Wilder Foundation / Caregiving](#)

#### Caregiver Coffee Hour - First Friday, 9:00–10:30 AM CT.

Have a cup of coffee and a treat while chatting with other caregivers. Caregivers are welcome to drop in anytime during the coffee hour. In-person group—social distance guidelines in place.

#### Memory Loss Discussion Group - Second Thursday, 10:00-11:30 AM CT.

Caregiver support group for people caring for someone with dementia. In-person group—social distance guidelines in place.

#### Caregiver Support Group - Fourth Wednesday, 2:30–3:45 PM CT.

Caregiver support for people caring for someone with chronic conditions, memory loss, Parkinson's or other neurodegenerative diseases. On-site respite available for a fee. In-person and virtual options available—please connect with us for the link

#### Adult Children Caregiver Support Group - Third Wednesday, 6:00–7:30 PM CT.

Caregiver support group for anyone caring for a parent, grandparent or other parental figure with any condition. Meets virtually—please connect with us for the link.

#### Bridge to Wellness: Aging & Mental Health Support Group

Learn about caring for your mind and body as you age at the Bridge to Wellness: Aging & Mental Health Support Group for adults ages 60+ who may be:

- Experiencing sadness, loneliness, depression or anxiety
- Coping with loss and grief
- Managing chronic health conditions like diabetes, arthritis, high blood pressure or cholesterol
- Thinking about trying mental health services like therapy

Schedule: Attend one group or attend them all — it's up to you. New aging and mental health topics every 4th Wednesday of the month until August 2022.

Location: Online – join by phone or any device with internet or Wi-Fi. Once registered, you will receive more information on how to join.

**Sign up: 651-280-CARE (2273) or email: [healthyaging@wilder.org](mailto:healthyaging@wilder.org) or [Click to Register](#)**

#### Wilder's Telephone Reassurance Service for Caregivers\*

Caring for family or a friend can be challenging. Your caregiving journey doesn't have to be! That's why Wilder offers weekly check-ins so caregivers like you have someone to talk to about your caregiving responsibilities. Along with a phone call to see how you are doing, our

trained staff and volunteers provide personalized guidance and resources to help you navigate your caregiving journey with peace of mind. Available for a voluntary donation.

**Call 651-280 CARE (2273) or email [healthyaging@wilder.org](mailto:healthyaging@wilder.org) to sign up.**

\*Caregiver or the care receiver must be at least 60 years old to qualify.

### **Wilder Connect In-Person Respite**

Wilder Connect provides 4-hours of engaging activities, personal care and healthy meals for those living with memory loss and neurodegenerative disorders, offering rest and self-care time for Caregivers. *(Note: Transportation is not included.)*

#### **Weekly Schedule:**

- Mondays 12 PM – 4 PM CT
- Tuesdays 12 PM – 4 PM CT
- Wednesdays 12 PM – 4 PM CT
- Thursdays 12 PM – 4 PM CT

#### **Participants can expect:**

- To be in small groups of 10 or fewer people.
- Personal support from Wilder staff and volunteers, including assistance needed with hygiene.
- Engaging physical, cognitive and social activities such as exercise, arts & crafts, lively discussions, games and more.
- A healthy, delicious lunch.
- Clean, safe and sanitized space with daily health screenings, temperature checks and physical distancing measures to protect caregivers and clients during COVID-19.

**Cost:** \$115 per 4-hour day Includes all care, activities, and meals.

**Location:** Wilder Community Services for Aging, 941 Lafond Ave, St Paul, MN 55104

For questions or to sign up:

**651-280-2294** | [wilderconnect@wilder.org](mailto:wilderconnect@wilder.org) | [Wilder Foundation / Caregiving](#)

### **Wilder Community Care Services**

In-home support and care for adults living independently in senior and assisted living communities. Community Care Services provided by Wilder serve older adults and adults with disabilities, chronic health conditions, and/or memory loss who are living independently in their own homes within senior and assisted living communities. These services can be personalized and are perfect for adults who may need support in activities of daily living, personal care, or medication management in order to remain healthy and independent. And with in-home support, our Community Care Services also provide social companionship and respite time for family caregivers.

Phone: 651-280- 2273 | [healthyaging@wilder.org](mailto:healthyaging@wilder.org) | [Wilder Community Care](#)

Hours: Monday - Friday | 9:00 AM - 5:00 PM CT.



**Caregiver Coaching & Consultation, Health & Wellness Education program and Home-Delivered Meals program continue.**

**Wilder Aging Services: Adult Day Health Program has been permanently cancelled.**