

RESOURCES

GROUP MEETINGS: (Both groups are free and open to the public)

Former Dementia Caregivers' Re-Entry Group

- **Date:** Meetings, **3rd Tuesday** of each month 1-2:30 pm
- **Where:** New Life Presbyterian Church,
965 Larpenteur W., Roseville, MN 55113
- **Purpose:** Finding the "New" you after dementia 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 caregiving role. Experienced facilitators will coordinate.
- **For more information, call:** Warren Wolfe at 612-791-5316.
- **Sponsored by:** Roseville A/D Community Action Team, City of Roseville and Ramsey County Libraries

Dementia Caregiver Re-Entry Group

- **Date:** Meetings, **1st Wednesday** of each month, 1-2:30 pm
- **Where:** Fairview Community Center, Room 116A
1910 County Rd. B, Roseville, MN 55113
- **Purpose:** This informal group will offer mutual support in the face of continuing loss. We will share experiences, gain insight, and make new friendships in creating a meaningful life. Experienced facilitators will coordinate and offer referrals and resources as needed.
- **For more information, call:** RASP Office at 651-604-3520.
- **Sponsored by:** Roseville Area Senior Program (RASP), Roseville A/D Community Action Team, City of Roseville, and Ramsey County Libraries.

READING/WEBSITES:

- LeBlanc, Gary.2015. "The Aftereffects of Caregiving"
- Brown, Denise.2014. (www.CareGiving.com)
 - Book: "After Caregiving Ends, A Guide to Beginning Again" (April 2014)
 - Blog: After Caregiving: posting thoughts and questions
 - Webinar Course: "Beginning Again, After Caregiving Ends" (6-week online):
- **Family Caregiver Alliance (FCA)** (www.caregiver.org)
Article: "When Caregiving Ends" (www.caregiver.org/when-caregiving-ends)
- **Hospice Foundation of America (HFA)** (www.hospicefoundation.org)
Article: "After Caregiving Ends" by Judy Tatelbaum, MSW, *Journeys*, April 2001
Article: (Printed handout) "Life After Caregiving" excerpts from Sandra O'Connell
Article: (Printed handout) "Grief is a Response to Loss", HealthSpan Hospice, Roseville, MN

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