

# Support Groups

**Support groups that focus on caregivers.**

Check for details on respite care and care partner attendance.

**Support groups that focus on the individual with the diagnosis.**

Check for details on care partner attendance.

Note: support groups for dementia diagnoses, including Parkinson’s disease are listed here. If you are aware of additional, relevant, local support groups, please share that information.

## One-on-one caregiver support:

[In-Home Dementia Coaching \(Flyer\)](#)

[One-on-One Caregiver Support, Education & Counseling \(Flyer\)](#)

For additional caregiver support services see <https://www.cityofroseville.com/2725/Caregiver-Coaching>

## August, 2019

**Always check details on any event, before attending. Details change quickly.**

**Need Help? Walk-in, free social work assistance at Ramsey County Library in Roseville.**

**What:** Community Resource Advocates, trained social workers, help you access resources for housing/shelter, mental health care, food shelves, transportation, domestic violence issues, youth resources, scholarships for daycare/preschool. All are welcome. No appointments necessary.

**When:** Wednesdays 1:30 - 3pm

**Where:** Ramsey County Library - Roseville – conf. room B  
2180 North Hamline Ave  
Roseville, MN 55113

For more information call 651-724-6062.

**Need Help? Walk-in, free social work assistance at Ramsey County Library in Maplewood.**

**When:** Tuesdays 1:30 - 3pm

**Where:** Ramsey County Library - Maplewood – board room  
3025 Southlawn Drive  
Maplewood, MN 55109

Thursday

Aug. 1

**NEW! Memory Café**

**What:** Memory Café is a relaxed and welcoming place to enjoy the company of other people with memory loss and their care partners. A social group for anyone with memory loss and their care partner.

**When:** Every 1st Thursday of the month, 10 - 11:30 AM

**Where:** East Side Neighborhood Services  
1700 2<sup>nd</sup> St NE  
Minneapolis MN 55413

**Cost:** Free, donations welcome

**RSVP:** No

**Questions:** Parichay Rudina, LISW, 612-787-4085 or [prudina@esns.org](mailto:prudina@esns.org)

### **Parkinson's Disease Support Group**

**What:** For caregivers and people living with Parkinson's or other movement disorders. This support group is an informal, self-managed organization of people with Parkinson's and their caregivers whose purpose is to share information and offer mutual support in a spirit of self-acceptance. It is also a place where other family members and friends can feel welcome and supported.

- informal gathering
- facilitated by social workers
- not a therapy group or class
- self-directed group
- any stage of PD welcome

This group is open to the community and free to attend. Come as often as you are able. New members always welcome.

**When:** 1–3 PM each 1st Thursday of the month

**Where:** Lyngblomsten - The Heritage  
1440 Midway Parkway  
St. Paul 55108

**Contact:** Jay Haukom 651.632.5391 [jhaukom@lyngblomsten.org](mailto:jhaukom@lyngblomsten.org)

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

**What:** 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 Certified in Teepa Snow's Positive Approach to Care

		<p><b>When:</b> 1st Thursday every month 6pm-7pm</p> <p><b>Where:</b> Meadowood Shores <b>note changed location</b>  2100 Silver Creek Rd  New Brighton MN 55112</p> <p><b>Cost:</b> Free</p> <p><b>RSVP:</b> none</p> <p><b>Information:</b> Amy House 651-746-5611 or <a href="mailto:ahouse@brightondale.com">ahouse@brightondale.com</a></p>
<p><b>Friday</b></p>	<p><b>Aug. 2</b></p>	<p><b>Caregiver Coffee Hour</b></p> <p><b>What:</b> Have a cup of coffee and a treat while chatting with other caregivers.</p> <p><b>When:</b> 1<sup>st</sup> Friday of each month 9:00 – 10:30am</p> <p><b>Where:</b> Wilder’s Community Center for Aging  650 Marshall Ave.  St. Paul, MN 55104</p> <p><b>Cost:</b> Free</p> <p><b>Registration:</b> No registration required. Caregivers are welcome to drop in anytime during the coffee hour.</p> <p><b>Questions:</b> 651-280-CARE (2273)</p> <p><b>Day Out! Group Respite</b></p> <p><b>What:</b> Participants enjoy group discussions, creative projects, music, exercise, games and fun. Caregivers can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.</p> <p><b>When:</b> Every Friday 10am – 2pm</p> <p><b>Where:</b> FamilyMeans  1875 Northwestern Avenue S  Stillwater, MN 55082</p> <p><b>Cost:</b> \$40 each visit</p> <p><b>Registration:</b> required before attending Day Out!  Please connect with our FamilyMeans staff at 651-439-4840.</p> <p><b>NE Day Spot</b></p>

		<p><b>What:</b> People with early to moderate stage dementia and other health conditions can spend four hours together with our wonderful volunteers and staff. We'll engage our bodies and minds to stay as healthy as we can. Family and friend caregivers get a 4 hour break to rest, run errands, enjoy the company of friends and rejuvenate.</p> <p>A staff &amp; volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions.</p> <p><b>No hands-on care is provided, so you must be able to eat, walk and use the restroom independently.</b></p> <p><b>When:</b> Every Friday, 10 AM - 2 PM August 2, 9, 16, 30</p> <p><b>Where:</b> East Side Neighborhood Services 1700 2<sup>nd</sup> St NE Minneapolis MN 55413</p> <p><b>Cost:</b> Sliding fee scale, \$0-\$45</p> <p><b>RSVP:</b> <b>Pre-screening is required.</b> Parichay Rudina, LISW, 612-787-4085 or <a href="mailto:prudina@esns.org">prudina@esns.org</a></p> <p><b>Contact for more information: Interested in participating?</b> Contact Parichay Rudina, LISW, 612-787-4085 <a href="mailto:prudina@esns.org">prudina@esns.org</a>.</p> <p><b>Interested in volunteering?</b> Contact Jennifer Grilliot, 612-787-4104 <a href="mailto:jgrilliot@esns.org">jgrilliot@esns.org</a>.</p>
<b>Saturday</b>	<b>Aug. 3</b>	
<b>Sunday</b>	<b>Aug. 4</b>	
<b>Monday</b>	<b>Aug. 5</b>	
<b>Tuesday</b>	<b>Aug. 6</b>	
<b>Wednesday</b>	<b>Aug. 7</b>	<p><b><u>Twin Cities Support Group for Persons with Lewy Body Dementia</u></b></p> <p><b>What:</b> This group is <b>aimed at persons in the early stages of LBD</b> 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. <b>Caregivers are also invited</b>, and those persons needing assistance should be accompanied by a caregiver.</p> <p><b>Facilitator:</b> Paula Biever</p> <p><b>Sponsors:</b> 2nd Half with Lyngblomsten and the Lewy Body Dementia Association</p> <p><b>When:</b> First Wednesday of each month from 10:00 to 11:30am, <b>except holidays</b></p> <p><b>Where:</b> <b>New location</b></p>

Centennial United Methodist Church - Asbury Room  
1524 W. County Rd C2 (County Rd C2 at Snelling)  
Roseville, MN

**Cost:** FREE

**Registration:** none

**For more information:**

Paula Biever 651-641-0130 [paula.biever@gmail.com](mailto:paula.biever@gmail.com)  
Carolyn Klaver, RN, at 952.261.5235 [cklaver@lyngblomsten.org](mailto:cklaver@lyngblomsten.org)

**NEW! Memory Café**

**What:** For people with dementia and their care partners. Come and enjoy a snack and good company with other families living with dementia. In partnership with HealthPartners Neuroscience Center.

**When:** First Wednesday of the month 10:00-11:30 am

**Where:** HealthPartners Neuroscience Center  
295 Phalen Boulevard  
St. Paul, MN 55130

**Cost:** No Cost

**Contact for further information: Wilder Caregiving Services:**  
[caregiving@wilder.org](mailto:caregiving@wilder.org) or 651-280-2273

**Memory Loss Caregiver Support Group**

**What:** A memory loss caregiver support group for members of the public. Recipient of care may attend, however, there is no simultaneous care for the person with dementia.

**When:** First Wednesday of the month (unless a holiday) from 2:30-4:00 P.M.

**Where:** The Estates (formerly Golden LivingCenter – Lake Ridge)  
2727 N. Victoria St.  
Roseville, MN 55113  
(Large conference room on lower level)

**Cost:** Free, no RSVP required

**Contact:**

		Jessica Miska, LSW, Director of Social Services, 651-765-7694 or 651-483-5431
Thursday	Aug. 8	<p><b>Wilder Foundation: Memory Loss Discussion Group</b></p> <p><b>What:</b> A support group check-in about caregiving. For caregivers caring for someone with memory loss.  <b>On-site respite available with pre-registration</b></p> <p><b>When:</b> 2<sup>nd</sup> Thursday of the month 10:00 – 11:30 A.M.</p> <p><b>Where:</b> Wilder Community Center for Aging  650 Marshall Avenue  St. Paul, MN</p> <p><b>Cost:</b> <b>Free, unless respite care is needed while you attend the meeting.</b> Call Barb Zeis 651-280-2546 3 days before the group meeting to discuss respite care options available during the meeting.</p> <p><b>Registration for respite required by Tuesday before group. Register or Questions:</b> 651-280-CARE (2273)</p> <p><b>Dementia: Caring &amp; Coping: <u>The Housing Decision: a 3-part series</u></b></p> <p><b>What:</b> A 3-part series to help you make an informed decision about moving into senior housing.</p> <p><b><u>Pt. 3: Know Your Rights!</u></b></p> <p><b>What:</b> Part of the Dementia: Caring and Coping Series. A representative of the state’s ombudsman for long-term care will speak about advocating for the rights of residents and caregivers in long-term care facilities. Learn how changes in MN law impact LTC.</p> <p><b>When:</b> Thursday, August 8 <b>1:00 – 3:00pm</b></p> <p><b>Where:</b> Ramsey County Library - Roseville  2180 North Hamline Ave  Roseville</p> <p><b>Cost:</b> Free</p> <p><b>RSVP:</b> none</p> <p><i>Co-sponsors: Rsvl A/D and Amherst H. Wilder Foundation</i></p> <p><i>Funded in part by a Live Well at Home Grant from the Minnesota Dept. of Human Services</i></p> <p><b>African American culturally-specific Memory Loss Support Group</b></p>

		<p><b><u>Lill's Angels Support Group</u></b></p> <p><b>What:</b> African American culturally-specific environment.</p> <ul style="list-style-type: none"> <li>• Learn the facts about memory loss, dementia and Alzheimer's disease</li> <li>• Connect with community resources</li> <li>• Share experiences and concerns with other caregivers</li> <li>• Identify solutions to difficult behaviors and other problems</li> </ul> <p><b>When:</b> 2<sup>nd</sup> Thursday of each month 1:00 – 2:30 p.m.</p> <p><b>Where:</b> Centers For Families 3333 N. 4th Street Minneapolis</p> <p><b>Cost:</b> FREE</p> <p><b>Contact:</b> RSVP or questions please call Valorie Jones 952-945-4178</p> <p><b><u>Twin Cities Metro Area Caregiver Support Group</u></b></p> <p><b>What:</b> A support group for Caregivers of those living with movement disorders, including Lewy body dementia, Parkinson's disease.</p> <p><b>When:</b> Meets Second Thursday of every month, 1 p.m. – 3 p.m.</p> <p><b>Where:</b> Struthers Parkinson's Center 6701 Country Club Drive Golden Valley, MN 55427</p> <p><b>Information:</b> Joan Hlas <a href="mailto:Joan.Hlas@ParkNicollet.com">Joan.Hlas@ParkNicollet.com</a> 952.993.6650</p>
Friday	Aug. 9	<p><b><u>Day Out! Group Respite</u></b></p> <p><b>What:</b> Participants enjoy group discussions, creative projects, music, exercise, games and fun. Caregivers can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.</p> <p><b>When:</b> Every Friday 10am – 2pm</p> <p><b>Where:</b> FamilyMeans 1875 Northwestern Avenue S Stillwater, MN 55082</p> <p><b>Cost:</b> \$40 each visit</p> <p><b>Registration:</b> required before attending Day Out!</p>

		<p><b>NE Day Spot</b></p> <p><b>What:</b> People with early to moderate stage dementia and other health conditions can spend four hours together with our wonderful volunteers and staff. We'll engage our bodies and minds to stay as healthy as we can. Family and friend caregivers get a 4 hour break to rest, run errands, enjoy the company of friends and rejuvenate.</p> <p>A staff &amp; volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions.</p> <p><b>No hands-on care is provided, so you must be able to eat, walk and use the restroom independently.</b></p> <p><b>When:</b> Every Friday, 10 AM - 2 PM August 2, 9, 16, 30</p> <p><b>Where:</b> East Side Neighborhood Services 1700 2<sup>nd</sup> St NE Minneapolis MN 55413</p> <p><b>Cost:</b> Sliding fee scale, \$0-\$45</p> <p><b>RSVP:</b> <b>Pre-screening is required.</b> Parichay Rudina, LISW, 612-787-4085 or <a href="mailto:prudina@esns.org">prudina@esns.org</a></p> <p><b>Contact for more information: Interested in participating?</b> Contact Parichay Rudina, LISW, 612-787-4085 <a href="mailto:prudina@esns.org">prudina@esns.org</a>.</p> <p><b>Interested in volunteering?</b> Contact Jennifer Grilliot, 612-787-4104 <a href="mailto:jgrilliot@esns.org">jgrilliot@esns.org</a>.</p>
<b>Saturday</b>	<b>Aug.10</b>	
<b>Sunday</b>	<b>Aug.11</b>	
<b>Monday</b>	<b>Aug.12</b>	<p><b>Southwest Metro Minneapolis Caregiver Support Group</b></p> <p><b>What:</b> For families facing a diagnosis of LBD and healthcare professionals working with persons with LBD who want information and support.</p> <p><b>When:</b> Second Monday of each month 12:00 - 2:00 p.m.</p> <p><b>Where:</b> Gianna Homes 4605 Fairhills Road East Minnetonka, MN 55345. Please park in the lower parking lot behind the residence.</p> <p><b>Contact:</b> Anne Marie Hansen 952.988.0953 for meeting specifics, to confirm time and place, and to be placed on the group's mailing list.</p>



		<p><b><u>Jewish Family Service Caregiver Support Group</u></b></p> <p><b>What:</b> Jewish Family Service is offering a monthly education &amp; support group for individuals caring for a loved one; whether at home or in the community.</p> <p><b>Sponsor:</b> Jewish Family Service of St. Paul in affiliation with Sholom Home East and the Alzheimer's Association</p> <p><b>When:</b> 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month 3:00 p.m. - 4:00 p.m.</p> <p><b>Where:</b> Roitenberg Adult Day Center Kuller Nosh Nook 740 Kay Ave. St. Paul, MN 55102</p> <p><b>Cost:</b> FREE</p> <p><b>RSVP and Information:</b> Alice Tennis: 651-328-2063 Chris Rosenthal: 651-690-8920</p> <hr/> <p><b><u>Frontotemporal Dementia Caregiver Support Group</u></b></p> <p><b>What:</b> This Alzheimer's Association affiliated caregiver support group is for people caring for someone with Frontotemporal Dementia, or FTD. The meetings focus on emotional support, sharing experiences, and exchanging information specific to FTD. Meeting facilitator: social worker or Master's prepared social work intern.</p> <p><b>Co-sponsors:</b> Alzheimer's Association – Minnesota-North Dakota Chapter and Bethesda Hospital, Alzheimer's, Memory Loss &amp; Dementia Clinic</p> <p><b>When:</b> 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month from 6:00 – 8:00 p.m.</p> <p><b>Where:</b> Bethesda Hospital- B- Level Conference Room 559 Capitol Blvd. St. Paul, MN 55103</p> <p><b>Cost:</b> FREE</p> <p><b>Contact:</b> Lynn Erkkila, MSW, LICSW – 651-232-2202</p>
Tuesday	Aug.13	<p><b><u>Memory Loss Caregiver Support Group</u></b></p> <p><b>What:</b> Family and friends who have a loved one experiencing Alzheimer's or a related dementia are welcome to attend. Facilitators are trained through the Alzheimer's Association.</p> <p><b>When:</b> 2<sup>nd</sup> Tuesday each month 10 AM</p> <p><b>Where:</b> Centennial United Methodist Church, 1524 County Road C2 W Roseville, MN 55113</p> <p><b>Cost:</b> FREE</p>

**Contact:** Jane Tripple 651.644.8411

Additional Twin Cities sites for Memory Loss Caregiver Support Groups organized by Lyngblomsten: (<http://www.lyngblomsten.org/caregivers>)

**North East Seniors for Better Living Memory Café and Social Club**

**What:** A place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment.

**When:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month

11am-12pm Memory Café and Social Hour

12pm-1pm Free lunch! Provided by Loaves and Fishes

1pm-3pm Fun & educational presentations by guest speakers

Free blood pressure checks from nursing students

Activities including cards, board games, bingo, and crafts

**Where:** North East Seniors for Better Living  
1961 Sherwood Avenue  
St. Paul, MN 55119

**Cost:** FREE

**RSVP not required.**

**Let's Do Lunch! Café - St. Paul site!!!!!!!!!!!!!!**

**What:** For LGBTQ seniors, boomers and allies – relax, enjoy lunch and gather information on senior and LGBTQ services. A monthly social event for LGBT seniors that welcomes people with memory loss and their caregivers/partners. Come for the food, stay for the company! Be yourself, make new friends, and get up-to-date on ways to increase your well-being and independence.

**When:** 2<sup>nd</sup> Tuesday of every month 11:30 AM - 1:30 PM

**Where:** Wilder Community Center for Aging  
650 Marshall Ave.  
St. Paul, MN 55104

**Cost:** FREE, but RSVP is required

**RSVP:** 651-280-CARE (2273)

**Questions:** 651-280-CARE (2273)

**Sponsors:** Little Brothers – Friends of the Elderly, Prime Timers MSP, PFund

		<p><b>Roseville Area Senior Program Caregiver Support Group</b></p> <p><b>What:</b> This informal, ongoing support group is intended for caregivers taking care of seniors. Come as you are able. No preregistration is required. Facilitated by experienced volunteers.</p> <p><b>When:</b> 2nd and 4th Tuesdays of the month, 12:30 - 2:00 pm</p> <p><b>Where:</b> Fairview Community Center, Room 116A 1910 County Road B West Roseville, MN 55113</p> <p><b>Cost:</b> Free</p> <p><b>No RSVP required.</b></p> <p><b>Information:</b> 651-604-3520</p> <p><b>Frontotemporal Dementia (FTD) support group</b></p> <p><b>What:</b> a new FTD support group. <b>For information:</b> Kathy Sullivan at <a href="mailto:kathy.sullivan@anoka.k12.mn.us">kathy.sullivan@anoka.k12.mn.us</a></p> <p><b>When:</b> 2<sup>nd</sup> Tuesday each month 6:00 – 7:30 pm</p> <p><b>Where:</b> the Colony (Fireplace Lounge) 431 Prairie Center Drive Eden Prairie 55344</p> <p><b>Cost:</b> FREE</p>
Wednesday	Aug.14	<p><b>Arthur’s Memory Café</b></p> <p><b>What:</b> A place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment.</p> <p><b>When:</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday of each month from 1 P.M. to 3 P.M.</p> <p><b>Where:</b> J. Arthur’s Coffee Shop 2441 Rice Street Roseville, MN 55109</p> <p><b>Cost:</b> FREE</p>
Thursday	Aug.15	<p><b>Walking and Talking</b></p> <p><b>What:</b> Join others for a 30-minute walk at various indoor locations. Walkers are invited to join us afterwards for coffee, treats and information about maintaining health.</p> <p><b>When:</b> Third Thursday of the month, walk from 9:30 – 10:00 and health talk from 10:00 – 10:30.</p> <p><b>Where:</b> AARP Information Center at the Mall of America, (located on the third floor between Macy’s and Nordstrom’s) 228 W. Market Bloomington</p>

		<p><b>Cost:</b> Free</p> <p><b>Register:</b> No registration necessary</p> <p><b>Questions:</b> Wilder Caregiving Services: <a href="mailto:caregiving@wilder.org">caregiving@wilder.org</a> or 651-280-2273</p> <p><b><u>Younger Onset Alzheimer's and Dementia Caregiver Connection</u></b></p> <p><b>What:</b> Do you know someone younger than 65 who has memory loss or has been diagnosed with MCI, Alzheimer's disease or a related disorder? Have you ever wished that you could connect with others in the same boat? Then this Meetup Group is for you. Join us for casual conversation.</p> <p><b>When:</b> the third Thursday of every month, 7 p.m.</p> <p><b>Where:</b> Houlihan's 6601 Lyndale Ave S Richfield, MN</p> <p><b>For information:</b> email: <a href="mailto:dwickiser@alz.org">mailto:dwickiser@alz.org</a> phone: 952.857.0551</p>
Friday	Aug.16	<p><b><u>Day Out! Group Respite</u></b></p> <p><b>What:</b> Participants enjoy group discussions, creative projects, music, exercise, games and fun. Caregivers can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.</p> <p><b>When:</b> Every Friday 10am – 2pm</p> <p><b>Where:</b> FamilyMeans 1875 Northwestern Avenue S Stillwater, MN 55082</p> <p><b>Cost:</b> \$40 each visit</p> <p><b>Registration:</b> required before attending Day Out!</p> <p><b><u>NE Day Spot</u></b></p> <p><b>What:</b> People with early to moderate stage dementia and other health conditions can spend four hours together with our wonderful volunteers and staff. We'll engage our bodies and minds to stay as healthy as we can. Family and friend caregivers get a 4 hour break to rest, run errands, enjoy the company of friends and rejuvenate.</p>

		<p>A staff &amp; volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions.</p> <p><b>No hands-on care is provided, so you must be able to eat, walk and use the restroom independently.</b></p> <p><b>When:</b> Every Friday, 10 AM - 2 PM August 2, 9, 16, 30</p> <p><b>Where:</b> East Side Neighborhood Services 1700 2<sup>nd</sup> St NE Minneapolis MN 55413</p> <p><b>Cost:</b> Sliding fee scale, \$0-\$45</p> <p><b>RSVP:</b> <b>Pre-screening is required.</b> Parichay Rudina, LISW, 612-787-4085 or <a href="mailto:prudina@esns.org">prudina@esns.org</a></p> <p><b>Contact for more information: Interested in participating?</b> Contact Parichay Rudina, LISW, 612-787-4085 <a href="mailto:prudina@esns.org">prudina@esns.org</a>.</p> <p><b>Interested in volunteering?</b> Contact Jennifer Grilliot, 612-787-4104 <a href="mailto:jgrilliot@esns.org">jgrilliot@esns.org</a>.</p> <p><b><u>Caregiver Support Group</u></b></p> <p><b>What:</b> Get support, understanding, tips and joy from others in a similar situation. A support group for anyone caring for an older adult with any health condition.</p> <p><b>When:</b> Every 3<sup>rd</sup> Friday of the month, 10 - 11:30 AM</p> <p><b>Where:</b> East Side Neighborhood Services 1700 2<sup>nd</sup> St NE Minneapolis MN 55413</p> <p><b>Cost:</b> Free, donations welcome</p> <p><b>RSVP:</b> No</p> <p><b>Questions:</b> Parichay Rudina, LISW, 612-787-4085 or <a href="mailto:prudina@esns.org">prudina@esns.org</a></p>
Saturday	Aug.17	<p><b><u>African American culturally-specific Memory Loss Support Group</u></b> <b><u>Lill's Angels Support Group</u></b></p> <p><b>What:</b> African American culturally-specific environment.</p> <ul style="list-style-type: none"> <li>• Learn the facts about memory loss, dementia and Alzheimer's disease</li> <li>• Connect with community resources</li> </ul>

		<ul style="list-style-type: none"> <li>• Share experiences and concerns with other caregivers</li> <li>• Identify solutions to difficult behaviors and other problems</li> </ul> <p><b>When:</b> 3rd Saturday of each month 10:00am-11:30am</p> <p><b>Where:</b> Pilgrim Baptist Church 732 Central Ave. West  St. Paul</p> <p><b>Cost:</b> FREE</p> <p><b>Contact:</b> RSVP or questions please call Valorie Jones 952-945-4178</p>
<b>Sunday</b>	<b>Aug.18</b>	
<b>Monday</b>	<b>Aug.19</b>	<p><b><u>Dementia Support Group &amp; Monthly Education</u></b></p> <p><b>What:</b> 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.</p> <p><b>Facilitator:</b> Amy House is a trained facilitator with the Alzheimer's Association and Certified in Teepa Snow's Positive Approach to Care</p> <p><b>When:</b> 3<sup>rd</sup> Monday every month 2:30pm-3:30pm</p> <p><b>Where:</b> New Brighton Community Center 400- 10th Street NW New Brighton, MN 55112</p> <p><b>RSVP:</b> none</p> <p><b>Cost:</b> Free</p> <p><b>Information:</b> Amy House 651-746-5611 or <a href="mailto:ahouse@brightondale.com">ahouse@brightondale.com</a></p> <p><b><u>Parkinson's Support Group</u></b></p> <p><b>What:</b> This PD support group is a combination of education and support. The group determines what they want to learn about. Generally host a speaker every other month. On the months without a speaker, we split into 2 groups with care partners in one and persons with PD in another.</p> <p><b>When:</b> every 3rd Monday of each month at 6-8 P.M.</p> <p><b>Where:</b> Woodbury Lutheran Church 7380 Afton Rd.</p>

		<p style="text-align: center;">Woodbury MN 55125.</p> <p><b>Cost:</b> FREE</p> <p><b>RSVP:</b> not required, but appreciated.</p> <p><b>For more information:</b> 651.495.6305 or email <a href="mailto:sandra.c.varpness@healthpartners.com">sandra.c.varpness@healthpartners.com</a></p> <p><b><u>Minnesota East Metro LBD Caregiver Support Group</u></b></p> <p><b>What:</b> A support group for caregivers and family members of people with Lewy Body Dementia, and people in early stages of the disease. 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. Run by trained volunteers and peers.</p> <p><b>When:</b> Third Monday of every month, at 6:30 p.m.</p> <p><b>Where:</b> Ecumen Lakeview Commons 1200 Lakewood Dr. N. Maplewood, MN 55119</p> <p>For directions, contact Ecumen Lakeview Commons at 651-770-1111</p> <p><b>No registration required.</b></p> <p><b>Cost:</b> FREE</p> <p><b>Contact for general information:</b> Paula and Erik Biever 651-641-0130</p>
Tuesday	Aug.20	<p><b><u>LGBTQ Caregiver Support Group</u></b></p> <p><b>What:</b> Open to anyone in the LGBTQ community caring for an older adult or person with dementia. On-site respite available with pre-registration. <b>Registration for respite required by Friday preceding meeting.</b></p> <p><b>When:</b> Third Tuesday 1:00-2:30pm</p> <p><b>Where:</b> Wilder's Community Center for Aging 650 Marshall Ave. St. Paul, MN 55104</p> <p><b>Cost:</b> No cost</p> <p><b><u>Former Dementia Caregiver Re-Entry Group</u></b></p> <p><b>What:</b> Find the "New" you after caregiving. In an informal setting, share with others who have had a similar journey.</p> <p>This is an opportunity to move past the grief and loss to reclaim "you", and create a meaningful life beyond your caregiver role.</p>

		<p>Experienced facilitators will coordinate and offer referrals and resources as needed.</p> <p><b>Sponsors:</b> Roseville Alzheimer’s &amp; Dementia Community Action Team (Rsvl A/D)  City of Roseville  Ramsey County Library</p> <p><b>When:</b> <b>third Tuesday of each month</b> 1 – 2:30 P.M.</p> <p><b>Where:</b> New Life Presbyterian Church - Heritage Room  965 Larpenteur Ave W.  Roseville, MN</p> <p><b>Cost:</b> Free</p> <p><b>For more information call: Warren 612-791-5316</b></p>
<p><b>Wednesday</b></p>	<p><b>Aug.21</b></p>	<p><b><u>Caregivers Support Group</u></b></p> <p><b>What:</b> Support yourself and others in the journey of caregiving. Sessions include a brief education component, time to gather resources, and time to talk. <b>Open to caregivers who are caregiving for an adult with any healthcare issue or disease.</b></p> <p><b>When:</b> Meets the 3rd Wednesday each month 1:00–2:30 PM</p> <p><b>Where:</b> The Heritage at Lyngblomsten - 2<sup>nd</sup> Floor Lounge  1440 Midway Parkway  St. Paul</p> <p><b>Information:</b> Jeanne Schuller 651-285-9193  <a href="mailto:jschuller@lyngblomsten.org">jschuller@lyngblomsten.org</a></p> <p><b><u>Adult Children Caregiver Support Group</u></b></p> <p><b>What:</b> <b>A support group for caregivers caring for a parent, grandparent, step-parent, aunt, uncle, or other senior familial relationship.</b></p> <p><b>When:</b> Meets the 3rd Wednesday each month 6:00 – 7:30 pm</p> <p><b>Where:</b> Wilder’s Community Center for Aging  650 Marshall Ave.  St. Paul, MN 55104</p> <p><b>Cost:</b> Free</p> <p><b>Register:</b> No registration needed.</p> <p><b>Questions:</b> (651) 280-CARE (2273)</p>



<p><b>Thursday</b></p>	<p><b>Aug.22</b></p>	<p><b><u>Men's Caregiver Support Group</u> new</b></p> <p><b>What:</b> Support group for men caring for a family member or friend. Facilitated by Wilder volunteers  <b>No respite available</b></p> <p><b>When:</b> Fourth Thursday of the month from 10:00 – 11:00am.</p> <p><b>Where:</b> Wilder Center for Aging  650 Marshall Ave.  St. Paul, MN 55104</p> <p><b>Cost:</b> Free</p> <p><b>RSVP:</b> None</p> <p><b>Contact for further information:</b> Wilder Caregiving Services:  <a href="mailto:caregiving@wilder.org">caregiving@wilder.org</a> or 651-280-2273</p> <p><b><u>Parkinson's Caregiver Education &amp; Support Group</u></b></p> <p><b>What:</b> Join us for a time for learning, discussing, supporting, and meeting new people as you navigate caring for your loved one with Parkinson's Disease. The first hour will be a speaker. The second hour will be for discussion and support.</p> <p>(This program is supported by a grant from the Parkinson's Foundation of Minnesota)</p> <p><b>When:</b> every 4<sup>th</sup> Thursday of each month from 1 P.M. to 3:30 P.M.</p> <p><b>Where:</b> HealthPartners Neuroscience Center  295 Phalen Blvd.  St Paul, MN 55130.</p> <p><b>Cost:</b> FREE</p> <p><b>Please RSVP</b> to Sandy Varpness at  <a href="mailto:sandra.c.varpness@healthpartners.com">sandra.c.varpness@healthpartners.com</a> or 651-495-6343</p>
<p><b>Friday</b></p>	<p><b>Aug.23</b></p>	<p><b><u>Day Out! Group Respite</u></b></p> <p><b>What:</b> Participants enjoy group discussions, creative projects, music, exercise, games and fun. Caregivers can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.</p>

**When:** Every Friday 10am – 2pm

**Where:** FamilyMeans  
1875 Northwestern Avenue S  
Stillwater, MN 55082

**Cost:** \$40 each visit

**Registration:** required before attending Day Out!

**NE Day Spot closed Aug. 23 - see you Aug. 30**

**What:** People with early to moderate stage dementia and other health conditions can spend four hours together with our wonderful volunteers and staff. We'll engage our bodies and minds to stay as healthy as we can. Family and friend caregivers get a 4 hour break to rest, run errands, enjoy the company of friends and rejuvenate.

A staff & volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions.

No hands-on care is provided, so you must be able to eat, walk and use the restroom independently.

**When:** Every Friday, 10 AM - 2 PM August 2, 9, 16, 30

**Where:** East Side Neighborhood Services  
1700 2<sup>nd</sup> St NE  
Minneapolis MN 55413

**Cost:** Sliding fee scale, \$0-\$45

**RSVP:** Pre-screening is required. Parichay Rudina, LISW, 612-787-4085 or [prudina@esns.org](mailto:prudina@esns.org)

**Contact for more information: Interested in participating?** Contact Parichay Rudina, LISW, 612-787-4085 [prudina@esns.org](mailto:prudina@esns.org).

**Interested in volunteering?** Contact Jennifer Grilliot, 612-787-4104 [jgrilliot@esns.org](mailto:jgrilliot@esns.org).

**Let's Do Lunch!**

**What:** A monthly social event for LGBT seniors that welcomes people with memory loss and their caregivers/partners.

Join us each month for

- a healthy lunch
- scrumptious dessert
- great conversation

		<p>•information on senior LGBT services and senior care options Come for the food, stay for the company! Be yourself, make new friends, and get up-to-date on ways to increase your well-being and independence.</p> <p><b>When:</b> <u>4<sup>th</sup> Friday of every month</u> 11:30 AM - 1:30 PM</p> <p><b>Where:</b> Little Brothers – Friends of the Elderly 1845 E. Lake St. Minneapolis Convenient location in the heart of Midtown Minneapolis, just blocks from the Blue Line/Lake Street station.</p> <p><b>Cost:</b> FREE, but RSVP is required</p> <p><b>RSVP:</b> 612-721-1400 or <a href="mailto:mhaas@littlebrothersmn.org">mhaas@littlebrothersmn.org</a></p>
<b>Saturday</b>	<b>Aug.24</b>	
<b>Sunday</b>	<b>Aug.25</b>	
<b>Monday</b>	<b>Aug.26</b>	<p><b><u>Jewish Family Service Caregiver Support Group</u></b></p> <p><b>What:</b> Jewish Family Service is offering a monthly education &amp; support group for individuals caring for a loved one; whether at home or in the community.</p> <p><b>Sponsor:</b> Jewish Family Service of St. Paul in affiliation with Sholom Home East and the Alzheimer’s Association</p> <p><b>When:</b> 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month 3:00 p.m. - 4:00 p.m.</p> <p><b>Where:</b> Roitenberg Adult Day Center Kuller Nosh Nook 740 Kay Ave. St. Paul, MN 55102</p> <p><b>Cost:</b> FREE</p> <p><b>RSVP and Information:</b> Alice Tennis: 651-328-2063 Chris Rosenthal: 651-690-8920</p> <p><b><u>Frontotemporal Dementia Caregiver Support Group</u></b></p> <p><b>What:</b> This Alzheimer’s Association affiliated caregiver support group is for people caring for someone with Frontotemporal Dementia, or FTD. The meetings focus on emotional support, sharing experiences, and exchanging information specific to FTD. Meeting facilitator: social worker or Master’s prepared social work intern.</p> <p><b>Co-sponsors:</b> Alzheimer’s Association – Minnesota-North Dakota Chapter and Bethesda Hospital, Alzheimer’s, Memory Loss &amp; Dementia Clinic</p>

		<p><b>When:</b> 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month from 6:00 – 8:00 p.m.</p> <p><b>Where:</b> Bethesda Hospital- B- Level Conference Room 559 Capitol Blvd. St. Paul, MN 55103</p> <p><b>Cost:</b> FREE</p>
Tuesday	Aug.27	<p><b><u>Caregiver Breakfast</u></b></p> <p><b>What:</b> A big thank you to caregivers for their labor of love. The caregiver breakfast is a great way for caregivers and seniors to connect, share good food and get relevant information about caregiving, general health and services. Seniors welcome.</p> <p><b>When:</b> every 4<sup>th</sup> Tuesday of the month 9:30 – 11:30am</p> <p><b>Where:</b> Centers For Families 3333 N. 4th Street Minneapolis</p> <p><b>Cost:</b> FREE</p> <p>Please <b>RSVP</b> by Friday at noon before the breakfast. 952-945-4034. Sponsored in part by Minnesota Board on Aging, Metropolitan Area Agency on Aging and Accreditation for Community Living and Live Well at Home.</p> <p><b><u>St. Paul Memory Loss Caregiver Support Group</u></b></p> <p><b>What:</b> A support group for caregivers and family members of those facing a diagnosis of Dementia including Lewy Body Dementia, FTD, Alzheimer’s disease, brain injury, etc.</p> <p><b>Co-sponsors:</b> Alzheimer’s Association – Minnesota-North Dakota Chapter and Bethesda Hospital, Alzheimer’s, Memory Loss &amp; Dementia Clinic</p> <p><b>When:</b> fourth Tuesday of every month. 10 – 12 noon</p> <p><b>Where:</b> Bethesda Hospital – B-Level Conference Room 559 Capitol Blvd. St. Paul, MN 55103</p> <p><b>Cost:</b> FREE</p> <p><b>Contact:</b> Lynn Erkkila, MSW, LICSW - 651-232-2202</p> <p><b><u>North East Seniors for Better Living Memory Café and Social Club</u></b></p>

		<p><b>What:</b> A place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment.  September 11 – Know the 10 Signs of Alzheimer’s  Want to learn more about what’s normal as you age and what could be a sign of memory loss? Join us for a presentation from the Alzheimer’s Association about 10 warning signs of Alzheimer’s and how to spot them.</p> <p><b>When:</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday of each month  11am-12pm Memory Café and Social Hour  12pm-1pm Free lunch! Provided by Loaves and Fishes  1pm-3pm Fun &amp; educational presentations by guest speakers  Free blood pressure checks from nursing students  Activities including cards, board games, bingo, and crafts</p> <p><b>Where:</b> North East Seniors for Better Living  1961 Sherwood Avenue  St. Paul, MN 55119</p> <p><b>Cost:</b> FREE</p> <p><b>RSVP not required.</b></p> <p><b><u>Roseville Area Senior Program Caregiver Support Group</u></b></p> <p><b>What:</b> This informal, ongoing support group is intended for caregivers taking care of seniors. Come as you are able. No preregistration is required. Facilitated by experienced volunteers.</p> <p><b>When:</b> 2nd and 4th Tuesdays of the month, 12:30 - 2:00 pm</p> <p><b>Where:</b> Fairview Community Center, Room 116A  1910 County Road B West  Roseville, MN 55113</p> <p><b>Cost:</b> Free</p> <p><b>No RSVP required.</b></p> <p><b>Information:</b> 651-604-3250</p>
Wednesday	Aug.28	<p><b><u>Arthur’s Memory Café</u></b></p> <p><b>What:</b> A place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment.</p> <p><b>When:</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday of each month from 1 P.M. to 3 P.M.</p> <p><b>Where:</b> J. Arthur’s Coffee Shop  2441 Rice Street  Roseville, MN 55109</p> <p><b>Cost:</b> FREE</p>
Thursday	Aug.29	
Friday	Aug.30	<b><u>Day Out! Group Respite</u></b>

**What:** Participants enjoy group discussions, creative projects, music, exercise, games and fun. Caregivers can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.

**When:** Every Friday 10am – 2pm

**Where:** FamilyMeans  
1875 Northwestern Avenue S  
Stillwater, MN 55082

**Cost:** \$40 each visit

**Registration:** required before attending Day Out!

**NE Day Spot**

**What:** People with early to moderate stage dementia and other health conditions can spend four hours together with our wonderful volunteers and staff. We'll engage our bodies and minds to stay as healthy as we can. Family and friend caregivers get a 4 hour break to rest, run errands, enjoy the company of friends and rejuvenate.

A staff & volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions.

No hands-on care is provided, so you must be able to eat, walk and use the restroom independently.

**When:** Every Friday, 10 AM - 2 PM August 2, 9, 16, 30

**Where:** East Side Neighborhood Services  
1700 2<sup>nd</sup> St NE  
Minneapolis MN 55413

**Cost:** Sliding fee scale, \$0-\$45

**RSVP:** Pre-screening is required. Parichay Rudina, LISW, 612-787-4085 or [prudina@esns.org](mailto:prudina@esns.org)

**Contact for more information: Interested in participating?** Contact Parichay Rudina, LISW, 612-787-4085 [prudina@esns.org](mailto:prudina@esns.org).

**Interested in volunteering?** Contact Jennifer Grilliot, 612-787-4104 [jgrilliot@esns.org](mailto:jgrilliot@esns.org).

Saturday

Aug.31

## Meetup Groups

**What:** Meetup is a program designed to build a safe and comfortable social meeting space, both virtually and in-person. In-person social meetings occur once a month at various locations, which is determined by the group and then posted on the Meetup Group website. Time, dates and group locations vary. Groups include:

### [Meetup - Younger-Onset Alzheimer's and Dementia Caregiver Connection](#)

Meetup - People with Mild Cognitive Impairment (MCI)/Early Dementia and Care Partners.

Check out <https://www.meetup.com/Memory-Mentor/> for upcoming meetups in the Twin Cities.

Meetups are run through the Alzheimer's Association Minnesota-North Dakota.

## Memory Loss Caregivers Support Group - additional locations

Family and friends who are caring for someone experiencing Alzheimer's Disease or a related dementia are welcome to attend. Groups meet at sites throughout Ramsey, Hennepin, Dakota, and Washington counties. Facilitators are trained through the Alzheimer's Association. All groups are open to the community. Come as often as you are able.

Current groups include:

Augustana Lutheran Church, West St. Paul  
10 AM | 1st Tuesday each month  
Contact: Eileen Wilkie at 612.280.7526

Centennial United Methodist Church, Roseville  
10 AM | 2nd Tuesday each month  
Contact: Jane Tripple at 651.644.8411

First Presbyterian Church, White Bear Lake  
10 AM | 1st Thursday each month  
Contact: Joan McGrath at 651.429.5218

Salem Lutheran Church, West St. Paul  
10 AM | 2nd Tuesday each month  
Contact: Sue W. at 651.490.9091

White Bear United Methodist Church, White Bear Lake  
10 AM | 4th Thursday each month  
Contact: Naomi Miller 651.308.0759

Woodbury Baptist Church, Woodbury  
10 AM | 4th Tuesday each month  
Contact: Mary Hafner and Jane Beckstrom at 651.738.7700

For general information about Memory Loss Caregivers Support Groups, contact:

Information on [support groups](#) and [memory cafes](#) in Washington County:  
<https://www.familymeans.org/caregiver-support-groups.html>  
Anyone is able to attend these groups, regardless of residence.

[Respite](#) information in Washington County: <https://www.familymeans.org/breaks-for-caregivers.html>

### **Memory Meetup & Mentor**

**What:** Hello, are you [someone has been diagnosed and is living with Mild Cognitive Impairment \(MCI\) or Early Dementia](#)? Have you ever wished that you could connect with others who are on that same journey? Then this group is for you. Join us for community social gatherings and connect with a mentor with early stage dementia.

We are a group that likes to do something, learn something, share something and change something. Meetup members describe our group as The Trailblazers.

This program is designed to build a safe and comfortable social meeting space, both virtually and in-person, [for individuals with MCI and early Alzheimer's disease](#). In-person social meetings occur once a month at a Twin Cities location, which is determined by the group and then posted on the Meetup Group website.

Mentors with MCI and early Alzheimer's disease connect with newly diagnosed individuals who have contacted the Alzheimer's Association Helpline or who have participated in an Association-affiliated early stage programs. Mentors call and connect with the individual and invite them to join the Memory Meetup online and in-person social gatherings.

Time, dates and group locations vary. Please check the links below and visit the Meetup Site for your region.

**When:** variable.

**Where:** variable

**For information:** <https://www.meetup.com/Memory-Mentor/>

**Requires evaluation before attendance.**

**variable meeting times**

**variable locations**

#### **[The Gathering \(group respite\)](#)**

**What:** A day of stimulating activities for those with memory loss and respite for caregivers The Gathering provides a day of stimulating activities for those experiencing early- to mid-stage memory loss, and gives five hours of respite to caregivers who desire a break. The program is coordinated through Lyngblomsten and in collaborative partnership with more than 30 churches at 10 sites across the Twin Cities. Each program site meets 2-4 times per month and accommodates a group of 8-10 participants (person experiencing memory loss). There is one volunteer for every participant.



**The caregiver and the person they care for will meet a Gathering staff professional for an assessment prior to enrollment. –**

See more at: <http://www.lyngblomsten.org/community-services/gathering/#sthash.Ajx24kSv.dpuf>

The Gathering – Group Respite at Centennial United Methodist Church in Roseville meets weekly. There are also groups that meet weekly in White Bear Lake.

**Note: There is a real need for volunteers for The Gathering in Roseville at Centennial United Methodist Church. The 2nd Tuesdays of each month are in critical need. The volunteers are at the site from 9:15 a.m. to 3:15 p.m.**

**For information contact Betsy Hoffman @651.414.5291 or [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org)**