

Educational and Community Events

presentations & workshops on topics related to dementia, aging, and health;
community meetings; Alzheimer's Speaks radio shows and webinars

October, 2019

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

Tuesday	Oct. 1	<p><u>James J. Hill House: Tours for People with Memory Loss</u></p> <p>What: Take a sensory-based tour designed for people with memory loss and their caregiver. Each themed tour highlights three rooms in the James J. Hill House.</p> <p>Care partners (caregiver and care recipient) are welcome.</p> <p>When: Offered the first Tuesday of every month from 10-11 am</p> <p>Where: James J. Hill House 240 Summit Ave. St. Paul, MN 55102</p> <p>Cost: Free, registration required</p> <p>Reservations: Call 651-259-3015 or register online</p> <p>Information: hillhouse@mnhs.org</p> <p><u>Alzheimer's Speaks Radio</u></p> <p>Description: Alzheimer's Speaks Radio gives voice to those afflicted with memory loss, their care partners as well as researchers, advocates, businesses, authors, musicians, movie directors... as it relates to dementia and caregiving. Our goal is to raise awareness, give hope, reduce fears and remove stigmas by sharing real everyday life stories of living with dementia.</p> <p>When: Each Tuesday and Thursday the show is live at 1 P.M. CST People can listen to the show live or archived via their computer at: http://www.blogtalkradio.com/alzheimersspeaks</p> <p>Note: All episodes are recorded and can be accessed at any time.</p> <p>Where: On the internet</p> <p>Cost: FREE</p>
Wednesday	Oct. 2	<p><u>Need Help? Walk-in, free social work assistance at Ramsey County Library in Roseville.</u></p>

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.

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.

Parkinson's Disease: Understanding and Helping to Improve Care

What: Parkinson's disease (PD) is a neurodegenerative disorder that affects about 15,000 Minnesotans. Due to the increase in the aging population, the numbers are expected to double by 2030. The presence of loss of smell perception and/or the manifestation of REM behavioral sleep disorder are important clues that someone may have prodromal PD.

When someone has been diagnosed with PD, there is great interest in exploring the benefits of exercise as well as novel medications in the hope that this may provide a neuroprotective benefit. With additional education persons with PD are being empowered to play a greater role in their own chronic disease management. The University of Minnesota, the only federally funded Morris K Udall Parkinson Center (udall.umn.edu) that is specifically focusing on deep brain stimulation, is piloting some of the best brain imaging in the world. While a cure is not yet available, research is being done to alter the course of disease as well as many are focused on providing the best care possible to those affected.

Objectives:

Participants will be able to:

- Understand prodromal Parkinson's disease (PD)
- Explain a symptomatic medication treatment strategy
- Consider complementary therapies
- Appreciate deep brain stimulation (DBS) for PD
- Help the efforts to improve care for those with PD

References/Resources:

- Reich and Savitt 2019 doi.org/10.1016/j.mcna.2018.10.014
- Heinzl et al. Mov Dis 2019 doi.org/10.1002/mds.27802

Earn 1 CEU, pre-approved for Social Workers by BOSW; self-submit other disciplines.

MGS is listed as a Continuing Education Resource by the MN Board of Nursing.

		<p>(The CEU is free for MGS members; \$15 for non-members.)</p> <p>Presenter: Paul Tuite, MD, Professor, Neurology, University of Minnesota</p> <p>When: Wed., Oct. 2 noon - 1 pm</p> <p>Where: online</p> <p>Cost: free</p> <p>Registration: https://www.mngero.org/next-free-webinar-parkinsons-disease-understanding-and-helping-to-improve-care-october-2-at-noon/</p>
Thursday	Oct. 3	<p>Walking and Talking new</p> <p>What: Join others for a 30-minute walk at the Minnesota History Center followed by a dementia-friendly guided tour of the exhibits.</p> <p>When: First Thursday of the month, walk from 9:30 – 10:00am and health talk from 10:00 – 10:30am.</p> <p>Where: Minnesota History Center 345 W Kellogg Blvd. St. Paul, MN 55102</p> <p>Cost: No cost for the walk but there is a fee for parking.</p> <p>Register: No registration necessary</p> <p>Questions: Wilder Caregiving Services: caregiving@wilder.org or 651-280-2273</p> <p><u>Alzheimer's Speaks Radio</u></p> <p>Description: Alzheimer's Speaks Radio gives voice to those afflicted with memory loss, their care partners as well as researchers, advocates, businesses, authors, musicians, movie directors... as it relates to dementia and caregiving. Our goal is to raise awareness, give hope, reduce fears and remove stigmas by sharing real everyday life stories of living with dementia.</p> <p>When: Each Tuesday and Thursday the show is live at 1 P.M. CST People can listen to the show live or archived via their computer at: http://www.blogtalkradio.com/alzheimersspeaks</p> <p>Note: All episodes are recorded and can be accessed at any time.</p> <p>Where: On the internet</p> <p>Cost: FREE</p>
Friday	Oct. 4	Roseville Alzheimer's & Dementia Community Action Team

(Rsvl A/D) – monthly meeting

What: Join members of Rsvl A/D as we develop plans for 2020, especially the Dementia: Caring & Coping speaker series. Get updates on additional Memory Minder kits, additional programming, and the Dementia-Friendly (DF) airport working group.

Share your ideas to make this a better community. All are welcome.

When: 1st Friday of each month 9:00 – 11:00/11:30 A.M.
If there is a holiday conflict, meetings are on the 2nd Friday of that month.

Where: Roseville City Hall - Bur Oak room
2660 Civic Center Drive
Roseville, MN 55113

Questions: RosevilleAlzDem@gmail.com

Day Out! Group Respite

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!
Please connect with our FamilyMeans staff at 651-439-4840.

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.

		<p>When: Every Friday, 10 AM - 2 PM 10/4, 10/11, 10/18, 10/25</p> <p>Where: East Side Neighborhood Services 1700 2nd St NE Minneapolis MN 55413</p> <p>Cost: Sliding fee scale, \$0-\$45</p> <p>RSVP: Pre-screening is required. Parichay Rudina, LISW, 612-787-4085 or prudina@esns.org</p> <p>Contact for more information: Interested in participating? Contact Parichay Rudina, LISW, 612-787-4085 prudina@esns.org.</p> <p>Interested in volunteering? Contact Jennifer Grilliot, 612-787-4104 jgrilliot@esns.org.</p>
Saturday	Oct. 5	
Sunday	Oct. 6	
Monday	Oct. 7	
Tuesday	Oct. 8	<p><u>Let's Do Lunch! Café - St. Paul site!!!!!!!!!!!!!!</u></p> <p>What: A monthly social event for LGBT seniors that welcomes people with memory loss and their caregivers/partners. This café is a unique venue where you can relax, enjoy lunch and gather information on senior and LGBTQ services. 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>Presentation by Aaron Beaudry Allina Health LGBTQ Bereavement Group</p> <p>When: 2nd Tuesday of every month 11:30 AM - 1:30 PM</p> <p>Where: Wilder Community Center for Aging 650 Marshall Ave. St. Paul, MN 55104</p> <p>Cost: FREE, but RSVP is required</p> <p>RSVP: 651-280-CARE (2273)</p> <p>Questions: 651-280-CARE (2273)</p> <p><u>Alzheimer's Speaks Radio</u></p> <p>Description: Alzheimer's Speaks Radio gives voice to those afflicted with memory loss, their care partners as well as researchers, advocates,</p>

		<p>businesses, authors, musicians, movie directors... as it relates to dementia and caregiving. Our goal is to raise awareness, give hope, reduce fears and remove stigmas by sharing real everyday life stories of living with dementia.</p> <p>When: Each Tuesday and Thursday the show is live at 1 P.M. CST People can listen to the show live or archived via their computer at: http://www.blogtalkradio.com/alzheimersspeaks</p> <p>Note: All episodes are recorded and can be accessed at any time.</p> <p>Where: On the internet</p> <p>Cost: FREE</p>
Wednesday	Oct. 9	<p><u>Need Help? Walk-in, free social work assistance at Ramsey County Library in Roseville.</u></p> <p>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.</p> <p>When: Wednesdays 1:30 - 3pm</p> <p>Where: Ramsey County Library - Roseville – conf. room B 2180 North Hamline Ave Roseville, MN 55113</p> <p>For more information call 651-724-6062.</p>
Thursday	Oct. 10	<p><u>Ask the Experts: Memory Loss and Driving: A Few Things to Remember</u></p> <p>What: This presentation is part of the HealthPartners Center for Memory & Aging Ask the Expert Series, where community members can meet our physicians and researchers and learn about memory loss, Alzheimer’s disease, and dementia.</p> <p>Who: Kathy Kiefer, OTR/L,CDRS</p> <p>When: Thursday, Oct. 10 11:30 am -- Noon: <u>Lunch & Registration</u> (Lunch sponsored by: New Perspective Senior Living Roseville) Noon -- 1:00 pm: Presentation</p> <p>Where: New Perspective Senior Living Roseville 2750 North Victoria Street Roseville</p> <p>Cost: Free</p>

RSVP: jmccoy@npseniorliving.com or call 651-482-1611

Dementia: Caring & Coping - Living with Lewy Body Dementia - What makes LBD different from other dementias.

What: Learn about the challenges faced by care partners and persons living with this type of dementia and what resources are available to help. We'll also discuss medical research, best practices for care giving, what makes life meaningful when you are faced with a diagnosis, and how to be an advocate to get the best treatment possible.

Speakers:

- Paula Rice Biever - Lewy Body Dementia Association volunteer and support group facilitator
- Angela Lunde - LBD Research Center of Excellence - Rochester Mayo Clinic
- Leah Forsberg - LBD Research Center of Excellence - Rochester Mayo Clinic
- Tamara Statz - School of Public Health, Center on Aging - University of Minnesota

When: Thursday, October 10 1:00 – 3:00pm

Where: Ramsey County Library - Roseville
2180 North Hamline Ave
Roseville

Cost: Free

RSVP: none

Alzheimer's Speaks Radio

Description: Alzheimer's Speaks Radio gives voice to those afflicted with memory loss, their care partners as well as researchers, advocates, businesses, authors, musicians, movie directors... as it relates to dementia and caregiving. Our goal is to raise awareness, give hope, reduce fears and remove stigmas by sharing real everyday life stories of living with dementia.

When: Each Tuesday and Thursday the show is live at 1 P.M. CST
People can listen to the show live or archived via their computer at:
<http://www.blogtalkradio.com/alzheimersspeaks>

Note: All episodes are recorded and can be accessed at any time.

Where: On the internet

		Cost: FREE
Friday	Oct. 11	<p><u>Day Out! Group Respite</u></p> <p>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.</p> <p>When: Every Friday 10am – 2pm</p> <p>Where: FamilyMeans 1875 Northwestern Avenue S Stillwater, MN 55082</p> <p>Cost: \$40 each visit</p> <p>Registration: required before attending Day Out! Please connect with our FamilyMeans staff at 651-439-4840.</p> <p><u>NE Day Spot</u></p> <p>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.</p> <p>A staff & volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions.</p> <p>No hands-on care is provided, so you must be able to eat, walk and use the restroom independently.</p> <p>When: Every Friday, 10 AM - 2 PM 10/4, 10/11, 10/18, 10/25</p> <p>Where: East Side Neighborhood Services 1700 2nd St NE Minneapolis MN 55413</p> <p>Cost: Sliding fee scale, \$0-\$45</p> <p>RSVP: Pre-screening is required. Parichay Rudina, LISW, 612-787-4085 or prudina@esns.org</p> <p>Contact for more information: Interested in participating? Contact Parichay Rudina, LISW, 612-787-4085 prudina@esns.org.</p> <p>Interested in volunteering? Contact Jennifer Grilliot, 612-787-4104 jgrilliot@esns.org.</p>

<p>Saturday</p>	<p>Oct. 12</p>	<p><u>Reimagining Aging Book Club in partnership with Hennepin County Libraries</u></p> <p>What: Reimagining Aging Book Club in partnership with Hennepin County Libraries. Join our discussion of engaging and enlightening books about aging and what it means to live a vital life today. We will reframe the idea of aging as opportunity – the responsibility to reach out to other generations, share wisdom, and learn new ways of living in the world – is how we can grow up and grow old together.</p> <p>Sept. 14: How to Live Forever – The Enduring Power of Connecting the Generations by Marc Freedman</p> <p>Oct. 12: Dementia Reimagined – Building a Life of Joy and Dignity From Beginning to End by Tia Powell, MD</p> <p>Nov. 9: Women Rowing North – Navigating Life's Currents and Flourishing as We Age by Mary Pipher</p> <p>When: 9:00 – 10:30 AM Sept. 14; Oct. 12; Nov. 9</p> <p>Where: Pierre Bottineau Library 55 Broadway St NE Minneapolis, MN 55413</p> <p>Cost: Free</p> <p>Register: required https://hclib.bibliocommons.com/events/5d4d909cfd6e62400176f67 or call East Side’s Vital Living team at 612-787-4086</p>
<p>Sunday</p>	<p>Oct. 13</p>	
<p>Monday</p>	<p>Oct. 14</p>	<p><u>The Gathering Volunteer Training</u></p> <p>What: The Gathering offers a day of fellowship and brain stimulating activities for those experiencing memory loss while giving five hours of respite for their caregivers. Participants are paired one-on-one with a dedicated volunteer specially trained to understand the distinctive needs of people experiencing memory loss. The program is offered through Lyngblomsten’s Community Services and is in collaborative partnerships with churches in the east metro area, including Centennial United Methodist Church, Roseville.</p> <p>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.</p>

		<p>To learn about volunteering for the Gathering or if interested in attending volunteer training contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org More at www.lyngblomsten.org/thegathering.</p> <p>When: 2nd Monday of the month 8:30am-12:30am</p> <p>Where: Lyngblomsten 1415 Almond Ave St. Paul, MN</p> <p>Cost: FREE</p>
Tuesday	Oct. 15	<p><u>Alzheimer's Speaks Radio</u></p> <p>Description: Alzheimer's Speaks Radio gives voice to those afflicted with memory loss, their care partners as well as researchers, advocates, businesses, authors, musicians, movie directors... as it relates to dementia and caregiving. Our goal is to raise awareness, give hope, reduce fears and remove stigmas by sharing real everyday life stories of living with dementia.</p> <p>When: Each Tuesday and Thursday the show is live at 1 P.M. CST People can listen to the show live or archived via their computer at: http://www.blogtalkradio.com/alzheimersspeaks</p> <p>Note: All episodes are recorded and can be accessed at any time.</p> <p>Where: On the internet</p> <p>Cost: FREE</p>
Wednesday	Oct. 16	<p><u>Need Help? Walk-in, free social work assistance at Ramsey County Library in Roseville.</u></p> <p>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.</p> <p>When: Wednesdays 1:30 - 3pm</p> <p>Where: Ramsey County Library - Roseville – conf. room B 2180 North Hamline Ave Roseville, MN 55113</p> <p>For more information call 651-724-6062.</p> <p><u>Hands Only CPR:</u> Roseville Fire Department CPR training</p>

		<p>What: Roseville Fire is continuing our one hour “Hands Only” CPR classes for anyone in the community wishing to learn this lifesaving skill. Walk-ins welcome!</p> <p>When: 3rd Wednesday/month 6:30pm</p> <p>Where: Roseville Fire Department 2701 Lexington Ave N. Roseville, MN 55113</p> <p>Cost: free</p> <p>For more information call Emily: 651-792-7309</p> <p><u>Learning Lab Demonstration</u></p> <p>What: A presentation and demonstration from the Cassia Learning Lab about technology that's available to help older adults remain independent in their homes longer. Respite is available at Wilder’s day program with pre-approval.</p> <p>When: Wednesday, October 16, 4:00 – 6:00 pm</p> <p>Where: Wilder Center for Aging 650 Marshall Ave. St. Paul, MN 55104</p> <p>Cost: None</p> <p>Contact for further information: Wilder Caregiving Services: caregiving@wilder.org or 651-280-2273</p>
<p>Thursday</p>	<p>Oct. 17</p>	<p><u>Walking and Talking</u></p> <p>What: 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>When: Third Thursday of the month, walk from 9:30 – 10:00am and health talk from 10:00 – 10:30am.</p> <p>Where: 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>Cost: Free</p> <p>Register: No registration necessary</p> <p>Questions: Wilder Caregiving Services: caregiving@wilder.org or 651-</p>

		<p>280-2273</p> <p><u>Alzheimer's Speaks Radio</u></p> <p>Description: Alzheimer's Speaks Radio gives voice to those afflicted with memory loss, their care partners as well as researchers, advocates, businesses, authors, musicians, movie directors... as it relates to dementia and caregiving. Our goal is to raise awareness, give hope, reduce fears and remove stigmas by sharing real everyday life stories of living with dementia.</p> <p>When: Each Tuesday and Thursday the show is live at 1 P.M. CST People can listen to the show live or archived via their computer at: http://www.blogtalkradio.com/alzheimersspeaks</p> <p>Note: All episodes are recorded and can be accessed at any time.</p> <p>Where: On the internet</p> <p>Cost: FREE</p>
<p>Friday</p>	<p>Oct. 18</p>	<p><u>Day Out! Group Respite</u></p> <p>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.</p> <p>When: Every Friday 10am – 2pm</p> <p>Where: FamilyMeans 1875 Northwestern Avenue S Stillwater, MN 55082</p> <p>Cost: \$40 each visit</p> <p>Registration: required before attending Day Out! Please connect with our FamilyMeans staff at 651-439-4840.</p> <p><u>NE Day Spot</u></p> <p>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.</p>

		<p>A staff & volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions.</p> <p>No hands-on care is provided, so you must be able to eat, walk and use the restroom independently.</p> <p>When: Every Friday, 10 AM - 2 PM 10/4, 10/11, 10/18, 10/25</p> <p>Where: East Side Neighborhood Services 1700 2nd St NE Minneapolis MN 55413</p> <p>Cost: Sliding fee scale, \$0-\$45</p> <p>RSVP: Pre-screening is required. Parichay Rudina, LISW, 612-787-4085 or prudina@esns.org</p> <p>Contact for more information: Interested in participating? Contact Parichay Rudina, LISW, 612-787-4085 prudina@esns.org.</p> <p>Interested in volunteering? Contact Jennifer Grilliot, 612-787-4104 jgrilliot@esns.org.</p>
Saturday	Oct. 19	
Sunday	Oct. 20	<p><u>Spark! Baking Workshop for People with Memory Loss</u></p> <p>What: Whip up a delicious treat in this baking experience tailored to all ability levels for people living with dementia and their caregivers. Mill City Museum is a member of Spark!, an alliance of cultural institutions that offer programming specifically tailored to people with memory loss.</p> <p>Care partners (caregiver and care recipient) are welcome.</p> <p>When: Sun., Oct. 20, 2019, 1:00 pm - 2:00 pm</p> <p>Where: Mill City Museum 704 S. 2nd St. Minneapolis, MN 55407</p> <p>Cost: Free, registration required</p> <p>Contact: 612-341-7582 mcm@mnhs.org</p>
Monday	Oct. 21	
Tuesday	Oct. 22	<p><u>Alzheimer's Speaks Radio</u></p> <p>Description: Alzheimer's Speaks Radio gives voice to those afflicted with memory loss, their care partners as well as researchers, advocates, businesses, authors, musicians, movie directors... as it relates to dementia and caregiving. Our goal is to raise awareness, give hope,</p>

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Wednesday	Oct. 23	<p><u>Need Help? Walk-in, free social work assistance at Ramsey County Library in Roseville.</u></p> <p>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.</p> <p>When: Wednesdays 1:30 - 3pm</p> <p>Where: Ramsey County Library - Roseville – conf. room B 2180 North Hamline Ave Roseville, MN 55113</p> <p>For more information call 651-724-6062.</p>
Thursday	Oct. 24	<p><u>Alzheimer’s Speaks Radio</u></p> <p>Description: Alzheimer’s Speaks Radio gives voice to those afflicted with memory loss, their care partners as well as researchers, advocates, businesses, authors, musicians, movie directors... as it relates to dementia and caregiving. Our goal is to raise awareness, give hope, reduce fears and remove stigmas by sharing real everyday life stories of living with dementia.</p> <p>When: Each Tuesday and Thursday the show is live at 1 P.M. CST People can listen to the show live or archived via their computer at: http://www.blogtalkradio.com/alzheimersspeaks</p> <p>Note: All episodes are recorded and can be accessed at any time.</p> <p>Where: On the internet</p> <p>Cost: FREE</p>
Friday	Oct. 25	<p><u>Day Out! Group Respite</u></p>

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!
Please connect with our FamilyMeans staff at 651-439-4840.

NE Day Spot

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

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When: Every Friday, 10 AM - 2 PM 10/4, 10/11, 10/18, 10/25

Where: East Side Neighborhood Services
1700 2nd 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

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Interested in volunteering? Contact Jennifer Grilliot, 612-787-4104 jgrilliot@esns.org.

Let's Do Lunch!

		<p>What: A monthly social event for LGBT seniors that welcomes people with memory loss and their caregivers/partners.</p> <p>Join us each month for</p> <ul style="list-style-type: none"> •a healthy lunch •scrumptious dessert •great conversation •information on senior LGBT services and senior care options <p>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>When: <u>4th Friday of every month</u> 11:30 AM - 1:30 PM</p> <p>Where: Little Brothers – Friends of the Elderly 1845 E. Lake St. Minneapolis</p> <p>Convenient location in the heart of Midtown Minneapolis, just blocks from the Blue Line/Lake Street station.</p> <p>Cost: FREE, but RSVP is required</p> <p>RSVP: 612-721-1400 or mhaas@littlebrothersmn.org</p> <p>Sponsors: Little Brothers – Friends of the Elderly, Prime Timers MSP, PFund</p>
Saturday	Oct. 26	
Sunday	Oct. 27	
Monday	Oct. 28	
Tuesday	Oct. 29	<p><u>Legal planning for incapacity and long term care</u></p> <p>What: Presentation by Mark Anderson, Attorney at Law. Sponsor: Chandler Place Senior Living and St. Anthony Health & Rehabilitation</p> <p>When: Oct. 29 11:30 am – Noon: <u>Lunch & Registration</u> Noon – 1:00 pm: <u>Presentation</u></p> <p>Where: Neuroscience Center 295 Phalen Blvd St. Paul, MN 55130</p> <p>RSVP: Jan.L.karrmann@HealthPartners.com or call 651-495-6350</p> <p><u>Alzheimer’s Speaks Radio</u></p>

		<p>Description: Alzheimer's Speaks Radio gives voice to those afflicted with memory loss, their care partners as well as researchers, advocates, businesses, authors, musicians, movie directors... as it relates to dementia and caregiving. Our goal is to raise awareness, give hope, reduce fears and remove stigmas by sharing real everyday life stories of living with dementia.</p> <p>When: Each Tuesday and Thursday the show is live at 1 P.M. CST People can listen to the show live or archived via their computer at: http://www.blogtalkradio.com/alzheimersspeaks</p> <p>Note: All episodes are recorded and can be accessed at any time.</p> <p>Where: On the internet</p> <p>Cost: FREE</p>
Wednesday	Oct. 30	<p><u>Need Help? Walk-in, free social work assistance at Ramsey County Library in Roseville.</u></p> <p>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.</p> <p>When: Wednesdays 1:30 - 3pm</p> <p>Where: Ramsey County Library - Roseville – conf. room B 2180 North Hamline Ave Roseville, MN 55113</p> <p>For more information call 651-724-6062.</p>
Thursday	Oct. 31	<p><u>Alzheimer's Speaks Radio</u></p> <p>Description: Alzheimer's Speaks Radio gives voice to those afflicted with memory loss, their care partners as well as researchers, advocates, businesses, authors, musicians, movie directors... as it relates to dementia and caregiving. Our goal is to raise awareness, give hope, reduce fears and remove stigmas by sharing real everyday life stories of living with dementia.</p> <p>When: Each Tuesday and Thursday the show is live at 1 P.M. CST People can listen to the show live or archived via their computer at: http://www.blogtalkradio.com/alzheimersspeaks</p> <p>Note: All episodes are recorded and can be accessed at any time.</p> <p>Where: On the internet</p> <p>Cost: FREE</p>

<p>Monday Jun. 17</p> <p>Access taped presentations: https://www.dropbox.com/sh/1wznjj7dp8jknhd/ACIZ4tiDDB0oW_Ypv1u4Gefa?dl=0</p>	<p><u>Elder Abuse Prevention and Vulnerable Adult Protection in Minnesota - Legislative Updates & Next Steps</u></p> <p>What: Hear from top leaders in Minnesota government and long-term care service organizations about:</p> <ul style="list-style-type: none"> • Recent legislation designed to protect older vulnerable adults and reduce elder abuse • Legislative and budgetary impacts on Assisted Living and Nursing Homes • Policy revisions to strengthen staff training, support caregivers, improve care and reduce occurrences of abuse • Legal and ombudsman services to support older victims and caregivers • <p>Moderator: Rajean Moone, Executive Director, Minnesota Leadership Council on Aging</p> <p>Panelists:</p> <ul style="list-style-type: none"> • Jan Malcolm, Commissioner, Minnesota Department of Health • Patti Cullen, President/CEO, Care Providers of Minnesota • Gayle Kvenvold, President/CEO, LeadingAge Minnesota • Amanda Vickstrom, Executive Director, Minnesota Elder Justice Center • Cheryl Hennen, State Ombudsman, Office of Ombudsman for Long-Term Care
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Dementia Chats™ Webinars

What: [Dementia Chats™](#) was created with the intention to educate people living with dementia; their care partners both family and friends as well as professionals and advocates. Our Experts are those diagnosed with dementia.

When: All episodes are recorded and you can watch them at your convenience.

Where: On the Internet: <https://www.alzheimersspeaks.com/dementia-chats-webinar>

Cost: Free

Free CEU Events for healthcare professionals - public welcome.

What: Continuing Education events are programs hosted through Ebenezer-Fairview sites. For every 50 minutes attended, healthcare professionals are awarded 1 CEU credit. Ebenezer provides numerous CEU events such as

- Ethics seminars
- Integrative healing practices
- Difficult conversations
- Guardianships and conservatorships
- Legislative changes in medical services

- Self-care and resiliency
- Trusts and wills
- Caregiving
- Senior bullying

Where: Ebenezer sites.

When: online events calendar <http://www.ebenezercares.org/ceus.html>

Family Caregiver Support Web Seminar Series

American Society on Aging (ASA) has teamed up with Home Instead Senior Care to present a series of twelve web seminars that address pertinent caregiving issues. This family caregiver support webinar series features a variety of topics that will help caregivers navigate the many issues that arise while caring for an older adult. Continuing education is available at no cost to attendees. This series is the ideal opportunity to earn CEUs while gaining valuable information that will help you in your work with older adults—all without leaving your desk. It's convenient and it's FREE!

Each of the **webinars will be recorded and available for viewing for up to 60 days after the live presentation**. Pre-registration is required to attend the live or the recorded webinars.

<http://www.asaging.org/series/103/family-caregiver-support-web-seminar-series>

Parkinson's Foundation Expert Briefings Web Seminar Series

American Society on Aging (ASA) has partnered with the Parkinson's Foundation to present a series of web seminars that address pertinent issues relating to Parkinson's Disease (PD).

This webinar series features a variety of topics that will help caregivers and people living with PD to better understand and navigate the disease. Upcoming topics include caregiving and PD, managing the symptoms of PD, and managing the side effects of PD medications. This series is just one part of Parkinson's Foundation's commitment to providing online educational programs presented by leaders in PD research and care.

Continuing education hours are available at no cost to attendees. This series is the ideal opportunity to earn CEUs while gaining valuable information that will help you in your work with older adults—all without leaving your desk. It's convenient and it's FREE!

Each of the **webinars will be recorded and available for viewing for up to 30 days after the live presentation**. Pre-registration is required to attend the live or the recorded webinars

<http://www.asaging.org/series/104/parkinsons-foundation-expert-briefings-web-seminar-series>

Minnesota Brain Injury Alliance

education sessions about caregiving

For schedule, contact: 612-378-2742 or 1-800-669-6442 <http://www.strokemn.org/education/>

Aging and Dementia: Myths, Realities and Best Practices

Jointly Presented by National Alliance for Direct Support Professionals & National Task Group on Intellectual Disabilities and Dementia Practices

Webinar series <https://www.nadsp.org/the-aging-series/>