

Educational and Community Events

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

November, 2019

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

Friday	Nov. 1	<p><u>Roseville Alzheimer's & Dementia Community Action Team (Rsvl A/D) – monthly meeting</u></p> <p>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.</p> <p>Share your ideas to make this a better community. All are welcome.</p> <p>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.</p> <p>Where: Roseville City Hall - Bur Oak room 2660 Civic Center Drive Roseville, MN 55113</p> <p>Questions: RosevilleAlzDem@gmail.com</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!</p>
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		<p>NE Day Spot</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 11/1, 11/8, 11/15, 11/22. We're closed 11/29 for Thanksgiving</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. Linnea Tweed 612-787-4045 LTweed@esns.org</p> <p>Contact for more information: Interested in participating? Contact Linnea Tweed 612-787-4045 LTweed@esns.org</p> <p>Interested in volunteering? Contact Jennifer Grilliot, 612-787-4104 jgrilliot@esns.org</p>
Saturday	Nov. 2	
Sunday	Nov. 3	
Monday	Nov. 4	<p><u>Assisted Living in Minnesota: New Framework & Consumer Rights & Protections - A Community Conversation</u></p> <p>What: Objectives</p> <ol style="list-style-type: none"> 1. To understand the new regulatory framework for assisted living in Minnesota. 2. To provide feedback into the development of the assisted living report card. 3. To participate in a community conversation about the impact of legislative changes on the lives of older Minnesotans and family caregivers. <p>When: November 4, 8 am – noon</p> <p>Where: St. Paul: UMN Continuing Education Conference Center 1890 Buford Avenue St. Paul</p>

		<p>live streamed in Alexandria, Bemidji, Carlton, Detroit Lakes, Mankato, Rochester, St. Cloud, Thief River Falls</p> <p>Registration: https://www.surveymonkey.com/r/ZMN8LL2</p>
Tuesday	Nov. 5	<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	Nov. 6	<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>Nutrition for Brain Health and Smoothies!</u></p> <p>What: Nutritionist Lisa Kane will give a presentation about how to incorporate foods thought to be good for brain health into your every-day eating. Her tips are practical and realistic and her smoothies are delicious! Dinner and a small smoothie sample provided. Additionally, participants will leave with a health frozen meal or two to take home. Respite is available with pre-approval.</p> <p>When: Nov. 6, Dinner at 5:30, Presentation 6:00 – 7:00</p> <p>Where: Wilder’s Community Center for Aging 650 Marshall Ave. St. Paul, MN 55104</p> <p>Cost: Free</p> <p>Registration: Call ahead.</p> <p>Questions: 651-280-CARE (2273)</p>
<p>Thursday</p>	<p>Nov. 7</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

Nov. 8

Memory Screens

What: Come do a short (15 minutes or less) memory screening. This is not a diagnosis but may indicate if it's time to talk to your doctor about your memory. Appointments will be every 20 minutes. Call ahead for an appointment or drop-in and wait for the next available time.

When: Fridays, Nov. 8, 15, and 22, 10:00am – 1:00pm

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

Cost: Free

Registration: Call ahead for an appointment or drop-in and wait for the next available time.

Questions: 651-280-CARE (2273)

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
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Cost: \$40 each visit

Registration: required before attending Day Out!

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.

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

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<p>Saturday</p>	<p>Nov. 9</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>Nov. 10</p>	<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. Care partners (caregiver and care recipient) are welcome.</p> <p>When: Sun., Nov. 10, 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>
<p>Monday</p>	<p>Nov. 11</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>
<p>Tuesday</p>	<p>Nov. 12</p>	<p><u>In-Home Respite Companion Training for Family & Friends</u></p> <p>What: Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved ones. This FREE training will help friends, family members, neighbors, volunteers, and faith</p>

community members feel empowered and prepared to offer their assistance by visiting with an older adult with memory loss in his or her home.

All Companions will be trained using REST® (Respite Education & Support Tools), an evidence-supported program that provides individuals with the education and tools they need to be confident companions. Lunch provided.

When: Tuesday, November 12 10am – 2pm
at Redeemer Lutheran Church in White Bear Lake
3770 Bellaire Ave., White Bear Lake
registration required by Nov. 8

OR Wednesday, November 20 10am - 2pm
on the Lyngblomsten campus in St. Paul
1415 Almond Ave., St. Paul
registration required by Nov. 15

Where: see above

Cost: FREE

Registration: required Jeanne Schuler 651-632-5320 or
jschuler@lyngblomsten.org

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

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.

When: 2nd 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)

Strategies for Home Modification and How to Access Financing

What: Nearly 90% of homeowners nearing retirement want to stay in their homes as they age. “Aging in place” is no longer just a hot topic; it’s a movement.

For years, studies and surveys have documented how seniors want to age in community, often where they’ve lived for many years. Providing a safe and comfortable home can require a range of repairs, and/or accessibility modifications that accommodate changes in functional ability. Unless extremely minor, skilled assessment and installation practitioners should manage access modification work. Financing is the third critical component, often the make-or-break factor in undertaking a project. This session will explore basic access remodeling financing techniques, remodeling “realities” and funding resources.

This session will acquaint attendees with:

- Typical home modifications, and impacts from “generations” of US home styles/layouts
- Financing techniques, and an overview of resources and contacts in Minnesota
- A home modification financing project funded by the federal Administration for Community Living that’s currently underway at the University of Southern California

References/Resources:

- www.homemods.org – University of Southern California National Resource Center on Supportive Housing and Home Modification

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.

(The CEU is free for MGS members; \$15 for non-members.)

Presenter: Diane Sprague, MA, Director, Lifetime Home Project. The Project provides research, outreach, training, and advocacy on accessible/universal housing, innovative “encore” housing arrangements, and home/mobile telehealth. She also instructs online for the University of Southern California.

When: Tue, Nov 12, 2019 12:00 PM - 1:00 PM CST

Where: online

Cost: free

Registration:

<https://register.gotowebinar.com/register/856766250527258892>

		<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	Nov. 13	<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	Nov. 14	<p><u>Dementia: Caring & Coping - Strategies for Living with Ambiguity</u></p> <p>What: A part of aging seems to require learning to live with ambiguity. One's finances, health, relationships, retirement plans, family roles, even diets can move from clarity to ambiguity seemingly overnight. Further, many elders live with medical or mental health conditions that are ambiguous. Dementia, strokes, bi-polar conditions, and how much time rehab from a broken hip requires are common examples.</p> <p>In this practical session, living well with ambiguity and ambiguous losses will be addressed. While dementia care will be emphasized, the implications for living well with ambiguity will be broadly applicable.</p> <p>Speaker: Ted Bowman, grief and loss counsellor</p> <p>When: Thursday, November 14 1:00 – 3:00pm</p>

		<p>Come early to get a seat. This is a very popular seminar.</p> <p>Where: Ramsey County Library - Roseville 2180 North Hamline Ave Roseville</p> <p>Cost: Free</p> <p>RSVP: none</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	Nov. 15	<p><u>Memory Screens</u></p> <p>What: Come do a short (15 minutes or less) memory screening. This is not a diagnosis but may indicate if it's time to talk to your doctor about your memory. Appointments will be every 20 minutes. Call ahead for an appointment or drop-in and wait for the next available time.</p> <p>When: Fridays, Nov. 8, 15, and 22, 10:00am – 1:00pm</p> <p>Where: Wilder's Community Center for Aging 650 Marshall Ave. St. Paul, MN 55104</p> <p>Cost: Free</p> <p>Registration: Call ahead for an appointment or drop-in and wait for the next available time.</p> <p>Questions: 651-280-CARE (2273)</p>

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!

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 11/1, 11/8, 11/15, 11/22.
We're closed 11/29 for Thanksgiving

Where: East Side Neighborhood Services
1700 2nd St NE
Minneapolis MN 55413

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

RSVP: Pre-screening is required. Linnea Tweed [612-787-4045](tel:612-787-4045)
LTweed@esns.org

Contact for more information: Interested in participating? Contact Linnea Tweed 612-787-4045 LTweed@esns.org

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

Saturday

Nov. 16

Sunday	Nov. 17	
Monday	Nov. 18	
Tuesday	Nov. 19	<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	Nov. 20	<p><u>In-Home Respite Companion Training for Family & Friends</u></p> <p>What: Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved ones. This FREE training will help friends, family members, neighbors, volunteers, and faith community members feel empowered and prepared to offer their assistance by visiting with an older adult with memory loss in his or her home.</p> <p>All Companions will be trained using REST[®] (Respite Education & Support Tools), an evidence-supported program that provides individuals with the education and tools they need to be confident companions. Lunch provided.</p> <p>When: Tuesday, November 12 10am – 2pm at Redeemer Lutheran Church in White Bear Lake 3770 Bellaire Ave., White Bear Lake registration required by Nov. 8</p> <p>OR Wednesday, November 20 10am - 2pm on the Lyngblomsten campus in St. Paul 1415 Almond Ave., St. Paul registration required by Nov. 15</p> <p>Where: see above</p> <p>Cost: FREE</p> <p>Registration: required Jeanne Schuler 651-632-5320 or jschuler@lyngblomsten.org</p>

Memory screening & free lunch

What: November is National Memory Screening Month. Have a confidential, quick memory screen by a Registered Nurse and a free lunch.

When: Wed. November 20th 11am-1pm

Where: Meadowood Shores
2100 Silver Lake Rd
New Brighton MN 55112

RSVP appreciated 651-746-5613

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.

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.

Hands Only CPR: Roseville Fire Department CPR training

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!

When: 3rd Wednesday/month 6:30pm

Where: Roseville Fire Department
2701 Lexington Ave N.
Roseville, MN 55113

Cost: free

For more information call Emily: 651-792-7309

<p>Thursday</p>	<p>Nov. 21</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 651-280-2273</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>Nov. 22</p>	<p><u>Memory Screens</u></p> <p>What: Come do a short (15 minutes or less) memory screening. This is not a diagnosis but may indicate if it's time to talk to your doctor about your memory. Appointments will be every 20 minutes. Call ahead for an appointment or drop-in and wait for the next available time.</p> <p>When: Fridays, Nov. 8, 15, and 22, 10:00am – 1:00pm</p> <p>Where: Wilder's Community Center for Aging</p>

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		<p>Cost: Sliding fee scale, \$0-\$45</p> <p>RSVP: Pre-screening is required. Linnea Tweed 612-787-4045 LTweed@esns.org</p> <p>Contact for more information: Interested in participating? Contact Linnea Tweed 612-787-4045 LTweed@esns.org</p> <p>Interested in volunteering? Contact Jennifer Grilliot, 612-787-4104 jgrilliot@esns.org</p> <p><u>Let's Do Lunch!</u></p> <p>What: A monthly social event for LGBTQ 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 LGBTQ 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	Nov. 23	
Sunday	Nov. 24	
Monday	Nov. 25	<p><u>Mental Health First Aid - Older Adult Version</u></p> <p>What: Learn basic first aid skills needed to help a person who is experiencing a mental health problem or crisis. Learn about common mental illnesses and co-occurring disorders with a focus on older adults. Understanding and recognizing the signs that someone needs help is the</p>

		<p>first step in getting that person appropriate care and treatment. Participants will receive a course manual and certificate.</p> <p>This nine-hour workshop is for individuals seeking basic information on geriatric mental health issues and how to help someone in crisis. It is not intended for professionals who have a background in mental health.</p> <p>Participants must be present for entire curricula to receive certificate. Sponsor: National Alliance on Mental Illness MN</p> <p>When: November 25, 2019 8:00am-5:00pm</p> <p>Where: East Side Elders (formerly known as Dayton's Bluff Seniors!) 463 Maria Avenue, Suite 201 St. Paul</p> <p>Cost: Free</p> <p>Registration: https://www.eventbrite.com/e/mental-health-first-aid-older-adults-st-paul-11252019-registration-77375410937</p> <p>Information: Kay: 651-645-2948, ext. 113</p>
<p>Tuesday</p>	<p>Nov. 26</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>Wednesday</p>	<p>Nov. 27</p>	<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	Nov. 28	<p>Thanksgiving</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	Nov. 29	
Saturday	Nov. 30	
Wednesday	Oct. 2	<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>

Strategies for Home Modification and How to Access Financing

What: Nearly 90% of homeowners nearing retirement want to stay in their homes as they age. “Aging in place” is no longer just a hot topic; it’s a movement.

For years, studies and surveys have documented how seniors want to age in community, often where they’ve lived for many years. Providing a safe and comfortable home can require a range of repairs, and/or accessibility modifications that accommodate changes in functional ability. Unless extremely minor, skilled assessment and installation practitioners should manage access modification work. Financing is the third critical component, often the make-or-break factor in undertaking a project. This session will explore basic access remodeling financing techniques, remodeling “realities” and funding resources.

This session will acquaint attendees with:

- Typical home modifications, and impacts from “generations” of US home styles/layouts
- Financing techniques, and an overview of resources and contacts in Minnesota
- A home modification financing project funded by the federal Administration for Community Living that’s currently underway at the University of Southern California

References/Resources:

- www.homemods.org – University of Southern California National Resource Center on Supportive Housing and Home Modification

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.

(The CEU is free for MGS members; \$15 for non-members.)

Presenter: Diane Sprague, MA, Director, Lifetime Home Project. The Project provides research, outreach, training, and advocacy on accessible/universal housing, innovative “encore” housing arrangements, and home/mobile telehealth. She also instructs online for the University of Southern California.

When: Tue, Nov 12, 2019 12:00 PM - 1:00 PM CST

Where: online

Cost: free

Registration:

<https://register.gotowebinar.com/register/856766250527258892>

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.ebenzercares.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/>