

Webinars, Seminars, Conferences & Classes for Caregivers and Professionals

Updated January 2022

- Upcoming Presentations
- Ongoing and On-Demand Presentations

Upcoming Presentations

Powerful Tools for Caregivers

Thursdays | January 13-February 17 | 3:30-5:00 PM via Zoom

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

East Side Neighborhood Services is partnering with Southeast Seniors to bring you this virtual six-week class via Zoom video conferencing. If you're not familiar with Zoom, don't worry we will help you! Registered participants will be asked to attend an orientation prior to the class where you will practice using Zoom and receive support for any technical challenges.

To register, contact 612-787-4076 or VitalLiving@esns.org
Donation of \$40 for the series suggested and includes The Caregiver Help book.

Powerful Tools for Caregivers

Wednesdays, January 19-February 23, 2022, 1:00-3:00 PM in-person
The Wilder Foundation

Attend these 90-minute sessions once a week for six weeks and:

- Improve self-care practices such as exercise, relaxation, and open communication methods
- Improve your ability to manage emotions including reducing guilt, anger, and depression
- Increase your self-confidence in coping with the demands of caregiving

We are planning for this class to meet in-person at:

The Wilder Center
451 Lexington Parkway North
St. Paul, MN 55104

Each participant will receive a copy of “The Caregiver Handbook”
Donations are accepted and appreciated.

For more information or to register:

Contact: Melissa Gibbs, Wilder Foundation, at 651-280-2515 or Melissa.gibbs@wilder.org
or
[Click here](#) to register online.

Juniper - Your Health, Your Community. A program of Trellis

Powerful Tools for Caregivers

Thursdays, January 20–March 3 • 3:30–5 PM via Zoom
Second Half with Lyngblomsten

This weekly class aims to help caregivers take better care of themselves while caring for others. Class includes a free Caregiver HELPBook.

- Improve self-care practices such as exercise, relaxation, and open communication methods
- Improve your ability to manage emotions including reducing guilt, anger, and depression
- Increase your self-confidence in coping with the demands of caregiving

Class Leaders: Lynn Amon and Jessica Drecktrah

FREE; donations appreciated.
Registration preferred by January 19.

[Click here to register](#) or contact Abby Jessen at abby@fcnntc.org or (651) 204-0904
Juniper - Your Health, Your Community. A program of Trellis

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

Gray Matters: Understanding Substance Use Disorders in Older Adults

January 19th at Noon (CT) - Webinar hosted by the Minnesota Gerontological Society

The prevalence of substance use disorder in older adults is increasing as the baby boom generation ages. Alcohol, prescription drugs, and illicit drugs are the leading causes of the increase. High-risk drinking and alcohol use disorder is the leading substance use disorder in older adults. Prescription drug misuse and use disorder in older adults are the second leading cause of substance use disorder. Illicit drug use in older adults is also increasing. As people age, medical conditions, both physical and mental, mask the ability to recognize the impact of substance use, resulting in unexpected and sometimes, very serious outcomes. Screening and assessment of older adults for substance use disorders should be part of regular health visits.

Presentation by Kay King - Older Adults Program Coordinator and an adult community educator for NAMI Minnesota (the National Alliance on Mental Illness of MN).

Learning Objectives:

1. Review the reasons why the abuse of alcohol, drugs, and prescription medications among older adults, is one of the fastest-growing health problems in the U.S.
2. Recognize the negative consequences of improper use or overuse of those substances.
3. Identify age-related changes that can elevate an older adult's sensitivity to their effects.
4. Learn about co-occurring disorders and older adult resources.

[Details and Registration](#)

Dementia Friendly Community of Learning - ACT on Alzheimer's

Starts on January 20, 2022

We are excited to launch the Dementia Friendly Community of Learning on Thursday, January 20 from 12:00 noon to 1:00 p.m. We will gather each third Thursday of the month at noon. Mark your calendar now! Thank you to those who completed a survey to help us select a time that works for most people.

[Register for the Community of Learning](#)

Our topic for January will be the philosophy and practice of "Nothing about us, without us" in care navigation for people with dementia-related illness. Jen Rooney of ACT on Alzheimer's will lead the discussion based on a Webinar by the National Council of Dementia Minds. Each subsequent month someone will lead the group by sharing best practices, a successful experience or an area of expertise and then open the session up to discussion. We will be reaching out to the volunteers who expressed a desire to lead a session and announcing those presenters and topics in future We ACT newsletters.

Ongoing and On-Demand Presentations

Recordings Available for Mayo Clinic Conference on Brain Health & Dementia

The Rochester Mayo Clinic Conference on Brain Health & Dementia was hosted virtually on Friday, October 29th in collaboration with AARP and the Alzheimer's Association. This conference was previously called **Meeting of the Minds** and was held annually at the Excel Center in St. Paul. Portions of the conference were recorded and are now available by [clicking this link](#). They are also available on the Mayo Clinic's Alzheimer's Disease Research Center's [Dementia Hub](#) which offers other resources you may find helpful, including videos about Lewy Body Dementia.

These are the sessions that were recorded:

- Opening Welcome
- Alzheimer's - The Truth About Where We've Been: A Vision to do Better
- Diverse & Underrepresented Populations: Addressing the Obstacles
- Brain Health & Dementia: The Science, the Research, and the Hope
- A Brighter Path Forward: The Community Answer
- HOPEFEST
- The Sights, the Sounds, and the Feels of Hope
- Reflections

Dementia: Caring & Coping

Dementia: Caring & Coping during the Pandemic - Second Series

These virtual events were presented by the **Roseville Alzheimer's & Dementia Community Action Team** in partnership with Lori La Bey's online show **Alzheimer's Speaks**. The series focuses on a variety of topics to help care partners and persons living with dementia.

These presentations and interviews were broadcast on [Alzheimer's Speaks](#) with Lori La Bey on the fourth Wednesday of every month starting April 28, 2021 at 1:00pm.

They are now available on the [Series Two YouTube Playlist](#).

Episode One

April 28 - Dementia Research during the Pandemic - COVID and Cognition

William H. Frey II PhD, Senior Research Director - Center for Memory & Aging, HealthPartners Neuroscience Center

Episode Two**May 26 - What's your Plan? Legal Considerations when Facing a Dementia Diagnosis**

Leah Gilbert, J.D. Private practice attorney focusing on estate planning and elder law - Gilbert Legal, PLLC.

Episode Three**June 23 - Dementia and Medical Care Decisions - Prepare your Family for What's Ahead**

Deborah Day Laxson, Author of "The Gray Zone: When Life Support No Longer Supports Life" and "The Fog Zone: Navigating the Space After Your Diagnosis" and founder of the Health Care Agent Literacy Project

Episode Four**July 3 - The End of Life Journey**

Jeanne Bain, End of life navigator, dementia trainer and consultant. Jeanne is co-host of a podcast called "Death Unfiltered"

Episode Five**August 25 - Your Path to Peace of Mind While Caregiving**

Pat Samples, Author of "Daily Comforts for Caregivers" and "Self-Care for Caregivers, A Twelve Step Approach" and other books, and a champion for creative aging.

Episode Six**September 22 - Humor as a Tool for Caring & Coping**

Shannan Calcutt, Comedian, actor, and workshop leader, clown, comic act designer and acting coach with Cirque du Soleil in Las Vegas.

Episode Seven**October 27- Ambiguous Loss in a Time of Pandemic**

Pauline Boss, Ph.D., Author of "Loving Someone with Dementia" & "Ambiguous Loss" & to be published in November: "The Myth of Closure: Ambiguous Loss in a Time of Pandemic."

The first series of **Dementia: Caring & Coping during the Pandemic** presentations highlighted how organizations modified their programs and services for people living with dementia and their care partners due to COVID-19 and the creative ways that various organizations continued to provide services despite the challenges of COVID-19 restrictions. These shows were broadcast during January and February 2021 and are available on the [Series One YouTube Playlist](#).

Dementia: Caring & Coping during the Pandemic is sponsored by Alzheimer's Speaks and Roseville Alzheimer's & Dementia Community Action Team, the City of Roseville, and the Ramsey County Library system. **We give special thanks to the Friends of the Ramsey County Libraries for their support.**

Caring for People with Memory Loss

University of Minnesota - School of Public Health

The goal of this conference is to provide information, support, and education for adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss.

[Conference Information and Recordings](#)

Recordings of the 2021 conference and other conferences from previous years are available by selecting the Past Conferences option.

Behaviors: Awareness, Attitude, and Action

Dr. Daniel Kaufer Memorial Caregiver Conference
Dementia Alliance of North Carolina

Recordings from this conference are now available.

For many caregivers, the most stressful part of the dementia journey is managing behavioral changes. This two-day conference focuses on awareness, attitude, and action to increase behavioral understanding and empower your response. While looking at behaviors through a Lewy Body dementia lens, this on-line conference will help anyone who is experiencing behavioral challenges in dementia care.

This caregiver conference took place on February 10 & 11, 2021 and featured Authors Helen and Jim Whitworth and Pat Snyder and Dr. Trey Bateman of the Wake Forest School of Medicine.

[Conference Playlist](#)

Note: The sessions are actually listed in reverse order on the Playlist.

The correct order is:

1. Behavioral Symptoms in Dementia with Dr. Trey Bateman
2. Responsive Dementia Care: Fewer Behaviors, Fewer Drugs with Helen Whitworth
3. Your Attitude Can Change Your Story with Pat Snyder
4. Choosing Action with Helen Whitworth
5. Your Actions Can Change Your Story with Pat Snyder
6. Panel Discussion and Q&A with Dr. Trey Bateman, Helen Whitworth and Pat Snyder
7. Congratulations to Pat Snyder - Outstanding Service Award

Memory Loss: A Guide to “What Now?”

Virtual introductory class presented by the Mayo Clinic for those recently diagnosed with memory loss, mild cognitive impairment, or any type of dementia. The class meets the second Wednesday of each month beginning in Aug 2021 from 2:00-3:15pm Central Time.

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

Medicare Basics

During the COVID-19 pandemic, the Metropolitan Area Agency on Aging is offering these presentations using the Zoom video platform. **Check [here](#) for dates and free registration.**

Medicare 101: Selecting the Right Plan for You

Medicare can be complicated. We'll help demystify it and help you select the plan that works best for you. Learn about programs that could help you lessen your costs. You'll get non-biased advice; we don't sell, endorse or promote any insurance products.

Medicare Updates for 2021

Learn about the changes in Medicare benefits and coverage for 2021, and how these changes affect you.

How the Senior LinkAge Line Can Help You

You have questions about housing, services that help you live safely in your home, financial support and more. We'll answer your questions and help you know about valuable resources and supports to keep you or a loved one living independently as you age.

Health Care Directives

This presentation will discuss what advance care planning is and what health care directives can do. We will not complete health care directives as part of this presentation, but attendees will be equipped with the knowledge, resources, and where to go for help to complete their directive. We explain who can be a health care agent and the responsibilities of that role. Examples of health care directives and important considerations will be shared.

Health Care Fraud: Preventing Medicare Fraud and Avoiding Scams

Learn to detect Medicare fraud and what to do if you suspect fraud. We discuss the top scams currently being directed towards older adults and how to avoid them.

If you don't find a presentation that works for you, call the Senior LinkAge Line at 800-333-2433 for help.

Older Americans Act 101: The Foundation of the Aging Services Network

A new course is now available on ADvancing States IQ on the Older Americans Act. This course provides participants with an overview of key issues relevant to the Older Americans Act (OAA), a seminal piece of legislation that underpins the Aging Services Network and authorizes critical programs that support older adults. This course discusses the historical development, functions, and governance of the Act, its service programs, populations served, and funding. Older Americans Act 101 is aimed toward new, as well as seasoned, professional staff in the field of aging who would like a better understanding of the OAA.

This course is free and available to all users on ADvancing States IQ. To access the course, log in to ADvancing States IQ and search for the course Older Americans Act 101: The Foundation of the Aging Services Network.

To log in or create an account, visit [Advancing States IQ](#).

Alzheimer's Foundation of America

[Alzheimer's Foundation Webinars](#)

Alzheimer's Speaks

A wealth of resources from and about people living with dementia. Access to Alzheimer's Speaks Radio and webinars.

[Alzheimer's Speaks](#)

American Society on Aging

[American Society of Aging Web Seminars](#)

Dementia Alliance of North Carolina

[Educational Events Calendar](#)

Insights from Arthurs

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

29 short videos provide information and resolutions for particular dementia behaviors.

[Insights from Arthurs](#)

Minnesota Brain Injury Alliance 2021

[Lunch and Learn](#) seminars for social workers and social service providers.

Minnesota Gerontological Society

[MGS Conferences and Seminars](#)

National Alzheimer's and Dementia Resource Center Series

[Alzheimer's Resource Center Series](#)

Parkinson's Foundation Expert Briefings Web Seminar Series

[Parkinson's Expert Briefings](#)

Struthers Parkinson's Center – HealthPartners

[Classes and events for Parkinson's patients and caregivers](#)

Teepa Snow - Positive Approach to Care®

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

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

[Free Teepa Snow Videos](#)

GCBH Behavior Change Webinar Series

The Global Council on Brain Health (GCBH) hosted a summer webinar series exploring the area of behavior change as it relates to brain-healthy lifestyles. This series of four webinars focused on the science of behavior change including brain health communication and promotion, lessons learned from implementing other public and brain health campaigns and initiatives, neuroeconomics, overcoming barriers to change and brain health equity. The webinars featured invited experts participating in a presentation/roundtable format with questions from the GCBH, moderated by GCBH staff.

Webinar 1: Communicating and Promoting Brain Health Behavior Change

Webinar 2: Implementing Brain Health Behavior Change – Lessons Learned

Webinar 3: Health Economics and Brain Health Behavior Change

Webinar 4: Barriers to Implementing Brain Health Behavior Change and Building Equity

[Watch replays](#) of the four-part series exploring the science of behavior change and brain health.

AARP: Disrupt Dementia

Sparking bold new solutions for the world's brain health crisis

[Dementia: Signs, Symptoms, Stages & Treatment](#)

World Dementia Council: Global dialogue on Prevention

The dementia landscape project: essays from international leaders in dementia.

[DLP - Essays - Prevention.pdf](#)

Highlights from the Alzheimer's Association International Conference 2021

[Conference Overview](#)