

Additional programs offered by Wilder's Community Center for Aging:

Adult Day Health Program

Improves the quality of life for older adults with disabilities and/or memory loss and their families. Daily programs of socialization, creative arts, and recreational engagement are provided. Participants have access to health, nutritional and social services through our program. For more information or to schedule a tour, contact us at 651-280-CARE [2273] or caregiving@wilder.org.

Health and Wellness Programs

As we grow older, we all wish for good health and a sense of well-being for ourselves and our loved ones. Chronic conditions like diabetes, arthritis, depression, chronic pain, high blood pressure and many other conditions can make life and health hard to manage. Wilder offers two six-week workshops, "Living Well with Chronic Conditions" and "Living Well with Diabetes." These workshops offer practical tips and guidelines for taking control of your health! The sessions are interactive and participants learn from each other as they are guided by two trained leaders. Each participant will receive a copy of the companion book, "Living a Healthy Life with Chronic Conditions."

Meals on Wheels

Provides affordable hot, nutritious meals delivered directly to older adults and adults with disabilities. Meals are delivered Monday through Friday by friendly and caring volunteers. This daily check-in is a lifeline for many people who live alone in the community. Contact Christine Miller at 651-280-2533 to sign up for meals or to become a Meals on Wheels volunteer! Offered in collaboration with the Senior Services Consortium of Ramsey County.



Services are funded under contract with the Metropolitan Area Agencies on Aging, Inc, as part of the Older American Act Program, private grants and event sponsors.



Community Center for Aging | Caregiver Services
650 Marshall Avenue, Saint Paul, MN 55104
651-280-CARE [2273] | caregiving@wilder.org
www.wilder.org/Caregiving
facebook.com/WilderCommunityCenterforAging
[@WilderCaregiver](https://twitter.com/WilderCaregiver)

Upcoming Caregiving Events

September—October 2018



All classes are located
(unless otherwise specified) at
Wilder Foundation
Community Center for Aging
650 Marshall Avenue
St. Paul, MN 55104



**All classes and support groups are subject to cancellations pending number of participants.*

September 2018

Caregiver Roundtable

Four conversations about common caregiving issues. Register for one or all of the sessions you would like to attend.

Week One: Talking About Respite

Thursday, September 6, 1:00—2:30 pm

Learn about resources for respite and discuss ways of talking to the person receiving care about getting more help

Week Two: Dealing with Incontinence

Thursday, September 13, 1:00—2:30 pm

Learn tips for managing incontinence from Wilder Community Services for Aging staff Julie Hunt, RN, and Sue Ryan, OTR/L as well as engage in conversation with other caregivers around this topic.

Week Three: Safe Transfers

Thursday, September 20, 1:00—2:30 pm

Learn and practice techniques for helping people safely get in and out of chairs, cars, etc. Led by Sue Ryan, OTR/L and Lonnie Florek, COTA.

Week Four: Memory Loss and Driving

Thursday, September 27, 1:00—2:30 pm

Learn about resources and discuss ways of handling this difficult decision.

Register by the Tuesday before.

**To register, contact
651-280-CARE (2273) or
caregiving@wilder.org**

Tai Ji Quan: Moving for Better Balance

Reduce your risks of falls by improving balance, strength, and flexibility with coordinated movements. Join class anytime or stop in for a trial.

Mondays & Wednesdays

Sept. 10—November 28

10:30—11:30 am

Cost: \$60/series suggested donation

Register by calling 651-280-2515

Living Well with Diabetes

A 6-week class that discusses and practices health and wellness tools to manage diabetes. Family members and friends are welcome to attend.

*Blue Cross Blue Shield Retail Store
1647 County Rd B2 West Roseville, MN 55113*

Mondays, September 17 – October 22

1:00 – 3:30 pm

Cost: No fee

Register at yourjuniper.org and search for Living Well with Diabetes or call 651-280-2515

Living Well with Diabetes

*Open Cities Healthcare Center
409 Dunlap St., St. Paul, MN 55104*

Thursdays; Sept. 27 – Oct. 1

9:00—11:00 am

Cost: Sliding-fee

Register at yourjuniper.org and search for Living Well with Diabetes or call 651-280-2515

Powerful Tools for Caregivers

A six-session class that brings caregivers together to learn tools to reduce stress, improve communication with others, make tough decisions and gain support from others.

*Hennepin County Medical Center Parkside
825 S 8th St Minneapolis, MN 55404*

Wednesdays, September 18—October 24

1:30—3:30 pm

Cost: Sliding-fee \$0-\$50

October 2018

Caregiving Roadmap

A 6-week class for caregivers of people with dementia. Learn about the disease, communication tips and more. During class, care partners are invited to participate in Wilder's Adult Day Health program as space is available. Cognitive testing of the person with dementia is offered and encouraged prior to the class.

Pre-screenings will take place in September.

Tuesdays, October 9—November 13

1:00—3:00pm

Cost: No fee

Powerful Tools for Caregivers

Lyngblomsten Heritage

1440 Midway Pkwy. St. Paul, MN 55108

Wednesdays, October 3—November 7

1:00—3:00 pm

Cost: Sliding-fee \$0-\$50

Walking Group

A 30-minute walk with other caregivers followed by a snack and conversation.

Wednesday, October 3

9:00—10:00 am

Ongoing Monthly Events

Caregiver Coffee Hour

Have a cup of coffee and a treat while chatting with other caregivers.

First Friday, 9:00—10:30 am

Caregivers are welcome to drop in anytime during the coffee hour.

Let's Do Lunch!

For LGBT seniors, boomers and allies - relax, enjoy lunch and gather information on senior and LGBTQ services.

Second Tuesday, 11:30am—1:30 pm

(Also Fourth Friday at Little Brothers—Friends of the Elderly in Minneapolis)

Memory Loss Discussion Group

Caregiver support group. On-site respite available with pre-approval.

Second Thursday, 10:00—11:30 am

LGBTQ Caregiver Support Group

On-site respite available with pre-approval.

Third Tuesday, 1:00—2:30 pm

Adult Children Caregiver Support Group

Caregiver support group for anyone caring for a parent, grandparent or other parental figure with any condition.

Third Wednesday, 6:00—7:30 pm

Memory Loss Caregiver Cafe

Small-group discussion with other caregivers. On-site respite available with pre-approval.

Fourth Wednesday, 1:00— 2:30 pm