

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.

Some services are funded, in part, by the Minnesota Board on Aging

Some 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.

Some service are funded, in part by a Live Well at Home grant from the Minnesota Department of Human Services



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

January - February 2019



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

Ongoing Monthly Events

NEW! Memory Café

For people with dementia and their care partner. Come and enjoy a snack and good company with other families living with dementia. In partnership with Health Partners Neuroscience Center.

Starting Feb. 6

First Wednesday, 10:00—11:30

*At Health Partners Neuroscience Center
295 Phalen Boulevard, St. Paul MN 55130*

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

Open to anyone in the LGBTQ community caring for an older adult or person with dementia. 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

NEW! Walking Group

Join others for a 30-minute walk at various in-door locations. Transportation from Wilder's Center for Aging will be provided. On the fourth Thursday, lunch will also be provided prior to the walk. Starting Jan. 17

**Third and Fourth Thursday, leave Wilder at 12:30 and return by 2:00
Lunch on the Fourth Thursday at 11:30**

Memory Loss Caregiver Cafe

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

Fourth Wednesday, 1:00— 2:30 pm

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

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

January 2019

Dementia Discussion: When They Don't Want Help

Why do some people with dementia seem to have little understanding of the disease or their own need for support? Join us as we dive deeper into questions about caregiving for a person with dementia. Lunch will be served. Register by Jan. 18

Tuesday, Jan. 22

11:30—1:00

Cost: No fee

February 2019

Paths to Faithful Caregiving

A 5-week class at First Congregational United Church of Minnesota. Get support to manage stress and difficult emotions, communicate more effectively, create balance in life, locate helpful resources, find caregiving strength through your own unique spiritual practices

Saturdays, Feb. 2—Mar.2

10:00—12:00pm

Cost: No fee

At First Congregational

500 8th Ave SE Minneapolis, MN 55414

Caregiving Roadmap

A 6-week class for caregivers of people with dementia. Learn about the disease, communication tips and more. Cognitive testing is offered and encouraged prior to the class.

Pre-screening required

Wednesdays, Feb. 6—Mar. 13

1:00—3:00pm

Cost: Sliding fee \$0—\$300

At Health Partners Neuroscience Center

295 Phalen Boulevard, St. Paul MN 55130

Talk to a Caregiver Consultant

A professional caregiver consultant can answer questions, facilitate conversations and more. Connect with a professional caregiver consultant to

- Navigate resources
- Problem-solve difficult situations
- Set goals
- Work with your family to make care decisions
- Better understand and manage memory loss

You can meet with the consultant in person, or converse with them via phone or email. Some services have a fee. Call: 651-280-CARE (2273)
Email: caregiving@wilder.org

Book Sale!

Help support Wilder by purchasing Anne Simpson's wonderful books. Books can be purchased at the front desk with cash or check.

- Do You Feel as Old as You Are? (\$15.00)
- Growing Down: Poems to an Alzheimer's Patient (\$18.95)