

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 September—October 2019



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



Ongoing Groups

These groups happen every month and there is no need to register. For questions or to find out if a group is cancelled for any reason, call 651-280-2273 or email caregiving@wilder.org

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.

First Wednesday, 10:00—11:30am

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

Walking and Talking: First Thursdays at the History Center

We will get active by walking around the history center and then take a dementia-friendly tour of the exhibits.

Walk 9:30—10:00am

Exhibit Tour 10:00 - 10:30am

Location: Minnesota History Center

*345 W. Kellogg Blvd.
St. Paul, MN 55102*

Caregiver Coffee Hour

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

First Friday, 9:00—10:30am

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

Let's Do Lunch!

For LGBT seniors, boomers and allies - 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—11:30am

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—2:30pm

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—7:30pm

Walking and Talking: Third Thursdays at the Mall of America and AARP

We will get active by walking around the mall and then have coffee and treats while we learn about various health topics

Location: *AARP Information Center at the Mall of America (located on the second floor between Macy's and Nordstrom's) 228 W. Market, Bloomington*

Men's Caregiving Support Group

Open to any man caring for an older adult or person with dementia

Fourth Thursday, 10:00—11:00am

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
- 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) or email: caregiving@wilder.org

Other Classes and Events

These groups and classes are one-time events or limited-time series. Most ask for registration. For information or to register contact 651-280-2273 or email caregiving@wilder.org

September 2019

Adult Day Health Tour

Join other caregivers to learn about the benefits of adult day services for people with memory loss and their families. We will have a brief presentation and tour at Wilder and then take a bus to look at two other day programs in our area (Salvation Army and the Roitenberg Adult Day Program).

Respite is available at Wilder's day program with pre-approval.

Thursday, Sept. 26, 1:00—3:30pm

Register by Sept. 24

October 2019

Learning Lab Demonstration

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.

Wednesday, October 16, 4:00—6:00pm (before the Adult Children Caregiver Support Group)