

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.

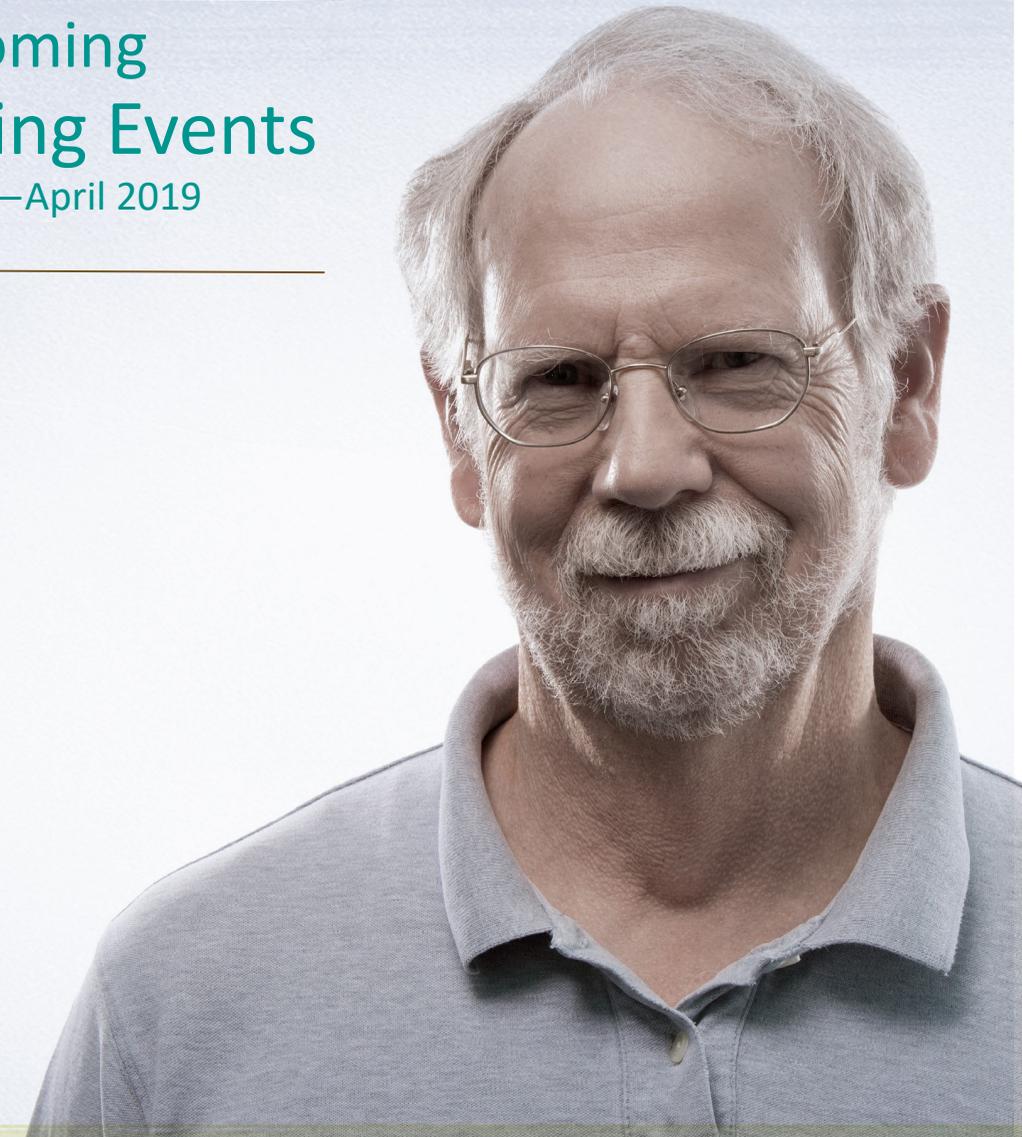
Some service are funded, in part by a Live Well at Home grant from the Minnesota Department of Human Services



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

March—April 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

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—11:30am

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

NEW! Walking Group Join others for a

30-minute walk at various indoor locations. Walkers are invited to join us afterwards for coffee, treats and socialization. In the summer, we hope to take the first Thursday walk outdoors.

First and Third Thursdays

Walk 9:30—10:00am

Coffee and Conversation 10:00 - 10:30am

First Thursday Location (for March and April): *Barnes and Noble bookstore at the HarMar mall 2100 Snelling Ave North, Roseville*

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

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 - 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—11:30am

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

Memory Loss Caregiver Cafe

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

Fourth Wednesday, 1:00— 2:30pm

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

March 2019

Respite for Meeting of the Minds

Caregivers can attend the Meeting of the Minds Dementia Conference (sponsored by the Alzheimer's Association) at Saint Paul RiverCentre with peace of mind. Wilder is offering a one-day companion program during the conference. If you are having difficulty finding someone responsible to stay with the person you care for, bring them to the Wilder Community Center for Aging in Saint Paul.

Saturday, Mar. 2, 7:30am—4:30pm

Cost: Over four hours—\$40, Under four hours—\$20

Limited spots are available. For eligibility and more information, please call 651-280-CARE (2273).

Dr. Yip, Optometrist

Dr. Vivien Yip, an optometrist from Open Cities will be here to tell us about what we need to know to take of our eyes as we age.

Tuesday, Mar. 5, 1:00—2:30pm

Talk to a Caregiver Consultant

A professional caregiver consultant can answer questions, facilitate conversations and more. Some services have a fee.

Call: 651-280-CARE (2273)

Email: caregiving@wilder.org

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 Mar. 19

Thursday, Mar. 21

12:00 - 1:30pm

Location TBD

April 2019

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, Apr. 3—May 8

1:00—3:00pm

Series Cost: Sliding fee \$0—\$75

Dinner for Working Caregiver Spouses

If you are caring for a spouse or partner with memory loss and working and would like to meet others in a similar situation, please join us for a dinner and conversation. Register by Apr. 2.

Thursday, Apr. 4, 5:00—6:30pm

*At Health Partners Neuroscience Center,
Point of View Room
295 Phalen Boulevard, St. Paul MN
55130*