

## 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](mailto: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](mailto:caregiving@wilder.org)  
[www.wilder.org/Caregiving](http://www.wilder.org/Caregiving)  
[facebook.com/WilderCommunityCenterforAging](https://facebook.com/WilderCommunityCenterforAging)  
[@WilderCaregiver](https://twitter.com/WilderCaregiver)



## Upcoming Caregiving Events

May—June 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](mailto: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 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 10:00 - 10:30am**

**First Thursday Location:** *Call for location*

**Third Thursday Location:** *AARP Information Center at the Mall of America (located on the second 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](mailto:caregiving@wilder.org)

### May 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.

**Wednesday, May 15, 10:00—11:30am**

*At Shoreview Community Center  
4580 Victoria St N, Shoreview, MN 55126  
Register by May 13*

**Again Thursday, May 16, 5:30—7:00pm**

*At Wilder Community Center for Aging  
Dinner will be served. Register by May 14*

#### **Energizing Care Partners**

Part of Rsvl A/D Caring and Coping series. Learn about respite options and how they can enhance the wellbeing of caregivers and those they care for.

**Thursday, May 9, 1:00—3:00pm**

*At Ramsey County Library –Roseville 2180 Hamline Ave N., Roseville*

**For groups that require registration, contact 651-280-CARE (2273) or [caregiving@wilder.org](mailto:caregiving@wilder.org)**

## June 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

Respite is available.

**Tuesdays, June 4—July 9**

**1:00—3:00pm**

**Series Cost: Sliding fee \$0—\$75**

### **Resources to Remain Independent**

Part of Rsvl A/D Caring and Coping series. A resource fair featuring many local agencies with technologies to help older adults stay independent.

**Thursday, June 13, 1:00—4:00pm**

*At Roseville Skating Center, 2661 Civic Center Dr., Roseville*

### 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](mailto:caregiving@wilder.org)