

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 a Live Well at Home grant from the Minnesota Department of Human Services as well as private grants.

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/WilderCaregiverCommunity | @WilderCaregiver



Upcoming Caregiving Events

January—March 2020

All classes are located (unless otherwise specified) at
Amherst H. Wilder Foundation | **Community Center for Aging**
650 Marshall Ave, Saint 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—11:30 am

NO JANUARY MEETING

Feb. 5, Mar. 4

Location: Health Partners

Neuroscience Center

295 Phalen Boulevard, St. Paul

Caregiver Coffee Hour

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

First Friday, 9:00—10:30 am

Jan. 3, Feb. 7, Mar. 6

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, 11:30 am—1:30 pm

Jan. 14, Feb. 11, Mar 10

(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

Jan. 9, Feb. 13, Mar. 12

Walking, Talk and Reminisce at the History Center

Meet in the café then take a dementia-friendly tour of an exhibit

Third Tuesdays, 9:30—10:30 am

Jan. 21, Feb. 18, Mar. 17

**Location: Minnesota History Center
345 W. Kellogg Blvd. St. Paul,**

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

Jan. 21, Feb. 18, Mar. 17

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

Jan. 15, Feb. 19, Mar. 18

Walking and Talking at the Mall of America with AARP

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

Third Thursdays, 9:30—10:30 am

Jan. 16, Feb. 20, Mar. 19

**Location: AARP Information Center
at the Mall of America 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—11:00 am

Jan. 23, Feb. 27, Mar. 26

Special 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

January 2020

No classes or events. Ongoing groups continue with some exceptions (see group listing for information)

February 2020

No classes or events. Ongoing groups continue with some exceptions (see group listing for information)

March 2020

Powerful Tools for Caregivers

A 6-week class that teaches caregivers skills for stress management, decision-making and finding support. On-site respite is available with pre-approval.

Thursdays, March 5—April 9,

1:00—3:00 pm

Register by March 3

Nutrition Lunch and Learn

Nutritionist and Dietician Lisa Kane will explain the MIND Diet for brain health, answer your nutrition questions and demonstrate how to make a MIND diet salad. Lunch will be served.

Wednesday March 11

Lunch 12:00—12:30 pm

Talk 12:30—1:30 pm

Register by March 9

(will repeat on April 8, same time)

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.

Tuesday, March 24

1:00—3:30 pm

Register by March 20

NEW Support Group for Caregivers of People with Parkinson's Disease

This will be the first of a new monthly support group. An opportunity for caregivers of people with Parkinson's Disease to meet with others and talk about the joys and stresses of caregiving and share what works and gain support. Respite may be available in the day program with pre-approval.

Fourth Wednesdays

Beginning March 25

1:00—2:30 pm

Please call by the Monday before the group if you need respite

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