The Gathering

An in-person group respite program for people living with memory loss that provides four hours of respite for their family caregivers.

Offered by Lyngblomsten Community Services, The Gathering is a group respite program that provides four hours of brain-stimulating activities and social engagement to adults experiencing early- to mid-stage memory loss, allowing their family members and/or friends to take a much-needed break from caregiving. It’s led by Lyngblomsten staff with support from an artist-in-residence and specially trained volunteers.

Benefits for participants
• Experience fun, laughter, and enrichment with a consistent cohort once a week
• Create social connections with volunteers and staff
• Enjoy activities that stimulate the brain and promote community, such as music, art (led by professional teaching artists), discussion groups, exercise, and more

Benefits for caregivers
• Receive a much-needed break: four hours each week
• Meet one-on-one with a Lyngblomsten Caregiver Specialist for resources, education, and support
• Meet with other caregivers weekly for connection and conversation

For more information about The Gathering, contact Lyngblomsten Community Services:
(651) 632–5320 or caregiving@lyngblomsten.org
www.lyngblomsten.org/TheGathering

Lyngblomsten Community Services welcomes all people and fosters a climate of purposeful inclusion of everyone. It is known locally and nationally for its expertise in developing high-quality programming for persons living with memory loss. The Gathering is funded, in part, by an award from the Brookdale Foundation Group and by gifts made to the Lyngblomsten Foundation.

www.lyngblomsten.org/CommunityServices