Get the support you need through 2nd Half with Lyngblomsten’s Caregiver Resources

What is 2nd Half with Lyngblomsten?

2nd Half with Lyngblomsten is a life enrichment center that supports older adults to age well in their communities. The centers are designed to bolster socialization, encourage lifelong learning, promote health and wellness, and provide support during life transitions for older adults and their loved ones.

What services are available for caregivers?

2nd Half with Lyngblomsten offers a variety of services to caregivers:

- A resource and referral service
- One-on-one counseling for dementia caregivers (REACH)
- Monthly support groups
- A group respite program (The Gathering)
- And more

More details about these and other offerings for caregivers are on the back of this sheet.

2nd Half with Lyngblomsten also offers activities that can help you better your health—physically, mentally, and emotionally—as a caregiver. These offerings focus on:

- Education & the Arts
- Social & Outings
- Resources & Support
- Service Opportunities

Where is 2nd Half with Lyngblomsten located?

Our life enrichment centers are located in the Como Park neighborhood in St. Paul on our Lyngblomsten campus and in White Bear Lake (hosted at Redeemer Lutheran Church).

For updated information, visit the 2nd Half with Lyngblomsten website at www.lyngblomsten.org/2ndHalf or pick up the latest copy of the 2nd Half with Lyngblomsten catalog. Catalogs are available on campus or online at www.lyngblomsten.org/publications.

For more information, contact Jeanne Schuller at jschuller@lyngblomsten.org or (651) 632-5320.
Caregiver Resource & Referral Service
Our staff will listen to your individual needs and help you formulate a plan by facilitating:

- A brief needs assessment, which often can be completed over the phone or by email.
- A personalized response, which can include a list of available resources, referrals to programs, and educational materials.
- A follow-up call to ensure you received the information and support you needed.

REACH (Resources for Enhancing Alzheimer’s Caregiver Health)
REACH is a proven approach used by caregiver consultants to support family members and others who are caring for someone with Alzheimer’s disease or a related dementia.

- Includes four meetings that are tailored to what you as a caregiver need the most.
- You’ll set goals, solve problems, learn how to reduce stress, and more.
- Fee is offered on a sliding scale.

Support Groups
Our support groups meet once a month, and sessions include a brief education component, time to gather resources, and time to talk.

- Caregiver Support Group meets the 3rd Wednesday of each month from 1–2:30 PM on the Lyngblomsten campus in St. Paul.
- Memory Loss Caregivers Support Groups meet on Tuesdays and Thursdays at 10 AM at five sites throughout the east metro.
  - Augustana Lutheran Church, West St. Paul; 1st Tuesday each month
  - Centennial United Methodist Church, Roseville; 2nd Tuesday each month
  - First Presbyterian Church, White Bear Lake; 1st Thursday each month
  - White Bear Lake United Methodist Church, White Bear Lake; 4th Thursday each month
  - Woodbury Baptist Church, Woodbury; 4th Tuesday each month
- Parkinson’s Disease Support Group meets the 1st Thursday of each month from 1–3 PM on the Lyngblomsten campus in St. Paul.
- Twin Cities Support Group for Persons with Lewy Body Dementia meets the 1st Wednesday of each month at 10 AM at Centennial United Methodist Church (1524 W County Road County C2, Roseville)

The Gathering (group respite)
The Gathering provides a day of stimulating activities for those experiencing early to mid-stage memory loss and gives five hours of respite to caregivers who desire a break.

- The program is staffed by specially trained volunteers at sites in Roseville, West St. Paul, White Bear Lake, and Woodbury.
- Each program site meets 2–4 times per month and accommodates a group of 8–10 participants.
- Contribution is requested on a sliding scale basis.
- For more information about participating in The Gathering, contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

For more information, contact Jeanne Schuller at jschuller@lyngblomsten.org or (651) 632-5320.

Funded in part by gifts to the Lyngblomsten Foundation and the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.