

## ACT III: ACT Together

**Volunteer Now!** Learn how YOU can make Roseville a dementia-friendly community.

### The Gathering: Volunteer to Serve those with Memory Loss

Join a group of volunteers who enjoy making a difference in the lives of people experiencing early- to mid-stage memory loss.

The Gathering program, coordinated by Lyngblomsten, offers a day of social and stimulating activities for those experiencing memory loss while giving five hours of respite to their caregivers. Volunteers receive comprehensive training so they are able to help plan the day's activities and promote socialization for participants.

Volunteers are needed at **Centennial United Methodist Church in Roseville**. The program is offered each Tuesday from 10 AM–3 PM.

**Learn more:** Contact Betsy Hoffman at (651) 414-5291 or [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org), or visit [www.lyngblomsten.org/thegathering](http://www.lyngblomsten.org/thegathering)



### P.S. I Understand: Peer Support for Caregivers

P.S. I Understand is a program within Wilder's Caregiver Services. It matches a person who is currently in the role of caregiver with a trained volunteer who is a former caregiver. The volunteer calls the current caregiver once or twice a month to provide emotional support.

With training provided by Wilder, volunteers provide an invaluable service to caregivers by breaking a caregiver's isolation and being an empathetic listener.

**Learn more:** (651) 280-CARE (2273) or [caregiver@wilder.org](mailto:caregiver@wilder.org), or visit [www.wilder.org/caregiving](http://www.wilder.org/caregiving)



# ACT on Alzheimer's

## Roseville Families & Friends: Let's Take Action

Let's make Roseville more welcoming for people living with Alzheimer's and Dementia

### ACT I: Get Together

## Fall 2015

### ACT II: Learn Together

Join us for dementia film documentaries and discussions, and an expert speakers education series. Details inside.

### ACT III: ACT Together

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Roseville ACT is sponsored by the Roseville Alzheimer's and Dementia Community Action Team (Rsvl A/D)—a consortium of community volunteers, service providers and government entities committed to making Roseville a more dementia-friendly community. Arthur's Residential Care, Inc. serves as the fiscal agent for the Roseville ACT on Alzheimer's project.

# ACT II: Learn Together

Fall 2015

All events are FREE and open to the public.

## Film documentaries with facilitated discussions: Dementia, Caregiving, & the Arts

Sunday Afternoons from 1–4 PM

Lyngblomsten, 1415 Almond Avenue (main entrance), St. Paul

### September 20

#### The Alzheimer's Project: Caregivers (49 minutes)

A collection of five portraits that highlight sacrifices and successes made by people experiencing their loved ones' gradual descent into dementia.

#### No Thanks, We're Fine (15 minutes)

A compelling video featuring caregivers for people with dementia. They encourage other caregivers not to wait for a crisis to occur or be ashamed to get help, but to seek assistance right away.

### November 1

#### Alive Inside (78 minutes)

This joyous cinematic journey explores how music can reawaken the vitality of individuals with Alzheimer's disease—sometimes years after the diagnosis. The film follows a

social worker as he shows music's amazing ability to restore a deep sense of self in those suffering from memory loss through exposure to music from one's past. The music stimulates retrieval of memories stored in parts of the brain less affected by Alzheimer's.

### November 15

#### I Remember Better When I Paint (54 minutes)

This is the compelling story of an American artist with Alzheimer's disease who was lost, agitated and withdrawn. Helped by students of the School of the Art Institute of Chicago, she began to paint again, regaining an interest in life and the people around her. The documentary shows how creative arts can help strengthen the still-vibrant imaginations of many people with dementia—and help us see those with Alzheimer's through a different lens.

## Expert speakers followed by Q & A: Dementia & Effective Caregiving

Thursday Afternoons from 1–2:30 PM

Roseville City Hall, 2660 Civic Center Drive, Roseville

### October 8 (CEUs available)\*

#### Understanding Dementia & Alzheimer's Disease

Learn about memory loss, the brain, symptoms, and diagnosis. Explore current and possible new treatments.

Michael Rosenbloom, M.D.,  
Clinical Director  
HealthPartners Center for  
Memory & Aging

### October 15 (CEUs available)\*

#### Testing for Dementia: Diagnosis to Treatment & Real World Implications

Learn about the neuropsychological assessment used to diagnose dementia. Observe a role play of this assessment. Learn how it is explained to families and patients, and how assessment outcomes can provide pathways for referrals and follow-up.

Sonia Mosch, PhD, LP, ABPP  
Clinical Neuropsychologist  
HealthPartners Center for  
Memory & Aging

\*For CEU information, RSVP to (651) 254-2743.

### October 22

#### Caregiver Stress/Burnout (Taking Care of You)

You are not alone as a caregiver. Learn how others are coping as a care partner. Get tips and tools to live a more balanced and fulfilled life while you care.

Catherine Engstrom, MSW, LGSW  
Amherst H. Wilder Foundation  
Caregiver Services

### October 29

#### Practical Tips for Avoiding Power Struggles

Learn in a hands-on manner. This is NOT "Dementia 101." You will be practicing hands-on techniques to diffuse battles, communicate better, and simplify your interactions.

Deb Nygaard, Director of  
Development  
Arthur's Residential Care

Learn more at [www.cityofroseville.com/dementiainfo](http://www.cityofroseville.com/dementiainfo)

Questions? Contact Janell Wampler at (651) 604-3520