

Dementia Friendly Supports and Services in SE MN

Olmsted County

Rochester:

Resounding Voices Chorus- Register on-line at: www.resoundingvoices.org. You can register as a couple or as an individual. Cost is \$50 per person; practice is on Tuesdays from 10-12 in 10-week semesters at Calvary Evangelical Free Church. Contact-507-218-8376 to learn more and register. Registration required.

Memory Café- A chance for people coping with memory loss to socialize, laugh, and learn with others in an understanding and friendly atmosphere. The Rochester group meets every Tuesday from 1:30-3pm at Dunn Brothers Coffee-Elton Hills Dr. Join anytime, no registration required.

Spark!- Meeting at the History Center of Olmsted County-go to www.olmstedhistory.com and click on events. They meet the first Monday of every month from 10:30-12. This is a free program. Please call 282-9447 to sign up. Aaron Saterdalen is the coordinator.

REACH-Resources for Enhancing Alzheimer Caregiver Health. REACH is a program to support caregivers, caring for someone with Alzheimer's disease or a related dementia. You meet one-on-one with a trained caregiver consultant who can customize the session to meet your needs. Call Elder Network to talk to a consultant-507-285-5272

Caregiver Support Groups- Elder Network-they have support groups once a month-go to www.elder-network.org/events-workshops.php

Caring Conversations-Through Mayo Clinic- is a drop-in support group intended for persons who provide support and care to a spouse, partner, or relative living with Alzheimer's disease, Lewy body dementia, Frontotemporal degeneration, mild cognitive impairment or a related disorder.

Led by Mayo Clinic facilitators, the purpose of these meetings is for individuals to feel heard, understood and supported. The group offers a place to share experiences and feelings confidentially with others who are on a similar path with opportunities for reflection, problem-solving, and information gathering.

Two meetings are offered each month, please note the different locations. All meetings are open to the public and no advanced registration is required.

2nd Wednesday of each month

1:30-2:45 pm

Location: Assisi Heights

Water Room II (except February and March in Water I)

1001 14th Street NW Rochester, MN

Enter through the North Door (back of building) labeled Assisi Conference and look for signs to Water Room II.

Contact: 507-284-1324 with any questions.

4th Thursday of each month

10:00-11:15 a.m.

Location: Charter House

Northview Room

211 2nd St NW Rochester, MN

Free parking is available in the guest parking spaces in the lot to the east and north of Charter House. Once parked enter through the main door on the south side of the building. Contact: 507-293-1313 with any questions.

[Alzheimer's Association Care Consultation](#)- they can provide personalized service/education for individuals and families to help them navigate the challenges and many decisions that need to be made. Call 1-800-272-3900

[Alzheimer's Association Support Groups](#)- 1-800-272-3900

[Caring Partners Adult Day Center](#)-Salvation Army provides respite care and support for individuals with dementia. Contact Janine Fuller at Janine.fuller@usc.salvationarmy.org.

Goodhue County

Pine Island:

Memory Café- A chance for people coping with memory loss to socialize, laugh, and learn with others in an understanding and friendly atmosphere. The Pine Island group meets every 2nd Thursday from 2:30-4:30 at the Pine Island Senior Center. Join anytime, no registration required. Call Marie if you have questions- 507-259-0613.

Winona County

Winona:

Forget Me Notes Chorus- A real choral experience for people living with memory loss and their care partners. Weekly practices on Mondays from 2:30-4pm include choral instruction, socializing and refreshments. Meet at Wesley United Methodist Church-114 West Broadway. Call Lori Paulson to find out more and register- 507-454-7369

Memory Café- A stigma free social gathering for people living with memory loss and their care partners. Meets every other Wednesday of the month at Beno's Deli (78 E 4th St) from 2:30-3:30. No registration required just stop by. Call Lori at 507-454-7369 for more information.

Spark!- A cultural program for people with memory loss. Meeting at the Marine Art Museum (800 Riverview Dr.) on the first Wednesday of the month from 10:30-12. Registration is required-call Heather at 507-474-6626.

REACH-Resources Enhancing Alzheimer Caregiver Health. Resources for Enhancing Alzheimer Caregiver Health. REACH is a program to support caregivers, caring for someone with Alzheimer's disease or a related dementia. You meet one-on-one with a trained caregiver consultant who can customize the session to meet your needs. Contact Lori Paulson in Winona to learn more and set up a free appointment with a REACH Consultant. Lori-507-454-7369.

Winona Support Group for Partners of People Living with Memory Loss- Meets the 1st and 3rd Tuesdays of the month at 1:30 at the Elder Network office- 902 E 2nd St, Suite 321. Meets on the 3rd floor in the Winona Room. Connect with other care partners of people living with memory loss. A time for education, comfort and support.

Benedictine Adult Day Center- At St. Anne of Winona, they offer respite and adult day care for your loved ones. Call 507-457-3810.

http://www.saintanneofwinona.org/adult_day_services

Interactive Experience –Beatriz Lab-a virtual reality experience that puts you in the shoes of someone with Alzheimer’s Disease to experience what it might be like. Call Jenna Barkeim at St. Anne’s to set up a time or learn more. 507-205-6200, jennabarkeim@bhshealth.org

Wabasha County

Wabasha:

Community Events coming up: Community wide book reading of “Still Alice.” Library ordering multiple copies. April 16th movie showing of Still Alice and discussion.

Special event at the Library on April 23rd- Robin Brooklyn from the U of M will speak about Alzheimer’s disease and dementia.

Dementia Friends Information Sessions- Information sessions are being held around the community. Contact MJ Moravec to learn more-507-990-6456

Alzheimer's Support Group: 2nd Wednesday of the month from 2:00pm - 3:00pm at St. Elizabeth’s Medical Center. The group primarily targets caregivers and family members of individuals with dementia-related illnesses. For more information: Karen.evers@ministryhealth.org or 651-565-4581.

Lake City:

Alzheimer’s & Dementia Caregiver Support Group- Meeting the 2nd Monday of every month from 3:30-5pm at The Bluffs of Lake City 480 West Grant St. RSVP to Vicky Heitman 651-448-8333, vheitman@oxfordmgmt.com

Goodhue County

Red Wing:

Alzheimer's and Dementia Support Group: 2nd Wednesday of each month from 10:00am – 11:30am. The group is a safe place for caregivers, family and friends of persons with dementia. At St. Crispin Living Community- The Villa Private Dining Room, 2nd floor, 135 Pioneer Road. Facilitated by Sarah Fox. For more [information](#): 651-385-5422.

Respite Care: Faith in Action volunteers provide short-term (2-4 hrs) relief to allow a caregiver to get a break, run errands or socialize. They do not provide direct cares. Call Faith in Action to learn more-651-327-2400 or email at fia@redwing.net.

Fillmore County

Chatfield:

Slice of Life: (Seniors and Loved Ones, Interactive; Chatfield Experiences) A program for caregivers and their loved ones that will explore something in Chatfield that can stimulate communication, imagination, story creating and artistic expression. Meets in different location each month with a theme or project as one component. Upcoming dates are: February 4th, March 3rd, April 7th & May 5th. Call Pastor Debra Collum at Chatfield UMC at 507-867-3529 to learn more and get further details.

Rice County

Northfield:

Three Links Care Center: Adult Day Services- To learn more call Sarah Hall at 507-664-8865 or email at sarah.hall@threelinks.org, <https://threelinks.org/adult-day-center/>

Houston County

Neighbors in Action:

Our **Care Partner service** offers affordable, dependable, non-medical care to older adults and their caregivers who need more assistance than our volunteers can provide. This program is available for a minimum of 3 hours a week; times are flexible. All Care Partners are paid staff who are trained and background checked.

Care Partners can provide:

- Meal planning and preparation
- Help with Laundry
- Changing bed linens

- Light Housekeeping and basic cleaning
- Socialization and companionship
- Reminders to take medications or perform personal care tasks
- Peace of mind and respite for caregivers.

How much do Care Partners Cost?

All fees are determined using a sliding fee scale based on household income. We will never deny service due to inability to pay. All fees are sent in a monthly billing statement according to a previously agreed upon Service Agreement.

Contacts: Sandy Graves-507-895-8123, sandy@neighborsinaction.net

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Freeborn County

Albert Lea:

REACH: Resources for Enhancing Alzheimer Caregiver Health. REACH is a program to support caregivers, caring for someone with Alzheimer's disease or a related dementia. You meet one-on-one with a trained caregiver consultant who can customize the session to meet your needs. Contact Nancy Halvorsen with Senior Resources of Freeborn County to set up an appointment or learn more.

nancyh@srofc.org