

- **November is National Family Caregivers Month, a time to honor and celebrate family caregivers.** If you're a family member, friend, or neighbor who's helping to care for an older adult, you're in a caregiver role! The Lyngblomsten Community Services team is here to help family (non-paid) caregivers on their journey of caring for a loved one—not just in November but year-round. Our staff members have expertise working with caregivers—offering support, education, resources, programming, and support groups. Even if you're not sure what you need or what you're looking for, contact us to start a conversation. Call (651) 632-5320, email [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org), or visit [www.Lyngblomsten.org/CommunityServices](http://www.Lyngblomsten.org/CommunityServices).
- **Join us for the November 12 presentation on “Spirituality and Dementia: Creating a Dementia-Friendly Faith Community.”** After years of deep connections with a faith community, those living with dementia may feel less connected as their disease progresses and others in their faith community might not know how to talk to them or how to include them in worship. Carolyn Klaver, RN, with Lyngblomsten Community Services will discuss how faith communities are enhancing their services for those living with memory loss and their families. This free session will be held on November 12 from 1–3 PM at Roseville City Hall in the City Council Chambers (2660 Civic Center Dr., Roseville, MN, 55113). This offering is part of the “Dementia: Caring & Coping” series presented by the Roseville Alzheimer's and Dementia Community Action Team.
- **“Caring for a Family Member or Friend Living with Memory Loss: Building a Community of Support.”** This free presentation, led by Lisa Brown, MSW, LISW, Caregiver Services Program Coordinator with Lyngblomsten Community Services, will help you learn about the challenges caregivers face when providing support and care for someone living with memory loss. You'll learn about the broad range of supportive resources and services that are available and you'll gain an understanding of the ways in which building a community of support for those caring for others can make a world of difference in one's journey. Choose from two sessions: November 6 from 4–5:30 PM at St. Thomas More Catholic Church (1079 Summit Ave., St. Paul, MN 55105)\* or December 11 from 2:30–3:30 PM at Herself Health (2401 Fairview Ave. N., #145, Roseville, MN 55113)\*\*. Registration is appreciated but is not required. To register, contact Cyndy Rudolph with Lyngblomsten Community Services at (651) 632-5330 or [communityservices@lyngblomsten.org](mailto:communityservices@lyngblomsten.org). **\*Note:** Please park in the parking lot behind St. Thomas More Church and enter via the set of four doors near the lot. The lot is accessible from both Lexington Ave. and Portland Ave. **\*\*Note:** If you're interested in virtually attending the December 11 presentation at Herself Health, please contact Lyngblomsten Community Services by 5 PM on December 10 to receive the link (see above for contact information).
- **Musical Avenues: Listening, Learning, and Creating with the PolkaSol! Musicians.** Bring friends and family to the Lyngblomsten Como Park campus for a special opportunity to work with three professional musicians from the group *PolkaSol!* Learn and laugh with them while delving into music, instruments, the songwriting process, and more. Attend as many dates as you'd like: Wednesdays, October 30 & November 6, and Tuesdays, November 12 & 19. The final celebration will be held on November 26. All sessions are held from 2–3 PM at the Lyngblomsten Apartments in St. Paul (1455 Almond Ave., St. Paul, MN, 55108). No musical experience is necessary! Free; no registration is required. For more information, contact Holly Nelson at (651) 632-5459 or [hnelson@lyngblomsten.org](mailto:hnelson@lyngblomsten.org).
- **Are you looking for a welcoming home for yourself or a loved one? Consider The Heritage at Lyngblomsten, an assisted living community on Lyngblomsten's Como Park campus.** The Heritage at Lyngblomsten, an assisted living community in the Como Park neighborhood of St. Paul, has openings for one-bedroom apartments for those ages 55+ who need help with activities of daily living, such as personal needs, laundry, and light housekeeping. A variety of opportunities, including spiritual care and social and arts activities, await you, along with involved management and staff who promote the feeling of a caring family. For more information and to schedule a tour, call Cosmina Strain at (651) 632-5428.

# 11 Things You Can Do to Support Yourself in Your Caregiving Role

1. **Seek support** from other caregivers. You are not alone!
2. **Take care of yourself** so you can be strong/healthy enough to take care of your care partner/someone else. Schedule daily movement/exercise to maintain your physical and mental health.
3. **Accept offers of help** and suggest specific things that people can do to help you. Make a list of both small and big ideas.
4. **Take frequent respite breaks**—caregiving is hard work!
5. **Watch for signs of anxiety and depression**, and don't delay in getting professional help when you need it.
6. **Be open to new technologies** that can help you care for your care partner/someone else.
7. **Give yourself credit** for doing the best you can in one of the toughest jobs there is.
8. **Practice relaxation**, meditation, deep breathing, and/or guided imagery techniques.
9. **Engage in the creative and expressive arts**, such as writing, drawing, music, dance, etc.
10. **Reach out to a religious or spiritual leader** or someone from your faith community.
11. **Contact Lyngblomsten Community Services** to get connected with our caregiver support groups, respite services, and wellness classes!

(651) 632-5320

[caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org)



Some ideas provided by the Caregiver Action Network  
Image by pikissuperstar on Freepik

# Musical Avenues: Listening, Learning and Creating with the *PolkaSol!* Musicians

**Tuesdays and Wednesdays (see dates below)  
2–3 PM at the Lyngblomsten Apartments  
(1455 Almond Ave., St. Paul, MN 55108)**

Join Lyngblomsten for a very special opportunity to work with three professional musicians from the group *PolkaSol!* Learn and laugh with them while delving into music, instruments, the song-writing process, and more.  
*No musical is experience needed!*



**Attend as many or as few sessions as you'd like in October and November:**

- Tuesdays October 1 & 8
- Wednesdays October 16, 23, & 30 & November 6
- Tuesdays November 12, 19, & 26\* (\*final celebration)

**FREE to attend.**

**No registration required.** Just come!

**For more information,** contact Holly Nelson, Director of Lifelong Learning & the Arts, at (651) 632-5459 or [hnelson@lyngblomsten.org](mailto:hnelson@lyngblomsten.org)

*This program was funded with support from the Lyngblomsten Foundation and a grant from COMPAS. Learn more at [www.lyngblomsten.org/Foundation](http://www.lyngblomsten.org/Foundation).*





## Dementia: Caring & Coping - 2024

# Spirituality and Dementia: Creating a Dementia-Friendly Faith Community

November 12, 2024 | 1:00 - 3:00 PM CDT

Roseville City Hall - City Council Chambers | 2660 Civic Center Drive, Roseville, MN

Free - All are welcome!

After years of deep connections to a faith community, members with increasing memory loss often feel cut off from their spiritual homes. Sometimes they find it hard to keep up with worship services, or feel not welcome when friends or spiritual leaders don't know how to talk with them. But that is improving.

Lyngblomsten Community Services has been training faith leaders and volunteers to enhance services for people with memory loss and their families. Faith Community Nurses (Parish nurses) are actively helping individuals to live healthier lives and providing resources and support. The Alter program is helping three predominantly black Twin Cities churches draw in members with memory loss, with more churches coming on board – Alter's work is on a national level. And St. Odilia Catholic Church regularly holds (since 2019) special worship services for people with memory loss and their families, and other faith communities are on a similar path. Come hear how change is happening.

### Speakers:

Tom Hayes, St. Odilia Catholic Church

Carolyn Klaver, Lyngblomsten Community Services

Sam Sleeman, Faith Community Nurse Network

Robbin Frazier, University of Minnesota

**Dementia: Caring & Coping** is presented by the [Roseville Alzheimer's & Dementia Community Action Team](#). Our topics are intended to actively improve the quality of life for persons living with dementia and their care partners.



**Dementia: Caring & Coping** is sponsored by the City of Roseville. Scan the QR Code for more information about the Roseville Alzheimer's & Dementia Community Action Team.

<https://www.cityofroseville.com/dementiainfo>

# Powerful Tools FOR Caregivers

Join this weekly class that aims to help caregivers take better care of themselves while caring for others.

*Any caregiver who is caring for an older adult with a chronic condition is welcome to register.*

*Chronic Disease could include: Diabetes; High blood pressure; Depression; Hypertension; Dementia; Cancer; etc. But it is not limited to these.*

Attend this 90- minute **Powerful Tools for Caregivers** program once a week for six weeks.

You will:

- Improve self-care practices such as exercise, relaxation, and medical care
- Improve your ability to manage emotions including reducing guilt, anger, and depression.
- Increase your self confidence in coping with the demands of caregiving.

## Registration Information:

Register Online by October 4th at:

<https://yourjuniper.org/Classes/Register/4518>

or Contact Lisa Brown at

[ljbrown@lyngblomsten.org](mailto:ljbrown@lyngblomsten.org) or 651-632-5320.

Strategies for caring for YOU.  
Because YOU are worth it.



## Dates & Times

**Oct 14 – Nov 18, 2024**

**Mondays, 3:30 - 5:00 pm**

Oct 14, 21 and 28; Nov 4, 11, and 18  
(Session "0" held Oct 7th to test Zoom link)

## Location

Virtual – Zoom

*Zoom Instructions will be mailed with class materials prior to workshop.*

## Workshop Leaders

Lynn Amon, LSW, MSW

Becky Indahl, RN, FCN

## Cost

Voluntary Contributions Accepted

**JUNIPER**

Juniper is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.



**TRELLIS**

Our evidence-based programs are partially funded by our Collaborative Partners and Juniper. This program is also funded under contract with Trellis as part of the Older Americans Act.



**LYNGBLOMSTEN**  
COMMUNITY SERVICES

Faith Community  
Nurse Network  
with the Faith Community



Rebecca Faith, M.Ed., Ed.S.