

Memory Collective

An online enrichment class
for adults with memory loss



Offered through Lyngblomsten Community Services, the **Memory Collective** is an online enrichment class for adults experiencing memory loss, particularly mild cognitive impairment or early skill challenges with memory, language, visual perception, or processing. As a participant, you'll join a supportive community with others on a similar journey and, collectively, discover ways to keep living your best life possible.

For eight weeks, you will gather virtually with others for a 90-minute online Zoom session facilitated by Carolyn Klaver, Community Dementia Care Specialist with Lyngblomsten Community Services. Each session will feature a variety of engaging educational topics and group activities that are designed using brain health research. Please note: Although this group can become very close, it is *not* a support group.

2025 Memory Collective Schedule:

Choose from Tuesdays (10–11:30 AM) or Thursdays (1–2:30 PM). *Class dates in 2025 are:*

Tuesdays: February 4–March 25, April 1–May 20, July 1–August 19, & September 30–November 18.

Thursdays: February 6–March 27, April 3–May 22, July 3–August 21, & October 2–November 20.

Fee: \$175 for eight sessions; this covers any guests who may attend the sessions. A sliding-fee scale is available to those who qualify, based on income.

Registration: Registration is required. Participants are encouraged to register early, as each class is limited to eight participants.

To register or for more information: Cyndy Rudolph, Outreach & Admin. Coordinator
(651) 632-5330 | communityservices@lyngblomsten.org
www.Lyngblomsten.org/MemoryCollective



Lyngblomsten is a Christian nonprofit that has been providing healthcare, housing, and community-based services for older adults for more than a century. Each year, it serves hundreds of adults through Lyngblomsten Community Services, which is known locally and nationally for its expertise in developing high-quality programming for persons living with memory loss. It is funded in part through donations given to the Lyngblomsten Foundation (www.Lyngblomsten.org/Foundation).

Powerful Tools FOR Caregivers

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

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:

<https://yourjuniper.org/Classes/Register/4622>

(or) Contact Lisa Brown: 651-632-5320;

caregiving@lyngblomsten.org

Register by

January 13, 2025

Dates & Times

Jan 22 – Feb 26, 2025

Wednesdays, 3:30 pm-5:00 pm

Jan 22 and 29; Feb 5, 12, 19, and 26
(Session "0" held Jan 15th to test Zoom link)

Location

Virtual – Zoom

Zoom instruction mailed prior to class.

Workshop Leaders

Lynn Amon, LSW, MSW

Sam Sleeman, CVA

Cost

Optional Contributions
to a Cost-Share Program



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
of the Greater Twin Cities



Bridging Faith & Health