

NORMANDALE CENTER FOR
Healing & Wholeness

*Serving seniors in transition and their family caregivers
to support health in spirit, mind, and body*

Alzheimer's Caregiver Support Groups

The Normandale Center for Healing & Wholeness, in partnership with the Alzheimer's Association MN/ND chapter, is proud to sponsor support groups and education opportunities for people who are caring for a loved one with Alzheimer's and related dementias.

These groups provide an opportunity for family members and caregivers to meet and develop mutual support systems that will help maintain the health and well being of its members.

The group provides opportunities to:

- Share feelings, needs and concerns in a confidential, safe and supportive atmosphere
- Assist family members in developing realistic expectations
- Exchange practical information
- Provide social contact for family members
- Expand knowledge and familiarity with available resources

Our support groups meet at two different times, caregivers are welcome to attend both:

Saturday Morning Group

When: The second Saturday of each month

10:30 am - 12 noon

Respite available, more below

Wednesday Evening Group

When: The third Wednesday of each month

6:00 pm - 7:30 pm

Both groups meet in Room 205-206 at Normandale Lutheran Church,
6100 Normandale Road, Edina

The facilitators for both groups are trained and certified by the Alzheimer's Association of MN/ND.

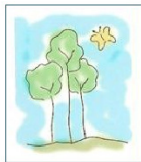
Those coming to the Wednesday Evening Group are welcome to attend the Normandale Lutheran Church's community dinner (\$5 suggested donation) from September through May on Wednesday nights from 5:00 pm until 6:45, come early to get a healthy meal and make new friends!

Those coming to the Saturday Morning Group are welcome to utilize the Center's Memory Companion respite program (**reservation required**) which will be available for the care receivers during the support group. All are also welcome to attend the **Alzheimer's Caregiver Education Sessions** on Saturday mornings as well (more information on the back side)

For more information call 952-977-9363
or email mary@normandalecenter.org

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Minnesota-North Dakota Chapter



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Alzheimer's Caregiver Education Sessions

The Normandale Center for Healing & Wholeness, in partnership with the Alzheimer's Association MN/ND chapter, is proud to sponsor a series of educational sessions, along with our support groups, for people who are caring for a loved one with Alzheimer's and related dementias.

When: the Second Saturday of each month
9:00 am - 10:30 am

Where: Room 209, Normandale Lutheran Church
6100 Normandale Rd, Edina

Upcoming Topics:

September 9, 2017: Effective Communication Strategies

Marsha Berry, MA, Education Consultant

October 14, 2017: Understanding and Responding to Dementia Related Behaviors

Marsha Berry, MA, Education Consultant

November 11, 2017: Caring Through the Holidays

Marsha Berry, MA, Education Consultant

December 9, 2017: Legal and Financial

Laura Zdychnec, Elder Law Attorney: Long, Reher, Hanson, Price, PA

January 13, 2018: When to Think about Residential Placement

Katie Roberg, B.S. CTRS, Program Services Specialist, Alzheimer's Association MN-ND Chapter

February 10, 2018: Quartet: Grief, Loss, Shame and Guilt

Heidi Haley Franklin, MSW, LICSW, Alzheimer's Association VP of Clinical Services

March 10, 2018: Health Living for your Brain and Body

Linda Lorentzen, OTR/L, Alzheimer's Association MN-ND Chapter Chief Strategy Offer

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