



NORMANDALE CENTER FOR
Healing & Wholeness

Second Saturday Caregiver Education Topics- January through June, 2021

9:00 a.m. to 10:30 a.m.

January 9, 2021 **Long-Term Care Planning Amid COVID-19** - Jessica Timmington Lindstrom JD, Attorney - Winthrop & Weinstine

In this presentation we will focus on everything you need to know related to the relationship of your estate plan and your long-term care planning. It will focus on public benefit options available to you including Medical Assistance Elderly Waiver, your finances, and challenges and obstacles faced in this new remote era.

February 13, 2021 **Effective Communication**– Alzheimer’s Association

In this presentation we will address communication as more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families will learn strategies to improve communication ability with loved ones with Alzheimer’s.

March 13, 2021 **Music and Memory**– Kayla Shafer - Co-founder of Keynote Music Therapy

Kayla is the co-founder of Keynote Music Therapy, a private practice focused primarily on serving older adults with memory and cognitive impairments. In this session we will provide an informational and interactive session geared towards caregivers and include information about music therapy, how to use music to benefit their loved ones, and how to use music to care for themselves.

April 10, 2021 **Assistive Technology Resources for Persons with Dementia and Alzheimer’s Disease and their Caregivers**– Amy Perron - Program Coordinator for the Minnesota Department of Administration's STAR Program

Amy Perron is the Program Coordinator for the Minnesota Department of Administration’s STAR Program, which is the state’s federally funded Assistive Technology Act Program. In this presentation we will learn about Minnesota’s Assistive Technology Program and the services that they offer, including their 30-day free device lending library. We will highlight technology that can benefit individuals and their caregivers with cognitive difficulties, including dementia and Alzheimer’s disease.

May 8, 2021 **When and How to Make the Move to Residential Placement**- Deborah Richman, BS Executive Manager, Becketwood Cooperative, Minneapolis MN

In this education program we will offer some insight on the challenging decision of placing someone with dementia in residential care. There is no right answer to this situation as every situation is unique which presents certain challenges. This class will offer some practical considerations for you to assess and determine your plan – keeping in mind that plans can always change as this disease is so unpredictable.

June 12, 2021 **Healthy Living for Your Brain and Body**–Alzheimer’s Association

In this workshop we will examine health habits that will keep our brains healthy as we age and possibly delay the onset of cognitive decline. We will discuss the importance of cognitive activity, physical health and exercise, diet and nutrition, and social engagement, and how these activities can affect the aging brain.

Access All Sessions via Zoom at

<https://zoom.us/j/92343887388?pwd=UG9lUVlXb2dYNGhRV21ycjIHRlVtZz09>

Meeting ID: 923 4388 7388

Passcode: 17273

Information session reminders will be posted monthly on our facebook page which can be found at <https://www.facebook.com/NormandaleCenter/>

Or please contact the Center at info@normandalecenter.org or 952-929-1698

