

Dementia Support Groups & Services

Updated November 2025

Support Groups and Services are listed in alphabetical order by service provider. The status of support group meetings and other services may change, so please contact the organizer before attending events.

If you choose to participate in online support groups, observe the same care in restricting your personal information as you would observe in any other online interaction or interaction with a stranger.

Support groups that specialize in specific types of dementias are listed as follows:

Frontotemporal Degeneration: Listed under Association for Frontotemporal Degeneration, Mayo Clinic

Lewy Body Dementia: Listed under Lewy Body Dementia Association, Lewy Body Dementia Resource Center, LBD Caring Spouses, Mayo Clinic, Struthers Parkinson's Center

Parkinson's and Parkinson's with Dementia: Listed under American Parkinson's Disease Association - Minnesota Chapter, Lyngblomsten Community Services, Parkinson's Foundation, Struthers Parkinson's Center

Support Groups and Services

AARP

Caregiver Support Line

Toll-free [caregiving support line](#) is available Monday-Friday, 6 AM to 10 PM CT at 877-333-5885. The support line is also available in Spanish, at 888-971-2013.

ACT on Alzheimer's and Dementia Friends MN

On the [ACT on Alzheimer](#) site you will find:

- Easier to find [dementia awareness resources](#)
- More accessible [sector guides](#)
- Recently added Dementia Friendly tools for [Dental](#) and [Medical](#) providers

The [Dementia Friends](#) site is now a standalone site. If you are a Dementia Friends Champion and have not already done so, [create your account now](#). Once you have created your account and logged in, click on the [Dashboard](#) link at the top middle of the page and you will find the familiar links you use to manage your sessions.

As always, support is available! If you have questions or need assistance, please reach out. Contact: info@actonalz.org. Let us know your feedback.

Aging with Pride: IDEA

[Aging with Pride: IDEA](#) (Innovations in Dementia Empowerment and Action) at the University of Washington is offering a free program for individuals with memory loss and their care partners. Either the person with memory loss or care partner must be LGBTQ.

- 9 coaching sessions for you and the person with memory loss.
- Complete the virtual program from the comfort of your home
- Compensation for completing 5 phone interviews.

Individualized sessions with a trained coach focus on problem solving, improving communication, and low impact exercise. The sessions are virtual, using easy video chatting.

Contact us today: 888-655-6646 or email ageIDEA@uw.edu or visit [Aging with Pride: IDEA](#)

Alzheimer's Association

Support Groups & Services

The Alzheimer's Association Minnesota/North Dakota Chapter has information about local resources on their [website](#). Please contact our 24/7 Helpline 800-272-3900 for details.

Support Groups: (Please see the Alzheimer's Association website for a complete list.)

Virtual Alzheimer's Association Support Group

1st Thursday of every month | 6:00 - 7:30 PM CT

Monthly support group through the Alzheimer's Association with Amy House as co-facilitator. Email amy@think-dementia.com to be added to the mailing list and receive a link each month.

New Brighton Dementia Support & Education

Third Monday of every month from 2:30 – 4:00 PM CT – In person – RSVP required
Gracepoint Church, 2351 Rice Creek Rd, New Brighton MN 55112

First Thursday of every month from 6:00 – 7:30 PM CT – via Zoom and phone.

Call Amy House at 320-237-7998 or email amy@think-dementia.com to sign up.

Monthly support group through the Alzheimer's Association - support and education for anyone with a friend or family member with Alzheimer's or other types of Dementia. Topics include: Family Communication, Learn Teepa Snow's Gems and Understand the Stages of Dementia, Learn Teepa's Positive Physical Approach, Understanding Services Available to You, Help for the Holidays, Caregiver Stress, Difficult Conversation (driving, diagnosis) and much more!

Facilitator: Amy House, CDP, LALD. Amy is a trained facilitator for the Alzheimer's Association and is a Certified Trainer in Teepa Snow's Positive Approach to Care, and the owner of Think Dementia L.L.C., doing consulting for families and professionals, and producer of the Think Dementia podcast. She was a former overseeing Director of Memory Cares in Assisted Living for 10 years and is now a Care Navigator for Tembo Health.

Email amy@think-dementia.com to be added to the mailing list for info, schedule changes, etc.

Cerenity Marian Caregiver Support Group

3rd Wednesday of each month | 2:00 - 3:00 PM CT

Cerenity Marian of St. Paul, 200 Earl St., St. Paul, MN 55106

Build a support system with people who understand. Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Contact: Molly Rudolph at molly.rudolph@benedictineliving.org or Grace Anderson at 651-793-2115. [Click here](#) for a flier about the support group.

A support group for all caregivers meets on the second Monday of each month at 10:00 AM at The Preserve of Roseville, 2600 Dale St N, Roseville, MN 55113. No need to register; come as you please, meeting is located in second-floor theater (elevator available), parking is in front of the building. For more information, please contact the facilitator, Sarah Borg, at 612-578-5517, or email sarahmarjorieborg@gmail.com.

Virtual support group for young adult caregivers: Are you a young adult caring for someone living with Alzheimer's or another dementia? Join the new virtual support group led by the Association's Iowa Chapter every third Wednesday at 6:30 p.m. CST. Talk with others who can relate to the challenges you face and share tips for providing care. There is no cost to attend. [Click here](#) for meeting dates and to register.

A support group for male caregivers meets via Zoom on the first Wednesday of the month from 6:00 – 7:00 PM Central Time. Contact Doug Mellema at douglasmellema@gmail.com or Chris Ackerman at c.ackerman84@gmail.com for more information.

[Alzheimer's Caregiver Center](#)

Whether you provide daily caregiving, participate in decision making, or simply care about a person with the disease — we have resources to help.

[ALZNavigator](#)™ is an online tool that provides a customized action plan with information, educational programs and local resources for people living with dementia and their caregivers.

[ALZ Connected](#)® is a free online community designed for people living with dementia and those who care for them.

[Community Resource Finder](#) provides information on programs and events, care at home, community services, housing options and medical services.

[My ALZ Journey - App](#)

This free mobile app offers personalized support for newly diagnosed people and their care partners. My ALZ Journey gives you the tools to navigate the early stages of Alzheimer's, another dementia, or mild cognitive impairment (MCI). My ALZ Journey provides step-by-step support, tailored tools and trusted information to make early-stage planning easier. Whether you've just received a diagnosis or are caring for someone who has, the app helps you stay informed, engaged and connected to local resources.

[Alzheimer's Association](#)

Alzheimer's Foundation of America

AFA Helpline: Available from 8 AM-8 PM CT, 7 days a week. Connect with a licensed social worker by: phone, text message, or web chat. The web chat and text message features can serve individuals in over 90 different languages. [Get Support Here](#)

Telephone Support Groups:

The telephone support groups are national and open to people in every state.

For Persons Newly Diagnosed with Alzheimer's or Dementia

Tuesdays 4:30 PM – 5:30 PM CT

For additional information or to sign up: contact AFA social worker Linda Mockler, LMSW, M.Ed, Email: lmockler@alzfdn.org Phone: 866-232-8484

For Caregivers of a Loved One in a Care Setting

Thursdays 4:30 PM – 5:30 PM CT

For additional information or to sign up, contact AFA social worker Melpo Voulhieris, LMSW, Email: mvoulhieris@alzfdn.org Phone: 866-232-8484

Get a Free Virtual Memory Screening

Alzheimer's Foundation of America offers free, online memory screening Mondays and Wednesdays, 10 AM to 4 PM ET, Fridays 10 AM to 2 PM ET by appointment.

Memory screenings are simple, quick and noninvasive, and consist of a series of questions to gauge memory, language, thinking skills and other intellectual functions. The memory screening takes approximately 10-15 minutes and is confidential. Memory screenings are similar to other routine health screenings, such as those for blood pressure, cholesterol and skin checks. Results are not a diagnosis, but a memory screening can suggest if someone should see a physician for a full evaluation. Early detection is important because it can enable the person to begin medications sooner, participate in a clinical trial and take a more active role in developing their care plan.

Anyone wishing to get a free memory screening should call AFA at 866-232-8484 or click [here](#) to schedule an appointment. Appointments are required and scheduled on a first-come, first served basis.

[AFA - Alzheimer's Foundation of America](#)

Alzheimer's Speaks

A wealth of resources from and about people living with dementia.

Alzheimer's Speaks [Home Page](#)

Resources:

[Alzheimer's Speaks Radio](#)

[Dementia Chats](#)

[Dementia and the Arts](#)

[Memory Cafes](#)

[The Purple Angel Project](#)

[Becoming Dementia Friendly](#)

[Poetry & Articles](#)

[Free Tools](#)

[Free Educational Resources](#)

[A Variety of Video Play Lists](#)

[Dementia Map Global Resource Directory](#)

Featured Presentation:

What You Need to Know Before Book Your Flight! Fantastic Changes to Accommodate Dementia-Friendly Air Travel

Lori La Bey talks about dementia-friendly airports & travel with Sara Barsel and Deborah Shouse. Sara Barsel is the founder and organizer of the Dementia-Friendly Airports Working Group and the Roseville Alzheimer's & Dementia Community Action Team. Deborah Shouse is a writer and editor and co-founder of Dementia Friendly Kansas City. She is the author of "Love in the Land of Dementia Finding Hope in the Caregiver's Journey" and "Connecting in the Land of Dementia: Creative Activities to Explore Together."

[Watch the Video Interview](#) or go to the [Show Page](#)

This show originally aired on March 28, 2023.

[Alzheimer's Speaks](#)

American Parkinson's Disease Association - Minnesota Chapter

Information about at-home activities, support groups, and exercise programs.

[APDA Local Support](#)

Arthur's Memory Café

2nd and 4th Wednesday each month | 1:00 PM Central via Zoom

This group is for people living with dementia and their care partners. It is a time to meet with peers and share all that is going on in their lives. The focus is not just on dementia. Like a group of friends, people share at their own comfort level. We do welcome caregivers and those living with dementia to come on their own as well.

We start at 1:00 PM CT and will go for an hour or two depending on the need of the group that attends. These will be Zoom meetings (video conferencing) but people can also attend by phone if they don't have a computer, iPad or smart phone with a camera and microphone.

Contact: Lori La Bey at 651-216-5413 or email Lori@AlzheimersSpeaks.com.

The Association for Frontotemporal Degeneration (AFTD)

Support groups are a resource and a place to connect and share with others who understand. Many support groups are now available to meet via AFTD's dedicated and secure Zoom account.

Learn more about how your local group is meeting by contacting your local support group volunteer, or by reaching AFTD's HelpLine at 866-507-7222, or email info@theaftd.org.

[Minnesota Support Groups](#)

CAPI USA

CAPI USA was founded as The Centre for Asian and Pacific Islanders in 1982 by a coalition of church groups helping Southeast Asian refugees. CAPI USA is located in Brooklyn Center and in Minneapolis.

The Hmong Seniors Program is designed to improve the quality of life and enable seniors to stay and live independently at home and prevent long-term nursing home placements. The program connects Hmong seniors and their caregivers to support services in the community. CAPI senior advocates can help Hmong seniors apply for benefit programs and provide information and referrals to Hmong Seniors about housing, medical and financial services. CAPI's bilingual staff are also able to provide interpretation and translation services for Hmong Seniors. (Some services may require that you reside in Hennepin County.)

Services provided to seniors include:

- Person-centered case management services
- Transportation for shopping, medical appointments, or other activities
- Social and educational program activities
- Volunteer companions

The Caregiver Program encourages independent living for Hmong older adults and those with disabilities by empowering their caregivers. CAPI works with family caregivers who provide care for relatives serving as a resource as they confront the economic, social, and medical difficulties often associated with caring for their loved ones. Through this program, caregivers gain the skills necessary to access support services and become empowered to make decisions that will improve the quality of life for them and their loved ones.

Services provided for caregivers include:

- Social and educational program activities
- Coaching and counseling services
- Access assistance services

For more information, please see the [CAPI USA webpage on senior services](#).

Carondelet Village Memory Café

Third Monday of each month in person 1:00 – 2:30 PM CT
525 Fairview Ave S, St. Paul, MN, 55116

The Carondelet Village Memory Cafe provides an opportunity for people with early-stage dementia, families, and caregivers to meet and socialize in a safe space, ask questions of professionals, have fun, and learn from each other. For more information, or to confirm dates and times, please call Carondelet Village at 651-695-5000.

Caregiver Connect Group

Last Wednesday of each month | 10:00 to 11:30 AM
Shoreview Community Center
4580 Victoria Street N, Shoreview, MN

You're not alone. Caregiver support groups connect you with others. When caring for an aging parent you may feel like no one understands what you are experiencing. Join our Caregivers Support Group, and take a break with other caregivers. Come exchange valuable tips and suggestions with others who know just what you're going through. Participants can bring their loved one with to join in a planned activity.

For reservations or more information call 651-490-4750 - Shoreview Community Center
Sponsored by: Alzheimer's Speaks & Shoreview Community Center

Centro Tyrone Guzman

1915 Chicago Avenue, Minneapolis, MN 55404

Centro Tyrone Guzman is leading initiatives to build awareness, education, and support by engaging community members in the health and well-being of latines with Alzheimer's disease and other types of dementia.

Working with community partners—including MIA, the Minnesota Historical Society, and the Tenement Museum—we are the first to develop the adaptation of Alzheimer's resources for the Latine community, including the evidence-based "House of Memories" dementia awareness training program and the "Respite Education and Support Tools" (REST) training for respite volunteers.

We have guided the revision of the on Alzheimer's Spanish-language "Dementia Friends" curriculum and offered cultural competency training to community organizations, helping to create a broader network that is equipped and informed to provide effective, culturally responsive care to Latine elders and caregivers.

In collaboration with Teresa Mesa, Senior Lecturer at Macalester College, Centro Tyrone Guzman worked with Latine elders and their caregivers to create a culturally and

linguistically appropriate Memory Book, [Con Los Ojos Del Corazón](#), based on the “House of Memories” museum dementia awareness-training program.

"Con los ojos del corazón / With the Eyes of the Heart" is a documentary about the experiences of Latino immigrant families in the United States living with Alzheimer's and other dementias. It offers an intimate portrait of the challenges families face, gives voice to people with dementia, and advocates to look and see people with dementia with the eyes of the heart.

[Click here](#) to watch the full version of the film.

For more information contact Andrés de la Torre, Adult & Aging Department Administrator
adelatorre@centromn.org 612-874-1412

[Centro Tyrone Guzman](#)

Dementia Action Alliance

This group is for and organized by people in the early stages of dementia. They have weekly chats and discussions on a variety of topics.

For a current schedule of weekly discussion topics: [Online Discussions](#)

Programs for persons living with dementia at home or in assisted living: [Online Programs](#)

For more information: [Dementia Action Alliance](#)

Dementia-Friendly Airports Working Group

If you are considering air travel, check out the Roseville-based [Dementia-Friendly Airports Working Group](#).

Information and resources on this website are valuable to all seniors, not just care partners and people living with dementia. You can find detailed information about [dementia-friendly air travel resources](#):

1. Know Your Rights
2. Flight Process from Start to Finish
 - a.) Before Booking Flights
 - b.) Booking Flights
 - c.) Preparing for Flight
 - d.) Arriving at the Airport
 - e.) Getting Through US Security
 - f.) Navigating to Your Gate and Boarding the Plane
 - g.) Flying

h.) Arriving at Your Destination

3. Tools for Travel

4. Travel Tips

5. COVID-19 Air Travel Policies

Hidden Disabilities Sunflower Program

Find out whether the airports and airlines you are going to use participate in the Hidden Disabilities Sunflower Program. The [Hidden Disabilities Sunflower Program](#) is a discrete way for individuals with a hidden disability (e.g. individuals with dementia, autism spectrum, hearing deficits, brain injury, Parkinson's disease, general aging related decline, etc.) to self-identify as someone who might require extra assistance, patience, and/or time in any situation.

The Sunflower Program uses a lanyard, lapel pin, or bracelet bearing the sunflower logo for someone to wear to self-identify as a person living with a hidden disability. Participating airports provide free Sunflower Lanyards for air travelers and their travel companions.

Wearing the Sunflower does not entitle anyone to special privileges.

MSP Airport participates in the [Sunflower Program](#).

Teepa Snow's Traveling with Dementia Video Clips

Welcome to a collection of [teaching video clips](#) developed by members of the [Dementia-Friendly Airports Working Group](#) and [Teepa Snow - Positive Approach to Care®](#), filmed in partnership with Charlotte Douglas International Airport. The scenarios portrayed in the clips are situations that are commonly encountered in an airport when travelers are living with dementia and other forms of brain change. These videos are intended to help inform airport staff, including airline employees, volunteers, retail, contractors, security, etc., of effective responses to help improve experiences for both customers and staff.

Dementia Map Global Resource Directory

Dementia Map© is a free guide to the resources needed by those diagnosed with a form of dementia, family members, and professionals providing care or services. Dementia Map offers access to information about education, products, services, and more. Other tools include events, activities, books and digital media, housing and supportive services. You can even find a speaker for your next event!

Dementia Map intends to offer you the most valuable and comprehensive collection of dementia resources around the world – and in your own backyard. Check back often as our website changes frequently with new information. Dementia Map does not require contact information - it presents resources directly to those who are interested. Click [here](#) for more information about how Dementia Map works. Take a look at [Dementia Map](#)!

Dementia Mentors

Dementia Mentors provide one-on-one virtual mentor sessions, group chats, and motivational videos. The one-on-one Mentor Sessions enables you to talk privately online with a mentor that best matches your diagnosis. All mentors and presenters are living with a diagnosis of dementia themselves.

[Dementia Mentors](#)

East Side Neighborhood Services

1700 2nd St NE Minneapolis, MN 55413

Ongoing Support Groups:

Looking for a safe and welcoming place where you can discuss the challenges, the frustrations and the joys of caregiving? The East Side Caregiver Support Groups are here to help in any way we can! In these supportive environments you can:

- Get connected to the community resources you need
- Meet and support other people with similar experiences
- Learn self-care strategies and coping techniques
- Vent, share your personal experiences, and leave feeling better for it!

Attendance is open to any adult 18+ years of age who is a caregiver for an older adult. First time participants will need to request a link and password to enter the calls.

Caregiver Support Group – Via Zoom

Weekly on Tuesdays | 2:00 PM-3:00 PM CT – Via Zoom [Click here](#) to register.

LGBTQ+ Caregiver Group – Via Zoom – Alzheimer’s Association

Every Second Thursday | 3:30 – 4:30 PM

Build a support system with people who understand. This group is specifically designed for LGBTQ+ caregivers who are supporting someone diagnosed with any type of dementia.

Caregiver 1:1 Support

Can't make it to a Support Group? You can receive 1:1 support over the phone, on Zoom, or in-person at times that are convenient for you. When caregiving, it is hard to know what is coming next. We understand that and are here for you.

For more information about support groups & 1:1 support: Contact Jenna Van Proosdy, Caregiving Services Coordinator, at 612-221-8488 (work cell to call/text) or email jvanproosdy@esns.org. You can also contact Vital Living at 612-787-4086 or VitalLiving@esns.org. Free technical help and support for setting up Zoom is available through Senior Planet Tech Classes and drop-in tech time. Call 612-787-4086 for information!

NE Day Spot

Respite In-Person - Weekly on Fridays, once a month on 4th Saturday | 10:00 AM - 1:00 PM
1700 2nd St NE Minneapolis, MN 55413

NE Day Spot is a gathering place for those with mild to moderate memory loss or other chronic health conditions to be in community while caregivers have a reliable break each week. Enjoy gathering together with art, music, conversation, and movement alongside volunteers, participants, and Vital Living staff.

This event aims to be a safe space for:

- Persons 65+ receiving care from others
- Those living with memory loss or other chronic conditions

Requirements: Pre-assessment necessary to determine eligibility.

Cost: Suggested donation based on sliding fee scale, \$0-\$45 per day. Space is limited.

Interested in learning more? Contact Vital Living at 612-787-4086 or VitalLiving@esns.org for more information.

NE Day Spot Friends

Volunteers Highly Needed

Volunteer Shifts on Fridays and the fourth Saturday 9:30 AM-1:30 PM CT

Flexible scheduling!

NE Day Spot Friends play an important role during our dementia-friendly NE Day Spot Respite Program. On Fridays and on the fourth Saturday of every month from 9:30 AM-1:30 PM, you will socialize with participants, provide support during activities, and help with set up and clean up. Join us and make a difference in the lives of local adults and caregivers-and have fun doing it! No hands-on care required.

Some of the perks of being a NE Day Spot Friend are:

- Laughing and smiling until your cheeks hurt while swapping jokes and stories in our coffee hour.
- Getting your body moving and grooving for the day with some group stretches.
- Enjoying and participating in musical activities led by talented musicians.

Help give individuals facing dementia a welcoming space they associate with friends and fun. You would also allow caregivers the priceless gift of time—moments to themselves in order to recharge, relax, or accomplish a task. A small window in their week where they can breathe and take a moment for themselves with the reassurance that the person they care for is safely enjoying themselves too.

Questions about volunteering as a NE Day Spot Friend or additional Vital Living volunteer opportunities? Contact Caitlin at 612-787-4023. or cenright@esns.org.

Drop-In Tech Time

Wednesdays, 11:00 AM-12:30 PM Central - In-person

East Side Neighborhood Services - 1700 2nd St NE Minneapolis, MN 55413

Many caregiving resources rely on access to technology. If you have a specific tech question and want 1:1 support, please consider stopping by for our Drop-In Tech Time!

We can help with day-to-day questions regarding things like how to search the internet, app functions, making text bigger, etc. We would appreciate it if you let us know in advance when you plan on stopping by. If you need support and Wednesdays do not work for you, please feel free to call and we can try to find a different day that works better.

For all drop-in tech support sessions, we will be gathering in our Tech Lounge at East Side Neighborhood Services. No cost for this service but donations are welcome.

For questions and to register, contact 612-787-4086 or VitalLiving@esns.org.

[East Side Neighborhood Services](#)

1700 2nd St NE Minneapolis, MN 55413

Email: VitalLiving@esns.org - Phone: 612-787-4086

Ebenezer

Ebenezer Adult Day Services

An affordable alternative for adults living at home who are not yet ready to move into an assisted living arrangement, Ebenezer Adult Day programs offers a welcome change of pace for both the client and their caregiver in group settings who want to get out to socialize with others.

Daily socializing can lead to a happier and more satisfying life. Exercise, snacks & meals, music, and special events are just some of the activities clients can enjoy. These activities challenge the mind and body, which may help ward off and slow the progress of memory loss.

For more information:

[Ebenezer DayBreak St. Paul](#)

[Ebenezer Ridges Adult Day Center Burnsville](#)

[Martin Luther Adult Day Programs Bloomington](#)

Click [here](#) for more information about adult day service locations, programs, and pricing.

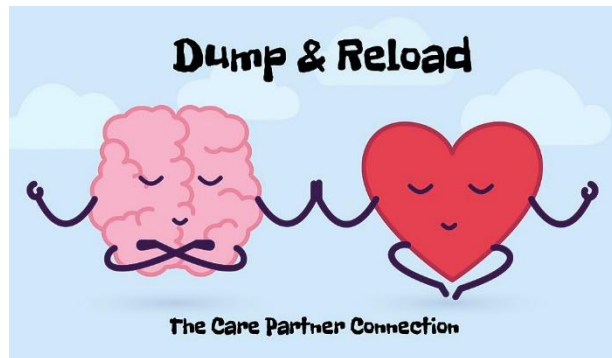
[Ebenezer Programs and Services](#)

Elder Voice Advocates – Elder Care IQ: Care Residence Reports

[Elder Voice Advocates](#) is a coalition of family members and others who have experienced abuse, neglect and exploitation of loved ones who receive services from long-term care providers. Elder Voice also strives to create a safe space for families to empower them and others to be effective advocates on key issues.

A new tool from Elder Voice Advocates helps seniors and family caregivers screen senior care providers for quality and safety issues. **Elder Care IQ** is an easy-to-use interactive tool providing investigation reports from the Minnesota Department of Health for complaints of abuse, neglect, and exploitation of residents or clients for over 2,000 licensed senior care providers across Minnesota. You can access Elder Care IQ [here](#).

Embracing Journeys – Changing the story of caregiving



Dump and Reload

A great way for both Professional and Family Care Partners to share stories or listen, get tips, and stay connected during this difficult time and beyond. Drop-In and stay a little or stay a while...Take what you need...Share what you know...Hold Space for each other as we go...

Family Care Partners – Monday 7-9am and 6-8 PM CT

Professional Care Partners – Tuesday 7-9 AM and 6-8 PM CT

Virtual Zoom Meetings – For more information and to register: [Embracing Journeys](#)

Caregiver Hub

- Family Education & Consulting
- Caregiver Coach & Mentor
- Do It Yourself Caregiving – free
- New Video Every Week
- Coffee with Krisie – free
- New Video Every Friday
- New Blog Every Wednesday

Humans Growing Humans! – Email Newsletter

There are unique challenges that arise between the people who are providing care, the people they are supporting, the challenges with families and the disconnect from the leadership that guides them.

If you think about the three things that keep you up at night about work, what are they? How many of those things have anything to do with a policy or procedure? How many of those things have to do with the people who execute the policy or procedures?

"It's not what people are DOING that's hard. It's how they have to BE with people that's hard."

Humans Growing Humans is a space dedicated to exploring the complexities of the human experience in caring roles, with the aim of helping us all build stronger, more empathetic and transformative connections. Each edition will offer small, actionable insights designed to support our understanding of one another.

Featured Article: [Empowering Caregivers to Keep Coming Back: How Human Support Sustains Lasting Impact](#)

"The stories our staff are a part of last a lifetime. For me, watching my Dad travel his last journey from the window was one I will continue to relive the rest of my life." (Note: this story took place during the COVID pandemic.)

You can also be a contributor! Have a topic you want to explore? Have some insight to share? Concerns you want to express and explore? Have you figured something out about your humanness you want to share?

[Click here](#) to subscribe to the newsletter emails and/or bring up a topic.
Or call Krissie Barron at 320-360-4724.

[Embracing Journeys](#) [Krisie Barron's YouTube](#)

Family Caregiver Alliance

The FCA Services by State tool helps family caregivers locate public, nonprofit, and private programs and services nearest their loved one—whether they are living at home or in a residential facility. Resources include government health and disability programs, legal resources, disease-specific organizations and more. Caregiving is challenging, but there are resources to help.

[Resources for Caregivers by State](#)

Family Caregiver Connection - Anoka County

The Anoka County Family Caregiver Connection is a network of services for caregivers, family members, and those for whom they care, including out-of-home group respite, Powerful Tools for Caregivers educational sessions, a memory cafe, and in-person and virtual support groups.

[Click here](#) to find out more about their services.

Caregiver Support Groups

Caregiver support groups meet regularly to build support, comfort, and share information about caregiving issues. In-Person, Virtual and Phone options are available.

In-Person Caregiver Support Groups:

1st and 3rd Thursday of the month, 10:00 AM - Noon CT
Zion Lutheran Church, 1601 4th Ave S, Anoka, MN 55303

2nd and 4th Wednesday of the month, 10:00 AM - Noon CT
MaryAnn Young Center, 9150 Central Ave NE, Blaine, MN 55434

Virtual Caregiver Support Group:

1st and 3rd Tuesdays, 10:00 AM -12:00 PM CT

For more information, contact Family Caregiver Connection at 763-324-1608 or email caregivers@co.anoka.mn.us

Memory Café

Faith Lutheran Church, 11115 Hanson Blvd NW, Coon Rapids, MN 55433
Meets 1st and 3rd Wednesdays, 10:00 AM – 12:00 PM CT

A Socialization and Networking Program For Care Partners

- Memory Café is a program for individuals with early to moderate memory loss and their care partners.
- Engaging environment where people with memory loss and their care partners can laugh, learn, and remain socially connected with others sharing the same experiences.

For more information, contact Family Caregiver Connection at 763-324-1608 or email caregivers@co.anoka.mn.us

Out-of-home Group Respite - The Gathering

1st, 2nd, 3rd and 4th Thursdays of every month beginning at 10:00 AM CT
Zion Lutheran Church, 1601 4th Avenue South, Anoka, MN 55303

The Gathering is a daytime, out-of-home group respite program for caregivers and care receivers. There are many benefits in group respite. Dedicated and trained volunteers, supervised by a social worker or nurse, operate the program.

- The Gathering is a safe, enjoyable place for seniors living with long-term illness to socialize. (All participants must have a needs assessment by the Family Caregiver Connection Coordinator prior to participating.)
- The Gathering gives caregivers the opportunity to have several hours respite.
- At The Gathering, members of Anoka County faith communities have the opportunity to share in the care of our community's seniors.

Participants can enjoy fellowship, lunch, and activities while caregivers enjoy support group meetings, education, and time away from caregiving. On the 1st and the 3rd Thursdays, The Gathering offers a support group for caregivers while also offering respite care to caregivers. Caregivers may attend support group meetings whether their loved ones participate in The Gathering or not. After the support group, lunch will be available for you and your loved one. Additional respite care is available for care recipients after lunch.

If you are interested in respite care, please contact Jill Thomas at 763-324-1608 to complete an assessment prior to participating in The Gathering.

[Family Caregiver Connection - Anoka](#)

FamilyMeans

Caregiving & Aging services
Counseling & Therapy
Financial Solutions
Center for Grief & Loss

Support Groups for Caregivers

During support groups, caregivers learn and reinforce good self-care, give and receive encouragement, and enjoy support and understanding from others in similar situations. With professional staff facilitation, the groups explore issues such as:

- Balancing roles and responsibilities
- Understanding and dealing with the realities of chronic illnesses
- Coping with difficult emotions
- Developing support systems
- Accessing community resources

Support Group Meeting Dates & Times

- Virtual Morning Sessions, 10:00 - 11:00 AM first and third Wednesdays each month.
- Virtual Evening Sessions, 5:30 - 6:30 PM third Wednesday of each month.
- In-Person - 1:00 - 2:30 PM second and fourth Tuesdays each month at FamilyMeans, 1875 Northwestern Ave S., Stillwater, MN.
- In-Person - 1:30 – 2:30 PM second Thursday each month at Cottage Grove Program Center, Monet Room (CE Library), 8400 E. Point Douglas Road S, Cottage Grove, MN.

New participants are welcome. Pre-registration - email familymeans@familymeans.org or call 651-439-4840. You will receive the link or phone number to join the virtual support groups the day of the event. Respite companionship and supervision for the person you care for may be available during the group. Ask for details when registering.

Coaching and Consultation for Caregivers

Our social workers are available for individual guidance and support. They are dementia-capable professionals, certified in the use of REACH (an evidence-based coaching protocol for Alzheimer's caregivers) and other methods. Call for a telephone or online appointment. For more information and registration: 651-439-4840 or check the website: [Family Means](#)

Family Means Memory Cafés

Three locations offer [Memory Cafes](#), welcoming places where those with memory loss and their caregivers can come together each month:

- Second Tuesday, 1:00-2:00 PM: R. H. Stafford Library, 8595 Central Park Place, Woodbury.
- Second Thursday, 9:00-10:15 AM: Lake Elmo Inn, 3442 Lake Elmo Av., Lake Elmo.
- Third Wednesday, 11:00-Noon: Blue Heron Grill, 14725 Victor Hugo Blvd., Hugo.

Sign up by email: familymeans@familymeans.org or call 651-439-4840.

For more information: [FamilyMeans Support Groups](#)

Dementia Empowerment Services

Services specifically for the person with a new dementia diagnosis or living with early-stage memory loss/dementia.

Journey Together

A virtual social/support group that covers topics important to someone adjusting their life to living with dementia in order to find joy and purpose. Topics are generated by the group and a staff guide. Themes may include creating support systems, strategies for daily living, self-care, emotional well-being, reminiscing.

Community Connection group in Forest Lake - Respite

Every Tuesday | 12:00 PM - 4:00 PM

Forest Lake YMCA, 19845 Forest Road N, Forest Lake, MN

Weekly group for people who are living with early-stage dementia. Explore new places, engage with others, and connect to the community! View flyer [here](#).

One-to-one Consultations for Persons Living with Dementia

- Emotional Support with Diagnosis
- Support System Planning
- Finding Community Resources
- Goal Setting

We will provide a listening ear and guidance for you as you plan your next steps with dementia. Each person follows a unique path with memory loss, and having a guide can be essential to relieving stress along the way.

To learn more about these programs:

email familymeans@familymeans.org or call 651-439-4840.

Respite for Caregivers

How Does Respite Help?

- Gives caregivers some time to themselves, assured that the person they care for is comfortable and safe.
- Provides non-medical companionship, supervision and a friendly new face.
- Reduces the overall cost of care.
- Helps caregivers and care receivers enjoy connecting with others

In-Home Respite:

Regularly scheduled visits are provided at your home by volunteers who are screened, trained and carefully matched and monitored to meet your family's needs. It is typical for the volunteer to come weekly for a maximum of 4 hours respite. Lengths of respite visits will be determined by the caregiver and Caregiving & Aging Social Worker.

Group Respite:

Caregivers of older adults can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.

Night Out!

Monthly on the fourth Tuesday from 5:30 - 7:30 PM.

FamilyMeans, 1875 Northwestern Ave S., Stillwater.

Participants will enjoy various activities and will be supervised by our volunteers and staff.

September 23, 2025 - Animals/Zoo Life

October 28, 2025 - Halloween

November 25, 2025 -Family Traditions

Forest Lake Respite Group

Every Tuesday | 12:00 - 4:00 PM CT

Forest Lake YMCA, 19845 Forest Road N, Forest Lake, MN

Introducing a new weekly group for people who are living with early-stage dementia. Explore new places, engage with others, and connect to the community!

[Click here](#) to view a flier.

Please connect with FamilyMeans staff at 651-439-4840 or by using [this form](#) to tell us what respite services you are interested in learning more about.

Let's Do Coffee

Friends & Co is thrilled to partner with FamilyMeans to expand the Let's Do Coffee program, Let's Do Coffee brings together older LGBTQ+ community members for coffee, snacks, and social connection "on the house."

Let's Do Coffee will meet on the second Wednesday of the month from 9:30 to 11:00 AM.

For more information, please contact: Jenny West, Caregiving & Aging Community Educator
jwest@familymeans.org – or call 651-789-4015

[FamilyMeans](#) Main office in Stillwater, MN - other offices in St. Paul and Rochester, Minnesota and in Hudson and Eau Claire, Wisconsin.

Family Service Rochester

Caregiver Support Services provide individualized coaching and counseling to help caregivers develop caregiving skills, connect with resources, and maintain a healthy, balanced lifestyle.

Caregiver Respite Services provide safety, companionship, supervision, and other non-medical services that allow the primary caregiver time away for other activities. Respite services are usually provided in the care receiver's home using a care plan specific to their needs.

Caregiver Support and Respite Services are available in Rice, Olmsted, and surrounding Counties. Funding for these services is provided in part by Southeast Minnesota Area Agency on Aging and the State of Minnesota. Fees are determined by household income and services requested.

For more information:

Kathy Voss, Certified Caregiving Consultant, Family Service Rochester
507-218-3275 or email kvoss@familyservicerochester.org

[Family Service Rochester](#)

Former Dementia Caregiver Re-Entry Group

Find the “New” you after caregiving. In an informal setting, share with others who have had a similar journey. This is an opportunity to move past the grief and loss to reclaim “you”, and create a meaningful life beyond your caregiver role. Experienced facilitators will coordinate and offer referrals and resources as needed.

Sessions held online via Zoom 1-2:30 p.m. on the second and fourth Tuesdays of each month. Topics and organization are determined by participants. The group may transition to “hybrid” meetings including both in-person and Zoom to accommodate participants from farther away.

Contact Warren Wolfe at 612-791-5316 or email warren.wolfe11@gmail.com.
Sponsored by Roseville Alzheimer’s & Dementia Community Action Team

Friends & Co.

- Our Vision: A world where every older adult thrives in meaningful relationships.
- Our Mission: Friends & Co celebrates aging through community-led service that fosters meaningful connections for everyone.
- Our Commitment to Equity: Friends & Co continues to build a more inclusive and diverse organization where everyone is welcome and feels a sense of belonging.

The following programs would be appropriate for an older caregiver who is feeling isolated but are not intended for people living with dementia.

Let’s Do Lunch Café

Every second Tuesday of the month and every fourth Friday of the month from 11:30 a.m. to 1:30 p.m.

Let’s Do Lunch Café brings together older Twin Cities LGBTQ+ community members for lunch and connection “on the house.” These gatherings offer an excellent opportunity for social interactions and educational programs, all in a warm and welcoming environment.

Have questions? Reach out to Jethra Kapp at jkapp@friendsco.org

Let’s Do Coffee

Every third Wednesday of the month from 9:30 to 11:30 a.m.

Let’s Do Coffee brings together older LGBTQ+ community members for coffee, snacks, and social connection “on the house.” Contact Friends & Co at 612-721-1400 for more information.

In order to create safe spaces for our LGBTQ+ community, Friends & Co. does not post the venues for any of their events. They encourage people to visit their website and sign up to receive specific details.

Visiting Companions – Meaningful Connections

Like all Friends & Co offerings, the Visiting Companions program is completely free and available to older adults who may enjoy adding some extra companionship to their lives. If you've been experiencing loneliness or isolation, this program offers the joy of building new, caring connections.

When you join us, you'll be matched with a Visiting Companion who is excited to build a meaningful friendship with you! Together, you and your Visiting Companion will plan your visits according to what works best for you. Most Visiting Companions visit 1-2 times a month. All Visiting Companions are background checked and go through training.

The Visiting Companions program is available to you if you:

- Are 70 years or older
- Live in Minnesota
- Are looking for meaningful connections

[Join](#) – I am an older adult, and I am interested in being paired with a Visiting Companion.
[Recommend / Refer a client](#) – I want to recommend an older adult who is interested in a Visiting Companion.

Questions about this service? Contact us at 612-746-0737 or email companions@friendsco.org

Phone Companions - The Power of Friendship Over the Phone

If you enjoy chatting on the phone, Phone Companions is perfect for you. This free program offers the same wonderful opportunity to connect as Visiting Companions, with the friendship enjoyed over the phone rather than in person. Most Phone Companions chat weekly. People who wish to pair up with a Phone Companion are asked to complete an application. receive calls complete an application. All volunteers are background checked and go through training.

[Join](#) – I am an older adult, and I am interested in being paired with a Phone Companion.
[Recommend / Refer a client](#) – I want to recommend an older adult who is interested in a Phone Companion.

Questions about this service? Contact us at 612-746-0737 or companions@friendsco.org

Coffee Talk – Instant Connection with a Friendly Listening Ear

Coffee Talk is a free, drop-in phone line from Friends & Co. Just dial 612-746-0728, Monday through Friday from 8:00 AM – Noon, to instantly connect for a one-on-one conversation with

our caring Coffee Talker volunteers. You'll be greeted with words of encouragement and a listening ear, ready to meet you wherever you are on your unique journey.

Coffee Talk is completely free, and there's no need to share any personal information. Your privacy is our priority. So, call in and join us at "the table" with your favorite morning beverage to start your day. We guarantee good company and an engaging conversation!

Interested in being a Coffee Talker? We're always looking for volunteers to join our team!

Tell me more about [volunteering](#) or [sign me up](#) to be a Visiting Companion, Phone Companion, or Coffee Talker today!

Cards Connect – Happiness in your Mailbox

Are you tired of opening the mailbox to find nothing but bills? Would receiving cards in the mail from people who care put a smile on your face? If so, then Friends & Co's free Cards Connect service is perfect for you. Just complete the short application, and we will send you handmade cards created by people who care several times throughout the year: in the fall, winter holiday season, Valentine's Day, and spring.

Our free Cards Connect service is available to you if you:

- Are 62 years or older
- Live in Minnesota
- Enjoy receiving cards in the mail

[Sign up](#) to receive cards

[Refer someone](#) to receive cards

Questions about this service? Contact us at 612-746-0737 or friends@friendsco.org

To receive invites and updates, join our Private Facebook Group or sign up for our e-mail invites/updates! [Click here](#) for more information

[Friends & Co](#)

Healing Canvas Counseling & Consulting

Jennifer Finstad, MSW, LICSW

As a licensed independent clinical social worker with a focus on mental health therapy, I have been serving clients aged 12 and older since 2016. In my practice, I take an individualized approach to each client, tailoring my methods to meet their unique needs. I often utilize a blend of solution-focused therapy and cognitive behavioral therapy (CBT). Solution-focused therapy aims to identify and build on clients' strengths and resources, focusing on solutions instead of problems. CBT helps clients identify and change negative thought patterns and behaviors to improve their well-being.

In addition to these therapeutic approaches, I enjoy incorporating coping skills, mindfulness techniques, art therapy, and worksheets into our sessions. These tools can inspire forward movement, promote self-awareness, and facilitate personal growth.

If you are unsure about working with me, I offer a free 15-minute consultation to determine if we would be a good fit.

Note: Jennifer was previously a social worker with the HealthPartners Neuroscience Center and will continue with her work in private practice helping persons living with Parkinsons, Alzheimer's and other dementias, and their families. Jennifer offers telehealth appointments.

For more details visit: [Healing Canvas Counseling & Consulting](#) or call 651-571-0173

HealthPartners Neuroscience Center – Center for Memory & Aging

Caregivers of Those with Memory Loss Support Group

Second Tuesday of every month from 2:00 – 4:00 PM CT – In-Person

HealthPartners Neuroscience Center, 295 Phalen Blvd., St. Paul, MN 55130

The group meets in the first-floor conference room (A-1320). Caregivers of those with any type of dementia are welcome. Not required to be a HealthPartner member.

Contact Kayla Criger: Email kayla.x.criger@healthpartners.com

The NSC Caregiver Support Group

We meet the 3rd Thursday of each month and invite all caregivers. If you have questions, email memoryloss@healthpartners.com or call 651-495-6355. You can email memoryloss@HealthPartners.com to request a calendar invite for this support group. This support group is available only to HealthPartners members.

The NSC Mild Cognitive Impairment Support Group (MCI)

Patient/caregiver dyads. Meets online the 1st Thursday of each month.

Email Jennifer.m.finstad@healthpartners.com or call 651-495-6214 to receive a link. This support group is available only to HealthPartners members.

Neuroscience Center's Virtual Monthly Memory Café

A facilitated social interaction for patients with mild cognitive impairment and their caregiver on the 4th Monday of the month from 11:00 AM until noon CT.

Email memoryloss@healthpartners.com or call 651-495-6355 for a link to the Memory Café. This group is available only to HealthPartners members.

HealthPartners NeuroWell

Are you interested in learning how to live your best life with memory and thinking changes or keep your brain healthy? Do you want to help your patients with neurocognitive disorders live better? NeuroWell: A guide to brain health and living well with mild cognitive impairment (MCI) and dementia is here! Here is the online, interactive version of [NeuroWell](#). For more information about NeuroWell visit our [NeuroWell webpage](#).

[HealthPartners Neuroscience Center – Center for Memory & Aging](#)

HFC Dementia Home Care Grant

HFC® (formerly Hilarity for Charity) and the Home Instead Senior Care® network are working together to award home care grants to those providing care to their loved ones living with Alzheimer's disease or other dementias. The home care grants will be awarded across the United States and Canada. These grants are for respite care hours, there is no cash value.

The goal of the home care grant is to provide exceptional home care to families affected by this disease and to give these families support and rest. These grants are facilitated by Home Instead, where available. Awarded on a bi-monthly basis.

[Learn more and apply here](#).

Immigrant Memory Collaborative

The Immigrant Memory Collaborative, a partnership between the University of Minnesota's School of Public Health and African Career, Education and Resources Inc. (ACER), have created a booklet offering information and resources on dementia for immigrant groups. The booklet is part of the African Immigrant Dementia Education Project, which conducts information sessions at community centers, mosques and churches. The booklet delves into misconceptions, warning signs, risk factors, prevention and diagnosis. It also offers resources for caregivers, including those facing fatigue and burnout.

For information on how to receive a copy of the booklet, email africanmem2021@umn.edu. Copy count is limited. From an article by Sheila Mulrooney Eldred - Sahan Journal

Insights from Arthur's

Deb Nygaard, Director of Development at Arthur's Residential Care, narrates short one-to-three-minute videos that give some insightful tips on how you can interact more successfully with your loved ones who have dementia or Alzheimer's. 29 short videos provide information and resolutions for particular dementia behaviors.

[Insights from Arthur's](#)

Jewish Family and Children's Service of Minneapolis

Alzheimer's and Dementia Community Services

JFCS offers dementia education and early-identification memory screening, and connects caregivers to services and resources. We provide services directly to people living with the disease and also provide extensive coaching and assistance to the care partners. We facilitate Dementia Friends training sessions to the broad community as well, including clergy, local businesses, police and fire departments.

Case Management/Care Coordination

Care coordinators are matched with clients and become the primary coordinator for the delivery of services, individualizing and adjusting services when needed and connecting to family members, friends, clergy, outside agencies, community professionals and other programs at JFCS. Care Coordinators are culturally sensitive, and Russian-speaking coordinators are available. Services are available on a sliding fee scale, call 952-546-0616 for more information.

JFCS Memory Café

JFCS Memory Café is a gathering for people with memory loss and their caregivers. Café members meet twice per month on Wednesday afternoon in the Community Room at the JFCS office 5905 Golden Valley Rd, Golden Valley, MN 55422 for activities and conversations in a comfortable, supportive environment. Café is open to people from the Jewish and broader community. Facilitated by JFCS Senior Services staff and volunteers. The program is free to attend but registration is required.

[Click here](#) for a flier about the Memory Cafe. There are current openings available.

For program dates and to register please contact Lindsay Kant at 952-417-2116 or lkant@jfcsmpls.org.

[Jewish Family and Children's Service of Minneapolis](#)

Jewish Family Service of St. Paul (JFS)

All services are available regardless of race, ethnicity, creed, religion, national origin, gender, disability, or sexual orientation.

After extensive research and needs assessment, JFS has transformed Senior Care Services to Bonnie Care in honor of long-time JFS employee Bonnie Jaffe, RN. Introducing Bonnie Care - Services for Seniors and Families.

The JFS Bonnie Care team consists of registered nurses and social workers who help clients and caregivers facilitate a successful and safe aging journey. Whether navigating complex healthcare and county systems, managing multiple medications, accompanying clients to medical appointments, or charting the future, Bonnie Care connects clients with services and resources in the community, helps them feel less isolated, listens closely to concerns, and creates a plan customized to their unique needs. Bonnie Care services are billed at \$120 per hour. A sliding fee scale may be available based on income.

Bonnie Care Offers Four Services:

Care Management

Bonnie Care staff will become the primary coordinators for multiple services. Each client receives an ongoing plan tailored to their unique situation, including referrals where necessary. Care Management provides:

- Accompanying the client to medical appointments.
- Following the client through hospital, nursing home and transitional care unit stays.
- Navigating systems including medical, state or county.
- Providing reports to family members.
- Coaching and education for caregivers.
- Medication management.

Caregiver Coaching

Bonnie Care team members will work with caregivers to help them make changes to improve everyday life; whether by promoting better self-care or by offering tips to deal with their loved one's disease-related behaviors and needs. The team can also work directly with clients in the early stage of the disease to plan for their own future.

Care Planning

This service helps families articulate and prioritize challenges, and then develops a step-by-step list of actions to be taken that ensures client safety and comfort including homemaking, personal care, nursing, meal delivery and transportation. Care Planning also constructs a manageable division of responsibilities between family, friends, neighbors and professionals. This one-time session helps individuals and families create a plan for the future.

Advance Directives

Advance care planning is making decisions about the healthcare you want to receive if you become unable to speak for yourself. These are your decisions to make based on your

personal values, preferences and discussions with loved ones. JFS staff are trained in Honoring Choices. Service includes:

- Information on available life-sustaining treatments.
- Choosing the care you want.
- Selecting a person who will speak for you.
- Completing an Advance Directive.
- Additional Services

Call (651) 497-8248 or email info@jfssp.org to learn more and schedule an intake session with a Bonnie Care team member. The team member will help you determine which service/s best meet your needs.

Caregiver Support Group

JFS offers a free virtual Caregiver Support Group to anyone caring for an older adult, regardless of where the older adult resides or how far their disease has progressed. The group allows participants to share their feelings, needs and concerns in a safe environment. By sharing practical information, possible solutions and helpful resources, the group becomes a support system, vital to mental and physical well-being.

This is a closed group with the same members, not a drop-in, so you can get to know each other, support each other, and build relationships. Contact Bonnie Jaffe at (651) 497-8248 or email info@jfssp.org to learn more and see if this would be a good fit for you.

[Jewish Family Service of St Paul](#)

Lewy Body Dementia Association

Minnesota LBD Caregiver Support Group

A support group for caregivers, family members, and friends of people with Lewy Body Dementia. We provide a comfortable and compassionate place to share experiences, support, and resources as we journey with our loved one through the many phases of this disease. This group meets on the first Monday of every month from 1:30-3:00 PM CT and on the third Monday of every month from 6:30-8:30 PM CT except on holidays.

Twin Cities Support Group for Persons with Lewy Body Dementia

This group is aimed at persons in the early stages of LBD who would benefit from communicating with others about living with this disease. Our goal is to provide mutual support and companionship as we share experiences and resources. Care partners are also invited but the focus is on the experiences of the person living with LBD.

The Twin Cities Support Group for Persons with Lewy Body Dementia meets the first Tuesday of every month from 1:30 - 3:00 PM CT via Zoom.

For information about these support groups contact: Paula Biever 651-641-0130 or 651-308-9003 (cell) or email paula.biever@gmail.com. For a listing of other Minnesota support groups for care partners and persons living with LBD: [Minnesota LBDA Support Groups](#)

Facebook Support Groups

Several of these Facebook groups have virtual support group meetings as well as the usual Facebook group posts and comments.

- [LBDA Care Partner Support](#) is specific to care partners of those living with LBD.
- [LBDA Living with Lewy](#) is for those living with LBD with a possible/probable diagnosis.
- [LBDA Beyond Lewy](#) is for those coping with the loss of a loved one to LBD.
- [LBDA Newly Lewy](#) is for those newly diagnosed and/or those caring for them.

For more support and information, visit the [LBD Association webpage](#).

Lewy Body Dementia Resource Center (LBDRC)

LBDRC's mission is to raise much-needed awareness of LBD through the dissemination of information to health care professionals and the general public, while offering loving support and services to people with LBD and their care partners. The LBDRC is located in NYC but does have information and resources for everyone. Specific resources are available for New York, Florida, and California.

Helpline: 516-218-2026 - 365 days a year, from 8am to 8pm Eastern time.

The LBDRC offers several virtual support groups available nationwide. Please see their website for information about their NYC support groups.

[Zoom link](#) for all support groups

Meeting ID: 857 3062 3414

Passcode: LOVE - Or dial zoom meeting by phone: +1 646 558 8656 US (New York)

Evening Support Group for LBD Caregivers

2nd & 4th Monday of each month | 6:00 - 7:00 PM CT

Led by Elizabeth Nochlin

ATM - At the Moment - Caregivers Support Group

1st & 3rd Wednesday of each month | 11:00 AM to Noon CT

This group differs from the longstanding support group as it focuses solely on the caregivers' feelings and needs at a given moment.

Led by Joan Kleinerman-Bram.

LBD Crew Support Group

1st & 3rd Thursday of each month | 10:00 - 11:00 AM CT

This group is for people living with LBD.

Led by Norma Loeb

Early Onset Support Group

2nd & 4th Wednesday of each month | 2:00 - 3:00 PM CT

This group is for people who are:

- Younger than 60 and/or
- Newly diagnosed or
- Experiencing LBD symptoms, yet not diagnosed, and struggling for answers.

Led by Megan Ferguson-Koci

Accepting the Journey Support Group - Later Stage LBD Caregiver Group

1st and 3rd Friday of each month at 3:00 – 4:00 PM CT

The limbo of caregiving does have an end. As a caregiver, the day-to-day dance of keeping up with your loved one's needs does not always give you time to face the grief of losing them, let alone anticipating their death. We will openly talk about the grief already present as we are aware of what is to come, with an emphasis on the journey you are on with your loved one.

After the Caregiver Journey Support Group

2nd and 4th Friday of each month at 3:00 – 4:00 PM CT

Grief has many facets: denial, anger, bargaining, depression, and acceptance. They come and go and go and come, in no order. Grief does not have a linear path. This is a space to share the journey you had with your loved one and your path now without them.

[Lewy Body Dementia Resource Center](#)

Lewy Body Life - Podcast

This podcast series was created to help care partners, family and friends understand and navigate the often complex and unpredictable Lewy Body Dementia (LBD) journey. Here real people with real experience and real insight share essential information for caring and coping.

We hope our podcast series helps to raise awareness and increase understanding of LBD — and that it guides you to the professional resources you need. We also hope it will help you realize that you're not alone and that there are strategies and support networks that can aid you in your LBD journey.

The podcast team is associated with the Minnesota LBD Caregiver Support Group.

[Click here](#) to go to the Lewy Body Life webpage.

LBD Caring Spouses

This is an online group for spouses and partners of persons with LBD. It is not Facebook and can be set up to send out emails with each message, a daily digest, or you can view the information on their website. Using the daily digest is recommended. A large variety of topics are discussed. It is easy to ask questions and find information in the various email threads that get created by participants.

[LBD Caring Spouses](#)

Lutheran Social Service of Minnesota

In partnership with Minnesota neighbors, we offer Caregiver Support & Respite, Care Coordination services, Senior Companions, help with supported decision making and guardianship options, LSS Healthy Transitions, LSS Meals, and LSS Rural Aging Action Network services. Through Power of Attorney, Personal Representative of the Estate, and our Pooled Trust services we provide peace of mind to families and loved ones caring for an older adult. These services for older adults are part of a continuum of LSS services offered to address needs for Minnesotans in all stages of life.

[Click here](#) to find out more about our support groups, services, and programs.

Lyngblomsten Community Services

Caregiver Services

Being the best caregiver you can be includes caring for yourself. The Lyngblomsten Caregiver Services team is here to help you on your caregiving journey. Our staff is providing support and resources both in person and remotely, including via email, on the phone, and through online meetings. Services include:

- **Support & Resources:** Information tailored to meet caregivers' unique needs
- **Memory Loss Caregiver Support Groups:** Virtual and in-person options.
- **Educational Opportunities:** Includes the Powerful Tools for Caregivers class
- **Respite Programming:** Includes The Gathering – a group enrichment program for people with memory loss that provides a four-hour break for their caregivers.

For more information about any of our Caregiver Services, email us at caregiving@lyngblomsten.org or call Lisa Brown at 651-632-5320.

Additional information is available at [Lyngblomsten Caregiving](#).

Support & Resources

Are you caring for an older adult and feel stressed and overwhelmed in your role? Receive the support and resources you need by scheduling a time to meet with Lisa Brown, MSW,

LISW, a Caregiver Social Worker with Lyngblomsten Community Services. Appointments are available in Lino Lakes on Tuesdays and in St. Paul on Mondays, Wednesdays, and Thursdays. Virtual appointments are also available. To schedule an appointment, contact Lisa at 651-632-5320 or caregiving@lyngblomsten.org.

Memory Loss Caregiver Support Groups

Family and friends who are caring for someone experiencing Alzheimer's disease or a related dementia are welcome to participate. All groups are open to caregivers in the community via either Zoom (video or telephone) or in person and last approximately one hour. The in-person support group meets at Lino Lakes.

- 2nd Tuesday each month at 10:30 AM CT online
- 4th Tuesday each month at 10:30 AM at Lyngblomsten at Lino Lakes

Registration preferred; walk-ins welcome.

[Click here](#) for more information about the support groups. To sign up, contact Caregiver Services at 651-632-5320 or caregiving@lyngblomsten.org.

The Gathering

The Gathering is a group respite program that provides four hours of brain-stimulating activities and social engagement to adults experiencing early- to mid-stage memory loss, allowing their family members and/or friends to take a much-needed break from caregiving. The program is led by Lyngblomsten staff with support from a team of volunteers who are specially trained to understand the distinctive needs of people experiencing memory loss. Highlights of the program include:

- Sessions of The Gathering are held from 10 AM to 2 PM CT weekly at sites in Lino Lakes and St. Paul.
- Participants attend the same session or sessions each week, forming cohorts. This allows them and their caregivers to develop relationships and a support network with others in their cohort. Beginning in 2025, participants can attend The Gathering up to three days per week
- During a session of The Gathering, participants, volunteers, and staff enjoy activities that stimulate the brain and promote community. Examples include music, games, exercise, discussion groups, art activities, guest speakers, and more!
- Caregivers have the opportunity to connect one-on-one with a Lyngblomsten Caregiver Specialist for resources and support and to participate in a weekly online Caregiver Connect Group.

For more information follow this link: [The Gathering](#) or view the [flyer](#).

Contact Lyngblomsten Community Services at 651-632-5320 or caregiving@lyngblomsten.org

Parkinson's Support Group at Lyngblomsten

For caregivers and people living with Parkinson's or other movement disorders
First Thursday of every month from 1:00 PM - 2:30 PM CT. Members can stay and chat, look at resources, etc. from 2:30 PM – 3:00 PM.

In person at The Heritage at Lyngblomsten, 1440 Midway Parkway, St. Paul. Second Floor Lounge. This is an open group; come as often as you are able. No registration or fee required.

This Parkinson's Disease (PD) Support Group is an informal, self-managed organization of persons with Parkinson's and their caregivers whose purpose is to share information and offer mutual support in a spirit of self-acceptance. It is also a place where other family members and friends can feel welcome and supported.

- informal gathering
- facilitated by social workers
- not a therapy group or class
- self-directed group
- any stage of PD welcome

[Click here](#) for more information, or contact Jay Haukom, at 651-632-5391 or email jhaukom@lyngblomsten.org

[Lyngblomsten Community Services](#)

Mayo Clinic

Support Groups:

Contact Nick Rethemeier at Rethemeier.nicholas@mayo.edu at the Alzheimer's Disease Research Center to get the zoom link for these support group meetings and be on the mailing list to receive meeting reminders.

Caring Conversations Support Group

Caring Conversations meets the 1st and 3rd Thursday of each month at 11:00 AM CT. Caring Conversations is a virtual support group for those providing support and care to a spouse, partner, relative, or close friend living with Alzheimer's disease, Lewy Body dementia, Frontotemporal degeneration, mild cognitive impairment or a related disorder.

Caring for Lewy Support Group

The Caring for Lewy Support Group meets the 2nd Thursday of each month, at 2:00 PM CT. The group is co-facilitated by staff from Mayo Rochester and Mayo Jacksonville. The group meets via zoom and is a really wonderful group of people who share their perspectives.

Caring for FTD Support Group

The Caring for FTD Support Groups meets the 3rd Tuesday of the month at 5:00 PM CT. Caring for FTD is a support program uniquely designed for families and relatives who provide care and/or support to a person with Frontotemporal Dementia.

HABIT Program

Mayo Clinic offers the HABIT program - Healthy Action to Benefit Independence & Thinking - a comprehensive program for people diagnosed with mild cognitive impairment. The program addresses cognitive changes and helps participants incorporate new habits that can play a role in optimizing independence and overall health and well-being.

[Click here](#) for more information or email habitprogram@mayo.edu.

After the Diagnosis

After the Diagnosis is a free, quarterly, in-person seminar providing a road map of information and resources to guide those impacted by MCI or dementia and their care partners and families. Light refreshments will be served mid-event.

Topics include:

- Understanding your diagnosis
- Managing the disease
- Knowing your strengths
- Everyday ways to live well with dementia
- Opportunities to ask questions of the experts, connect with others, and visit with community organizations.

The next session is Friday, October 24, 2025 and January 16, 2026 from 12:30 – 4:30 PM CDT in person at the Mayo Clinic Alzheimer's Disease Research Center, 3033 41st NW, Rochester, MN 55901 - Enter through door B2. Convenient free parking including handicap spaces is available.

[Click here](#) to register for this in-person event. Space is limited.

The Dementia Hub

The Mayo Clinic Connect service features a blog called “**The Dementia Hub**” which lists upcoming conferences, educational videos about dementia, and other news.

Here is the link to the [Dementia Hub Blog](#).

Mayo Connect Dementia Caregivers Discussion Forum

The Caregivers: Dementia Discussion Forum is a peer-led, Mayo Clinic moderated group - one of 75 groups on Mayo Clinic Connect. Connect with others like you for support, practical information, and answers to your questions about caring for someone living with dementia.

[Follow the group](#) and get connected.

Mindfulness-Based Dementia Caring

Mindfulness-Based Dementia Caring (MBDC) is an 8-week program specifically designed for family care partners of persons with dementia. Learn how the practice of mindfulness can help you cope with the challenges and stresses of dementia care. The program includes

interactive mindful care practices, gentle yoga, lectures, group sharing, and at-home assignments.

For program details, including program dates and times, please contact Angela Lunde at lunde.angela@mayo.edu or call 507- 538-4048

Mindful Moment

Mindful Moment is a weekly guided meditation intended for those in a dementia caregiving role. Mindful Moment takes place on Fridays from 12:00-12:30 PM CT. Contact Angela Lunde at lunde.angela@mayo.edu or call 507 538-4048 for information and the zoom link.

[Rochester Mayo Clinic – Alzheimer’s Disease Research Center](#)

Memory Cafe Directory

Find Memory Cafes near you and enjoy a “dementia-friendly” outing with your loved one. Some are sponsored by national organizations, while many more are offered by local groups. If your favorite Memory Cafe isn’t shown, please let us know and we’ll add it.

[Memory Cafes](#) – in all states and around the world.

[Dementia Friendly America](#)

Minnesota Aging Pathways – Formerly Senior Linkage Line

Minnesota Aging Pathways is a service of the Minnesota Board on Aging in partnership with Minnesota’s Area Agencies on Aging. It is a free service of the state of Minnesota that connects older Minnesotans and their families with the help they need.

Assistance is available for the following topics and more:

- Medicare
- Prescription Drug Expense Assistance for All Ages
- Care Transitions
- Housing Options
- Long-term Care Options Counseling
- Application and Forms Assistance
- Health Care Fraud and Abuse
- State Agency Related Questions
- Volunteer and Employment Resources

Call 800-333-2433 M–F, 8:00 AM - 4:30 PM CT or visit [Minnesota Aging Pathways](#)

Minnesota Caregiving Portal / Trualta

The Minnesota Area Agencies on Aging partnered with Trualta to provide content for the MN Caregiving Portal. Resources include a learning library to access education and build key caregiving skills, a variety of support groups & webinars and events to connect with other caregivers, and information about local resources.

You can register yourself or be referred to this service by a social worker, health care provider, or other staff providing aging services.

Support Groups - There are a variety of support groups that meet virtually.

[Click here](#) for information about upcoming support group meetings and webinars. If you haven't already set up an account you will be asked to register with the MN Caregiving Portal in order to access the webpage.

Care Essentials Toolkit

The Care Essentials Toolkit is for caregivers at every stage of the journey. You'll learn strategies for navigating a new caregiver role, asking for help, finding answers to respite care questions, and more! It also includes an Essential Care Checklist dedicated to ensuring you have all your bases covered, as well as a learning activity that recognizes the important qualities you and other caregivers use every day.

[Click here](#) to access the Care Essentials Toolkit

You will be asked to log in or create a free account with the MN Caregiving portal.

[MN Caregiving Portal](#) - powered by Trualta

Minnesota Office of Ombudsman for Long Term Care

Resources for Comparing Care Quality Across Long-Term Care Settings

Finding the best fit for long-term care options can be difficult. Facilities offer varying levels of quality of care, operate under different licenses, may or may not accept different types of funding, and may or may not include certain amenities. In addition to visiting facilities in-person and receiving information by word of mouth, there are resources to help research and compare the type and quality of your care options.

The OOLTC does not recommend specific facilities or locations for care. We do help to connect residents seeking long-term care to the options available in communities around the state. More information about these resources and other resources like The Senior LinkAge Line can be found on the [Office of Ombudsman for Long-Term Care website](#).

Nursing Home Report Card The Minnesota Department of Health and Minnesota Department of Human Services offer the [Minnesota Nursing Home Report Card website](#). The site helps you look for long-term or short-term nursing home options by name

or location, and compares quality measures, state inspection results, resident quality of life, hours of direct care, and more.

Assisted Living Report Card The Minnesota Department of Human Services and the Minnesota Board on Aging offer the [Minnesota Assisted Living Report Card website](#). This new website helps you search and compare assisted living facilities by location or name. There is information about resident quality of life, family satisfaction, and more.

Health Care Provider Evaluation and Investigation Results [The Health Care Provider Evaluation and Investigation Results website](#) is offered by the Health Regulation Division of the Minnesota Department of Health. Facility evaluation and investigation findings include hospice agencies, hospitals, home care and home health agencies, supervised living facilities, boarding care homes, along with assisted living facilities and nursing homes.

The Office of Ombudsman for Long-Term Care advocates for the health, safety, well-being, and rights of long-term care consumers. Reach them at 800-657-3591.

[Minnesota Office of Ombudsman for Long Term Care](#)

Normandale Center for Healing & Wholeness

As a trusted resource in the community for 25 years, Normandale Center for Healing & Wholeness serves seniors, their family members, friends and caregivers to provide support for healthy aging in spirit, mind, and body. We are a 501c3 nonprofit serving Hennepin, Scott and Carver counties. Our approach is relationship-based, building on the capacity and strengths of the senior and family. We strive to:

- Alleviate isolation
- Maintain mental, physical and emotional health
- Extend independence
- Enhance quality of life
- Alleviate caregiver burden

Support Groups

Support groups provide a time for caregivers of all ages to meet others in the same situation, learn from each other and develop a mutual support system. No advance registration is required and all caregivers are welcome. Just pop in. You can also view the times, location and Zoom links by viewing our [Event Calendar](#), selecting the month, and clicking on the support group you would like to join.

Wednesday Support Group

1st Wednesday of every month, 6:00 - 7:30 PM CT

Virtual via Zoom. Click [here](#) when it is time for the meeting.

Facilitator: Joe Hunziker

Thursday Support Group

4th Thursday of every month, 1:30 - 3:30 PM CT

Virtual via Zoom. Click [here](#) when it is time for the meeting.

Facilitator: Cheryl Nickelson

Email: info@normandalecenter.org - Phone: 952-977-9365

Second Saturday Monthly Educational Program and Support Group

2nd Saturday of every month - Monthly educational program followed by support group

In-person at the Normandale Center for Healing and Wholeness,

6100 Normandale Rd 2nd floor, Edina, MN 55436

Saturday, November 8, 2025: Ambiguous and Secondary Losses in Caregiving

In this workshop, we will define and experientially name and explore the numerous ambiguous and secondary losses that present during the caregiving experience.

Presented by Nancy Loyd, MA, the Grief Support Manager at Grace Hospice. Nancy has over 20 years of experience working with those facing serious illness, death, grief and loss in both parish and healthcare settings.

Normandale Center for Healing and Wholeness also offers Caregiver Consultation, family meetings, memory companions & friendly visitors, a low-cost medical equipment loan program and other services. See the [website](#) for more information.

Powerful Tools for Caregivers

Six Mondays starting November 3 to December 8, 2025 | 9:00 - 11:00 AM CT

Powerful Tools for Caregivers® helps family and friends caring for older adults with long-term health conditions develop the skills and confidence to better care for themselves while caring for others. The weekly topics range from reducing your stress to communicating in challenging situation and mastering caregiving decisions.

Join other caregivers for this popular six week class offered in a small group setting. You'll gain knowledge and self-care tools to help you take care of yourself, while caring for the ones you love. You'll learn tips to reduce stress, improve self confidence, manage time, better communicate feelings, and make tough decision.

Class Leaders: Barb Overline, Anita Lang

[Click here](#) for more information and to register.

Questions - Contact Carrie Kilberg at Carrie@normandalecenter.org

[Normandale Center for Healing & Wholeness](#)

North East Seniors for Better Living - Memory Café

1st, 3rd, and 4th Thursday of every month from 11:00 am - 2:00 pm
1831 Minnehaha Avenue East, Saint Paul, MN 55119

North East Seniors for Better Living is hosting a Memory Café for seniors with Alzheimer's disease and dementia. The program is free-of-charge for seniors and their caregivers, 65 and over, living in Saint Paul and its surrounding communities. It gives seniors a fun place to share and enjoy with their peers as well as a respite for caregivers. We need caregivers to stay on premises for seniors who need emotional support or hygiene assistance, but they will be given a space apart where they can rest, take care of personal issues, and enjoy a peaceful lunch.

Program Includes:

- A hearty and nutritious meal for seniors and their caregivers
- Games & Puzzles
- Music
- Socialization
- A place to rest for caregivers

Please feel free to RSVP to make sure we have enough lunch for everyone.
Call Rob at 651-808-1901 or email us at neseniorsforbetterliving@gmail.com

[North East Seniors for Better Living](#)

Parkinson's Foundation

The Parkinson's Foundation Minnesota and Dakotas makes life better for people with Parkinson's disease (PD) by improving care and advancing research towards a cure. Whether you are newly diagnosed with PD or have been managing it for years, a care partner, family member or friend of someone with PD, we are here to help you. The Parkinson's Foundation offers free Parkinson's disease (PD) resources in both English and Spanish.

[Parkinson's Foundation Minnesota & Dakotas](#)

Roseville Area Senior Caregiver Support Group

Open and free to anyone caring for a senior, the Roseville Area Senior Caregiver Support Group meets the 4th Tuesday of each month, 1:00 - 2:30 PM CT in Room C121, at the Anpétu Téča Education Center at 1910 West County Road B, Roseville, MN.

Contact: 651-604-3520 or email rasp@isd623.org

[Roseville Area Senior Program](#)

Saint Anthony Park Area Seniors

Caregiver Respite

Caregivers in St. Anthony Park, Lauderdale and Falcon Heights west of Cleveland Avenue can contact St. Anthony Park Area Seniors (651-642-9052) to be matched up with a volunteer who can provide short respite visits on a temporary or long-term basis. Respite visits are typically for a couple of hours so that the caregiver can take care of errands, go to a doctor's appointment, take a walk or just take a break.

St Anthony Park Area Seniors also provides transportation services to seniors in their service area.

[St Anthony Park Area Seniors](#)

Saint Anthony Village - Monthly Caregivers Group and Respite

3rd Thursday of the month | 10:00 AM - 12:00 Noon CT - Next meeting is April 17, 2025
St. Anthony Village Community Center.

Monthly support group for caregivers of someone living with dementia or any long-term injury or illness. Respite is provided for your loved one while you are at the meeting if no medical care is required.

Registration required. Email angelaafrey@isd282.org to register

Senior Community Services

Caregiver Services are provided by our experienced team of professional social workers and available to those caring for an older adult or someone with a cognitive diagnosis.

Caregiver Coaching equips caregivers with knowledge, skills, and tools to perform their caregiver role while achieving a balanced lifestyle.

Caregiver Consultation addresses:

- identifying needs
- developing person-centered approaches
- problem solving
- decision making
- referring to services

Coaching and Consultation can take place in person or by Zoom, telephone or email.

Caregiver Counseling covered by Elderly Waiver (S5115) and Minnesota Senior Health Options (MSHO) programs is also available.

Family Meeting Facilitation helps families understand their current situation and plan for the future with realistic expectations, positive communication, and fewer misunderstandings.

Support Groups are designed to help caregivers care for themselves through education and empowerment. They offer a safe place for caregivers to learn from one another by sharing experiences, challenges, coping strategies, and humor.

[View our calendar of support groups.](#)

If you are a caregiver for someone currently eligible for one of these programs, or a professional who would like to refer a caregiver call 612-770-7005, Monday – Friday between 8:30 AM and 4:30 PM (CST). Fees vary by type of service, but no one is denied service because of inability to pay.

If the caregiver or the person being provided care resides outside our usual service area of Carver, Hennepin, Scott, Sherburne, and Wright Counties, Caregiver Counseling and Support Groups can be provided virtually to individuals.

In-Person and Virtual Caregiver Support Groups and Memory Cafes.

Support groups offer a safe place for caregivers to learn from one another by sharing experiences, challenges, coping strategies, and humor. Groups are facilitated by professional licensed Social Workers and open to those caring for an older adult or someone with a cognitive diagnosis; the caregiver or care receiver must reside in our service area which includes Carver, Hennepin, Scott, Sherburne, and Wright Counties. A minimum participant cost-share contribution of \$5.00 per meeting is encouraged but not required.

[Click here](#) for a list of support groups and Memory Cafes. Call 612-770-7005 with questions or to register.

Family Caregiver Consultations – Drop in

Last Thursday of each month starting January 30, 2025 | 4-5:30pm
Chanhassen Library | Lovelace Room

Concerned about your loved one's health or memory loss? Need to know more about available resources for your caregiving journey? You aren't alone. Drop in and chat with a Licensed Social Worker for local information and help with problem solving. These free consultations are for family caregivers of older adults.

Senior Community Services also provides [Technology Services](#), Household and Outdoor Maintenance, and Senior Outreach. Visit the website for more information.

[Senior Community Services](#)

10201 Wayzata Blvd., Suite 335, Minnetonka, MN 55305
(952) 541-1019 | reimagineaging@seniorcommunity.org

START Senior Solutions

Are you mired in a crisis or in a transition? Caring for a loved one or making plans for the future? Our advocates can help you manage and resolve an ongoing crisis and reduce the risk of future crises. START Senior Solutions will work with you to create a plan for aging that will give you the greatest influence over your own care decisions - even when you may not be able to speak for yourself.

Our services are always free of charge.

For seniors and caregivers:

START Senior Solutions advocates help you cut through the red tape and resolve problems, so you can move forward with your life, from ensuring you receive the quality of care you need to appealing and resolving benefit disputes. START's services are always free of charge! We connect you to a network of health, financial and legal resources and help you learn self- advocacy skills, so you can confidently manage your life.

For organizations:

We consult with and train healthcare providers, financial planners, eldercare attorneys and guardians on aging issues. We work directly with your clients to answer questions and help them plan for the future.

Advocacy and Aging in Challenging Times

Wednesday, November 5, 2025 | 10:00 - 11:00 AM CST

Normandale Hylands United Methodist Church – in person event

9920 Normandale Boulevard, Bloomington, MN 55437

All around us, people are stepping up for older adults. Neighbors, volunteers, advocates, and yes, this little organization called START. Even in the middle of a historic shake-up in health care and senior living, ordinary people are doing the extraordinary: showing up when someone's lost, scared, or slipping through the cracks.

This class is about what that looks like up close. We'll talk about the policy changes you've seen in the headlines, and the quiet ones you probably haven't, and how they're shaping the lives of real people right now. We'll share the heartbreaking truths, but also the Holy Moments that keep breaking through. Because while the systems keep shifting, the fight for dignity, safety, and compassion is still alive. And we'd love for you to be part of it.

What You'll Learn:

- Where hope is breaking through: everyday people creating extraordinary moments of care
- How START is aligning with others to respond to a historic shift in aging and health care
- Why Medicare Advantage changes (including broker payment cuts) matter to every older adult

- How assisted living settings are being asked to carry more than they can safely handle
- What's driving a rise in senior housing evictions, and what families can do
- The truth about Medicare and long-term care: what it really pays for (and doesn't)
- Why affordable housing is more than a "senior issue", it's everyone's issue
- The growing wave of financial exploitation, even within families, & how to recognize it
- Why START reached its annual service targets by June, and what that tells us about need

[Click here](#) to register for this free event.

Living Well as You Age: Strategies for Brain Health, Resilience, and Caring for a Loved One

Wednesday, November 19, 2025 | 3:30 - 5:00 PM

AB Carval, 1601 Utica Avenue South, First Floor, Minneapolis, MN 55416

Appetizers, drinks and discussion co-hosted by Thomas Roffers, Vice President at Bernstein, Private Wealth Management and Tracy Keibler, Executive Director at START Senior Solutions, this gathering will explore evidence-based strategies to enhance your quality of life as you age and provide valuable insights for those who are caring for a loved one. Discover START Senior Solutions' impactful mission through inspiring stories of individuals who have navigated aging challenges with resilience and support from this amazing organization.

This event will provide practical tips and scientific insights to help you add life to your years, not just years to your life. Whether you're planning for your future or supporting a loved one, this presentation offers valuable guidance and hope. Don't miss this opportunity to connect with experts and community members dedicated to living well at every stage of life.

[Click here](#) to register for this free event.

Homemade Cookies and Heartfelt Connections 2025

Wednesday, December 3, 2025 | 10:00 - 11:30 AM CST

Normandale Hylands United Methodist Church – in person event

9920 Normandale Boulevard, Bloomington, MN 55437

You're Invited for an inspiring morning of meaningful conversations and homemade cookies with the team at START Senior Solutions, a local nonprofit transforming the lives of older adults and caregivers in crisis.

Meet the team changing lives for older adults and caregivers. Meet clients, nurses, advocates and educators. Hear impactful stories from caregivers and seniors. Learn from all perspectives about the essential work START does. You will be astonished to learn about the life-changing support START provides seniors and caregivers, whether it's navigating

healthcare, providing compassionate advocacy, or being a trusted resource when it's needed most. START's services are always free of charge!

Come for the cookies. Stay for the inspiration and connections.

[Click here](#) to register.

[START Senior Solutions](#)

6995 Mariann Drive, Eden Prairie, MN 55346 952-215-7052

Struthers Parkinson's Center

The Struthers Parkinson's Center offers support groups and educational classes for people with Parkinsons, Parkinsons with dementia, and Lewy body dementia and their caregivers and families.

In-Person Care Partner Group

Third Friday of every month from 1:00 - 2:30 PM CT

Struthers Parkinson's Center, 6701 Country Club Drive, Golden Valley, MN 55427

Contact Emily Furseth: Email: emily.furseth@parknicollet.com or [click here](#) to sign-up: scroll to the event you are interested in and click on the image to register.

Virtual Care Partner Group

Second Thursday of every month from 1:00 - 3:00 PM CT

Virtual support group offered by Social Workers at Struthers Parkinson's Center.

Contact Lacey Severson Email: lacey.severson@parknicollet.com or [click here](#) for more information or to sign-up: scroll to the event you are interested in and click on the image to register.

Caregivers of Those with Memory Loss Support Group

Second Tuesday of every month from 2:00 – 4:00 PM CT – In-Person

HealthPartners Neuroscience Center, 295 Phalen Blvd., St. Paul, MN 55130

The group meets in the first-floor conference room (A-1320). Caregivers of those with any type of Dementia are welcome.

Contact Kayla Criger: Email kayla.x.criger@healthpartners.com

Cognitive Group Class

Friday, September 5, 2025 - for eight Fridays at Fridays from 11:00 AM - 12:00 Noon.
(Offered three times in the year as an 8-week series.)

Focused on improving awareness of cognition & thinking skills and incorporating strategies into everyday life. Taught by Lori McManus, OT and Suzanne Burnett, Speech Pathologist.

The class is limited to 8 people with Parkinson's Disease. Cost for the series is \$95.00 includes class and workbook. For more information and to register contact Lori McManus Email lori.mcmanus@parknicollet.com.

Parkinson's-focused psychotherapy services are available to individuals with Parkinson's and their caregivers. Short-term therapy can assist in learning strategies for coping with Parkinson's diagnosis and symptoms as well as cultivating a hopeful spirit during your journey. Schedule a counseling consultation with Lacey Severson, LICSW at 952-993-5495

Music Therapy

Music therapy is a grant funded program at Struthers provided through support from the Park Nicollet Foundation and is offered at no charge. Music can be used to help people move, exercise voice skills, assist relaxation, and reduce feelings of isolation/loneliness. Care partners are welcome.

Register by email Stephanie Kimmes stephanie.kimmes@parknicollet.com

FOCUS

Program designed for individuals in their first year of Parkinson's diagnosis and their family members/friends. Program includes monthly virtual classes, handouts, & personal contact.

"Parkinson's 101 Class" offers facts about early symptoms, treatment, and coping strategies. Occurs quarterly - same content each class - virtual. Cost is free. Register by email lacey.severson@parknicollet.com. Next class is October 16, 2025 or watch online on the Struthers Parkinson's Center [portal](#). (You will need to create a free account.)

[Struthers Parkinson's Center](#)

Teepa Snow - Positive Approach to Care®

Teepa Snow and her Positive Approach to Care® Team share about dementia so that everyone can understand *why* this is happening and *how* to support those living with brain change in a more positive and respectful way. Teepa provides training for professional and family dementia care with in-person and virtual training sessions and online support groups. Many free videos and resources are available on her website.

[Upcoming support groups and events](#)

[Teepa Snow - Positive Approach to Care](#)

Think Dementia

Amy House, Certified Dementia Practitioner, trained support group facilitator for the Alzheimer's Association and Certified Trainer in Teepa Snow's Positive Approach to Care.

Think Dementia Services and Supports

Think Dementia provides dementia education and services to families and friends of those living with dementia. Consultations are available via Zoom or in person with suggestions on what you can do at home or in a care residence.

Think Dementia also creates engaging, thought provoking professional training sessions with in-house and virtual workshops, and offers dementia education sessions for your employees. The Think Dementia blog has information about webinars, events, social media, videos, podcast episodes and dementia care tips to browse.

[Click here](#) to go to the Think Dementia Support & Services webpage.

Think Dementia Podcast

The Think Dementia Podcast is a short, helpful way to learn how to Think Dementia. Amy House takes questions and breaks down what is happening in the brain and gives possible solutions and ideas on where to go from there- helping people in Minneapolis and Saint Paul and all over the world!

- Does the person you are supporting with dementia do something different and you are wondering why?
- Does someone you know show possible symptoms of dementia and you are wondering what to do?
- Are you looking for advice for cares, resources, places to go or things to do together?

You can record a message and your questions may be featured on an upcoming episode of the Think Dementia podcast. Your questions could help thousands of other caregivers.

[Click here](#) to go to the Think Dementia Podcast webpage.

Trellis Care Ecosystem

The Care Ecosystem from Trellis offers free, personalized support for people living with dementia and their caregivers in the Twin Cities metro area. Our team provides guidance, resources, and connections to make the dementia care journey easier to navigate.

Local care team navigators (CTNs) and a dedicated clinical team can provide personalized support and connections to resources like food delivery, transportation, financial assistance, support groups and more.

The team can help:

- Determine immediate needs

- Identify medication risks
- Support behavior changes
- Provide safety screenings and recommendations
- Support caregiver health and well-being
- Share education resources and community services
- Navigate advance care planning

The Trellis Care Ecosystem offers in-depth care navigation for up to one year and short-term “gateway navigation” if needed to address a specific concern or challenge.

[Click here](#) for more information.

[Trellis](#) - Area Agency on Aging for the Twin Cities metropolitan area

Veterans Administration Caregiver Support

Are you a caregiver for a Veteran? The **Program of General Caregiver Support Services** provides peer support mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources for caregivers of Veterans. If you are interested in connecting with other caregivers or receiving additional support from a professional care team, visit their [website](#) to learn more.

Veterans Assistance (VA) Benefits: What to Know and How to Apply

[Click here](#) to access a podcast about navigating the Veterans Administration system. Veterans Assistance (VA) benefits are not just helpful in easing the caregiving burden—they are well-earned by the men and women who have dedicated themselves to defending our country. Unfortunately, navigating the VA system and accessing these resources can be overwhelming. In this podcast you'll learn more about the four main VA programs that support older veterans and their caregivers and the process of applying for benefits.

[American Society on Aging](#)

Vibrant Living Senior Services, LLC

Tamara Statz, MA, LMFT, FT

Tamara Statz is a licensed mental health therapist in private mental health practice providing counseling, education, and support for adult individuals, couples, and families, specializing in grief and loss, chronic and terminal illness, older adults, their families, and caregivers.

Tamara has a heart for older adults, their families, and caregivers, with over 16 years of experience working with older adults and their families in various settings, including: in-home, assisted living, care centers, and hospice. Vibrant Living was designed to meet the need for older adults and their families to have a dedicated time to talk with a kind, neutral, listening ear. Talking with a therapist is different from talking with family and friends. During your counseling session you get to unload and refresh, all in a space of warmth and non-judgment.

In addition to providing therapy, Tamara is a board-approved clinical supervisor for pre-licensed therapists in Minnesota and Wisconsin, an adjunct professor in the master's in counseling and psychological services at Saint Mary's University of Minnesota, and collaborative researcher focusing on issues that older adults face.

Tamara offers a free 15-minute consultation call to connect and see if this would be a good fit for you! For more information call 612-790-7089, or email tamara@vibrantlivingmn.com, or visit the website.

[Vibrant Living Senior Services](#)

Volunteers of America - Minnesota

Culturally Responsive Caregiver Support and Dementia Services

The Culturally Responsive Caregiver Support and Dementia Services team provides caregiver support, ranging from respite services to help navigating health care systems, for caregivers of adults with debilitating illness, including dementia and Alzheimer's.

Services are culturally specific to the African American and East African communities in the Greater Twin Cities area, available in English, Ethiopian, Oromo, and Somali.

Call 952-945-4025 or Helpline at 952-945-4034 for information about services and upcoming events and meetings.

Caregiver Support Group

4th Tuesday - 10 to 11:00 AM CT - On Zoom & Facebook Live

Group sessions offer caregiver education, support, information about community resources and networking with other caregivers.

Brain Health

4th Thursday - 10 to 11:00 AM CT - On Zoom & Facebook Live

Chronic disease and everyday challenges can impact your brain health. Join these sessions to learn risks and take steps to reduce your risk for dementia.

Spiritual Health

1st & 3rd Tuesdays - 10 to 11:00 AM CT - On Zoom & Facebook Live. Faith-based sessions use spiritual principles to uplift and engage caregivers and older adults. Learn and share your challenges of caregiving and growing older from a spiritual perspective.

Ask A Nurse

Breakfast from 10:30 to 11:00 AM CT at Center for Families, 3333 4th St N, Minneapolis
Virtual/hybrid program from 11:00 AM to Noon CT. Participants will have the opportunity to ask questions regarding health and wellness directly to a registered nurse from a culturally reflective perspective and learn the ins and outs of preventative care. In-person participation is encouraged - free blood pressure checks and memory screens during the session.

[Volunteers of America Culturally Responsive Caregiver Support and Dementia Services](#)

Wilder Foundation – Healthy Aging & Caregiver Services

941 Lafond Ave, St Paul, MN 55104 (Offices)

451 Lexington Parkway N., St Paul, MN 55104 (Events)

Information about caregiver support groups and services, including the Powerful Tools for Caregivers educational program offered periodically, can be accessed by calling 651-280-2273 or emailing caregiving@wilder.org - or viewing their website.

Caregiver Support Groups:

Memory Loss Discussion Group

Second Thursday, 10:00–11:30 AM CT.

451 Lexington Parkway N., St Paul, MN 55104

Caregiver support group for people caring for someone with dementia. In-person group.

Adult Children Caregiver Support Group - Third Wednesday, 6:00–7:30 PM CT.

Meets virtually—please connect with us for the link.

Caregiver support group for anyone caring for a parent, grandparent or other parental figure with any condition.

First Friday Caregiver Support Group

First Friday of every month | 9:00–10:30 AM CT.

In-person at the Wilder Center, 451 Lexington Parkway

For anyone caring for someone with a chronic illness (including dementia).

Caregiver Services:

Individual meeting options with a Certified Caregiver Consultant to discuss a caregiver's specific situation and provide support, resources, and education:

Caregiver Consultation

Meet with a Caregiving Consultant to complete an assessment to identify areas of concern about the caregiving role.

Caregiver Coaching

Meet regularly with a Caregiving Coach to discuss plans and goals to care for yourself while you care for others. Typically follows an assessment to address areas of concern.

Information and Assistance

Talk with a Caregiving Consultant to learn about resources in the community that could support you.

[Wilder Foundation – Healthy Aging & Caregiver Services](#)