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# Powerful Tools for Caregivers

Six-week class, two hours a week for family and friends caring for older adults

- Improve self-care such as exercise, relaxation and medical check-ups
- Learn to manage guilt, anger and depression
- Increase self-confidence in coping with caregiver demands
- Find local community resources

Online and in-person classes  
[yourjuniper.org](https://yourjuniper.org)



# Listening Session: Advancing Dementia Early Detection Efforts

How can we work together to advance early detection in Minnesota communities?

Session is designed for group brainstorming around community and clinic strategies that could advance this early detection work. Come and share your successes, gaps, and lessons learned and any resources/partnerships you have explored.



Early detection allows people and families to receive care & support sooner.

# Music Helps Memory: Amazing Grace Chorus

- Celebrates the African-American culture and experience through music
- Enhances life experience of older adults
- Engages the heart and soul of the listener and performer
- Provides an opportunity to transcend the limits of cognitive decline and experience the joy of singing together.
- Facilitates a stronger connection to the community
- Contributes to feelings of being valued



Amazing Grace Chorus offers 'music to remember'.



# What's new in Dementia Friends MN?

Dementia Friends is a global movement to change the way we think, act, and talk about Dementia. Discover its impact in MN.

Learn about the history of the Dementia Friends MN model and what has changed.

Gather updates on new website functionality giving volunteers easy access to online tools and resources.

Bring your questions to be answered and plug in to the conversation.

Find out how you can get started making Friends in your neighborhood!

[dementiafriendsmn.org](https://dementiafriendsmn.org)



# Hidden Disabilities Sunflower (HDS)



- Hidden or invisible disabilities are disabilities not immediately apparent to others. E.g.: chronic illnesses, autism spectrum, dementia, hearing loss.
- Living with a hidden disability can make daily life more demanding, because others cannot identify, acknowledge or understand the challenges experienced by someone with a hidden disability.
- Wearing the HDS discretely alerts people you have an invisible disability and may need extra support, help or time.
- The HDS is an international symbol of hidden disability. Details can be found at <https://hiddendisabilitiesstore.com/>
- In the US, the HDS is recognized at some airports, including MSP.
- Goal: [The Dementia-Friendly Airports Working Group wants to expand recognition and adoption of the HDS throughout the US.](#)
- Learn what you can do.



# Arts & Aging Partnership



A professional development series that leads participants through an exploration of their own creativity and empowers them to use the experiences of participating in the arts to meet their service goals.

Designed for professionals and volunteers in the fields of aging and caring for those with memory loss.

The series focuses on six forms of art, each presented by exciting, professional teaching artists.

The series encompasses self-directed work at home, virtual sessions with the teaching artists, along with journaling throughout the series and planning for service goals

Participants do not need to be an artist or have any specific artistic training to benefit from this series, just a curiosity about and willingness to openly and creatively explore the arts.

[www.rememberproject.org](http://www.rememberproject.org)

[akodeih@rememberproject.org](mailto:akodeih@rememberproject.org)





# Taking It to the Streets: Mobile Memory Screenings

## Culturally Responsive Caregiver Support + Dementia Services

### CHW's

- Building Trust
- Removing Barriers
- Resources
- Culturally Relevant Materials
- Outreach

### Mobile Unit

- Meeting People Where They're
- Health Screenings
- Risk Factors
- Education
- Access to Care
- Culturally Responsive Memory Screenings



[\(188\) Aging and Memory Mobile Clinic promo - YouTube](#)





# Winona

Working to become  
Dementia Friendly



## Ways to engage youth & young adults in a Dementia Friendly Community:

### Forget Me Notes chorus



Member of  
**giving voice chorus**  
initiative

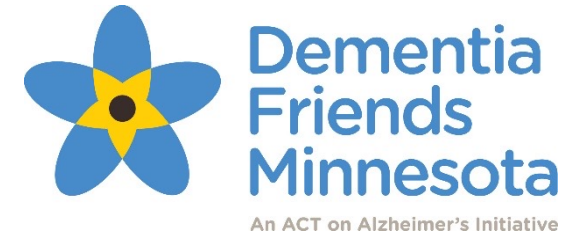
**Goal:** To celebrate the creative potential of people living with memory loss & their care partners.

**What:** A *real choral experience* for people who love to sing!



**Goal:** A stigma free social gathering for people living with memory loss & their care partners.

**What:** A safe and welcoming space where individuals with memory loss and their care partners can *socialize, engage* in meaningful activities, *exchange* information, and *support* one another. Most importantly Memory Cafés offer opportunities for individuals to connect with others experiencing similar things.



**What:** Dementia Friends is a global movement that is changing the way people *think, act, and talk* about dementia. As Winona continues to work on becoming a Dementia Friendly Community, Dementia Friends will help Winona be a safe and supportive community for all.

# Hosting The Remember Project

A Strategy in Creating Dementia-Friendly Communities



A Program of TRELIS™

*Our mission is to raise awareness about dementia and reduce the fear, stigma, and isolation related to memory loss.*

## Shining a Light on Local Resources

- Events featuring The Remember Project (TRP) are designed to highlight local opportunities, needs, and resources.
- Host teams work closely with the TRP planning team in the areas of public relations, planning, event prep/delivery, and evaluation.

## Supporting Team / Building Capacity

- One size never fits all and no host team is alike!
- TRP planning team members meet the host team where they are and learn about local strengths and gaps.
- It's exciting to use TRP as a way to energize a community and build capacity in the DFC movement.

## Partnerships of Value

- TRP sees this work as a long-term partnership, one that is of high value.
- “Partnership” relies on clear communication and learning from/with each other.
- Working together to explore even more ways to use the arts to reach service goals.

[www.rememberproject.org](http://www.rememberproject.org)

[info@rememberproject.org](mailto:info@rememberproject.org)