DEMENTIA PROGRAM GUIDE
Engage, Educate, Empower

A guide of programs, events, support, and hope for persons living with memory loss or dementia, support partners, families, professionals, and those who care.
Engage, Educate, Empower is a health-promotion guide of the Mayo Clinic Alzheimer’s Disease Research Center featuring Mayo Clinic and community-based programs and resources focused on mild cognitive impairment, Alzheimer’s disease, Lewy body dementia, and frontotemporal degeneration.

**MAYO CLINIC ALZHEIMER’S DISEASE RESEARCH CENTER**

The Alzheimer’s Disease Research Center at Mayo Clinic, which is jointly based at the Mayo Clinic campuses in Rochester, Minnesota and Jacksonville, Florida, engages in groundbreaking and state of the art research in Alzheimer’s disease, Lewy body dementia, frontotemporal degeneration, and other related dementia disorders. The Center also studies the entire spectrum of aging, including normal aging and mild cognitive impairment in cooperation with the Mayo Clinic Study of Aging.

The Center offers outreach that includes innovative patient-centered research, programs, and events designed to meet the needs of those affected by dementia. This includes those living with the disorder, as well as families, care partners, communities, and care and service professionals.

For more information call 504-284-1324 or go to https://www.mayo.edu/research.
DEFINITIONS

**Mild cognitive impairment (MCI)**
Mild cognitive impairment (MCI) is the stage between the expected cognitive changes of normal aging and the more serious decline of dementia. It can involve problems with memory, language, thinking, and judgment that are greater than normal age-related changes. Mild cognitive impairment may increase your risk of later developing dementia caused by Alzheimer’s disease or other neurological conditions.

**Dementia**
Dementia is a word to describe a group of symptoms affecting memory, thinking and social abilities severe enough to interfere with daily functioning. Though dementia generally involves memory loss, memory loss has different causes. Alzheimer’s disease is the most common cause of dementia in older adults, but there are a number of causes of dementia. Depending on the cause, some dementia symptoms can be reversed.

**Alzheimer’s disease (AD)**
Alzheimer’s disease is the most common cause of dementia. In Alzheimer’s disease, the brain cells degenerate due to the accumulation of amyloid plaques and neurofibrillary tangles. The result is a steady decline in memory and mental function. The rate at which symptoms worsen varies from person to person.

**Lewy Body Dementia (LBD)**
Lewy body dementia, also known as dementia with Lewy bodies, is the second most common type of progressive dementia after Alzheimer’s disease. Protein deposits, called Lewy bodies, develop in nerve cells in the brain regions involved in thinking, memory, and movement. Some people with Lewy body dementia experience hallucinations and changes in alertness and attention. Other effects can include Parkinson’s disease-like symptoms such as rigid muscles, slow movement, and tremors.

**Frontotemporal Degeneration (FTD) subtypes**
Frontotemporal degeneration is an umbrella term for a diverse group of uncommon disorders that primarily affect the frontal and temporal lobes of the brain. Some people with frontotemporal degeneration undergo changes in their personality and social skills and can be impulsive or emotionally indifferent, called behavioral variant FTD.

Another subtype called **Primary Progressive Aphasia (PPA)** affects the ability to use of language. People with PPA can have trouble expressing their thoughts and understanding or finding words.

**Corticobasal syndrome (CBS)** belongs to the category of FTD disorders and this disorder primarily affects movement. The condition may cause those affected to have poor coordination, stiffness, cognitive changes, and speech or language difficulty.

**Progressive Supranuclear Palsy (PSP)** also belongs to the category of FTD disorders and primarily affects movement including walking, balance and eye movements.
CONFERENCES

➡️ Conference on Frontotemporal Dementias
Mayo Clinic is proudly hosting the 12th International Conference on Frontotemporal Dementias and 1st International Society for Frontotemporal Dementia Congress (ICFTD2020) in Minneapolis, Minnesota, October 7–10, 2020.

The conference is an important opportunity for FTD clinicians, researchers, trainees, patients, and care partners from around the world to share knowledge with the goal of improving care and quality of life.

This conference allows families, care partners and those directly affected by FTD to attend one day of the Scientific Track and up to 2 days of the Family Track. The overall plan for Family Track is below and is subject to change. Please refer to website for the latest agenda, session details, and registration information.

Day One: First day of clinical/scientific track
Spend the day with an impressive community of international researchers to learn about the current fast-paced landscape of FTD research.

Day Two: Family track
General session with topics including: genetics and genetic testing, therapies and innovations in disease management, current and future research.

Day Three: Family track
Morning Workshop: Resilience in the Face of Uncertainty
Day Three: Family track
Special session for families with a known genetic mutation, content will be specific to these individuals and families.

Date
October 7–10, 2020

Location
Hilton Minneapolis
1001 Marquette Ave South
Minneapolis, Minnesota

Conference website
https://ce.mayo.edu/neurology-and-neurologic-surgery/content/12th-international-conference-frontotemporal-dementias-and-1st-international-society
2021 Mayo Clinic Conference on Brain Health and Dementia
In collaboration with the Alzheimer’s Association Minnesota-North Dakota Chapter
Previously the Meeting of the Minds Conference. Mayo Clinic, invites you to this extraordinary 2-day educational event in Minneapolis, Minnesota.

Day One
The conference will kick off with intensive workshops for allied health professionals centering on cutting edge topics relevant to improving care and services to those impacted by dementia with a special focus on Lewy Body dementia and Frontotemporal dementia.

Day Two
The second day will include additional electives for professionals, as well as sessions designed to meet the needs of those living with mild cognitive impairment and early dementia, as well as care partners, and families. In addition, a special presentation on the latest scientific insights about what everyone can do to maintain the health of their brain is being planned.

Date
April 9–10, 2021

Location
Hilton Minneapolis
1001 Marquette Ave South
Minneapolis, Minnesota

Conference information available Summer of 2020:
https://www.mayo.edu/research/centers-programs/alzheimers-disease-research-center
EDUCATION AND SUPPORT EVENTS

Lewy Body Dementia (LBD) Knowledge and Support Summit
The LBD Summit is a comprehensive educational day for patients*, caregivers, and families affected by Lewy Body Dementia. Health professionals may also register.

The Summit provides information on disease pathology, symptoms, therapies, managing ongoing care, improving day to day living, building resilience, and current research. Part of the day is spent in a peer to peer setting to share experiences and gain opportunities for new relationships and ongoing support.

Mayo Clinic is designated a Lewy Body Dementia Association (LBDA) Research Center of Excellence. Centers of Excellence are chosen for their clinical expertise in Lewy body dementia and their experience running clinical trials in related conditions.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>April 20, 2020</td>
<td>8:30 a.m.– 4:30 p.m.</td>
<td>Assisi Heights Conference Center 1001 14th Street NW Rochester, Minnesota</td>
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*Patients in the earlier stages of the disease may be best suited to attend.

Registration
$45.00 per person Family and Professional rate.
Financial assistance scholarships for families are available.
For more information or advanced registration (required), contact Whitney Dahl at 507-284-4126 or dahl.whitney@mayo.edu
Walk-ins without advanced registration will not be permitted.

Contact
507-284-4126

“IT WAS GOOD TO CONNECT WITH OTHER PEOPLE GOING THROUGH THE SAME THING.”
— Recent summit participant
EDUCATION AND WELLNESS

Living with Memory and Thinking Changes
Some forgetfulness or memory loss is a normal part of the aging process. This 90-minute session will include educational information on understanding normal age related memory changes, as well as possible warning signs for dementia. The session will also provide those newly diagnosed with mild cognitive impairment, Alzheimer’s disease or a related dementia with strategies on how to live well with memory loss or as a care partner. Community resources will be in attendance to explain the many opportunities available for engagement and support. There will also be time to meet and connect with others if desired.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>May 6, 2020</td>
<td>1:00 p.m.–2:30 p.m.</td>
<td>Assisi Heights Conference Center</td>
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<tr>
<td>November 4, 2020</td>
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<td>Earth Room</td>
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<tr>
<td></td>
<td></td>
<td>1001 14th Street NW</td>
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<td>Rochester, Minnesota</td>
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Registration
Advanced registration is required by calling 507-284-1324

Care Partners: Essentials for Wellbeing
A 5-hour educational workshop intended for families and caregivers who are providing care and/or support to a person living with dementia. The experiential workshop will cover specific skills and a compassionate approach to caregiving; topics include:

• Dementia: The basics and beyond
• Shining a light on the experience of caregiving
• The art of being with the person who has dementia
• A new way of communicating
• Stress, coping, and resiliency

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>March 14, 2020</td>
<td>10:00 a.m. – 3:00 p.m.</td>
<td>Assisi Heights Conference Center</td>
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<tr>
<td>July 15, 2020</td>
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<td>Earth Room</td>
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<tr>
<td>November 14, 2020</td>
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<td>1001 14th Street NW</td>
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<td>Rochester, Minnesota</td>
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Registration
Advanced registration is required by calling 507-284-1324
Mindfulness-Based Dementia Caring
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. The program is offered two times in 2020.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>Fridays: April 3 – May 22 (May 8th meeting will be from 10:00 a.m.-3:00 p.m.)</td>
<td>10:00 a.m.–Noon</td>
<td>Dan Abrahams Healthy Living Center Rochester, Minnesota</td>
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<tr>
<td>Fridays: October 16–December 11 (November 20th meeting will be from 10:00 a.m.-3:00 p.m.)</td>
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Registration
Advanced registration is required by calling 507-284-1324 or by emailing Angela Lunde at lunde.angela@mayo.edu

“EVERY DOCTOR WHO DIAGNOSES A PERSON WITH DEMENTIA SHOULD REFER THE CAREGIVER TO THIS PROGRAM.”

— Recent participant
Caring Conversations

Caring Conversations is a drop-in support group intended for persons who provide support and care to a spouse, partner, or relative living with Alzheimer’s disease, Lewy body dementia, Frontotemporal degeneration, mild cognitive impairment or a related disorder.

Led by Mayo Clinic facilitators, the purpose of these meetings is for individuals to feel heard, understood and supported. The group offers a place to share experiences and feelings confidentially with others who are on a similar path with opportunities for reflection, problem-solving, and information gathering.

Two meetings are offered each month, please note the different locations. All meetings are open to the public and no advanced registration is required.

<table>
<thead>
<tr>
<th>2nd Wednesday of each month</th>
<th>4th Thursday of each month</th>
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<tbody>
<tr>
<td><strong>Time:</strong> 1:30–2:45 p.m.</td>
<td><strong>Time:</strong> 10:00–11:15 a.m.</td>
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<tr>
<td><strong>Location:</strong></td>
<td><strong>Location:</strong></td>
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<tr>
<td>Assisi Heights Conference Center</td>
<td>Charter House</td>
</tr>
<tr>
<td>Water Room II*</td>
<td>Northview Room</td>
</tr>
<tr>
<td>1001 14th Street NW</td>
<td>211 2nd St NW</td>
</tr>
<tr>
<td>Rochester, Minnesota</td>
<td>Rochester, Minnesota</td>
</tr>
<tr>
<td>Enter through the North Door (back of building) labeled Assisi Conference and look for signs to Water Room II.</td>
<td>Free guest parking spaces are in the lot to the east and north of Charter House. Enter the main door on the south side of the building.</td>
</tr>
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**Contact:** 507-284-1324 with questions  
**Contact:** 507-293-1313 with questions

*March meeting will be held in Water Room I
The listings that follow serve those in Rochester, Minnesota and the surrounding areas. For information on similar programs in other locations or states, contact the Alzheimer’s Association help-line at 1-800-272-3900 or the Senior LinkAge Line® at 1-800-333-2433.

**Dementia Friends Information Session**
A one-hour informational session led by a Dementia Friends Champion is intended for all community members to better understand how they can help a neighbor, church member, customer, friend or relative living with memory loss or dementia. The session will be informal and includes fun activities and interaction. Attendees will learn what dementia is, what it’s like to live with the disease and tips for communicating with people who have dementia. Everyone who attends is asked to consider a practical action that can help someone in their community.

<table>
<thead>
<tr>
<th>Find a session near you</th>
<th>Contact</th>
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**Resounding Voices Chorus**
A professionally directed chorus for people experiencing mild memory impairment or dementia and their support partners. Resounding Voices provides cognitive simulation, fosters learning, new friendships, and renewed purpose. The chorus rehearses weekly in Rochester, Minnesota, and performs publicly throughout the year.

<table>
<thead>
<tr>
<th>Learn more</th>
<th>Contact</th>
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<tbody>
<tr>
<td><a href="http://www.resoundingvoices.org">www.resoundingvoices.org</a></td>
<td>507-218-8376</td>
</tr>
<tr>
<td>Follow on Facebook at <a href="https://www.facebook.com/ResoundingVoicesChorus/">https://www.facebook.com/ResoundingVoicesChorus/</a></td>
<td></td>
</tr>
</tbody>
</table>

**REACH (Resources for Enhancing Alzheimer’s Caregiver Health)**
REACH is a program to support family members who are caring for someone with Alzheimer’s disease or related dementia. Caregivers meet one-on-one with a trained caregiver consultant who will customize each session to meet the specific caregiver needs. The goals are to teach caregivers how to reduce stress, solve problems and address daily challenges. It also helps caregivers feel confident in the care they provide and their ability to cope. This program is led by trained staff from Elder Network.

<table>
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<tr>
<th>Learn more</th>
<th>Contact</th>
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<tr>
<td>Call the Elder Network at 507-285-5272</td>
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# Memory Café

A “Memory Café” is a place where people affected with memory loss or dementia and care partners can gather informally to enjoy social interaction and the company of others who are experiencing a similar situation. Memory Café is open to the public.

<table>
<thead>
<tr>
<th>Location</th>
<th>When</th>
<th>Time</th>
<th>Location</th>
<th>Contact</th>
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<tbody>
<tr>
<td><strong>Rochester</strong></td>
<td>Second Tuesday of each month</td>
<td>1:30 – 3:00 p.m.</td>
<td>Dunn Bros North</td>
<td>507-285-5272</td>
</tr>
<tr>
<td><strong>Winona</strong></td>
<td>Every other Wednesday</td>
<td>2:30 – 3:30 p.m.</td>
<td>Beno’s Deli</td>
<td>Lori with questions at 507-454-7369</td>
</tr>
<tr>
<td><strong>Pine Island</strong></td>
<td>Second Thursday of each month</td>
<td>2:30 – 4:30 p.m.</td>
<td>Pine Island Senior Center</td>
<td>Call the Senior Center with questions at 507-356-2228</td>
</tr>
<tr>
<td><strong>Faribault</strong></td>
<td>Second and fourth Thursday of each month</td>
<td>6:00 p.m.</td>
<td>Our Savior Lutheran Church</td>
<td>Kira at <a href="mailto:kira@oursaviorsfbo.org">kira@oursaviorsfbo.org</a></td>
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Spark! is a monthly program for individuals in early to mid-stages of memory loss and their caregivers. Participants are engaged in lively conversations, storytelling, interactive exhibit experiences, object handling, and other multi-sensory activities.

<table>
<thead>
<tr>
<th>Rochester</th>
<th>Winona</th>
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<tr>
<td><strong>When</strong></td>
<td><strong>When</strong></td>
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<tr>
<td>March 2, April 6, May 4, June 1, August 3, September 14, October 5, November 2, December 7</td>
<td>1st Wednesday of the month</td>
</tr>
<tr>
<td><strong>Time</strong></td>
<td><strong>Time</strong></td>
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<tr>
<td>10:30 a.m.–12:00 noon</td>
<td>10:30 a.m.–12:00 noon</td>
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<tr>
<td><strong>Location</strong></td>
<td><strong>Location</strong></td>
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<tr>
<td>Olmsted County History Center</td>
<td>MN Marine Art Museum</td>
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<tr>
<td>1195 West Circle Drive SW</td>
<td>800 Riverview Drive</td>
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<tr>
<td>Rochester, Minnesota</td>
<td>Winona, Minnesota</td>
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<tr>
<td><strong>Registration</strong></td>
<td><strong>Registration</strong></td>
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<tr>
<td>Advanced registration is required by calling Aaron Saterdalen at 507-282-9447 or email <a href="mailto:programs@olmstedhistory.com">programs@olmstedhistory.com</a></td>
<td>Call Heather to register at 507-474-6626</td>
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</table>
OTHER RESOURCES

▶ Alzheimer’s Association Care Consultations
An Alzheimer’s Association’s Care Consultation is an in-depth personalized service for individuals and families who are facing decisions and challenges associated with Alzheimer’s and other dementias. The goal for each meeting is to receive education about the diagnosis, learn how to make challenging decisions about care, and develop a plan for the future in a supportive setting. Individual and Family Sessions are available no matter where you live.

Contact
1-800-272-3900

▶ Alzheimer’s Association Support Groups
The Alzheimer’s Association offers in-person support groups throughout Minnesota and across all states. These groups are for individuals living with Alzheimer’s, caregivers, and others dealing with the disease. All support groups are facilitated by trained individuals.

Contact
1-800-272-3900

▶ ALZConnected®
Powered by the Alzheimer’s Association®, this is a free online community for everyone affected by Alzheimer’s or other dementia.

Visit
www.alzconnected.org

▶ Alzheimer’s Association Helpline
The Alzheimer’s Association® 24/7 Helpline is available around the clock, 365 days a year. Through this free service, specialists and master’s-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

Contact
Helpline: 1-800-272-3900

▶ Eldercare Locator
Offered by the U.S. Administration on Aging connects individuals to services for older adults and families in the communities in which they live.

Contact
1-800-677-1116
Web: https://eldercare.acl.gov

▶ Elder Network
Elder Network offers non-medical care services including Senior Advocacy, Education & Support, Companion Services, Respite Care In-Home, Peer Support, Friendly Visitors, and Transportation in Southeast Minnesota; Olmsted, Wabasha and Winona.

Contact
507-285-5272
Email: info@elder-network.org
Southeast Minnesota Area Agency on Aging (SEMAAA)
Southeast Minnesota Area Agency on Aging is a private non-profit agency serving the eleven counties of SE MN. The Area Agency on Aging works with families, seniors, service providers, and public agencies to help support, coordinate or develop community services. Their mission is to promote the independence and dignity of older adults so they can age successfully and remain in their home for as long as possible. SEMAAA operates the Senior Linkage Line® a free service that links people to information and assistance.

Contact
Senior LinkAge Line®: 1-800-333-2433

Olmsted County Aging & Care Coordination Services
Home & Community Care programs designed to support elderly and disabled people in their efforts to remain living as independently in the community as possible.

Contact
507-328-6519

LBDA Lewy Body Dementia Association
The Lewy Body Dementia Association (LBDA) is dedicated to raising awareness of the Lewy body dementias (LBD), supporting people with LBD, their families and caregivers and promoting scientific advances. The Association’s purposes are charitable, educational, and scientific.

Contact
LBD Caregiver Link: 1-888-204-3054
National Office, Atlanta, Georgia: 404-418-7396
Web: https://www.lbda.org/

AFTD The Association for Frontotemporal Degeneration
AFTD’s mission is to improve the quality of life of people affected by FTD and to work every day to advance: Research, Awareness, Support, Education and Advocacy.

Contact
Helpline: 1-866-507-7222
Web: https://www.theaftd.org/

CurePSP
CurePSP is the leading source of information and support for patients and their families, other caregivers, researchers, and healthcare professionals on prime of life neurodegeneration including PSP, CBD, MSA, and related diseases.

Contact
800-457-4777
Email: info@curepsp.org