



Mayo Clinic Alzheimer's Disease Research Center

2025 Guide to Wellness Programs, Educational Offerings, and Support



At the Mayo Clinic ADRC we do more than advance research and provide specialized medical care. Our passion for care expands to include a variety of offerings to help you and your family live your best through challenging circumstances. We offer a variety of programs to support the well-being of caregivers, families, and people living with early-stage memory loss.



To find out more about any of the programs listed below, or to register, contact Nick Rethemeier.

- (507) 538-4048
- Rethemeier.Nicholas@mayo.edu



After the Diagnosis

After the Diagnosis is a free, half-day program for those who have recently received a diagnosis in Alzheimer's disease, Lewy body dementia or a related disorder, as well as their families. It is also open to those living with mild cognitive impairment. The program provides guidance, information, addresses common questions, and links participants to valuable community resources. Topics covered include:

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



After the Diagnosis is offered 3 times in 2025.
(All have the same program.)

March 21 • July 11 • October 24



Register here:

eventbrite.com/e/after-the-diagnosis-tickets-1143298499589?aff=oddtcreator



The program takes place at the
Alzheimer's Disease Research Center
3033 41st NW Door B2
Rochester, MN 55901

Mindfulness-Based Dementia Care (MBDC) Program

MBDC is a 20-hour virtual program designed for care partners of people living with mild cognitive impairment or dementia. Practicing mindfulness as a part of the care partnering experience can lead to:

- Practical tools for addressing feelings of overwhelm, anxiety, stress, depression, and caregiver burden
- Greater capacity for compassion for the person living with dementia and for yourself
- Emotional support from others who understand
- Better overall health, quality of life, well-being, and resilience.

MBDC is offered three times each year.

“The skills I learned in MBDC have become a lifeline for me. I am finally sleeping at night. I understand what self-compassion feels like.”

– MBDC Participant, 2024



Support Groups

Support groups offer a place where caregivers can share experiences and feelings with others on a similar path. They provide opportunities for learning, problem solving, information exchange and reflecting.

All Support Groups are offered virtually, via Zoom.

CARING CONVERSATIONS

Caring Conversations is a 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 Conversations meets virtually two times month:

- 1st Thursday of each month from 11:00am-12:15pm CT
- 3rd Thursday of each month from 3:00-4:15pm CT

CARING FOR LEWY

Caring for Lewy is a group uniquely designed for those who provide care and/or support to a person with Lewy body dementia.

Caring for Lewy meets virtually one time each month:

- 2nd Thursday of the month from 2:00-3:15pm CT

CARING FOR FTD

Caring for FTD is a group uniquely designed for those who provide care and/or support to a person with Frontotemporal degeneration (FTD).

Caring for FTD meets virtually one time each month:

- 3rd Tuesday of the month from 5:00-6:15pm CT

YOUNG-ONSET CAREGIVERS

Young-Onset Caregivers is a group designed to meet the needs of caregivers who are under 65 years old, and who provide care and/or support for someone living with young-onset (under the age of 65) dementia.

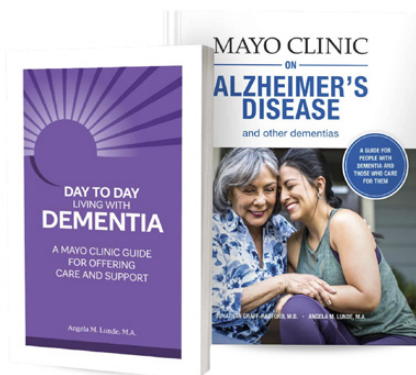
Young-Onset Caregivers meets virtually one time each month:

- 2nd Monday of each month of 6:00-7:15pm



Books

Researchers from the ADRC have written books to help you navigate the days ahead. To purchase these books, visit mcpress.mayoclinic.org and type the title in the search bar.



Mayo Clinic on Alzheimer's Disease and Other Dementias

Dementia is a serious health challenge, and by some estimates the number of people living with dementia could triple by 2050. While Alzheimer's disease is the most common type of dementia, many related types of dementia also affect adults worldwide, causing loss of cognitive functions such as memory, reason and judgment. Although the diseases that cause dementia have long been considered unrelenting and incurable, recent advances offer hope.

Are there ways you can lower your risk of dementia? Can it be prevented? Can you live well with dementia? If so, how? *Mayo Clinic on Alzheimer's Disease and Other Dementias* provides answers to these important questions and more.

Day to Day Living with Dementia

Caring for someone with dementia can be a challenging, heartbreaking experience ... but it can also be rewarding, fulfilling and meaningful.

Millions of people around the world are living with Alzheimer's disease and similar disorders. Millions more are in a caring and supportive role. As many as 1 in 4 Baby Boomers provides care for someone living with dementia, and this number is only expected to grow.

Most dementia caregivers find that the first, and sometimes most difficult step, is accepting the diagnosis and adjusting to a new normal. In *Day-to-Day Living With Dementia*, Angela Lunde, M.A., an expert in dementia care at Mayo Clinic, helps you take that first step and chart your path toward living well, even in the face of dementia. In her 20 years of experience with dementia, Ms. Lunde has made it her mission to improve emotional well-being and quality of life for those living with dementia and their care partners. This book gives you the research-backed strategies Ms. Lunde applies in her work every day.

Website

The Alzheimer's Disease Research Center Website contains up-to-date information on the research center, education on dementia, resources for support and information about research studies. Scan the QR code below to visit and learn more about our Center.



Scan the QR code
for quick access.

Dementia Hub

The Dementia Hub is a blog hosted on Mayo Clinic Connect which highlights research, events, and resources for people living with dementia and their care partners.

Mayo Clinic Connect is also home to a valuable resource; the Caregivers: Dementia online forum. This forum is a peer-led, Mayo Clinic moderated group that provides support, practical info, and answers to questions about caring for someone living with dementia. To join the online forum, visit [Connect.Mayoclinic.org](https://connect.mayoclinic.org) and type “Caregiver Dementia” in the search bar.

Caregiver Research Opportunities

The Mayo Clinic ADRC has a unique focus on supporting caregivers not only through programs and support but also through caregiver research. If you would like to learn what research opportunities are currently available, please contact us at:

- (507) 422-6058
- ADRCOutreach@mayo.edu

Do You Live in Rural Southeast Minnesota

We collaborate with various community organizations to bring information and programs about brain health, memory loss, dementia, caregiving, and research participation directly to rural communities. Contact us to learn more.



To find out more about anything listed here, contact Nick Rethemeier.

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Learn more online at mayoclinic.org

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