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.
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 in cooperation with the Mayo Clinic Study of Aging.

The Center offers outreach that includes innovative patient-centered research, programs, and events designed to understand and 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.
Mayo Clinic Dementia Conference

Meeting of the Minds Annual Dementia Conference
An annual conference of Mayo Clinic and the Alzheimer’s Association Minnesota-North Dakota Chapter. The conference unites over 1,000 people for an insightful day of education, information, and support. Recommended for people living with mild cognitive impairment, early dementia, care partners, families, friends, service providers, professionals, students, and anyone interested in research and improving the lives of those affected by dementia.

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<tr>
<th>Date:</th>
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<tr>
<td>March 2, 2019</td>
<td>7:30 a.m. - 4:30 p.m.</td>
<td>Saint Paul RiverCentre&lt;br&gt;175 West Kellogg Boulevard&lt;br&gt;Saint Paul, MN 55102</td>
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Registration and additional information: alz.org/minds or 952-857-0548

Mayo Clinic Dementia Education and Support Events

Care Partners: Essentials for Well-being (This course is repeated in April, July, and October.)
A 5-hour educational workshop intended for families and family 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
- Mindfulness as a form of self-care

<table>
<thead>
<tr>
<th>April 3, 17, and 24, 2019</th>
<th>July 17, 24, and 31, 2019</th>
<th>October 12, 2019</th>
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<tbody>
<tr>
<td>1:30-3:30 pm (April 17 and 24 are from 1:30-3:00 p.m.)&lt;br&gt;Charter House&lt;br&gt;Northview Room&lt;br&gt;211 2nd St NW&lt;br&gt;Rochester, MN</td>
<td>3:00-5:00 pm (July 17 and 31 are from 3:00-4:30 p.m.)&lt;br&gt;Assisi Heights&lt;br&gt;Earth Room&lt;br&gt;1001 14th Street NW&lt;br&gt;Rochester, MN</td>
<td>10 a.m. - 3:00 p.m.&lt;br&gt;Assisi Heights&lt;br&gt;Earth Room&lt;br&gt;1001 14th Street NW&lt;br&gt;Rochester, MN</td>
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Registration: Advanced registration is required by calling 507-284-1324.
Mayo Clinic Dementia Education and Support Events

Lewy Body Dementia Knowledge and Support Summit

A comprehensive educational day for patients*, caregivers, and families affected by Lewy Body Dementia (LBD). Care 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. A special breakout session will be targeted to care professionals who support persons living with LBD in a residential or day program setting.

*Patients in the earlier stages of the disease are best suited to attend.

Date: March 4, 2019  
Time: 8:30 a.m. – 4:30 p.m.  
Location: Assisi Heights Conference Center  
1001 14th Street NW  
Rochester, MN

Registration: $35/person Family rate; $50/person Professional rate  
Advanced registration is required by calling Ryan Potaracke at 507-293-9576 or emailing potaracke.ryan@mayo.edu. Walk-ins without advanced registration will not be permitted.

Frontotemporal Degeneration Knowledge and Support Summit

A comprehensive educational summit for patients*, caregivers, and families affected by Frontotemporal Degeneration (FTD). Care 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. A special breakout session will be targeted to care professionals who support persons living with FTD in a residential or day program setting.

*Patients in the earlier stages of the disease are best suited to attend.

Date: October 1, 2019  
Time: 8:30 a.m. – 4:30 p.m.  
Location: Assisi Heights Conference Center  
1001 14th Street NW  
Rochester, MN

Registration: $35/person Family rate; $50/person Professional rate  
Advanced registration is required by calling Ryan Potaracke at 507-293-9576 or emailing potaracke.ryan@mayo.edu. Walk-ins without advanced registration will not be permitted.
Caring Conversations
Caring Conversations are drop-in support groups 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.

### 2nd Wednesday of each month
**Time:** 1:30-2:45 p.m.
**Location:**
Assisi Heights Conference Center
Water Room
1001 14th Street NW Rochester, MN

Enter through the North Door (back of building) labeled Assisi Conference and look for signs to Water Room.

**Contact:** 507-284-1324 with any questions.

### 4th Thursday of each month
**Time:** 10:00-11:15 a.m.
**Location:**
Charter House
Northview Room
211 2nd St NW Rochester, MN

Free parking is available in the guest parking spaces in the lot to the east and north of Charter House. Once parked enter through the main door on the south side of the building.

**Contact:** 507-292-1313 with any questions.
## Mindfulness-Based Caring for Dementia Caregivers

A 7-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.

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<td>Fridays: October 4 – November 15</td>
<td>10:00 a.m. – Noon</td>
<td>Dan Abrahams Healthy Living Center</td>
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### Registration: Additional information and registration will be available starting August 1, 2019.

### Contact: 507-284-1324, or Angela Lunde, lunde.angela@mayo.edu

## Mayo Clinic 10-day Program for Mild Cognitive Impairment

### Healthy Action to Benefit Independence & Thinking (HABIT)

Mayo Clinic’s HABIT Healthy Action to Benefit Independence & Thinking® is a 10-day (50 hour total) program for individuals who have received the diagnosis of MCI and a support partner to learn skills for maintaining independence in spite of memory problems, improving self-esteem, and coping with the emotions that arise for the person and their family with the uncertainty that comes with a diagnosis of MCI.

The program builds on existing strengths and recognizes that procedural memory, otherwise known as ‘habit memory,’ can be utilized to promote the highest level of function and independence. HABIT is a group-based program, meaning that you will attend with other individuals experiencing MCI and their partners.

Participants in HABIT engage daily in five essential components:

- Individual Memory Compensation Training
- Group Supportive Therapy
- Brain Fitness
- Yoga
- Wellness Education

### Dates:
The program meets Monday through Friday for two consecutive weeks. Please call for the current schedule.

### Location:
Mayo Clinic locations in Rochester MN., Jacksonville FL., and Scottsdale AZ.

### Contact: 904-953-8853
Offerings Around the Community

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.

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.

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<tr>
<td>Last Wednesday of each month</td>
<td>6:00-7:00 p.m.</td>
<td>Charter House First Floor, Room 164</td>
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<td>(no session in December)</td>
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<td>211 2nd St NW</td>
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<td>Rochester, MN</td>
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Free parking is available in the guest parking spaces in the lot to the east and north of Charter House. Once parked enter through the main door on the south side of the building.

Contact: 507-292-1313
Other dates and times may be available; please contact Elder Network at 507-285-5272 for more information.

Resounding Voices Chorus
A professionally directed chorus for people experiencing mild memory impairment or dementia and their support partner. Resounding Voices provides cognitive simulation, fosters learning, new friendships, and renewed purpose. The chorus rehearses weekly in Rochester, MN, and performs publicly throughout the year.

Learn more at: www.resoundingvoices.org

Contact: 507-218-8376
### Offerings Around the Community

#### 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.

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<th>Dates:</th>
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<tr>
<td>Second Tuesday of each month</td>
<td>1:30-3:00 p.m.</td>
<td>Dunn Bros North 120 Elton Hills Drive Northwest Rochester, MN 55901</td>
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</table>

**Contact:** 507-285-5272

#### 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.

**Contact:** Elder Network at 507-285-5272

#### Spark!
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.

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<tr>
<td>First Monday of every month</td>
<td>10:30 a.m. - noon</td>
<td>Olmsted County History Center 1195 West Circle Drive SW Rochester, MN 55902</td>
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Space is limited, so reservations are required.

**Contact:** Aaron Saterdalen at 507-282-9447 or programs@olmstedhistory.com
### 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

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**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

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**ALZConnected® (alzconnected.org)**
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](http://www.alzconnected.org)

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**Alzheimer’s Association Helpline**
The Alzheimer’s Association® 24/7 Helpline (800-272-3900) 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.

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**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:** [https://elder care.acl.gov](https://elder care.acl.gov) or 1-800-677-1116

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**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 or info@elder-network.org
## Other Resources

### 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: 888-204-3054
- National Office (Atlanta, GA): 404.418.7396

### 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 or 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 or info@curepsp.org