

# Nativity Dementia Friends Newsletter

We are so glad you joined us during for a Dementia Friends Information Session. Here are a few resources for you to help make some connections as you navigate this time with your loved one. Please feel free to email me questions at [ambrombach@gmail.com](mailto:ambrombach@gmail.com).

## Dementia Care: HealthPartners Center for Memory & Aging

Call 651-495-6306 or visit [healthpartners.com](http://healthpartners.com)

## Dementia Friends Information Session

December 10 at 9:30 am. Email [ambrombach@gmail.com](mailto:ambrombach@gmail.com) to receive the Dementia Friends link and training guide. All are welcome to join!

## Memory Cafés:

### **Carondelet Village hosts a memory Cafe on the 1st & 3rd Monday of the Month**

Memory Cafes offers a chance for individuals with dementia and their caregivers/family members to meet with others, ask questions, and learn from their mutual experiences. Meetings are informal and provide a safe social environment where individuals learn new skills, undertake meaningful activities and listen to guest speakers and enjoy refreshments. Carondelet Village strives for the feeling of a coffee house rather than a therapy session. The virtual Memory Café carries forward the same concept and objectives as the in-person Memory Café.

If you are interested in attending the Carondelet Village memory café, email Meghan [mconstantini@preshomes.org](mailto:mconstantini@preshomes.org).

## Helpful Tips:

**If liquor is an issue over the holidays for a loved one with dementia or for someone with other health concerns, consider buying non-alcoholic wine and beer which looks and tastes very close to real wine and beer.**

## Giving voice Chorus:

Join a signing chorus for those with dementia and a care partner. Learn more at: <https://givingvoicechorus.org/>

## City of Roseville is Dementia Friendly:

<https://www.cityofroseville.com/2728/Respite-Adult-Day-Services>

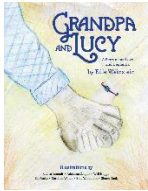
Find activities and groups for those with dementia around the Roseville area.

## Library Corner:

### Grandpa and Lucy: A story about love and dementia.

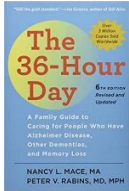
A book to help children and adults improve communication with those with Memory Loss.

Visit [www.inkypuppypaws.com](http://www.inkypuppypaws.com) or purchase on Amazon.com.



*Available in English and Spanish.*

Available as a play, film and yard signs for dementia walks.



**The 36-Hour Day:** A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss (A Johns Hopkins Press Health Book) Paperback – April 18, 2017  
Nancy L. Mace (Author), Peter V. Rabins (Author)

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