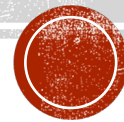


# ST. ODILIA'S BRAIN HEALTH & DEMENTIA SERIES



Carolyn Klaver, Registered Nurse, Faith Community Nurse  
Community Dementia Educator

1

## SESSION TWO

### ■ Dementia: Your Role as Community/ Family/ Friends



2

## BUT FIRST

- Additional information from last month's presentation
  - Genetic Predisposition
  - Additional Risk Factor



3

## GENETIC PREDISPOSITION TO DEMENTIA

### ApoE4 Gene Test

ApoE4 gene increases your risk of developing Alzheimer's disease.

- Late onset. Not young-onset

Young-onset Alzheimer's (symptoms between ages 30 and 60)

- Amyloid precursor protein (APP)
- Presenilin 1 (PSEN1)
- Presenilin 2 (PSEN2)



4

## ADDITIONAL RISK FACTOR

### Gum Disease & Chronic Oral Inflammation

An important Lifestyle Routine to address:

\* routine oral hygiene, regular cleaning visits and dental care!



5



#### Have you noticed any of these warning signs?

Please list any concerns you have and take this sheet with you to the doctor.

*Note: This list is for information only and not a substitute for a consultation with a qualified professional.*

\_\_\_\_ 1. **Memory changes that disrupt daily life.** One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. **What's typical?** Sometimes forgetting names or appointments, but remembering them later.

\_\_\_\_ 2. **Challenges in planning or solving problems.** Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. **What's typical?** Making occasional errors when balancing a checkbook.

\_\_\_\_ 3. **Difficulty completing familiar tasks at home, at work or at leisure.** People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game. **What's typical?** Occasionally needing help to use the settings on a microwave or to record a television show.

[https://www.tn.gov/content/dam/tn/health/program-areas/alzheimer/dementia-friendly-materials/10\\_signs\\_checklist.pdf](https://www.tn.gov/content/dam/tn/health/program-areas/alzheimer/dementia-friendly-materials/10_signs_checklist.pdf)



6

## WHY A DEMENTIA DIAGNOSIS?

- The diagnosis can help set up services for the person to **stay at home longer**.
- Staying in our home as long as possible is what most of us desire.



7

## HELP A PERSON LIVING WITH DEMENTIA

- Continue to be a friend – take time to be with them
  - Even if that means playing a game that you would normally play but revising the rules of the game greatly – winning is not the objective. Time together is
- Enjoy activities in the community with them – see SilverCrest STAYCATIONS for ideas – next slide
- Listen – they may want to talk about what is happening to them. Believe what they say. DO NOT say “oh, you don’t have Alzheimer’s”. They may be diagnosed very early in the disease – they NEED your support and listening ear
- If appropriate, go with the person to their appointments



8

## HELP A PERSON LIVING WITH DEMENTIA CONTINUED

- Compliment them – do not criticize them
- Build in extra check-ins for safety
- Provide reminders in writing
- Simplify choices: “Would you like this... or this?”
- Reassure them, add humor when possible
- Allow them to reminisce, tell stories
- Validate them – you are on their side
- Mornings and early afternoons are best



9

## INTERACT WITH PEOPLE LIVING WITH DEMENTIA

- “yes” or “no” questions
- Time to respond
- Avoid arguing
- Dignity and respect
- Smile; eye contact
- Apologize, redirect
- Spread dementia friendly principles (see next slide)



10

## QUICK DEMENTIA LEARNING

CONSIDER FOR A BIBLE STUDY, CONFIRMATION, SUNDAY SCHOOL CLASS

Online educations – one hour  
At <https://dfamerica.org/sector-guides/>



In person education – 90 minutes.  
<https://dementiafriendsmn.org>



11

## HELP A CAREGIVER

- Provide resources – from all 6 presentations in our series or from a suggested professional resource
- Offer to sit with or do an activity with the person living with dementia while the caregiver takes a break or goes to an appointment
- Listen
- Take a meal
- Organize help
  - Lotsa Helping Hands      [lotsahelpinghands.com](https://lotsahelpinghands.com)
  - MealTrain                      [mealtrain.com](https://mealtrain.com)
  - Caring Bridge                [caringbridge.org](https://caringbridge.org)
  - CareCalendar                [carecalendar.org](https://carecalendar.org)



12

## PAID LEAVE FOR CAREGIVERS: UP TO 12 WEEKS

AS OF 1/1/2026

- A new law AARP MN helped champion to support working caregivers & their families
- To care for a loved one or recover from a serious health condition
- Offers job protection & partial wage replacement during leave.
- Covers caregiving for a family member when medically necessary, with certification from a healthcare provider.
- If the caregiver earned at least \$3,700 in the past year working in MN, you're likely eligible.
- Mn.gov/deed/paidleave
- 651-556-7777 or 844-556-0444



13



[Alzheimer's & Dementia Information | Roseville, MN - Official Website \(cityofroseville.com\)](https://www.cityofroseville.com/2721/Alzheimers-Dementia)  
<https://www.cityofroseville.com/2721/Alzheimers-Dementia>

[Dementia Support Groups & Services](#)

[Dementia Friendly Activities](#)

[Clinical Trials & Research Opportunities](#)

[Dementia: Caring & Coping - 2023](#)

[Webinars, Seminars, Conferences & Classes for Caregivers and Professionals](#)

[Advance Care Planning - End of Life Decisions - Life after Caregiving](#)

[Memory Minders](#)

[Support, Activities, and Resources](#)

[Former Caregiver Re-Entry Initiative](#)

[Memory Minders: Travel Kit - HOME \(dementiafriendlyairports.com\)](https://www.dementiafriendlyairports.com/memory-minders-travel-kit.html)  
<https://www.dementiafriendlyairports.com/memory-minders-travel-kit.html>



14

**ROSEVILLE ALZHEIMER'S & DEMENTIA COMMUNITY ACTION TEAM  
IN PARTNERSHIP WITH REFLECTIONS OF SILVERCREST**



Bell Museum

Candy Store Farm

Como Conservatory

Jacobson's Apple

Orchard

Mill City Museum

North Metro Television

Norway House

Sea Quest

The Raptor Center

Waldoch Farm

Wood Lake Nature Center

<https://silvercrestproperties.com/staycations/>



15

## SEEK OUT PROFESSIONALS

- Family Means. 651-439-4840. help for caregivers
- Wilder 651-280-2273 caregiver support
- Alzheimer's Association 24/7 1-800-272-3900.
  
- Dementia Support Groups
- Memory Cafes
- Care Consultations



16





## Memory Care Mass

Join St. Odilia and St. Mary of the Lake for a Memory Care Mass

**What is a Memory Care Mass?**

- Designed to fit the needs of those living with dementia
- Shorter in length – approximately 30 minutes
- Held in a chapel, a smaller and more comfortable environment
- Hospitality following Mass allows for important social time

**LOCATIONS**



Catholic Community of St. Odilia  
3495 Victoria St., Shoreview, MN 55126



St. Mary of the Lake  
4741 Bald Eagle Ave.  
White Bear Lake, MN 55110

**As many as 30 have attended!**

**Share this with others!**




17

## RESPIRE SERVICES –

### COVERED IN GREATER DETAIL 3-11-26

- Family Means
- Lyngblomsten 651-643-5320
- East Side Neighborhood Services (NE Minneapolis)  
612-787-4086
- Anoka County Caregiver Services 763-324-1608



18

## ASSISTIVE TECHNOLOGY



<http://www.thegoodcaregroup.com/live-in-care/dementia-care/assistive-technology-for-dementia/>

- Wearables, sensors, monitoring/tracking devices
- Smart home devices (door alarms, motion sensors, smart plugs, appliance monitoring)
- Smartphone apps
- Medication dispensing devices



19

## DECISION MAKING CAPACITY

Volunteers of America (VoA) Center for Excellence in Support Decision

- Making
- Goal is to empower shared decision making, avoid guardianship/conservatorship
- 844-333-1748
- [www.voamnwi.org/center-excellence-supported-decision-making](http://www.voamnwi.org/center-excellence-supported-decision-making)

### Avoiding Unnecessary Guardianship

Older adults and people with disabilities are happier, safer, and healthier when they are empowered to make choices about their own lives.

### Planning for the Future

Individuals and their caregivers can develop plans to meet the needs of today and tomorrow through Supported Decision Making arrangements and other planning tools.



20

## LEGAL / FINANCIAL PLANNING

[mylegalaid.org/how-we-help/seniors](http://mylegalaid.org/how-we-help/seniors)

- Free assistance for low
- income seniors:
- Accessing public benefits
- Power of attorney
- Wills
- Healthcare directives



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

Directory of elder law attorneys

- Estate planning
- Trusts
- Wills
- Veterans



21

## GIVING VOICE

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



***Creating joyful choral communities***

for people living with dementia & their care partners



22

# MINDFULNESS BASED DEMENTIA CARE

Presencecareproject.com/mbdc-program

- Structured, evidence-based program for dementia care partners
- Eight 2-hour interactive classes (small groups) conducted virtually

## What Are the Benefits of Mindfulness in Dementia Care?

Caring for someone with dementia can be challenging, but the experience can also be filled with moments of great compassion, love and fulfillment. MBDC offers skills to cope with stress and savor moments of joy. Practicing mindfulness in the care partnering experience leads to:

- New coping skills
- Lower anxiety, stress, depression and care partner burden
- Greater compassion for your care partner and for yourself
- A sense of emotional support from others in the same situation
- Better overall health, quality of life, well-being and resilience



23

# LIVING WELL: OPTIMIZING BRAIN HEALTH + FUNCTION

Available online:

- [www.healthpartners.com/care/specialty/neuroscience/memory-loss/support](http://www.healthpartners.com/care/specialty/neuroscience/memory-loss/support)



24

## WHY BEING SEEN FOR MEMORY LOSS IS IMPORTANT?

- Because often there are causes for memory loss that are REVERSIBLE.
- That means the person DID NOT have dementia



25

## REVERSIBLE MEMORY LOSS

- Medicines
- Stress, anxiety, depression
- Too little Vitamin B-12 in the body
- Sleep apnea
- Hypothyroidism
- Alcohol use disorder
- Minor Head Injury
- Brain diseases



26

## TEEPA SNOW, OCCUPTIONAL THERAPIST

EXTREMELY WELL-KNOWN DEMENTIA EDUCATOR

- <https://teepasnow.com/>
- YouTube.com  
Teepa Snow videos



27

## DEMENTIA FRIENDLY AIRPORT WORKING GROUP

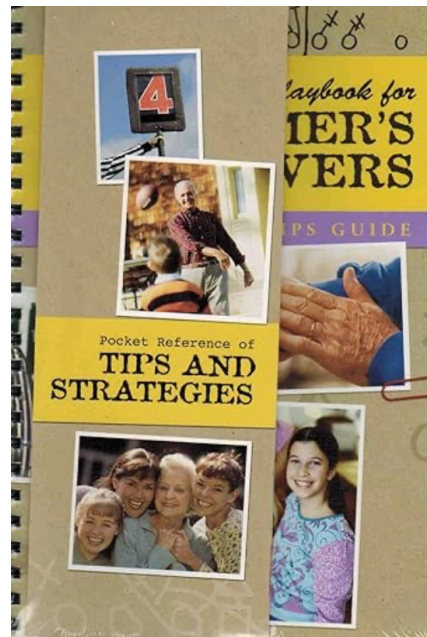
<https://www.dementiafriendlyairports.com>

Resources to help even local travel



28

## COACH BROYLES' PLAYBOOK



29

## UPCOMING SESSIONS

- January 14                      1:30 p.m. to 3 p.m.    How to Work with Dementia Care Challenges
  
- February 11                    1:30 p.m. to 3 p.m.    Dementia Communication Techniques – Learn to Listen, learn to respond appropriately
  
- March 11                        1 p.m. to 2:30 p.m.    Metro Wide Resources
  
- April 15                         6:30 p.m. to 8 p.m.    Typical Aging, The Significant Role of Faith & Spirituality – What the Church body can do

30



## ONLINE ACCESS TO PREVIOUS SESSIONS

<https://www.stodilia.org/dementia-friendly-parish>

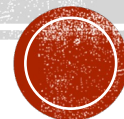


31

## QUESTIONS & ANSWERS

Thank you for coming.

I will stay after to answer everyone's questions.



32