

Resources for Care Partners during COVID-19 Restrictions

Updated July 24, 2020

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- Food Resources
- Minnesota Services during COVID-19 Restrictions
- Emotional Support Resources
- Online Resources for Care Partners during COVID-19 Restrictions
- End of Life Decisions during COVID-19 Restrictions
- COVID-19 Scams and the Elderly
- COVID-19 General Resources
- Webinars and Classes on Health, Aging and Dementia-related Topics

Crisis Hotlines - Call 911 for life-threatening emergencies!

National Suicide Prevention Lifeline

612-347-2222 or 1-800-273-8255 or Text MN to 741741
24/7 Free & Confidential

Adult Mental Health Crisis Lines

Ramsey County: 651-266-7900

Hennepin County: 612-596-1223

Washington County: 651-275-7400

Anoka County: 763-755-3801

Dakota County: 952-891-7171

Other MN counties and tribal crisis lines: <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>

Children's Mental Health Crisis Lines

Ramsey County: 651-266-7878

Hennepin County: 612-348-2233

Washington County: 651-275-7400

Anoka County: 763-755-3801

Dakota County: 952-891-7171

Other MN counties and tribal crisis lines: <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp>

Crisis Text Line: Text MN to 741741

24/7 emergency service is available if you or someone you know is experiencing a psychiatric or mental health crisis.

Minnesota Day One Crisis Line

Domestic abuse/ sexual violence/ trafficking

Call: 1-866-223-1111

Text: 612-399-9995

24/7 365-day-a-year, toll-free, confidential, and multilingual hotline.

Help for people experiencing domestic violence, sexual violence or human trafficking or simply questioning aspects of your relationship.

Please call 911 in an emergency.

<https://dayoneservices.org/>

<https://cornerstonemn.org/emergency-services/statewide-hotline/>

Trained advocates provide:

- **Support:** 24-hour crisis supportive services
- **Safety:** Getting and keeping you and your family safe
- **Housing:** Providing emergency shelter and safe housing
- **Resources:** Support groups, transitional housing, legal advocacy, culturally specific services and more

Crisis Counseling:

We can provide a variety of resources for those seeking information—including referrals to support groups, possible transitional housing in your area and options for legal advocacy. If you are questioning unhealthy aspects of your own relationship or are concerned about a loved one, we are here to listen.

Protection for Pets:

We know that approximately 71% of animal owners entering emergency shelters reported that their abusers had injured, maimed, killed or threatened family pets for revenge or psychological control. Abusers often threaten to hurt beloved family pets to prevent victims from leaving.

Minnesota Adult Abuse Reporting Center

Elder abuse – vulnerable adult abuse

1-844-880-1574

24/7 toll-free, confidential hotline.

If you are reporting an emergency that requires immediate assistance from the police, sheriff, fire department or an ambulance, call 911 first then call MAARC.

Disaster Distress Helpline

Substance Abuse and Mental Health Services Administration

1-800-985-5990

24/7 365-day-a-year, toll-free, confidential, multilingual hotline.

Deaf/Hard of Hearing

Text TalkWithUs to 66746 or use your preferred relay service to call the Disaster Distress Helpline at 1-800-985-5990. **TTY** 1-800-846-8517

National hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The Disaster Distress Helpline also answers calls and texts related to infectious disease outbreaks such as the Coronavirus pandemic, incidents of community unrest, and other traumatic events.

First Call for Help

24-7 / Confidential / multilingual services

Dial 2-1-1

Cell phone: 651.291.0211

Toll-free: 1.800.543.7709

Text 'MNCOVID' to 898211 or www.211unitedway.org

If you need assistance finding food, paying housing bills or other essential services,

this database connects callers to thousands of resources throughout Minnesota. A Certified Community Resource Specialist will help to locate available resources in your area.

More than 90 percent of the United States has access to 2-1-1, along with several areas of Canada. For more information on the national 2-1-1, visit <http://211.org/>.

Food Resources

Access to Free Food

CAPI culturally-specific food shelf - 5930 Brooklyn Blvd., Brooklyn Center
CAPI USA aka The Centre for Asian and Pacific Islanders

Due to the COVID-19 crisis, the CAPI food shelf has new hours until further notice and is only available for curbside pickup and senior delivery. The food shelf is open to CAPI clients and anyone in need of food assistance.

OPEN:

Tuesdays 1:00 pm – 4:00 pm; Wednesdays and Thursdays – 9:00 a.m.- 4:00 p.m.

- Upon arrival park in a designated parking spot marked by an orange cone
- **Remain in your car**
- If you are a food shelf client, please have your food shelf card ready
- A staff member/volunteer will collect your information
- A staff member/volunteer will load groceries into your vehicle (if you are on foot, you will be given bags)

[For more information contact us here.](#)

FRESH PRODUCE FRIDAYS

CAPI's Fresh Produce Fridays are back! Anyone is welcome to come for fresh produce. Check-in begins at 12:30 pm and distribution will start at 1:00 pm. Please wear a mask and practice social distancing.

Schedule: July 10, July 24, August 14, August 28, Sept. 11, Sept. 25, Oct. 9

Hours: 1:00 pm – 3:00 pm

Location: CAPI IOC – 5930 Brooklyn Blvd., Brooklyn Center

City of Roseville and The Sheridan Story Partnership

The City of Roseville has teamed up with The Sheridan Story to provide free, nutritious food to families in the community to ensure that area youth have food during the COVID-19 (Coronavirus) pandemic.

The Sheridan Story has provided the city with 330 five-pound food bags. Each food bag contains approximately four meals and is packaged and ready to go. This initial delivery comprises more than 1,260 meals and The Sheridan Story will make sure supplies are replenished to meet the community's needs in the coming weeks.

The food is available to any Roseville resident or family that may be struggling with food insecurity. Food may be picked up 24 hours a day, seven days a week, beginning Friday, April 17 from the vestibule at the Roseville Fire Station.

Access to the Fire Station is available from the parking lot at Roseville City Hall, 2660 Civic Center Drive, near the corner of County Road C and Lexington Avenue.

The City of Roseville requests that residents practice social distancing when picking up food.

The City of Roseville staff are working on some other ways we can get food to other people that may be in need and for whatever reason cannot get to the Fire Station. Stay tuned. Check the Roseville website: www.cityofroseville.com

To learn more about The Sheridan Story services to fight hunger:
<https://www.thesheridanstory.org/>

Open Arms Minnesota

If you're living with HIV/AIDS, cancer, MS, ALS, ESRD, CHF or COPD and would benefit from assistance with food, Open Arms can provide you delicious meals free of charge. We cook and deliver fresh, high-quality meals that sustain and nourish you.

To qualify for Open Arms' meal delivery service, you need to be diagnosed with a life-threatening illness such as cancer, HIV/AIDS, multiple sclerosis, ALS, COPD, ESRD or CHF AND one of the following: either physically unable to shop or cook for yourself OR have a compromised nutritional status. You must live in the Twin Cities metropolitan area to receive meal delivery service. We do not qualify individuals based on income status.

<https://www.openarmsmn.org/getmeals/howtogetstarted/> or call 612-872-1152

Keystone Community Services Food Shelves

Call for hours and procedures during the pandemic

Midway
1916 University Avenue
St. Paul, MN 55104
651-917-3792

Rice Street
1459 Rice Street, Suite 3
St. Paul, MN 55117
651-487-2792

Access to Groceries

Statewide searchable list for grocery and drug delivery

https://metroaging.org/resources-for-older-adults-during-covid-19/search-resources-covid-19/?filter_1=&filter_8=Grocery+and+Drug+Delivery&filter_7=&mode=any

Online grocery shopping

A sample of stores and services in the Roseville area

Major local grocery stores and others offer online shopping with pick-up or delivery for a fee. There is usually a significant delay between placing your order and when it becomes available.

Cub Foods <https://www.cub.com/stores/view-store.1001037.html>

Lunds & Byerlys <https://lundsandbyerlys.com/help/online-shopping-faqs/how-it-works/>

Walmart <https://grocery.walmart.com/locations/pickup/Walmart-Roseville-MN-Supercenter-3404>

Target <https://www.target.com/c/drive-up/-/N-9d42z>

Aldi's <https://www.aldi.us/en/shop-now/ways-to-shop-aldi/>

Schwan's Home Delivery <https://www.schwans.com/>

St. Anthony Park Area Seniors: Neighbors Serving Neighbors by Delivering Groceries!

Would you appreciate having someone else do your shopping these days? Well, you are in luck! We have many volunteers who are willing and ready to go to the store for you and bring your items back right to your door. If you are at least 60 years old, you qualify to have St. Anthony Park Area Seniors volunteers do your shopping at no charge.

You must live in St. Anthony Park, Lauderdale, or Falcon Heights west of Cleveland to qualify for this service.

Contact: **651-642-9052** office@SAPASeniors.org www.sapaseniors.org

Metro Mobility

Metro Mobility will deliver groceries and household items at No Cost to certified Metro Mobility customers.

To use this service, follow the steps below or contact the Metro Mobility Zone you are in:

1. The certified passenger places his/her order with the store using the store's online app, observing Metro Mobility's current four-bag limit. The passenger notifies the store (via the app) that Metro Mobility will be picking up his/her groceries. Once the transaction is complete, the passenger records the order number and the time that the order should be ready.
2. The passenger contacts his/her Metro Mobility Service provider to arrange for the delivery at the time that the order is scheduled to be ready. The delivery can be scheduled for the same day or in advance.
3. Metro Mobility will deliver the groceries within 60 minutes of the scheduled pick-up time. Drivers will verify the passenger's photo ID at drop-off.

<https://metro council.org/Transportation/Services/Metro-Mobility-Home/Grocery-Delivery.aspx>

Help at Your Door: Grocery Assistance

- Orders can be placed over the phone or online
- Delivery of grocery items and help with putting items away (Note: This may not be available during the pandemic. Call for details.)
- EBT payments/SNAP benefits are accepted

<https://helpatyourdoor.org/services/#grocery>

Fare for All

Stretch your food dollars. Fare For All is The Food Group's cooperative purchasing program that offers affordable groceries and packages of produce and meat for up to 40% off retail prices. Fare For All works hard to offer value, variety, quality and nutrition in our food packages. From \$10 Produce Packs to \$11 Mini Meat Packs and \$20 Combo Packs—the choices are nutritional and affordable. Be sure to check out this month's Hot Buy and Produce Packs.

To find the monthly distribution sites, monthly specials, info about the warehouse, and more: <https://fareforall.thefoodgroupmn.org/>

Monthly pick up sites are suspended due to coronavirus. Fare for All is piloting a drive through grocery pick-up option. Check back to see if it is implemented in the Roseville area. Monthly local sales are currently cancelled.

Farmers Markets

This statement appears on the website referring to the St. Paul downtown farmers market on Saturday mornings: *The first hour (9-10am) of the Market day is reserved for elders and those with higher risk of infection.*

Check with the farmers market to determine the policy for other locations.

<https://www.stpaulfarmersmarket.com/>

Access to Prepared Meals

Searchable list for home-delivered meals

https://metroaging.org/resources-for-older-adults-during-covid-19/search-resources-covid-19/?filter_1=&filter_8=Home-Delivered+Meals&filter_18=&filter_28=&qv_search=&mode=all

Meals on Wheels – Roseville Area Senior Program

To sign up: <https://meals-on-wheels.com/get-meals/sign-up/> or call 651-318-9091

If you are a Meals on Wheels client and have questions, please call us at **651-604-3524**.

Kosher and Halal Meals on Wheels Kosher/Halal meals delivered to your home

The cost is based on income. Many participants qualify for free meals through their health plan. There is NO age requirement for participation.

Contact: Jill Grover 651-315-9167 or email jgrover@ifssp.org

Open Arms Minnesota

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<https://www.openarmsmn.org/getmeals/howtogetstarted/> or call **612-872-1152**

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1916 University Avenue
St. Paul, MN 55104
651-917-3792

Rice Street
1459 Rice Street, Suite 3
St. Paul, MN 55117
651-487-2792

Schwan's Home Delivery

<https://www.schwans.com/>

Access to Food Assistance Programs

Food benefits are available to 3 and 4-year olds in school district-run pre-K programs.

Pandemic Electronic Benefit Transfer (P-EBT) is a temporary food benefit available to Minnesota families with children who would have received free or reduced-price meals if schools were open. Families with eligible children can now receive a one-time payment on a new or existing EBT card to help fill the gap created by a loss of school meals. Minnesotans must [apply by July 31](#).

Supplemental Nutrition Assistance Program (SNAP) / Food Stamps

Second Harvest Heartland is working hard to register those eligible for SNAP to ensure that everyone who needs these benefits, which will be especially important during this time, can access them. To find out if you are eligible for SNAP benefits, use [our online screening tool](#) or the [Bridge to Benefits screening tool](#). Eligibility is based on monthly income and household size.

You can also [contact an outreach specialist](#) or call **651-.209-7963** (toll-free 1-844-764-5513) to see if you are eligible for assistance.

Hunger Solutions

If you need additional food resources, please call the **Minnesota Food Help Line** at **1-888-711-1151**, Monday-Friday from 9 a.m.-5 p.m. or visit www.hungersolutions.org

If you have children, contact the school district in which you live to find out what nutrition resources are available. Most school districts will not require enrollment of your child in the district - help is available to all children who reside within a district's boundaries.

Searchable site and access to assistance. <http://www.hungersolutions.org/find-help/>

Access to Pet Food and Supplies

A sample of stores and services in the Roseville area

Chuck and Don's

Order online with curbside pickup or delivery: <https://chuckanddons.com/>

Petco

Order online with curbside pickup

<https://stores.petco.com/mn/roseville/pet-supplies-roseville-mn-602.html>

PetSmart

Order online with curbside pickup or delivery

<https://www.petsmart.com/stores/us/mn/roseville-store1971.html>

Minnesota Services during COVID-19 Restrictions

Need health care coverage?

Minnesota's public health care programs provide health care coverage to Minnesotans with low to no income. We encourage anyone who needs health care coverage to apply to see if you qualify for Medical Assistance or MinnesotaCare, including those Minnesotans who had work hours reduced, have been furloughed or who have lost their jobs.

Medical Assistance is Minnesota's Medicaid program. MinnesotaCare is a premium-based program for people who earn too much to qualify for Medical Assistance but make too little to pay for private insurance. Those who qualify for MinnesotaCare never pay more than \$80 a month per person for their premium. The programs have income and asset limits that depend on your age, who you live with, and whether you are pregnant, blind or have a disability. They offer comprehensive coverage, including dental benefits and vision and behavioral health services.

Details and assistance for applications: <https://mn.gov/dhs/health-care-coverage/#healthcarecoverage>

Free COVID-19 testing

If you're uninsured:

Many uninsured Minnesotans can get tested for COVID-19 at no cost to them during the federal public health emergency. To get free coverage for testing, you must:

- Be a resident of Minnesota
- Be a U.S. citizen, U.S. national or lawfully present noncitizen with an immigration status that qualifies for Medical Assistance.
- Provide your Social Security number unless you meet an exception for not having one.
- Not be enrolled in any other health insurance.

Ask the health care provider administering your COVID-19 test for an application to cover the cost of the test. The provider will submit your application, and you'll get a notice in the mail about whether it's approved or denied.

Or, go online and print the application yourself from <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7310-ENG> and fill it out.

You can also call the DHS Health Care Consumer Support team at 651-431-3994 or 800-366-5414 to request an application be mailed to you.

[Find COVID-19 Testing Locations](#)

Important Information About Reaching Social Security During the COVID-19 Pandemic

During the current coronavirus pandemic, the Social Security Administration will continue to provide help to beneficiaries. While offices are not providing walk-in services, Social Security will continue to provide ongoing benefits and vital services via telephone and online services. Individuals can speak with a representative by calling their local Social Security office or the National 800 Number, 1-800-772-1213. Local office phone numbers can be found online with the Social Security Office Locator.

Social Security has many secure and convenient online services at www.ssa.gov/onlineservices. Most of Social Security business can be done online, however, many people still rely on phone or in-person help. If beneficiaries have a critical situation a representative cannot help with via phone or online, individuals may be able to schedule an appointment.

Dementia education training module available for COVID testing and contact tracing teams.

Developed in partnership with the Alzheimer's Association a new training module is available for COVID testing and contact tracing teams. The training is free and can be accessed at the Alzheimer's Association, Minnesota-North Dakota Chapter YouTube channel: <https://www.youtube.com/watch?v=rZ4txJ9RbBI&feature=youtu.be>

Essential caregivers allowed to visit residents in Minnesota long term care residences

Recognizing the critical role family members and other close, outside caregivers have in the care and support of residents, and recognizing how they advocate for the resident, it is strongly recommended LTC facilities develop a process to designate essential caregivers (EC) where appropriate. An EC could be an individual who was previously actively engaged with the resident or is committed to providing companionship and/or assistance with activities of daily living.

Essential caregivers will be able to visit and interact with their resident. Please see this statement by the MDH for more information.

<https://www.health.state.mn.us/diseases/coronavirus/hcp/ltccaregiver.pdf>

This policy is not a requirement but a recommendation. If you consider yourself an essential caregiver for someone in a residence, please contact the residence to see what they plan to do with this recommendation.

Senior Linkage Line®

The Senior LinkAge Line® is a service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. It is a free service of the state of Minnesota that connects older Minnesotans and their families with the help they need.

Assistance is available for the following topics and more:

- Medicare
- Prescription Drug Expense Assistance for All Ages
- Care Transitions
- Housing Options
- Long-term Care Options Counseling
- Application and Forms Assistance
- Health Care Fraud and Abuse
- State Agency Related Questions
- Volunteer and Employment Resources

Call 800-333-2433 M–F, 8am-4:30pm or visit <https://www.seniorlinkageline.com/>

Resources for Older Adults During COVID-19

The resource list includes services offered across the state, including those provided to American Indian elders. This resource list is a service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. We will do our best to make it as complete and up-to-date as possible. If you don't find what you are looking for, call the Senior LinkAge Line at 1-800-333-2433 and we will help. Find additional resources at <http://minnesotahelp.info/>

Searchable categories on this site include:

- Adult Day Services
- Care Coordination
- Caregiver Services
- Chores and Homemaker
- Community Centers
- Grocery and Prescription Delivery
- Health and Well-Being
- Home Care
- Home-Delivered Meals and To-Go Meals
- Legal/Tax Assistance
- Safety and Emergency Assistance
- Social Support
- Transportation

<https://metroaging.org/resources-for-older-adults-during-covid-19/>

COVID-19 and Minnesota Housing

This webpage to provide a centralized location for all Minnesota Housing updates and information related to COVID-19.

- Executive Orders that Relate to Housing
- Lenders and Homeownership Partners Updates
- Multifamily Grant Programs Updates (FHPAP, HTF, Bridges)
- Multifamily Updates
- Resources for Renters and Homeowners
- Topics and Issues for Providers Serving People Experiencing Homelessness During COVID-19

<http://www.mnhousing.gov/sites/Satellite?c=Page&cid=1520221592207&pagename=External%2FPage%2FEXTStandardLayout>

Coronavirus (COVID-19) Information for Bankers and Consumers

<https://www.fdic.gov/coronavirus/>

COVID-19 (Coronavirus) and Unemployment Benefits

<https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp>

Disaster Mental/Behavioral Health and COVID-19

Mental health and behavioral health resources specific to COVID-19. Additional regular [Disaster Mental/Behavioral Health](#) resources may also apply.

Crisis Lines
 Responder Resources
 Health Care Provider Resources
 Community Resources
 Child and Parent Resources
 Family Resources
 Mental Illness Support Resources

<https://www.health.state.mn.us/communities/ep/behavioral/covid19.html>

First Call for Help

24-7 / Confidential / multilingual services

Dial 2-1-1

Cell phone: 651.291.0211

Toll-free: 1.800.543.7709

Text 'MNCOVID' to 898211 or www.211unitedway.org

If you need assistance finding food, paying housing bills or other essential services, this database connects callers to thousands of resources throughout Minnesota. A Certified Community Resource Specialist will help to locate available resources in your area.

More than 90 percent of the United States has access to 2-1-1, along with several areas of Canada. For more information on the national 2-1-1, visit <http://211.org/>.

Emotional Support Resources

Minnesota Warmline

651-288-0400 or text "Support" to 85511

Are you an adult needing support? Talk to a specialist who has firsthand experience living with a mental health condition.

NAMI - Minnesota Peer Support Connection Warmline

Call or Text 844-739-6369

Minnesota Peer Support Connection Warmline operators are available seven nights a week from 5:00 p.m. to 9:00 a.m. **All are directly routed to Warmline operators.** All calls are confidential

<https://namimn.org/mn-peer-support-connection-warmline/>

Community Support Program

Participate in this new program from Jewish Family Service of St. Paul to help people feel more grounded and emotionally secure. This new program includes three 20-minute phone conversations with a mental health professional. The therapist will also discuss strategies for improving your sense of well-being. You can self-refer to this program.

Contact: Sara Wellington **651-230-4756** or swellington@jfssp.org

The program is free, but donations are welcome.

Elder Friends – Phone Companions

Offering the power of friendship in today's environment

Elder Friends is a new program developed by Little Brothers Friends of the Elderly to reach out to isolated seniors and bridge the gap of social isolation.

- You can ask to be connected to someone who will be your phone companion. People who wish to receive calls complete an application and are referred to a caller.
- You can volunteer to become a phone companion. Volunteers are screened and given resource information.

Find out more: <https://www.littlebrothersmn.org/phone-companions/>
or call **612-746-0737**

St Anthony Park Community Council Neighbor Check

The St. Anthony Park Community Council is launching a SAP Neighbor Check program in response to the coronavirus pandemic. Healthy and active community members are encouraged to sign up at sapcc.org/neighborcheck to be of service to our more vulnerable neighbors.

Those who may be in need of assistance are encouraged to hang a sign in their window with a plus (+) to indicate everything is okay or a minus (-) sign to indicate a need. This can be easily done in apartment buildings by just hanging them on your door and signing up for your floor. Visit the sapcc.org website for more information and links to other resources.

Online Resources for Dementia Caregivers during COVID-19 Restrictions

Alzheimer's Association

Coronavirus (COVID-19): Tips for Dementia Caregivers

Most likely, dementia does not increase risk for COVID-19, like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.

Visit the link below to find tips for dementia caregivers at home, receiving home-based services, individuals in assisted living, and tips on staying healthy.

[https://alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

Coronavirus Disease (COVID-19) Resources for Older Adults, Family Caregivers and Health Care Providers

(Updated 4/3/2020)

<https://www.johnhartford.org/dissemination-center/view/coronavirus-disease-covid-19-resources-for-older-adults-family-caregivers-and-health-care-providers#.Xnk4veeNbgM.twitter>

Alzheimer's Speaks

A wealth of resources from and about people living with dementia. Access to Alzheimer's Speaks Radio and webinars.

<https://www.alzheimersspeaks.com/>

Dementia: Caring & Coping

Dementia: Caring & Coping is a speaker series presented by Roseville Alzheimer's & Dementia Community Action Team (RSVL A/D) and the Ramsey County Library. These presentations have been suspended due to the COVID-19 pandemic.

Presentation materials and links to the videos from past RSVL A/D events are available on the Dementia: Caring & Coping Presentations page. These presentations cover a wide variety of topics such as getting a correct diagnosis, utilizing caregiving resources, dealing with legal concerns, and living well with

dementia. We invite you to take a look at our past events and to watch for information about future presentations.

https://www.cityofroseville.com/3139/Dementia-Caring-Coping-Presentations?fbclid=IwAR20iEgAx8W_ya2cWKb9azV1MJHBTJ6bvZOU3VScq4wEnmBo1Ya6KO55q4U

RSVL A/D partnered with CTV North Suburbs to produce videos of selected presentations from the series. To go directly to presentations that were recorded, visit the RSVL A/D Video page.

<https://www.cityofroseville.com/3128/RSVL-AD-Video>

Insights from Arthurs

Deb Nygaard, Director of Development at Arthur's Residential Care, narrates short one-to-three-minute videos that give some insightful tips on how you can interact more successfully with your loved ones who have dementia or Alzheimer's. 29 short videos provide information and resolutions for particular dementia behaviors.

<https://www.youtube.com/playlist?list=PLEV6iOKWSBvBHJ0xQSwDzlsxIOWxE-36M>

Teepa Snow YouTube videos

Examples of videos on YouTube by Teepa Snow and Positive Approach® to Care Team

- **Alzheimer's & Vision Loss** - with Teepa Snow of Positive Approach® to Care
https://www.youtube.com/watch?v=xVWnU7tp_J8

- **How to talk to your family member who is locked in AND living with dementia**

Watch Corrie (mom) and Beth (daughter) struggle through the "normal" conversation that is happening with COVID-19 quarantine and lock-downs. Teepa offers insight and the Positive Approach® and Beth and Corrie demonstrate how things could be different for all involved.

https://www.youtube.com/watch?v=6yi79gKdVRo&fbclid=IwAR0Hbqt-3a07MDmHHx4HPIJHXRqsJ03rYyHzEyl_weg3o13UgzxPOAZ95yl

End-of-Life Decisions During COVID-19 Restrictions

Healthcare Directives / Advance Care Directives

Tools and resources to help you develop an Advance Care Directive for yourself and for a loved one with dementia.

<https://www.honoringchoices.org/tools-resources/how-to-start>

Ellen Goodman Talks Dementia and Alzheimer's Disease

Ellen Goodman and her mother spoke about everything except one thing: how her mother wanted to live at the end of her life. Watch this moving video where Ellen shares her personal experience of caring for her mom who had dementia.

"I didn't know how important it was to have these conversations early..."

<https://theconversationproject.org/tcp-blog/ellen-goodman-talks-dementia-and-alzheimers-disease/>

Conversation Starter Kits for Healthcare Directives

Conversation Starter Kit for Families and Loved Ones of People with Alzheimer's Disease or Other Forms of Dementia

<https://theconversationproject.org/starter-kits/#alzheimers-kit>

Your Conversation Starter Kit

<https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-ConvoStarterKit-English.pdf>

Who Will Speak for You?

How to choose and be a Health Care Proxy

<https://theconversationproject.org/wp-content/uploads/2017/03/ConversationProject-ProxyKit-English.pdf>

Go Wish cards

Go Wish cards is a simple tool to help anyone articulate their end-of-life wishes enabling easy, trusting, “what do I want” discussions at any stage of life. Working together, we help you overcome this tough, but most necessary conversation -- making it simple for you to make sure that your families, professionals and caretakers honor your wishes and help you embrace the life you want.

Play the Go Wish On-line Interactive Version for FREE

Playing the solitaire version on-line is exactly like playing with the actual cards. The cards help you find words to talk about what is important if you were to be living a life that may be shortened by serious illness. We've added sound so that you can hear the contents of each card.

<http://www.gowish.org/gowish/gowish.html>

The Role of Palliative Care in a COVID-19 Pandemic

Palliative Care Strengths Such as Communication, Advance Care Planning, and Symptom Management, Needed Now More Than Ever

Blog post by the Executive Director of the California State University Shiley Institute for Palliative Care.

<https://csupalliativecare.org/palliative-care-and-covid-19/>

POLST (Physician/Provider Orders for Life-Sustaining Treatment)

Minnesota POLST and COVID 19

Basic discussion about the value of a POLST during the pandemic.

<https://www.mnmed.org/getattachment/advocacy/improving-health-of-minnesotans/POLST/POLST-AND-Covid-19-Final-4-6-20-2.pdf.aspx?lang=en-US>

POLST Basics - An Overview of Important Treatment Decisions

This video is an overview of the Indiana POLST form, which is very similar in content to the Minnesota POLST form. Patients and families are encouraged to watch this video to understand the basics of the POLST form.

The video is designed for people with advanced illness or frailty and their family members. It provides an overview of important treatment decisions in order to prepare a patient for a for POST (Physician Orders for Scope of Treatment) discussion with

his or her medical provider.

<https://www.youtube.com/watch?v=ci7KIDJQpFU&feature=youtu.be>

POLST (Provider Orders for Life-Sustaining Treatment)

Link to Minnesota POLST form

<https://www.mnmed.org/getattachment/advocacy/improving-health-of-minnesotans/POLST/POLST-Form.pdf.aspx?lang=en-US>

POLST Minnesota: Information for Patients and Family Members

<https://www.mnmed.org/getattachment/advocacy/improving-health-of-minnesotans/POLST/FINAL-POLST-for-patients-and-families-nov-2017.pdf.aspx?lang=en-US>

POLST Fundamentals

Overview and links to information about the POLST and its use.

<https://polst.org/about-the-national-polst-paradigm/what-is-polst/>

POLST Minnesota: Frequently Asked Questions

https://www.mnmed.org/getattachment/advocacy/improving-health-of-minnesotans/POLST/FINAL-POLST-general_FAQs-Oct-2017.pdf.aspx?lang=en-US

COVID-19 Pandemic Resources for Families Facing End of Life

https://www.mndeathcollaborative.com/covid19_resources.html

What is an End-of-Life Doula?

Also known as a death doula or death midwife, end-of-life doulas provide care and support to those transitioning through the dying process. For the dying patient, they may provide emotional, physical, and spiritual support and help address the patient's wants and needs during the final days of life. They may also assist with logistical tasks, not limited to creating a death plan, planning a memorial service, and organizing a legacy project for future generations. An end-of-life doula may also offer support for family members during their loved one's dying process and offer grief support afterwards.

https://www.endwithcare.org/blogs/FullPost.php?id=25&qclid=CjwKCAjwkPX0BRBKEiwA7THxiBvqaLnF21uGqllqXsdFFbob-AeeB6D_a755UBCnVbNVjS4I3mGXNBocQ0MQAvD_BwE

End-of-Life Doula Hotline**1-888-351-8999 Free & Confidential**

COVID-19 has put issues of life and death front and center in our lives, leaving many shocked and struggling. The Minnesota Death Collaborative launched this hotline to connect you with experienced, trained end-of-life doulas who can listen compassionately and equip you with resources,

Call if you are:

- Feeling anxious about a sick or dying loved one
- Worrying about completing important end of life plans
- Supporting a loved one facing serious illness or death in a home, hospital or facility
- Wanting to honor and celebrate the life of a loved one who has died
- Struggling with feelings of grief over the loss of a loved one

COVID-19 Scams and the Elderly**AARP Minnesota's Scams and Fraud Info**

<https://www.aarp.org/money/scams-fraud/?intcmp=GLBNAV-SL-MON-CONP>

Tips to Avoid Coronavirus Scams and Protect Your Money

https://www.aba.com/advocacy/community-programs/consumer-resources/protect-your-money/coronavirus-scams#_ga=2.208421146.908115175.1587164133-328403344.1587164133

Senior Fraud Toolkit

<http://mn.gov/commerce-stat/pdfs/senior-toolkit-accordion-web.pdf>

Crucial Scam Prevention Strategies

Minnesota Dept. of Commerce

<https://files.constantcontact.com/37f3fbaf001/861b58da-5266-4c14-9830-84e08bc91d91.pdf>**Trusted Contact Authorization Form**<https://files.constantcontact.com/37f3fbaf001/dba6a215-3ece-4534-8eb1-60e82df22c05.pdf>**Sample 2020 Census Form**<https://files.constantcontact.com/37f3fbaf001/c9bbe83b-eed1-44d1-a5bb-3bd16dfe34bd.pdf>**COVID-19 General Resources****Minnesota Dept of Health**

Coronavirus Disease 2019 (COVID-19)

<https://www.health.state.mn.us/diseases/coronavirus/index.html>**Centers for Disease Control and Prevention**

Coronavirus Disease Homepage

<https://www.cdc.gov/>**Ramsey County**

Health Information on COVID-19 - Collected Resources

<https://www.ramseycounty.us/covid-19-info/health-information-covid-19>

City of Roseville
Collected Resources

<http://www.cityofroseville.com/CivicAlerts.aspx?AID=2308>

Webinars and Classes on Health, Aging and Dementia-related Topics

Minnesota Gerontological Society – Geriatric Depression Disorder

Free Webcast: August 13, noon - 1:00 CDT

<https://www.mngero.org/next-free-webcast-geriatric-depression-disorders/>

Geriatric Depression Disorder

Ben Braus, M.D., MPH, Staff Psychiatrist at the Minneapolis VA Health Care System's Geriatric Psychiatry Outpatient Clinic

It may surprise you to learn that depressive disorders are among the leading causes of disability for older adults. This limitation of daily activities is more than a mental health issue – it's a public health issue. Yet, elderly patients suffering from Major Depressive Disorder (MDD) often do not receive adequate treatment. During this webinar we'll discuss the common misunderstandings about MDD, as well as review key evidence in the areas of phenomenology, epidemiology, diagnosis, and treatment, which may help guide patient care.

During this webinar, you'll learn:

1. Key principles of MDD diagnosis for elderly patients
2. Key strategies of MDD treatment for elderly patients
3. Common misperceptions about the epidemiology and treatment of MDD in elderly patients

Earn 1 CEU, pre-approved for Social Workers; self-submit other disciplines. CEUs are free for MGS members and \$15 for non-members. Webcast is free if not claiming CEU.

Elder Voice Family Advocates is proud to announce their upcoming webinar, Ageism & Racism in Minnesota Senior Living.

Please join via Zoom Thursday, August 6th, 2020 to hear expert speakers Odichinma Akosinou, MPH, Dr. Tetyana Shippee, Dr. Mai See Thao, and Alana Wright describe the prevalence of ageism and racism in American society and how they translate to senior services with implications during COVID.

JOIN US VIA ZOOM Thursday, August 6th, 1:00 PM (CST)

[Join Webinar](#)

Presentation topics include racism as a public health issue, how it impacts long-term care in Minnesota and the United States, recent research on racial/ethnic disparities for Minnesota nursing home residents, and barriers to care for residents who are immigrants, refugees, and non-native English speakers.

Summit Virtual Meeting Series: 2020 National Research Summit on Care, Services, and Supports for Persons with Dementia and Their Caregivers

Identifying Research Gaps and Opportunities to Improve the Care, Services, and Support of Persons with Dementia and Their Caregivers

The goal of the summit is to bring together individuals with a variety of backgrounds to identify evidence-based programs, strategies, approaches, and other research that can be used to improve the care, services, and supports of persons with dementia and their caregivers.

The dates of the Summit Virtual Meetings Series are:

- July 10, 2020, 1:30-4:30 p.m. EDT
- July 21, 2020, 1-4:30 p.m. EDT
- August 13, 2020, 1:30-5:00 p.m. EDT

For agenda and registration information, click [here](#). (There is no fee for this conference. Recordings and presentation materials for this important conference will be available at this same site.)

Caregiver Stress, Ambiguity & Resiliency During a Pandemic

Online caregiver education. August 11, 1-2:30 p.m. Led by guest presenter, Ted Bowman.

For more information and registration: 651-439-4840 or www.FamilyMeans.org

Know Your Medicare Rights And Exercise Them: How Livanta Can Advocate For You

Medicare is the federal health insurance program primarily for individuals who are 65 or older. This program includes many rights and free services that not all beneficiaries understand. Learning about these rights can help you to advocate for yourself during hospital stays, and communicate more effectively with your care providers.

Livanta is a Medicare-contracted Quality Improvement Organization (QIO) that provides help, support and resources for Medicare beneficiaries. A Quality Improvement Organization can help if you need to file an appeal regarding your discharge, have complaints about the quality of care received, or need an advocate to help you obtain the services you'll require following discharge. This webinar will discuss the many services and resources available at no charge to Medicare beneficiaries.

Objectives:

- Learn about no-cost support, advocacy, and assistance after a hospital discharge
- Understand how a Quality Improvement Organization ensures patient rights are respected, and advocates for the best quality of care
- Find ways to get healthcare assistance when you need it, and how to file an appeal if you do not agree with discharge
- Learn how to file a complaint about the services provided during hospitalization, and how a Quality Improvement Organization can investigate your complaint
- Understand how you can use Livanta's "Immediate Advocacy" program to resolve any problems you anticipate after you are discharged

When: Wednesday, July 29, from 11 am to 12 noon (PT)

Cost: No charge

[Registration](#)

Minnesota Brain Injury Alliance 2020

[Lunch and Learn](#) seminars for social workers and social service providers.

Twin Cities Jewish Community 20th Annual Virtual Conference on Mental Health

Sunday, Oct. 18, 2020

Mark your calendars for the Twin Cities Jewish Community Mental Health Conference – an event that has been raising awareness of mental health issues, reducing stigma and providing support for individuals, families and professionals since 2001.

The event, Inviting Positivity in Uncertain Times, is free and open to people of all faiths and spiritualities.

Details: <https://www.jfcsmpls.org/event/twin-cities-jewish-community-20th-annual-conference-on-mental-health/>

Senior LinkAge Line® Free Online Presentations

Registration: www.metroaging.org/upcoming-presentations

Improving Health and Quality of Life: Juniper's Evidence-Based Programs

Juniper provides evidence-based health management programs through a large number of regional partnerships across Minnesota.

Evidence-based programs are proven to promote health and prevent disease among adults with chronic health conditions. Juniper programs have been developed using rigorous research and demonstrate reliable and consistently positive changes in important health-related outcomes among participants.

You can participate through Zoom. Programs are free.

Check all the courses and times they are offered.

Aging Mastery Program

The Aging Mastery Program® (AMP) informs, encourages, and supports you in taking steps to improve your life and engage in your community. The program empowers you to make and maintain small but impactful changes. It incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to build skills and tools to manage your health, maintain economic security, and contribute in society. AMP offers 10 core sessions, each 90 minutes in length. Developed by the National Council on Aging.

All participants must have audio and visual technology capability. This could be a laptop or a tablet with a camera and a microphone, or a smartphone.

Diabetes Prevention Program

National Diabetes Prevention Program (NDPP) is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. It is based on the Centers for Disease Control and Prevention's curriculum and National Diabetes Prevention Recognition standards. Hundreds of in-person and online lifestyle change programs nationwide teach participants to make lasting lifestyle changes, like eating healthier, adding physical activity into their daily routine, and improving coping skills.

This is a yearlong program that meets weekly for 8 weeks, twice a month for 4 months, and then once a month for the remainder of the year. You will have the support of your class leader and group participants to eat healthier, increase your activity.

Living Well With Chronic Conditions

Living Well with Chronic Conditions is designed to improve the self-management skills of people living with ongoing health issues. Conditions like arthritis, mental health conditions, chronic pain, cancer, or diabetes can cause those affected to lose physical conditioning and suffer health problems over many years. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with a chronic health condition.

This is a virtual class that will use Zoom for each session. All participants must have audio and visual technology capabilities. This could be a laptop or tablet with a camera and microphone, or a smart phone.

Living Well With Chronic Pain

Chronic Pain Self-Management is a group class designed to help participants live a healthy life with chronic pain by managing their symptoms. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with chronic pain. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

This "virtual" class will be held via Zoom. Don't know how to use Zoom? Don't worry, we will help you! All participants must have a computer or tablet (with a camera and microphone) or a smartphone.

Living Well With Diabetes

People with type 2 diabetes attend the class in groups of 12-16. Classes are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with diabetes themselves. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians, diabetes educators, dietitians, and other health professionals both at Stanford and in the community, have reviewed all materials in the class.

This "virtual" class will held via Zoom. If you're not familiar with Zoom, don't worry we will help you! All participants must have a computer or tablet (with a camera and microphone) or a smartphone.

National Alzheimer's and Dementia Resource Center Series

<https://www.asaging.org/series/110/national-alzheimers-and-dementia-resource-center-series>

Home Instead Family Caregiver Support Web Seminar Series

<https://www.asaging.org/series/103/home-instead-family-caregiver-support-web-seminar-series>

Parkinson's Foundation Expert Briefings Web Seminar Series

<https://www.asaging.org/series/104/parkinsons-foundation-expert-briefings-web-seminar-series>

Minnesota Gerontological Society

<https://www.mngero.org/conferences-seminars/>

American Society on Aging

<https://www.asaging.org/web-seminars>