

Webinars, Seminars, Conferences & Classes for Caregivers and Professionals

Updated May 2022

- Upcoming Presentations
- Ongoing and On-Demand Presentations

Upcoming Presentations

Are You a Care Partner? You Are Not Alone!

Monday, May 2
11:00 a.m. to 12:00 p.m.

A workshop for those caring for someone with dementia. Join the Alzheimer's Association and Trellis to learn how to access resources and support.

Being a caregiver can be difficult. The days can be long and the journey challenging, particularly if you are caring for someone with dementia.

In Minnesota, there are more than 171,000 unpaid caregivers attending to 99,000 people with Alzheimer's. If you are a caregiver, the Alzheimer's Association and Trellis are here for you — with resources, information and support networks.

You'll learn more about Juniper evidence-based classes that are perfect for caregivers to help you stay connected, fit and feeling your best. The Alzheimer's Association offers community classes, care consultations and a wealth of information on its website.

Join our virtual presentation to learn more about dementia and Alzheimer's disease and how to get the support you need.

[Click to Register](#)

Mind Body Tools to Manage Anxiety and Difficult Emotions

May 3, 10, and 24; noon to 1 p.m. Central

Online via Zoom

Suggested registration fee: \$15, sliding scale fees available

There are many circumstances over which we don't have control. However, with understanding, awareness, and practice, we have a surprising amount of agency over our reactions and the overall experience. This three-part series of 1-hour online workshops includes mind and body-based exercises to help you better understand your experience of situations which create agitation, upset, and a sense that there is something wrong. You will learn practices that help restore a sense of acceptance and being okay in the midst of difficulty.

Workshop 1: Supportive Practice to Restore Calm

Workshop 2: Supportive Practice to Stabilize Mood

Workshop 3: Supportive Practice for Focus

[Learn More and find registration](#)

University of Minnesota - Earl E. Bakken Center For Spirituality & Healing

Advancing the health and wellbeing of individuals, organizations and communities

The Earl E. Bakken Center has offered mindfulness classes in the past that were specifically for caregivers.

AFA Fireside Chat

A free educational and informational web series

An eight-part educational and informational web series designed to raise awareness about Alzheimer's and related dementias, the symptoms associated with these diseases, healthcare disparities, and resources available to help. Each episode features a topical discussion with AFA's President & CEO and an expert from AFA's Medical, Scientific, and Memory Screening Advisory Board.

All programs are free and open to family caregivers, professionals, clinicians, and anyone else who wants to learn more.

Program topics/air dates:

Episode 1 (March 18): Neuropsychiatric Symptoms

Episode 2 (March 31): Agitation & Psychosis

Episode 3 (April 12): Depression & Sleep Problems

Episode 4 (April 27): Neuropsychiatric Systems: A Caregiver's Perspective

[Episode 5 \(May 10\): Cultural Disparities](#)

[Episode 6 \(May 24\): Veterans](#)

[Episode 7 \(June 10\): Healthcare for Women](#)

[Episode 8 \(June 23\): Healthcare for the Elderly](#)

View recordings of past episodes by [clicking here](#).

AFA - Alzheimer's Foundation of America

The Healthy Brain: Does Your Brain Span Match Your Life Span?

In-Person: Wednesday, May 11 • 12:45–1:30 PM (optional lunch begins at noon)

Como Park Lutheran Church (1376 Hoyt Avenue W., St. Paul, MN 55108)

Can your brain span match your life span? Join 2nd Half with Lyngblomsten for a presentation that will teach you strategies you can use to help ensure a healthier brain based on four things you can do now for mental fitness.

Presented by Carolyn Klaver, RN, who serves as Community Dementia Care Specialist with 2nd Half with Lyngblomsten. Carolyn has many years of experience as a dementia educator and supporting adults who have early- and mid-stage memory loss and their family and friends who journey alongside them.

Presentation begins at 12:45 PM in the Sanctuary, with an optional lunch beginning at noon in the Fellowship Hall. For those attending only the presentation, please arrive by 12:30 PM. Mask wearing is strongly encouraged (exception when dining).

Come meet Carolyn for this engaging and educational presentation!

Fee: Program is FREE, optional lunch is \$10.

Registration preferred by May 5.

Special Registration: RSVP for the program and/or lunch by calling the Como Park Lutheran church office at (651) 646-7127 or emailing office@comoparklutheran.org. For more information, contact Carolyn Klaver at (651) 414-5292 or cklaver@lyngblomsten.org.

A More Hopeful Dementia Care System 2022 Dementia Summit

Registration for D-CAN's 2022 Dementia Summit: *A More Hopeful Dementia Care System* is now open. **Join us Thursday, May 12 from 9:00 AM - 1:00 PM CDT** at Paramount Center for the Arts in St. Cloud, MN, or virtually online. Moderated by Dr. Pat Zook with keynote speaker Dr. Dale Bredesen, a world-renowned Alzheimer's researcher.

Sign up and learn about:

- An enhanced dementia care system that goes upstream to the causes of dementia
- How risk factor reduction can slow the progress of the disease leading to more life to live for those with dementia
- Examples of successful management of each of the six types of Alzheimer's dementia and how each was handled and the outcomes

[Click to Register](#)

Dementia Community Action Network – Central Minnesota

Social Justice, Clinical Research and Dementia Care in Multicultural America

Robert L. Kane Memorial Lecture - Minnesota School of Public Health
May 13, 2022 2:30 PM CT

Presenting keynote speaker Dr. Peggys Dilworth-Anderson, this presentation will provide a framework for integrating social justice, clinical research on dementia in America, and the care that is provided to diverse groups of older people and their families in America.

Dr. Dilworth-Anderson, a professor at Gillings School of Global Public Health, focuses her research on health disparities and Alzheimer's disease with an emphasis on building knowledge for the scientific and lay community to inform conducting culturally relevant research, and disseminating information about Alzheimer's disease and related disorders in medically underserved populations.

[Register to attend](#)

Caring for Our Elders: Exploring Cultural Approaches to Elder Care in Minnesota—4 p.m. Tuesday, May 31 via Zoom
A UROC Critical Conversation
4 to 5:30 p.m., Tuesday, May 31 via Zoom

The growth and longevity of our aging population presents opportunities, as well as challenges for Minnesota's elders, their families, and friends. Join University of Minnesota Robert J. Jones Urban Research and Outreach-Engagement Center Executive Director Makeda Zulu and University School of Public Health Professor Joseph Gaugler in a wide-ranging exploration of Minnesota's cultural approaches to helping elders live their best and fullest lives.

Hear from a variety of University and community experts, advocates, and practitioners on the role culture and tradition play in caregiving. The conversation will be moderated by Kate Klosterman, co-president of the Alzheimer's Association Young Champions-Twin Cities Chapter; and will feature the following panelists:

- Odichinma Akosionu, Graduate Research Assistant, Division of Health Policy and Management, School of Public Health, University of Minnesota;
- Cindy Kaigama, Health Equity Design Partner, Minnesota Community Care;
- Jordan Lewis, Professor, Department of Family Medicine and Bio-Behavioral Health, Medical School, University of Minnesota; and
- Donald Richard Wright, Gitchiayayag in Residence, Indian Health Board of Minneapolis.

The event will also feature a curated Q&A and live chat session moderated by representatives from Minnesota's Senior LinkAge Line, a free service of the Minnesota Board on Aging, delivered by Trellis and other Minnesota Area Agencies on Aging.

Caring for Our Elders: Exploring Cultural Approaches to Elder Care in Minnesota is co-sponsored by the Center for Healthy Aging and Innovation (CHAI) at the University's School of Public Health. The event is free; registration is required.

[Register now.](#)

Caring for People with Memory Loss

University of Minnesota - School of Public Health

The goal of this conference is to provide information, support, and education for adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss.

Saturday, June 4, 2022 - Hybrid format, join in-person or virtually via Zoom

[Schedule and Registration Information](#)

Recordings of the 2021 conference and other conferences from previous years are available by selecting the Past Conferences option.

Stepping On Workshop

Every Tuesday starting April 12, 2022 for 7 consecutive weeks, 1pm – 3pm
Roseville Fire Department, 2701 Lexington Ave N., Roseville 55113

Don't let a fall cramp your style! Stepping On is a falls prevention workshop that meets for 2 hours a week for 7 weeks. Trained leaders coach you to recognize your risk of falling and help you to build the balance, strength and practical skills you need to avoid a fall. You'll also meet with physical therapists, vision specialists, pharmacists, and community safety experts who help you avoid fall hazards, make your home safer and make your body stronger. You'll regain the confidence to stay active in your community and do the things you want to do.

You'll learn to

- Identify and remove fall hazards from your home.
- To see and avoid fall hazards out in your community
- To use walking aids the right way
- To choose safe footwear for all your activities
- Strength and balance exercises you can adapt to your individual level
- How medications play a role in your risk of falls

To Register: visit <https://www.yourjuniper.org/> and search by zip code 55113

OR call Shonette at 651-254-3564 with questions

\$10 includes: Free Parking, Refreshments, Guest Experts, Great Fun

Lakeview Hospital & Regions Hospital

Powerful Tools for Caregivers

Thursdays, April 21–May 26 • Noon–1:30 PM In-Person

Redeemer Lutheran Church (3770 Bellaire Avenue, White Bear Lake) in the Library Room

This weekly class aims to help caregivers take better care of themselves while caring for others. Class includes a free Caregiver HELPBook.

- Improve self-care practices such as exercise, relaxation, and open communication methods
- Improve your ability to manage emotions including reducing guilt, anger, and depression
- Increase your self-confidence in coping with the demands of caregiving

Class Leaders: Lynn Amon and Jessica Drecktrah

Register online at <https://yourjuniper.org/Classes/Register/2944> or contact Lisa Brown at caregiving@lyngblomsten.org or (651) 632-5320.

Registration required by April 18. FREE; donations appreciated.

Mindfulness-Based Dementia Caring

Mindfulness-Based Dementia Caring (MBDC) is an 8-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.

For program details, including program dates and times, please contact Angela Lunde at lunde.angela@mayo.edu or call (507) 538-4048

Rochester Mayo Clinic

Ongoing and On-Demand Presentations

Dementia: Caring & Coping

Dementia: Caring & Coping during the Pandemic - Second Series

These virtual events were presented by the **Roseville Alzheimer's & Dementia Community Action Team** in partnership with Lori La Bey's online show **Alzheimer's Speaks**. The series focuses on a variety of topics to help care partners and persons living with dementia.

These presentations and interviews were broadcast on [Alzheimer's Speaks](#) with Lori La Bey on the fourth Wednesday of every month starting April 28, 2021 at 1:00pm.

They are now available on the [Series Two YouTube Playlist](#).

Episode One

April 28 - Dementia Research during the Pandemic - COVID and Cognition

William H. Frey II PhD, Senior Research Director - Center for Memory & Aging, HealthPartners Neuroscience Center

Episode Two

May 26 - What's your Plan? Legal Considerations when Facing a Dementia Diagnosis

Leah Gilbert, J.D. Private practice attorney focusing on estate planning and elder law - Gilbert Legal, PLLC.

Episode Three

June 23 - Dementia and Medical Care Decisions - Prepare your Family for What's Ahead

Deborah Day Laxson, Author of "The Gray Zone: When Life Support No Longer Supports Life" and "The Fog Zone: Navigating the Space After Your Diagnosis" and founder of the Health Care Agent Literacy Project

Episode Four

July 3 - The End of Life Journey

Jeanne Bain, End of life navigator, dementia trainer and consultant. Jeanne is co-host of a podcast called "Death Unfiltered"

Episode Five

August 25 - Your Path to Peace of Mind While Caregiving

Pat Samples, Author of "Daily Comforts for Caregivers" and "Self-Care for Caregivers, A Twelve Step Approach" and other books, and a champion for creative aging.

Episode Six**September 22 - Humor as a Tool for Caring & Coping**

Shannan Calcutt, Comedian, actor, and workshop leader, clown, comic act designer and acting coach with Cirque du Soleil in Las Vegas.

Episode Seven**October 27- Ambiguous Loss in a Time of Pandemic**

Pauline Boss, Ph.D., Author of "Loving Someone with Dementia" & "Ambiguous Loss" & to COVID-19 restrictions. These shows were broadcast during January and February 2021 and are available on the be published in November: "The Myth of Closure: Ambiguous Loss in a Time of Pandemic."

The first series of **Dementia: Caring & Coping during the Pandemic** presentations highlighted how organizations modified their programs and services for people living with dementia and their care partners due to COVID-19 and the creative ways that various organizations continued to provide services to provide services despite the challenges of [Series One YouTube Playlist](#).

Dementia: Caring & Coping during the Pandemic is sponsored by Alzheimer's Speaks and Roseville Alzheimer's & Dementia Community Action Team, the City of Roseville, and the Ramsey County Library system. **We give special thanks to the Friends of the Ramsey County Libraries for their support.**

Recordings Available for Mayo Clinic Conference on Brain Health & Dementia

The Rochester Mayo Clinic Conference on Brain Health & Dementia was hosted virtually on Friday, October 29th in collaboration with AARP and the Alzheimer's Association. This conference was previously called **Meeting of the Minds** and was held annually at the Excel Center in St. Paul. Portions of the conference were recorded and are now available by [clicking this link](#). They are also available on the Mayo Clinic's Alzheimer's Disease Research Center's [Dementia Hub](#) which offers other resources you may find helpful, including videos about Lewy Body Dementia.

These are the sessions that were recorded:

- Opening Welcome
- Alzheimer's - The Truth About Where We've Been: A Vision to do Better
- Diverse & Underrepresented Populations: Addressing the Obstacles
- Brain Health & Dementia: The Science, the Research, and the Hope
- A Brighter Path Forward: The Community Answer
- HOPEFEST
- The Sights, the Sounds, and the Feels of Hope
- Reflections

Behaviors: Awareness, Attitude, and Action

Dr. Daniel Kaufer Memorial Caregiver Conference
Dementia Alliance of North Carolina

Recordings from this conference are now available.

For many caregivers, the most stressful part of the dementia journey is managing behavioral changes. This two-day conference focuses on awareness, attitude, and action to increase behavioral understanding and empower your response. While looking at behaviors through a Lewy Body dementia lens, this on-line conference will help anyone who is experiencing behavioral challenges in dementia care.

This caregiver conference took place on February 10 & 11, 2021 and featured Authors Helen and Jim Whitworth and Pat Snyder and Dr. Trey Bateman of the Wake Forest School of Medicine.

[Conference Playlist](#)

Note: The sessions are actually listed in reverse order on the Playlist.

The correct order is:

1. Behavioral Symptoms in Dementia with Dr. Trey Bateman
2. Responsive Dementia Care: Fewer Behaviors, Fewer Drugs with Helen Whitworth
3. Your Attitude Can Change Your Story with Pat Snyder
4. Choosing Action with Helen Whitworth
5. Your Actions Can Change Your Story with Pat Snyder
6. Panel Discussion and Q&A with Dr. Trey Bateman, Helen Whitworth and Pat Snyder
7. Congratulations to Pat Snyder - Outstanding Service Award

Memory Loss: A Guide to “What Now?”

Virtual introductory class presented by the Mayo Clinic for those recently diagnosed with memory loss, mild cognitive impairment, or any type of dementia. The class meets the second Wednesday of each month beginning in Aug 2021 from 2:00-3:15pm Central Time.

Please call or email Jodi for the Zoom link and for additional information about the support group and the class at 507-284-1324 or melius.jodi@mayo.edu

Medicare Basics

During the COVID-19 pandemic, the Metropolitan Area Agency on Aging is offering these presentations using the Zoom video platform. Check [here](#) for dates and free registration.

Medicare 101: Selecting the Right Plan for You

Medicare can be complicated. We'll help demystify it and help you select the plan that works best for you. Learn about programs that could help you lessen your costs. You'll get non-biased advice; we don't sell, endorse or promote any insurance products.

Medicare Updates for 2021

Learn about the changes in Medicare benefits and coverage for 2021, and how these changes affect you.

How the Senior LinkAge Line Can Help You

You have questions about housing, services that help you live safely in your home, financial support and more. We'll answer your questions and help you know about valuable resources and supports to keep you or a loved one living independently as you age.

Health Care Directives

This presentation will discuss what advance care planning is and what health care directives can do. We will not complete health care directives as part of this presentation, but attendees will be equipped with the knowledge, resources, and where to go for help to complete their directive. We explain who can be a health care agent and the responsibilities of that role. Examples of health care directives and important considerations will be shared.

Health Care Fraud: Preventing Medicare Fraud and Avoiding Scams

Learn to detect Medicare fraud and what to do if you suspect fraud. We discuss the top scams currently being directed towards older adults and how to avoid them.

If you don't find a presentation that works for you, call the Senior LinkAge Line at 800-333-2433 for help.

Older Americans Act 101: The Foundation of the Aging Services Network

A new course is now available on ADvancing States IQ on the Older Americans Act. This course provides participants with an overview of key issues relevant to the Older Americans Act (OAA), a seminal piece of legislation that underpins the Aging Services Network and authorizes critical programs that support older adults. This course discusses the historical development, functions, and governance of the Act, its service programs, populations served, and funding. Older Americans Act 101 is aimed toward new, as well as seasoned, professional staff in the field of aging who would like a better understanding of the OAA.

This course is free and available to all users on ADvancing States IQ. To access the course, log in to ADvancing States IQ and search for the course Older Americans Act 101: The Foundation of the Aging Services Network. To log in or create an account, visit [Advancing States IQ](#).

Alzheimer's Foundation of America

[Alzheimer's Foundation Webinars](#)

Alzheimer's Speaks

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

[Alzheimer's Speaks](#)

American Society on Aging

[American Society of Aging Web Seminars](#)

Dementia Alliance of North Carolina

[Educational Events Calendar](#)

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.

[Insights from Arthurs](#)

Minnesota Brain Injury Alliance 2021

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

Minnesota Gerontological Society

[MGS Conferences and Seminars](#)

National Alzheimer's and Dementia Resource Center Series

[Alzheimer's Resource Center Series](#)

Parkinson's Foundation Expert Briefings Web Seminar Series

[Parkinson's Expert Briefings](#)

Struthers Parkinson's Center – HealthPartners

[Classes and events for Parkinson's patients and caregivers](#)

World Dementia Council: Global dialogue on Prevention

The dementia landscape project: essays from international leaders in dementia.

[DLP - Essays - Prevention.pdf](#)

Teepa Snow - Positive Approach to Care®

Teepa Snow and her Positive Approach to Care® Team share about dementia so that everyone can understand *why* this is happening and *how* to support those living with brain change in a more positive and respectful way. Teepa provides training for professional and family dementia care with in-person and virtual training sessions. Many free videos and resources are available on her website.

[Teepa Snow - Positive Approach to Care](#)

[Free Teepa Snow Videos](#)

GCBH Behavior Change Webinar Series

The Global Council on Brain Health (GCBH) hosted a summer webinar series exploring the area of behavior change as it relates to brain-healthy lifestyles. This series of four webinars focused on the science of behavior change including brain health communication and promotion, lessons learned from implementing other public and brain health campaigns and initiatives, neuroeconomics, overcoming barriers to change and brain health equity. The webinars featured invited experts participating in a presentation/roundtable format with questions from the GCBH, moderated by GCBH staff.

Webinar 1: Communicating and Promoting Brain Health Behavior Change

Webinar 2: Implementing Brain Health Behavior Change – Lessons Learned

Webinar 3: Health Economics and Brain Health Behavior Change

Webinar 4: Barriers to Implementing Brain Health Behavior Change and Building Equity

[Watch replays](#) of the four-part series exploring the science of behavior change and brain health.

AARP: Disrupt Dementia

Sparking bold new solutions for the world's brain health crisis

[Dementia: Signs, Symptoms, Stages & Treatment](#)

Highlights from the Alzheimer's Association International Conference 2021

[Conference Overview](#)

