

Facilitator Credentials

Based on national practice, the Early Memory Loss Group is run by a professional for every 6 participants, with a volunteer assistant.



Carolyn Klaver, RN
Early Memory Loss Facilitator

With nearly 30 years of nursing experience plus specialized training in memory care, Carolyn Klaver is a dynamic

educator and leader in the field of memory loss care. Her passion for enhancing the lives of those affected by memory loss has driven her to create this newest program—focusing on those in the early stages of memory loss.

Carolyn is the coordinator of Lyngblomsten's *The Gathering*, a cognitively and socially stimulating group program for people living with early- to mid-stage memory loss while providing respite for their caregivers. She is currently working with Lutheran Services in America to take *The Gathering* to the national level. Carolyn is a certified Alzheimer's Educator, serves on the Alzheimer's Association Early Stage Work Group, and is a member of Prepare Minnesota for Alzheimer's 2020 Sustaining Caregivers Leadership group.



Kari Carlson
Early Memory Loss Co-Facilitator

Kari is a Doctoral Nurse Practitioner student from the University of Minnesota. She will be working on development of the Early Memory Loss Group and evidence-based project during this pilot.

The Early Memory Loss Group is coordinated by Lyngblomsten Home- and Community-Based Services.

Additional memory-related services in a non-residential setting include *The Gathering* and *Caregiving Coaching*. For more information about either program, contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.
(People can participate in both the Early Memory Loss Group and The Gathering, if desired.)

Programs are partially funded by gifts made to the Lyngblomsten Foundation.
www.lyngblomsten.org/get-involved



LYNGBLOMSTEN
Home- and Community-Based Services

1415 Almond Avenue
St. Paul, MN 55108
(651) 632-5331

Healthcare, Housing & Services
for Older Adults since 1906

Influenced by Christ, Lyngblomsten provides a ministry of compassionate care and innovative services to older adults in order to preserve and enhance their quality of life.

www.lyngblomsten.org

Early Memory Loss Group



**A proactive, educational
program to provide memory
enhancement techniques
and social support for
people in early stages
of memory loss.**



**12-week series running
March 7 – May 23, 2012
September 19 – December 19, 2012**



What is the purpose of the Early Memory Loss (EML) Group?

The overall goal of this Early Memory Loss Group is to improve the quality of life for those experiencing early stages of memory loss.

People with EML have different needs and capabilities than those with mid-stage memory loss. People are being diagnosed with EML more frequently now due to seeking help earlier and changing attitudes toward memory loss.

Emphasizing memory enhancement techniques, the goal of our Early Memory Loss Group is to help decrease isolation and promote being engaged in life as much as possible. The EML Group is a great tool for strengthening memory in an environment where participants can feel safe, secure and valued.

Members of the Early Memory Loss Group can talk and share in confidence with others who have similar memory problems. Opportunities to socialize and problem-solve together, share experiences and create bonds make the group an invaluable source of support. Individuals with EML have many gifts and want to continue to make a difference.

Improve ...

Self-Confidence

Independence

Well-Being



Who is eligible to participate?

People living with early memory loss are eligible for this program. An assessment is done by a registered nurse for each prospective member.

“ **People with early memory loss deserve to have the highest quality services that will address their changing memory.** ”

*How to Plan and Implement an
Early Memory Loss Program*
by Kristin Einberger & Janelle Sellick, 2006

What are the benefits of an early memory loss program?

Benefits to participants:

- Improves quality of life with early intervention
- Increases knowledge of stress management techniques
- Decreases depression
- Provides a support system outside the family
- Promotes use of humor in a therapeutic manner
- Promotes feelings of safety
- Increases self-esteem
- Strengthens brain function
- Creates needed structure
- Provides opportunities to remain part of the community in a meaningful way

Plus informal educational and social support services for families.

A typical 4-hour session includes:

- Memory enhancement techniques
- Variety of activities to challenge members' brains in new and exciting ways
- Group discussion regarding current events, and community happenings
- Review of homework and materials distributed at previous session (*homework optimizes learning*)
- Lunch and socialization time
- Physical fitness
- Information about resources and services outside the group that are available to participants

Plus: 2 cultural outings — mentally enriching experiences to cultural destinations such as an interactive museum

Participate in the EML Group

**12-week Series: March 7 – May 23, 2012
Wednesdays, 10 AM - 2 PM**

- Each session includes lunch
- Group accommodates up to 12 participants
- 10 on-site sessions plus 2 sessions of cultural outings (included in cost)
- Inquire about transportation if needed

Cost: \$720 (*sliding scale fee may be available*)

Location: St. Paul's United Church of Christ
900 Summit Avenue, St. Paul, MN 55105

Contact: For more information or to begin the registration process, contact Betsy Hoffman, at (651) 414-5291 or bhoffman@lyngblomsten.org.

*The next EML Group series is scheduled September 19 – December 19, 2012.
(Group will not be held Thanksgiving week, 11/21)*