Hello, ACTion Team!

Hopefully you’re getting the chance to enjoy some of our beautiful Minnesota summer days. Here’s a quick update around our most recent efforts to make Edina dementia friendly:

**Recent Highlights**

- **Thank you for a great meeting on Monday, July 13.** A meeting summary went out last week but we had a great discussion around advice for Dementia Friends trainings, strengthening efforts around caregiver supports, and planning for sustainability of ACT Edina post-2015.

- **Almost 220 Dementia Friends trained so far!** Thanks go to Champions who trained new Friends at the Edina Senior Center and the Normandale Center for Healing & Wholeness. Several more DF sessions are on the calendar through December, and more are being scheduled all the time.

- **The fall Dementia Friends sessions will be posted in the Edina Community Ed brochure.** This is great visibility for these trainings. Thank you, Andrea Bernhardt for making this happen (and on a tight timeline, too).

- **The Dementia Friendly America initiative (DFAi) was announced earlier this month** at the White House Conference on Aging (WHCOA). The transformational and collective impact of ACT on Alzheimer’s work in preparing Minnesota communities for all that dementia entails has set the stage for the Dementia Friendly America initiative. This means you, Edina! More at www.dfamerica.org.

- **ACTion Team member Beryl Schewe has had a book published!** It’s titled Habits of Resilience: Learning to Live Fully in the Midst of Loss and it’s beautiful. Take a look here.

- **And congratulations to ACTion Team member Alissa Leroux-Smith on the birth of her twin boys this spring!** Happy news.

**From the Alzheimer’s Association - 2015 Walk to End Alzheimer's dates**
The Association has 10 Walks taking place in Minnesota this year and they are a great way for people who care about the cause to join together for a great day. There is no registration fee or minimum that needs to be raised for people to participate. If you have any questions or need further information, please contact Ashley Snell at: asnell@alz.org or visit: www.alz.org/walk. Schedule of Walks:

- **Brainerd:** Saturday, September 26, 2015 (act.alz.org/brainerd)
- **Duluth:** Saturday, September 12, 2015 (act.alz.org/duluth)
- **Mankato:** Saturday, September 12, 2015 (act.alz.org/mankato)
- **Owatonna:** Sunday, September 20, 2015 (act.alz.org/owatonna)
Upcoming Dementia Friends Sessions Around Town
These sessions are already planned and are open to the public. Encourage your friends, colleagues, clients, patients, families, etc. to register and attend at least one! They’re free, with healthy snacks included. [https://edina.thatscommunityed.com/](https://edina.thatscommunityed.com/) (search “Dementia”)
- Thursday, August 20, 2 – 3 p.m. at Home Instead Senior Care
- Thursday, September 17, 6:30 p.m. at the Waters of Edina
- Thursday, October 15, 10:00 – 11:15 a.m. at Vernon Terrace
- Wednesday, November 11, 9 – 10 a.m., Fairview Southdale
- Tuesday, December 15, 11:30 – 1, Maser, Amundson, Boggio & Hendricks, P.A.

**Remember:** the training curriculum takes more than an hour—If you have less than a 1.5 hour time slot, plan accordingly so that you are able to cover the material—eliminate any breaks, put out food early, keep open-ended discussion to a minimum, short-cut exercises, encourage folks to stay later.

**General Reminders**
- Be sure to send your reimbursement requests to Deborah Paone [deborah@normandalearning.org](mailto:deborah@normandalearning.org). Please cc: Elisabeth [Elisabeth@normandalearning.org](mailto:Elisabeth@normandalearning.org).
  Looking ahead, all reimbursement requests will be due by December 15 to close accounting for the year.
- **Sign-in Sheets** –Please use the sign-in sheet found on page 27 of the Champions Guide (this one captures email addresses, allowing us to send attendees a survey, and include them in our growing database of supporters). After a DF training, be sure to send your sign-in sheet or contact list to Elisabeth so that she can email out the post-training survey as soon as possible.
- **Online Report** - Post-DF sessions, trainers should be sure to complete a brief online report at the ACT on Alzheimer’s site: [http://www.actonalz.org/reporting-form](http://www.actonalz.org/reporting-form)
- **ACT-Edina Logo & Link** - If you haven’t already done so please post the ACT-Edina logo and link to your team home page on your website. Our Edina page is found at [http://www.actonalz.org/edina](http://www.actonalz.org/edina). Elisabeth O’Toole can get you materials if you need them ([Elisabeth@normandalearning.org](mailto:Elisabeth@normandalearning.org)).
- **Stock of print materials** - Try to deliver the relevant brochures, etc. from your organization to Donna Tilsner at the Edina Senior Center. She’s keeping a stock of additional resources to be available at trainings.
- We can post news about ACT-Edina and upcoming Dementia Friends sessions on the Edina Patch online bulletin board. Edina Patch is a “hyper-local” news site for Edina-relevant information – news, events, traffic, weather, sports, schools, etc. It’s free to post; check it out here: [http://patch.com/minnesota/edina](http://patch.com/minnesota/edina)
TIPS & IDEAS FROM OTHER CHAMPIONS
Deborah Paone and Patti Hankes had these suggestions following their Dementia Friends session, co-facilitated at the Normandale Center for Healing & Wholeness:

- Be sure you get the sign up registration sheet from Andrea (Edina Community Education)—and know that more people than those listed will likely show up. We had 3 walk-ons.
- Start with the “Tulips” video (From Dementia Friends Scotland – Found at: http://www.dementiafriendsscotland.org/. Make sure it is shown first (if you are going to use videos at all)—right in the first section. NOTE that there is another video link suggested in the Champions training book—which is better placed later in the training—around communication difficulties (“Small Changes Help Make a Dementia Friendly Community”). It shows the before and after from the perspective of the person with dementia and can be upsetting to start with as the first video
- Remember you don’t have to be a medical expert; you can refer those questions to the Alzheimer’s Association website and/or helpline
- Print out and distribute copies of the Edina DF caregivers/resources.
- Print out and distribute the 1 page “Priority #2 Action Item – that lists the caregiver supports for Edina. (We included a brief conversation at the end of our Training about how we need to build up caregiver supports such as through volunteer respite and meaningful engagement programs and support groups)

NOTE: After your DF session, please send a quick email to Elisabeth to share tips and advice for other facilitators, she’ll share it with the larger group. We’ll learn from each other about what works and what’s less effective and put these tips into action during future sessions.

Thank you for your collaborative energy and Team ACTion!