



The Gathering

An in-person group respite program for people living with memory loss that provides four hours of respite for their family caregivers.

Offered by Lyngblomsten Community Services, **The Gathering** is a group respite program that provides four hours of brain-stimulating activities and social engagement to adults experiencing early- to mid-stage memory loss, allowing their family members and/or friends to take a much-needed break from caregiving. It's led by Lyngblomsten staff with support from an artist-in-residence and specially trained volunteers.

Benefits for participants

- Experience fun, laughter, and enrichment with a consistent cohort once a week
- Create social connections with volunteers and staff
- Enjoy activities that stimulate the brain and promote community, such as music, art (led by professional teaching artists), discussion groups, exercise, and more

Benefits for caregivers

- Receive a much-needed break: four hours each week
- Meet one-on-one with a Lyngblomsten Caregiver Specialist for resources, education, and support
- Meet with other caregivers weekly for connection and conversation

The Gathering is offered at sites in:

- St. Paul
- White Bear Lake
- Lino Lakes



For more information about The Gathering, contact Lyngblomsten Community Services:

(651) 632-5320 or caregiving@lyngblomsten.org
www.lyngblomsten.org/TheGathering



Scan to learn more

