

"I love you but I got to love me more."

Peggi Speers, The Inspired Caregiver: Finding Joy While Caring for Those You Love

Whether you are experiencing memory loss yourself or are a caregiver for a family member or friend, you do not have to walk this road alone. There are others in your congregation and community that share your experience. You will learn about supportive resources within our community and be inspired by stories of folks who have lived this journey.

WHO SHOULD COME?

Caregivers for those touched by memory loss; care receivers are welcome

Clergy

Parish Nurses

Congregational Care Teams

Senior Services

WHY SHOULD YOU COME?

To meet others touched by memory loss

To find support & resources

To carry the message to congregations about ministry to families involved with memory loss

"My caregiver mantra is to remember: the only control you have is over the changes you choose to make."

Nancy L. Kriseman, The Mindful Caregiver: Finding Ease in the Caregiving Journey

SCHEDULE

8:30 AM Registration

9:00 Welcome & Introductions

9:30 MN Council of Churches
Dementia Friendly
Congregations Project -
Helen Jackson Lockett-El

10:00 Lyngblomsten's The
Gathering - Lisa Brown

10:30 Mount Olivet Day Services -
Ginny Cullen

11:00 Normandale Center for
Healing and Wholeness -
Mary Cordell

11:30 A Tale of Two Caregivers -
Sandy Nekola & TBA

Noon - Lunch and conversations
with caregivers

12:45 Making Connections - where
do we go from here?

1:00 Adjourn

A Resource Fair will be open
throughout the forum

"Caregiving often calls us to lean into love we didn't know possible."

Tia Walker, The Inspired Caregiver: Finding Joy While Caring for Those You Love

PROGRAM SPONSORS

TRUST, Inc.

Lyngblomsten's The Gathering

Bethlehem Lutheran Church

Mayflower Congregational UCC

MN Council of Churches Dementia

Friendly Congregations Program

Normandale Center for Healing &
Wholeness

Mount Olivet Day Services

COST

Free for caregivers and care
receivers

\$10 for all others

Make checks out to TRUST and
send to 9 W. Rustic Lodge Ave.
Minneapolis MN 55419

QUESTIONS?

Call Nancy Biele at 612-827-6159
or trustinc@visi.com

TRUST, INC. PRESENTS

CALLED TO CARE

**A FORUM FOR
THOSE TOUCHED BY
MEMORY LOSS**



**Saturday, August 1
9:00 AM - 1:00 PM**

**Bethlehem Lutheran Church
4100 Lyndale Avenue S.
Minneapolis MN 55409**



TRUST's Mission
*TRUST unites and mobilizes
congregations & the community to
serve and empower our neighbors.*

- TRUST Member Congregations
- Bethlehem Lutheran Church
- First Universalist Church
- Judson Memorial Baptist Church
- Lake Harriet Christian Church
- Lake Harriet Methodist Church
- Lake Nokomis Presbyterian Church
- Linden Hills Congregational UCC Church
- Living Spirit United Methodist Church
- Lutheran Church of Christ the Redeemer
- Lynnhurst Congregational UCC Church
- Mayflower Congregational UCC Church
- Mount Olive Lutheran Church
- Richfield United Methodist Church
- St. Joan of Arc Catholic Church
- St. John's Episcopal Church
- St. John's Lutheran Church
- St. Leonard's Catholic Church
- St. Luke's Episcopal Church

TRUST, Inc.
9 W. Rustic Lodge Ave. MPLS 55419
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www.trustinc.org



REGISTRATION FORM

NAME(S) _____

ADDRESS _____

PHONE _____ EMAIL _____

HOME CONGREGATION (IF ANY) _____

ARE YOU A CAREGIVER OR CARE RECEIVER? _____ YES _____ NO

FREE FOR CAREGIVERS AND CARE RECEIVERS; ALL OTHERS \$10