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City of Duluth - Duluth Public Library

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SUBJECT: Duluth Public Library Increases Dementia Friendly Offerings

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DULUTH PUBLIC LIBRARY INCREASES DEMENTIA FRIENDLY OFFERINGS

[Duluth, MN] One in 10 adults aged 65 and up have dementia; the rate rises to 1 in 3 for those over age 85. But behind these numbers are people – people in our community. The Duluth Public Library partnered with Dementia Friendly Duluth, a group of local organizations working to make the community more aware, informed, and supportive of people experiencing and caring for those with dementia. Dementia is a general term for a loss of memory and other thinking abilities that is serious enough to interfere with activities of daily life. Alzheimer's disease, the most common cause of dementia, is a disease of the brain that leads to problems with memory, thinking, and behavior. The Duluth Public Library is sponsoring these events to work toward becoming more friendly and supportive to community members and care partners living with dementia.

-Memory Kits for Early-, Mid-, and Late-state Dementia. Memory kits are for people with dementia, memory loss, or cognitive impairment. They are intended to stimulate conversation or reminiscence with a person with cognitive issues. Our kits include interactive activities (such as puzzles, games, or conversation cards), CDs with soothing or memory-sparking music, *A Caregivers Guide to Dementia*, tip sheet, book lists, local resources, and more! Additional Memory Kits have been added to the collection and are now available at the West Duluth Branch Library in addition to the Main Library.

-Effective Communication Strategies A local expert from the Alzheimer's Association will explain methods for communicating with those living with dementia. Discussion and time for questions will follow the program **(Monday, September 23 from 6:00-7:30 PM at Mt. Royal Branch Library)**

-Showing of "Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease". This documentary takes an in-depth look at the particulars of the disease, and provides information to help understand and educate viewers about the effects and its impact. Documentary followed by time for panel discussion. **(Wednesday, October 2 from 1:00-2:30 PM at West Duluth Branch Library)**

-Benefits of Early Diagnosis and Latest Research in Alzheimer's Treatment Dr. Steve Waring, Ph.D. with Essentia Institute of Rural Health will explain new developments in Alzheimer's research and treatment, and talk about the benefits of early diagnosis and navigating the healthcare system. **(Monday, October 21 from 6:00-7:30 PM at the Main Library)**

-Care for the Caregivers. Join us in November for National Caregiver's Month to discuss the unique needs, challenges, and strengths for people caring for a loved one with Alzheimer's Disease and other dementias. Q & A Discussion follows presentation. **(Thursday, November 14 from 6:00-7:30 PM at the Main Library)**

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