Hello, ACTion Team!
We hope you enjoyed our beautiful summer and are enjoying the start to a great fall. Here is your ACTion Team update for September:

Recent Highlights
- We have 270 Dementia Friends trained so far! Thanks go to Champions who held trainings at Home Instead, the Waters of Edina, and with the Morningside Rotary group. Additional DF sessions are on the calendar through December.
- Please plan to attend our next Team meeting on Tuesday, October 20 at 10:00 at the Edina Senior Center. More details below.

Team Planning Meeting October 23
This is our last “official” meeting under the original grant: please try to attend! We’ll ask for brief updates by organization, then spend most of our time talking about sustainability and moving forward after December 2015. Here’s a review of the ideas for sustainability that came out of the July team meeting (note that team members have a short assignment for the October meeting):

Efforts Toward Sustainability
The following ideas were discussed as ways to maintain our ongoing efforts in the community:

1. Keep meeting a couple of times a year as an ACTion Team – rotate the meeting space around town, perhaps 3 organizations step forward willing to host/facilitate
2. “Package” the Dementia Friends training as a sponsorship opportunity. Local businesses and organizations can sponsor a training session at their site, providing space and financing any (minimal) expenses.
3. Schedule a quarterly Dementia Friend class through Community Education – We could work together to have four organizations step forward to host the Dementia Friends training in 2016 and get it on the calendar early.
4. Maintain a list of available Champions to facilitate these sessions and others—we could have a running list/roster.
   o Identify businesses to target.*
   o Identify Team member to contact each business.*

* Your assignment: Please come to the meeting with 2 – 4 Edina organizations or businesses that you could approach to host a Dementia Friends session that you facilitate. We’ll discuss ways to reach out to these potential partners and provide materials to help you introduce Dementia Friends to potential
Please let Elisabeth know if you won’t be able to attend this meeting or if you have any questions at this time (Elisabeth@normandalecenter.org).

**Jolene Brackey, Author of “Creating Moments of Joy,”** will be leading two workshops in November: Tuesday, November 17th 6:00-7:30pm for families and friends of people living with dementia and Wednesday, November 18th 9:00-noon for professionals and volunteers who support people with dementia. Workshops are at the Minnesota History Center in St. Paul. See attached poster for details.

**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, 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.

**Tips & Ideas from other Champions**
Chris Mathews from Home Instead has this feedback for other Dementia Friends facilitators:
_Somewhere through all of the meetings, trainings, etc., I learned the technique of (during the training) pausing for 20 seconds without telling the audience what I was doing. This becomes somewhat uncomfortable for the audience but is used to demonstrate the understanding/comprehension process of someone battling Alzheimer’s. At the end of the session, one of the participants approached me to inform me how helpful that will be in understanding her fathers’ current situation/behavior.

And
One other tip, (I learned from Donna T). I emailed all of the participants as a reminder of the program a couple of days beforehand._

**General Reminders**
- Be sure to send your reimbursement requests to Deborah Paone deborah@normandalecenter.org. Please cc: Elisabeth Elisabeth@normandalecenter.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)
- **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 our team home page on your website. Our Edina page is found at [http://www.actonalz.org/edina](http://www.actonalz.org/edina).
- **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.*

  *Thank you for your collaborative energy and Team ACTion!*

  *Please see “Creating Moments of Joy” flier below.*
Rakhma Homes, SPN ACT and Minnesota History Center proudly announce:

CREATING MOMENTS OF JOY EVENTS – JOLENE BRACKEY

Creating Moments of Joy - For Friends and Family Members
Jolene Brackey, Author and Dementia Specialist

Tuesday, November 17, 2015 6:00 – 7:30 pm
Minnesota History Center 3M Auditorium

Look beyond the challenges of aging and focus more energy on creating moments of joy. Joy comes from triggering fond childhood memories, making quality connections, singing a favorite song, replacing personal treasures, remembering people’s greatness, and sharing simple pleasures. Come explore new ways to enjoy your time together.

Admission: $10.00 ($5 MNHS members) Tickets available online at http://www.brownpapertickets.com/event/2293815 and by mail through Sue Peterson at Rakhma, 4953 Aldrich Avenue South, Minneapolis, MN 55419

Creating Moments of Joy – For Professional Alzheimer’s and Dementia Caregivers
Jolene Brackey, Author and Dementia Specialist

Wednesday, November 18, 2015 9:00 AM – 12:00 PM
Minnesota History Center 3M Auditorium

Learn how the person with dementia is the best teacher in the room. Nutty caregivers welcome! Gain knowledge for how to blend moments of joy with required tasks, legal directives, facility procedures, and co-worker interactions.
Three (3) Continuing Education Units (CEUs) provided.

Admission: $20 ($15 MNHS members) Tickets available online at http://www.brownpapertickets.com/event/2293815

and by mail through Sue Peterson at Rakhma, 4953 Aldrich Avenue South, Minneapolis, MN 55419

We invite you to join us in sponsorship of this exciting event!

Sponsorship Benefits

$1000 Sponsorship

- 50 Complimentary Event Tickets – Reserved Seating.
- Company Name & Logo placement on all advertising materials.
- Company Name & Logo placement in audio visual display playing before both presentation begins in 3M Auditorium.
- Opportunity to distribute Company Information at both presentations.
- Acknowledged in Public Introductions at both presentations.

$500 Sponsorship

- 25 Complimentary Event Tickets
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• Opportunity to distribute Company information at both presentations.

SPONSORSHIPS OFFER OPPORTUNITIES TO

• Raise awareness about your product or services in all event promotions.

TO SIGN UP AS A SPONSOR: Contact: Carol Kuhlman at 651-699-3583 or ckuhlmann@rakhma.org

no later than September 25th to be included in printing and posting for the public.

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2015 SPONSORSHIP FORM

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_____ I would like to be a $500 Sponsor for the Jolene Brackey Events.

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Please return this form by mail or fax to
Rakhma, Inc., 4953 Aldrich Avenue South, Minneapolis, MN 55419. Attn: Carol Kuhlman or