

ROSEVILLE ALZHEIMER'S / DEMENTIA COMMUNITY ACTION TEAM
IN PARTNERSHIP WITH REFLECTIONS OF SILVERCREST

PRESENTS

'Staycations'

DESTINATION: UNIVERSITY OF MINNESOTA BELL MUSEUM

2088 Larpentour Ave W, St Paul, MN 55113 | bellmuseum.umn.edu | 612.626.9660

WALKING LEVEL (EASY, MEDIUM, HARD): Medium - There is a fair amount of walking to explore the museum, but there are many benches available throughout the space and at each exhibit.

WHEELCHAIR ACCESSIBLE: Yes

FOOD & DRINK: No - Food or drink are not available except for a water fountain by the bathrooms.

BATHROOM AVAILABLE: Yes - Men's and women's bathrooms with stalls and handicap accessible stalls. Unisex bathrooms on 1st floor.

BRIEF DESCRIPTION OF DESTINATION: The Bell Museum is Minnesota's official natural history museum and planetarium. The museum features a digital planetarium, high-tech exhibits, famous wildlife dioramas, outdoor learning experiences and more.

3 SENSORY EXPERIENCES TO TRY:

- Go to the Touch & See Lab - Measure an elephant's skull against your forearm.
- Go to the Touch & See Lab - Touch a live snake or feel how sharp a woodchuck's teeth are.
- Watch a short movie about the planets and outer space while looking at large diagrams of planets.



5 QUESTIONS TO ASK THE PERSON LIVING WITH DEMENTIA DURING THEIR EXPERIENCE:

1. Exhibits show wildlife from different parts of Minnesota. Ask "Have you seen any of these animals in real life?" If so, "Where did you see them?"
2. While in the space exhibits, ask "Do you enjoy looking at the stars?" and "What do you see if you imagine an image in the stars?"
3. At the animal exhibits (**many of which are life-sized**), ask "Do you believe a woolly mammoth would be bigger or smaller than a horse?" and "What would you think if they still existed?"
4. When looking at the bones, guess which animal the bones belong to. Ask what they think of that animal.
5. Ask specific questions about the animals and insects they are seeing. For example "What do you think that animal's coat would feel like?" "Would that insect's shell be soft or scaly?" and "Do you think that animal can run fast, or do you think it moves pretty slowly?"

Flip over for additional information >>>

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OTHER IMPORTANT INFORMATION TO KNOW

Once a month the Bell Museum hosts a **Sensory-friendly** event - opening two hours early to welcome visitors with sensory sensitivities to experience the museum and planetarium. Visitors are welcome to check out additional resources like quiet spaces, visual timers, weighted lap pads, and hearing protection if it helps makes the visit more enjoyable. Please call ahead to find out more about these events and tour times.

ABOUT SILVERCREST REFLECTIONS

These 'Staycation' ideas have been recommended by the Directors of various Reflections Neighborhoods of SilverCrest Properties. The Reflections Neighborhood specializes in the care of people living with Alzheimer's and other types of dementia. Recommendations are made based on how dementia-friendly the venue is and more importantly what the residents thought of the experience and the positive feedback they gave. The residents of Reflections have enjoyed these short trips and we hope that you do too! Contact any place you wish to visit in advance to discuss how to make your visit a person-centered success. To learn more about SilverCrest Properties and their Reflections Neighborhoods, visit silvercrestproperties.com.

ABOUT THE ROSEVILLE ALZHEIMER'S / DEMENTIA COMMUNITY ACTION TEAM

The Roseville Alzheimer's and Dementia Community Action Team (Roseville A/D) is an alliance of community members, municipal services staff, and aging services professionals working to improve conditions for individuals with Alzheimer's disease and other forms of dementia and their care partners. Roseville A/D and the Ramsey County Library system have made dementia-related materials available to the public including the creation of Memory Minder kits and now Staycations. The materials in these kits are specifically selected to spark memories, create conversation and provide positive and engaging interactions between people with dementia and their care partners. For more information about Roseville A/D visit www.cityofroseville.com/dementiainfo or their Facebook page: Roseville MN Dementia Info.

FOR MORE INFORMATION ABOUT OTHER STAYCATIONS SEE THE BINDER OF STAYCATION FLYERS AVAILABLE WHERE YOU FIND THE MEMORY MINDER KITS IN THE LIBRARY.

