

PRESENTS

'Staycations'

DESTINATION: NORTH METRO TELEVISION

12520 Polk Street NE, Blaine, MN 55434 | northmetrotv.com | 763.780.8241

WALKING LEVEL (EASY, MEDIUM, HARD): Easy - There are places to sit and the walking part of the tour is short.

WHEELCHAIR ACCESSIBLE: Yes - Everything is on one floor. **Note** - The front door is not automatic so someone will need to open the door for you. The staff is usually very helpful.

FOOD & DRINK: No

BATHROOM AVAILABLE: Yes

BRIEF DESCRIPTION OF DESTINATION: North Metro Television is a public access television station serving Blaine, Centerville, Circle Pines, Ham Lake, Lexington, Lino Lakes, and Spring Lake Park. Tours are free to people who live in these cities and for a fee if outside the area. See the studios, production suites, master control room and more on a guided tour, lead by a very knowledgeable and engaging member of the station.

3 SENSORY EXPERIENCES TO TRY:

- Experience a "blue screen" special effect and transport yourself to a tropical island on the television.
- Handle a real television camera.
- Speak into a microphone and imagine you are a reporter live at the scene of a fire, see how audio and visual editing is done to bring you the local news at home.



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

1. "If you were to have a television show, what would it be about?"
2. "What was your favorite show to watch with your family?"
3. "Do you remember where you were when you heard on the news that man landed on the moon?"
4. "Did you ever record home movies? Tell me about what type of camera/film you used."
5. "Have you ever been on television or met someone famous? Tell me about it."

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

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OTHER IMPORTANT INFORMATION TO KNOW

There is a large part of the tour where you get to sit on comfortable couches and learn all about television editing and equipment. The station is small so is a great tour to go on if standing and walking are challenging, everything is close and comfortable.

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.

