

PRESENTS

'Staycations'

DESTINATION: THE RAPTOR CENTER

1920 Fitch Ave, St Paul, MN 55108 U of M Extension Campus | raptor.umn.edu | 612.624.4745

WALKING LEVEL (EASY, MEDIUM, HARD): Medium - There are many places to sit indoors and the tour outside is short. We recommend a wheelchair or walker to sit on if you cannot stand more than 20-30 minutes for the outdoor portion of the tour.

WHEELCHAIR ACCESSIBLE: Yes

FOOD & DRINK: No - No food available, but there is a water fountain.

BATHROOM AVAILABLE: Yes

BRIEF DESCRIPTION OF DESTINATION: The Raptor Center provides classes and tours of their center where they take in injured or sick birds of prey such as eagles, hawks, osprey and owls. Beautiful displays tell you about the many different birds for which they have provided care. You are also able to see up close, the birds currently there recovering from injury or illness. Some birds live there permanently because they cannot be released back into the wild.

3 SENSORY EXPERIENCES TO TRY:

- Touch different kinds of feathers and feel how they create different amounts of wind when you flap them.
- Listen to the eagles as they talk to each other - they are very talkative!
- Feel how light the bird bones are that are on display and guess how much an eagle weighs.



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

1. "Which bird do you think is the most beautiful here?"
2. "Did you ever feed the birds in your backyard? If so, tell me about it."
3. "When you were little did you ever find or collect feathers? If so, tell me about it."
4. "Have you ever seen an eagle/hawk/owl in the wild? If so, what do you remember about it?"
5. "Did you have any birds nesting in your neighborhood? If so, tell me about them."

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

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OTHER IMPORTANT INFORMATION TO KNOW

Parking is not convenient. It can take up to 10 minutes to walk from the parking area to the center, so it is best to drop off a friend or family member before you park the car. If the person is at risk for wandering, bring along a 3rd person to stay with them. The back area where they do the tour of the birds is partially outdoors (no heat or air conditioning) so dress appropriately for the weather and avoid if very hot or very cold outside. The main lobby has 3 birds in glass enclosures. It is heated and air conditioned so it is good to visit in any weather. Call ahead to reserve your time for a tour, see website for prices.

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.

