

PRESENTS

'Staycations'

DESTINATION: WOOD LAKE NATURE CENTER

6710 Lake Shore Dr S, Richfield, MN 55423 | richfieldmn.gov/around-town/wood-lake-nature-center | 612.861.9365

WALKING LEVEL (EASY, MEDIUM, HARD): Medium - Trails are accessible but require walking or mobility assistance to go through the park. Picnic areas and nature center are in close proximity to the parking lot.

WHEELCHAIR ACCESSIBLE: Yes - The trails are either blacktop or crushed limestone and most are wheelchair accessible during summer months.

FOOD & DRINK: No - Food is not available except a water fountain inside the nature center.

BATHROOM AVAILABLE: Yes - Men's and women's bathrooms, with handicap accessible stalls, are available in the nature center.

BRIEF DESCRIPTION OF DESTINATION: Wood Lake Nature Center is a 150-acre natural area dedicated to environmental education, wildlife observation, and outdoor recreation. There is a main building, which has many educational exhibits. The park features several wildlife viewing areas, a 100-seat amphitheater, a picnic ground, and three miles of trails and boardwalks.

3 SENSORY EXPERIENCES TO TRY:

- Touch and feel the furs and skeletons of different animals.
- Look out the large windows and watch the birds, including turkeys, and other animals that come to eat from the feeders.
- Look and touch live animals (fish tanks, reptiles and amphibians) inside the nature center at a program (call ahead for current schedule).



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

1. "Did you ever feed the wildlife in your back yard?"
2. "What kind of animals did you have around your area when you were growing up?"
3. "Did you enjoy going to a lake when you were younger? Share some stories."
4. "Do you like snakes? What is it about them that makes you feel that way?"
5. If you are outside walking the trail, ask: "What sounds do you hear? What kind of animal do you think that might be?"

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

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OTHER IMPORTANT INFORMATION TO KNOW

The nature center will do group tours and presentations about the exhibits. To set up a tour you must call ahead. The picnic space is first come first serve and can be limited. You can reserve a spot for a fee, if space is available. In the summer months day cares, and other programs, have activities at the center and it can become loud or busy at 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.

