

Online Group e-Respite Program

An interactive online experience for people living with memory loss designed to give their family caregivers a much-needed break.

2nd Half with Lyngblomsten is now offering an online Group e-Respite program, which provides one hour of engaging, creative activities for persons experiencing early- to mid-stage memory loss. At the same time, family caregivers get a break, allowing them to stay connected with their support network, to engage in activities that bring them joy, or simply to take a rest.

Sessions are hosted online using Zoom, a video conferencing platform. Together, participants and staff stay engaged in 60 minutes of creative, brain-stimulating activities, including:

- Singing
- Simple exercise activities
- Reminiscing and educational content
- Time to connect and socialize
- Storytelling
- And more!



Openings Available!

Contact us at **(651) 632-5320** or
caregiving@lyngblomsten.org.

Prior to enrollment, each participant and family caregiver will meet with a 2nd Half with Lyngblomsten staff member for an assessment via Zoom. Each caregiver is asked to make a monthly contribution based on a sliding fee scale.

For more information:

2nd Half with Lyngblomsten

(651) 632-5320 | caregiving@lyngblomsten.org | www.lyngblomsten.org/eRespite

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