



Caregiver Resource Fair

Minneapolis VA Health Care System

Tuesday, March 21, 2023, from 9:00 a.m. to 4:00 p.m.

9:00 – 9:05 a.m. **Welcome**

9:05 – 9:10 a.m. **Hello; housekeeping; introduction to moderators**

9:10 – 10:00 a.m. **VA Caregiver Support Program**

[Caregiver Support Program](#) | MVAHCS (website)

[Caregiver Support Program](#) | VA (website)

10:00 – 10:30 a.m. **Connected Health: My HealthVet and**

VA Technology for Managing Health Needs

[My HealthVet](#) | VA (website)

[VA Mobile App Store](#) | VA (website)

Minneapolis VA Connected Health team: 612-467-5636

10:30 – 11:00 a.m. **Planning for Future Needs**

[Geriatrics and Extended Care](#) | VA (website)

11:00 – 11:30 a.m. **Mealtime Solutions and Resources**

[Nutrition, Food and Dietary Care](#) | MVAHCS (website)

Minneapolis VA dietitians: 612-467-2004

11:30 a.m. – noon **Normandale Center for Healing & Wholeness**

[Normandale Center services](#) (website)

Noon – 12:30 p.m. **30-minute break**



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12:30 – 1:30 p.m. **The Power of Laughter**

Presented by FamilyMeans

[FamilyMeans Caregiving & Aging](#) (website)

1:30 – 2:00 p.m. **VA Whole Health**

[VA Whole Health](#) | VA (website)

Minneapolis VA Whole Health team: 612-725-8194

2:00 – 3:00 p.m. **How to Identify and Engage Your (informal and formal) Support Team and Emergency Care Planning for Caregivers**

Presented by Lutheran Social Services of MN

[Lutheran Social Services Caregiver Support](#) (website)

3:00 – 3:30 p.m. **The Best Kept Secret: St. Paul Vet Center**

[St. Paul Vet Center](#) | VA (website)

3:30 – 3:45 p.m. **Closing and Thank You**

Who should attend: Caregivers, Veterans and providers who are interested in resources for Caregivers and Veterans

For more information: Contact the Caregiver Support Program at 612-467-5405

How to access the virtual presentation: Video and audio via Microsoft Teams - [join the meeting](#); or audio only by phone: 1-872-701-0185 then code 426 67 1375#