



Mankato & North Mankato

Now offering TimeSlips™ Storytelling Sessions

Create a Story and Spark Meaningful Moments



Storytelling is a gift enjoyed by people in all stages of life! TimeSlips storytelling sessions provide an opportunity for participants to imagine, create, and tell new stories, and are specially designed to be an experience that people living with Alzheimer's disease and related dementias can share with a family member or friend.



Imagining and creating stories together is at the heart of the TimeSlips concept. Rather than focusing on memory or recall, Facilitators focus on imagination and creativity by providing participants with playful photographic and verbal prompts, as well as questions to guide the creation of an original story. Releasing people living with memory loss from the expectation to remember, TimeSlips replaces this pressure with the freedom to imagine.

The shared experience is intended to bring joy, meaning and connection, positively supporting those experiencing cognitive changes. Plus, it's a lot of fun!

Held throughout the community, storytelling sessions last one hour and are led by TimeSlips Certified Facilitators who are also members of Mankato & North Mankato ACT on Alzheimer's. Typically, two stories will be created in each session. To schedule a session, email katoactonalz@gmail.com.

Together with your loved one and others in the session, you will create a beautiful story.

About TimeSlips

TimeSlips is an evidence-based and award-winning approach that brings joy to people impacted by Alzheimer's disease or related dementias by infusing creativity and meaning-making into the community. TimeSlips supports a global movement to bring meaning to late life through creative engagement.

About Mankato & North Mankato ACT on Alzheimer's

ACT on Alzheimer's is a Minnesota initiative designed to prepare communities to support individuals living with Alzheimer's disease and related dementias and their care partners. Mankato and North Mankato became an ACT on Alzheimer's community in 2014 and is led by a group of volunteers that make up an Action Team. We are committed to creating a dementia-friendly community that is respectful, safe, informed and engaging.



This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.



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