



# Programs for Seniors and Caregivers/Care Partners July – December, 2019

For details and additional monthly calendars of activities, support groups, educational and community events at other locations see [www.cityofroseville.com/dementiainfo](http://www.cityofroseville.com/dementiainfo)

## ABBREVIATIONS & ADDRESSES:

**D: C & C** Dementia: Caring & Coping

**RSV** Ramsey County Library – Roseville 2180 North Hamline Ave / Roseville

at the Library

Day	Date	Program	Location
Thurs	July 11 1-3pm	<b>D: C &amp; C Understanding Senior Housing Options</b> Catherine Engstrom, caregiver consultant at the Wilder Foundation will give information about various senior housing options and how to evaluate them. Pt. 1 of a 3-part series Funding: Live Well at Home Grant - MN Dept Human Services	RSV
Thurs	July 25 12:15 – 3pm	<b>D: C &amp; C Tour a Facility</b> Tour a senior housing facility to practice evaluating your options and learn from others about things to consider when looking. <b>Advance registration required 651-280-2273 <a href="mailto:caregiver@wilder.org">caregiver@wilder.org</a>. Only one facility can be toured.</b> Debrief at the library, after the tour. Pt. 2 of a 3-part series Funding: Live Well at Home Grant - MN Dept Human Services	RSV
Thurs	August 8 1-3pm	<b>D: C &amp; C Know Your Rights!</b> A representative of the state ombudsman for long-term care will speak about advocating for the rights of residents and caregivers in long-term care facilities. Pt. 3 of a 3-part series Funding: Live Well at Home Grant - MN Dept Human Services	RSV
Thurs	Sept. 12 1-3pm	<b>D: C &amp; C Improving the Treatment and Prevention of Alzheimer's Disease and Other Brain Disorders</b> - a special event for everyone - Internationally recognized Alzheimer's expert: <b>William H. Frey II, PhD., Research Director</b> , HeathPartners Neuroscience Center, presents <ul style="list-style-type: none"> <li>• The latest in the treatment and prevention of Alzheimer's including intranasal insulin that improves memory, attention and functioning.</li> <li>• Reducing your risk of getting Alzheimer's with exercise and diet including the Mediterranean and MIND diets.</li> <li>• Treatments in development for stroke, Parkinson's, Traumatic Brain Injury, PTSD and other brain disorders</li> </ul>	RSV
Thurs	Oct. 10 1-3pm	<b>D: C &amp; C talk about Lewy Body Dementia</b> Save the date! Details to come.	RSV
Thurs	Nov. 14 1-3pm	<b>D: C &amp; C Strategies for Living with Ambiguity</b> <b>Ted Bowman, grief and family educator</b> leads a practical session on living well with ambiguity and ambiguous losses. Dementia care will be emphasized, but the implications for living well with ambiguity will be broadly applicable.	RSV
Thurs	Dec. 12 1-3pm	<b>D: C &amp; C After a Diagnosis: I'm more than a symptom.</b> Resources for you and your support circle to live a purposeful life after a diagnosis of dementia. <b>Rescheduled from April 11.</b>	RSV