

SAVE the Date!

November, 2019

Always check details on any event, before attending. Details can change quickly.

Friday	Nov. 1	<p><u>Roseville Alzheimer's & Dementia Community Action Team (Rsvl A/D) – monthly meeting</u></p> <p>What: Join members of Rsvl A/D as we develop plans for 2020, especially the Dementia: Caring & Coping speaker series. Get updates on additional Memory Minder kits, additional programming, and the Dementia-Friendly (DF) airport working group.</p> <p>Share your ideas to make this a better community. All are welcome.</p> <p>When: 1st Friday of each month 9:00 – 11:00/11:30 A.M. If there is a holiday conflict, meetings are on the 2nd Friday of that month.</p> <p>Where: Roseville City Hall - Bur Oak room 2660 Civic Center Drive Roseville, MN 55113</p> <p>Questions: RosevilleAlzDem@gmail.com</p>
Thursday	Nov. 14.	<p><u>Dementia: Caring & Coping - Strategies for Living with Ambiguity</u></p> <p>What: A part of aging seems to require learning to live with ambiguity. One's finances, health, relationships, retirement plans, family roles, even diets can move from clarity to ambiguity seemingly overnight. Further, many elders live with medical or mental health conditions that are ambiguous. Dementia, strokes, bi-polar conditions, and how much time rehab from a broken hip requires are common examples.</p>

		<p>In this practical session, living well with ambiguity and ambiguous losses will be addressed. While dementia care will be emphasized, the implications for living well with ambiguity will be broadly applicable.</p> <p>Speaker: Ted Bowman, grief and loss counsellor</p> <p>When: Thursday, November 14 1:00 – 3:00pm Come early to get a seat. This is a very popular seminar.</p> <p>Where: Ramsey County Library - Roseville 2180 North Hamline Ave Roseville</p> <p>Cost: Free</p> <p>RSVP: none</p>
Wednesday	Nov. 20	<p><u>Memory screening & free lunch</u></p> <p>What: November is National Memory Screening Month. Have a confidential, quick memory screen by a Registered Nurse and a free lunchl.</p> <p>When: Wed. November 20th 11am-1pm</p> <p>Where: Meadowood Shores 2100 Silver Lake Rd New Brighton MN 55112</p> <p>RSVP appreciated 651-746-5613</p>