



## Programs for seniors and caregivers/care partners

January – June, 2020

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

**Skating Center – Roseville Skating Center Rose room** 2661 Civic Center Dr. / Roseville

day	date	program	location
Thurs	Jan. 9	<b>D: C &amp; C Something's Different, Should I Be Concerned?</b> Amy House, Certified Positive Approach to Care Trainer and Mary Bauer, Deaf and Hard of Hearing, DHS will present on Teepa Snow's Normal vs. Not Normal Aging. Learn what is truly a senior moment and when to be concerned it could be dementia. Learn what other symptoms mimic dementia and how hearing loss impacts those with possible dementia.	RSV
Thurs	Feb. 13	<b>D: C &amp; C Who's On Your Team?</b> Catherine Engstrom, social worker with Wilder Aging Services will lead a conversation about why it is important for caregivers to have a team of support, who should be on that team and what kind of support they can provide. We will talk about family and friends as well as professionals who can help.	Skating Center
Thurs	Mar. 12	<b>D: C &amp; C Your Medical Diagnostic Team</b> Terry Barclay, Ph.D., L.P., Clinical Director, HealthPartners Neuropsychology Neurosciences Division, Center for Memory and Aging will discuss the importance of a diagnosis and how to get one.	Skating Center
Thurs	Apr. 9	<b>D: C &amp; C Your Legal Team</b> Many legal issues arise for families dealing with dementia. That's why it is important to take action as early as possible -- even before you get a formal diagnosis, if possible. Elder law attorney Brenna Galvin will talk about building and empowering your legal team, which could include an attorney but also relatives or friends who take on specific legal tasks. She will describe the legal tools that can help.	RSV
Thurs	May14 1-3pm	<b>D: C &amp; C Avoiding Power Struggles with Your Person Living with Dementia</b> Deb Nygaard will present on effective communication and how to work together with the person living with dementia and how to avoid reactions from common triggers that may challenge caregivers.	RSV
Thurs	June 11 1-4pm	<b>D: C &amp; C Resources to Remain Independent – a resource fair.</b> Discover products and services to help you live your best life.	Skating center