



Ask the Experts 2019 Talks

Talks are free, open to the public and provide 1-CEU for social workers and nurses. Find our talks and Like us on www.facebook.com/fightmemoryloss. RSVP to 651-495-6565 or email memoryloss@HealthPartners.com.

Wednesday, March 27

Memory Loss and Driving: A Few Things to Remember

Kathy Kiefer, OTR/L, CDRS

Schedule: 11:30 am -- Noon: Lunch & Registration
Noon -- 1:00 pm: Presentation

Sponsored by: Oasis Senior Advisors

Located: Neuroscience Center 295 Phalen Blvd, St. Paul, MN 55130

RSVP: Jan.L.karrmann@HealthPartners.com or call 651-495-6350

Thursday, April 11

Memory Loss and Driving: A Few Things to Remember

Kathy Kiefer, OTR/L, CDRS

Schedule: 11:30 am -- Noon: Lunch & Registration
Noon -- 1:00 pm: Presentation

Sponsored by: New Perspective Senior Living Highland

Located: 750 Mississippi River Blvd, St Paul 55116

RSVP: Ismasal@keystonecommunities.com or call 651-698-1111

Wednesday, April 17

Falls: Tips for prevention both inside and outside of the home

Amanda Elliott, PT, DPT

Schedule: 11:30 am -- Noon: Lunch & Registration
Noon -- 1:00 pm: Presentation

Sponsored by: New Perspective Senior Living Roseville

Located: 2750 North Victoria Street, Roseville 55113

RSVP: jmccoysrsvl@keystonecommunities.com or call 651-482-1611

Tuesday, May 7

Memory Loss and Driving: A Few Things to Remember

Kathy Kiefer, OTR/L, CDRS

Schedule: 1:00 pm – 2:00 pm (No lunch with this talk.)

Sponsored by: The Glen Hopkins

Located: 1011 Feltl Court, Hopkins, MN 5343

RSVP: Call 952-856-7521 or email cdrasher@augustanacare.org

Thursday, October 10

Memory Loss and Driving: A Few Things to Remember

Kathy Kiefer, OTR/L, CDRS

Schedule: 11:30 am -- Noon: Lunch & Registration
Noon -- 1:00 pm: Presentation

Sponsored by: New Perspective Senior Living Roseville

Located: 2750 North Victoria Street, Roseville 55113

RSVP: jmccoysvl@keystonecommunities.com or call 651-482-1611

Wednesday, October 16

Falls: Tips for prevention both inside and outside of the home

Amanda Elliott, PT, DPT

Schedule: 11:30 am -- Noon: Lunch & Registration
Noon -- 1:00 pm: Presentation

Sponsored by: New Perspective Senior Living Highland

Located: 750 Miss. River Blvd, St Paul 55116

RSVP: lsmasal@keystonecommunities.com or call 651-698-1111

New Classes Starting Wednesday, February 6:

Caregiving Roadmap: Six week class for those caring for someone with a dementia diagnosis or are starting to look for support to care for someone with a dementia diagnosis. Every Wednesday from 1-3 pm starting February 13.

Memory Café: First Wednesday of each month from 10-11:30 am starting February 6

Mindfulness-Based Dementia Care (MBDC) Classes, a program for family caregivers, are offered twice a year. The class is designed to improve the quality of life and teach caregiving skills to those providing dementia care to a loved one.

The MBDC Spring 2019 Schedule:

Wednesdays from March 27 to May 15

- **Orientation Session:** March 27 (Class 1) 9:30 am -- noon
- **Wednesday Classes:** (Classes 2-8) 10:00 am – Noon
- **Retreat:** Saturday, May 4 from 9:45 am--4:00 pm

The program is \$350 per participant (including snacks and materials). Generous scholarships are available upon request thanks to generous donations.

For more information email Jan.L.karrmann@HealthPartners.com or call 651-495-6350.