

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.

Tuesday, September 24

Caring: What it takes to be the BEST you can be by Jayne Clairmont; B.S.

Introduction by Bret Haake, MD, MBA

Jane is Owner, Operator, Consultant with English Rose Suites and b home Home Care

Schedule: 11:30 pm – Noon: Lunch & Registration

Noon – 1:00 pm: Presentation

Sponsored by: Handi Medical Supply, Inc.

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

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

Monday, September 30

Pain and Opioids by Bret Haake, MD, MBA

Schedule: 11:30 pm – Noon: Lunch & Registration

Noon – 1:00 pm: Presentation

Sponsored by:

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

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

Thursday, October 10

Memory Loss and Driving: A Few Things to Remember by 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: jmcco@npseniorliving.com or call 651-482-1611

Wednesday, October 16

Falls: Tips for prevention both inside and outside of the home by 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: lsasal@npseniorliving.com or call 651-698-1111

Tuesday, October 29

Legal planning for incapacity and long term care by Mark Anderson, Attorney at Law

Schedule: 11:30 pm – Noon: Lunch & Registration

Noon – 1:00 pm: Presentation

Sponsored by: Chandler Place Senior Living and St. Anthony Health & Rehabilitation

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

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

Tuesday, November 5

Healthy Sleep by Marcel Hungs, MD

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

Sponsored by:

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

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

On Going Support Groups

Working Caregivers Support Group Presented by the Wilder Foundation

Thursday, April 4 from 5:00 pm – 6:30 pm

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

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

Memory Café

The first Wednesday of each month from 10:00 am-11:30 am. Free and open to caregivers and those with memory loss. No need to RSVP. This memory café is held in partnership with Wilder Foundation and funded in part by a Live Well at Home Grant from the Minnesota Department of Human Services.

Support Group with people who understand for people with Dementia

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people with dementia to:

- Develop a support system
- Exchange practical information on living well with dementia
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

Third Thursdays each month at the Neuroscience Center

.. 1st session: March 2019-August 2019

.. 2nd session: October 2019-March 2020

Initial & ongoing screening is REQUIRED for attendance. Group meets for six month sessions, with a month off for reevaluation. Person with dementia may be transitioned to other services either at that time or at any time during the session.

For questions and to schedule a screening, contact Gabrielle Anderson at 952.767.7570

The MBDC Fall 2019 Class Session:

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

Wednesdays: September 11 to October 30

Class 1: 9:30 am -- noon

Classes 2-8: 10:00 am – Noon

Retreat: Saturday, October 19: 9:45 am -- 4:00 pm

The cost is \$350 per participant but scholarships are available upon request thanks to generous donations.

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