

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

Caregiving: 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 am – 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 am – 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

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: jmccoy@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: lsmasal@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 am – 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

A great day starts with a good night's sleep by Marcel Hungs, MD

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

Sponsored by: Scott Thalhuber, CSA with Care Patrol

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

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

Tuesday, December 3

Promoting Brain Health through Mindfulness by Michelle Barclay, MA-CEO, The Barclay Group

Schedule: 11:30 am – 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

On Going Support Groups:

New-Patients with Young Onset Dementia Support Group (65 years and younger)

Starts **Tuesday, September 17; 11:00-12:00 am** and going forward will meet on the 3rd Tuesday of each month in the Neuroscience Center Point of View Room.

Those interested need to register: Email ann.m.brombach@HealthPartners.com or 651-495-6355.

Memory Café:

The 1st Wednesday of the month; 10:00 am-11:30 am. Free and open to caregivers and those with memory loss. Held in partnership with Wilder Foundation and funded in part by a Live Well at Home Grant from the Minnesota Department of Human Services.

For information call 651-495-6350 or email Jan.L.karrmann@HealthPartners.com. **No RSVP needed.**

The Mindfulness-Based Dementia Care (MBDC) Fall 2019:

For family caregivers. 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 am–Noon **Retreat:** Saturday, October 19: 9:45 am-4:00 pm

Cost: \$350 per participant but scholarships are available upon request thanks to generous donations.

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

People with Dementia:

Trained Alzheimer's Association® facilitators provide 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, and learn about community resources.

Third Thursdays each month at the Neuroscience Center

Session I: March 2019-August 2019

Session II: October 2019-March 2020

Initial & ongoing screening is REQUIRED to attend. Group meets for 6 month sessions, with one off for reevaluation. Person may be transitioned to other services at the time or any time during the session.

Contact Gabrielle at 952-767-7570 for questions and to schedule a screening.