

## DEMENTIA ESSENTIALS



WHAT EVERY FAMILY NEEDS TO KNOW

# Dementia requires a different way of Planning Thinking & Feeling

We are here to help you answer the questions you don't know how to ask.

The Dementia journey feels like navigating an unending storm of vulnerability, uncertainty and unpredictability. In this session you'll learn how to move Dementia into your life, in a way that allows you to live with the disease, rather than being at the mercy of it.

### Understanding the Dementia Brain

Focus on what remains instead of fighting what has been lost.

### New Normals and Expectations

Learn why expectations of self and others is imperative to a smooth journey.

### Caregiver Tool Box

You wouldn't build a house without a hammer! This journey is going to require some new tools, and a different mindset, we can help!

### 2025 Schedule

|   |   |
|---|---|
| Ridgewood Villa   | March 31, 2025 1-4pm  |
| Senior Living Apartments<br>7 4th Ave. SE<br>Glenwood, Mn 56334           | June 18, 2025 8-11am<br>Sept. 22, 2025 1-4pm<br>Dec. 17, 2025 1-4pm                                 |
| Stevens Community<br>Medical Center<br>400 E. 1st St.<br>Morris, MN 56267 | Feb. 11 2025 9-12pm<br>May 22, 2025 4-7pm<br>Aug. 20, 2025 11-2pm<br>Nov. 17, 2025 3-6pm            |
| Lake Region Healthcare<br>1411 Highway 79 East<br>Elbow Lake, MN, 56531   | March 13, 2025 1-4pm<br>June 12, 2025 8-11am<br>Sept. 11, 2025 9-12pm<br>Dec. 11, 2025 12:30-3:30pm |
| Sanford Wheaton<br>Medical Center<br>401 12th St. N.<br>Wheaton, MN 56296 | Jan. 22, 2025 1-4pm<br>April 23, 2025 1-4pm<br>July 23, 2025 1-4pm<br>Oct. 22 2025 1-4pm            |



Online Information and Registration



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