

# 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**

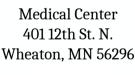
Learn why expectations of self and others is imperative to a smooth journey.

# **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	June 18, 2025 8-11am
7 4th Ave. SE	Sept. 22, 2025 1-4pm
Glenwood, Mn 56334	Dec. 17, 2025 1-4pm
Stevens Community	Feb. 11 2025 9-12pm
Medical Center	May 22, 2025 4-7pm
400 E. 1st St.	Aug. 20, 2025 11-2pm
Morris, MN 56267	Nov. 17, 2025 3-6pm
Lake Region Healthcare 1411 Highway 79 East Elbow Lake, MN, 56531	March 13, 2025 1-4pm June 12, 2025 8-11am Sept. 11, 2025 9-12pm Dec. 11, 2025 12:30-3:30pm
Sanford Wheaton	Jan. 22, 2025 1-4pm



Jan. 22, 2025 1-4pm April 23, 2025 1-4pm July 23, 2025 1-4pm Oct. 22 2025 1-4pm



Online Information and Registration



Senior Services
Care Connections

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