

2nd Annual

Dealing with Dementia

A FREE Three Part Community Education Series

Part I:

Forgetfulness: Is It Normal or a Warning Sign

Wednesday April 3rd, 2019

4:00 pm to 5:00 pm

Presented by Sarah Ziegler, OTR/L from Emerald Crest by Cassia

Did you know Memory Loss is not a normal part of aging. Sarah will help us identify what is normal forgetting versus signs and symptoms of dementia. We will also learn about the common causes of dementia and what steps should be taken when you are concerned about a loved one's memory loss.

Learn about ways you can help maintain a healthy brain and overall memory.

Part II:

Aromatherapy:

Uses and Benefits for Those with Dementia and Their Caregivers

Tuesday, April 16th, 2019

4:00 pm to 5:00 pm

Presented by Ellen Kerber, M.D., Family Practice Physician and Wellness Advocate

Dr. Kerber will share current research and recommendations for using essential oils for both caregivers and their loved ones with dementia. Essential oils are safe, simple method of promoting calm, rest, and balance while enhancing mood in those with dementia and in those who care for them.

Part III:

Alzheimer's Gifts - Author Rick Naymark

Wednesday, April 24th, 2019

4:00 pm to 5:30 pm

Presented by Rick Naymark, Author of the book "Alzheimer's Gifts"

Rick shares his fun and touching "attitude adjustment" for those caring for someone with Alzheimer's. While you may be shocked, depressed and overwhelmed by the changes in your loved one, and the responsibilities in caring for them, there are gifts along the way if you only know what to look for. Rick cared for his mother, who had Alzheimer's for eight and a half years. If you need to be lifted-up, then listen to what Rick has to share and help you focus on what really matters. First 10 to sign up will receive FREE copy of Rick's Book.

To Register Call: 952-233-9516

Location:

Shakopee Community Center

1255 Fuller St. S., Shakopee MN 55379

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