



GET THE

FACTS

EDUCATION SERIES

What you need to know about memory and Alzheimer's disease.

alzheimer's  association™



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FREE Monthly Class | February – May, 7:00-8:00 p.m.

Mount Zion Temple | 1300 Summit Avenue, St. Paul, MN 55105 | Margolis Hall

Join us every month!

- **February 28** – Understanding Memory Loss and Dementia
*(Michael Rosenbloom, MD
Director, Center for Dementia and Alzheimer's Care, Health Partners)*
Dr. Rosenbloom will present an overview of memory loss and dementia. He will cover the causes of dementia, diagnosis and treatment and management options. Bring your questions for the doctor.
- **March 27**– Living Safely, Living Well
(Courage Center and Alzheimer's Association staff)
With planning and some home modification many people are able to remain in their homes after a dementia diagnosis. This evening will focus on driving, practical changes to a home and helping a person with dementia remain safe and at home.
- **April 24** – What's it like to live well with dementia?
*(Panel discussion of people care partners and people with early stage dementia; Chris Rosenthal, MSW, LISW, Director Senior Services,
Jewish Family Services)*
Engage with family care partners and people with early stage dementia as they share their strategies for living with purpose after a dementia diagnosis.
- **May 22** – Living Well: Spirituality
(Tom Allen, BS, Spiritual Director, Loyola Spirituality Center)
Mr. Allen will share a perspective from many spiritual practices to support people with dementia and their care partners as they meet challenges and losses and work to live well with the dementia diagnosis.

Are you or is someone you know living with Alzheimer's disease or a related dementia? This FREE educational series offers strategies for living with purpose for people with dementia and their care partners.

For more information, contact the
Alzheimer's Association at 952.830.0512.