Saint Paul's Northeast Neighborhoods ACT on Alzheimer's community and NE Seniors for Better Living, in partnership with Saint Paul's Hayden Heights Public Library and Maplewood Parks and Recreation, is excited to offer FREE Alzheimer’s and dementia learning sessions. Join us at these informative, insightful seminars and find the tools available to help you or your loved ones. They are open to everyone and relevant to people wherever they live!

**Mon, August 31st – Caregiver Stress/Burnout: Taking Care of Yourself**
Learn how others cope as a caregiver. Gain tips and tools for recharging and feeling more balanced and fulfilled while caregiving.
**TIME:** 1:30 PM – 3 PM with complimentary lunch & beverage provided
**WHERE:** Maplewood Community Center at 2100 White Bear Ave North in Maplewood

**Wed, September 16th – Alzheimer's Disease: What It Is & What Can Be Done**
**TIME:** 1:30 – 3 PM with complimentary lunch & beverage provided
**WHERE:** Saint Paul’s Hayden Heights Library at 1456 White Bear Avenue in Saint Paul

**Mon, October 5th – Legal Issues and Alzheimer's: Planning Ahead**
Early planning allows the person with Alzheimer’s to be involved and express their wishes. It also allows time to work through the complex legal and financial issues involved in planning long-term care needs. Come learn about legal capacity.
**TIME:** 1:30 – 3 PM with complimentary lunch & beverage provided
**WHERE:** Maplewood Community Center at 2100 White Bear Ave North in Maplewood

**Wed, October 21st – Meaningful Activities You Can Do at Home**
Having available meaningful activities tailored to people with Alzheimer’s and related dementias living outside formal care settings and their families can provide enrichment, improve quality of life, and bring some fun into caregiving.
**TIME:** 6:30 – 7:30 PM with complimentary fruit/dessert bar and beverage provided
**WHERE:** Saint Paul’s Hayden Heights Library at 1456 White Bear Avenue in Saint Paul

**Wed, November 18th – Information & Resources Throughout the Caregiving Career**
Explore the meaning of the concept “the caregiving career.” Review information resources and services to consider at key transition points during the caregiving career.
**TIME:** 1:30 – 3 PM with complimentary lunch & beverage provided
**WHERE:** Saint Paul’s Hayden Heights Library at 1456 White Bear Avenue in Saint Paul

**Wed, December 2nd – Practical Tips for Avoiding Power Struggles**
Practice hands-on techniques to diffuse battles, communicate better, and simplify your interactions. Note this is not Dementia 101.
**TIME:** 1:30 – 3 PM with complimentary lunch & beverage provided
**WHERE:** Maplewood Community Center at 2100 White Bear Ave North in Maplewood

**Wed, December 16th – Become a Dementia Friend**
Help make St. Paul a dementia-friendly community by becoming a Dementia Friend. You will learn a bit about dementia and then use what you’ve learned to make a difference for people living with dementia in your personal and professional lives. No prior experience or dementia expertise is necessary. All ages are welcome!
**TIME:** 6:30 – 7:30 PM with complimentary fruit/dessert bar & beverage provided
**WHERE:** Saint Paul’s Hayden Heights Library at 1456 White Bear Avenue in Saint Paul

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**NE SENIORS FOR BETTER LIVING MEMORY CAFÉ**

**What:** The NE Seniors for Better Living Memory Café brings a sense of community and increased social opportunities to those affected by memory loss. It is a place where seniors with memory loss and their caregivers meet twice a month to receive and offer support to one another, participate in activities and programming such as games, music and art therapies, socialize, and share a complimentary meal together.

**When:** The 2nd and 4th Tuesdays of the month

**Where:** 1961 Sherwood Ave Saint Paul, MN 55119

**Time:** 10 AM – 12 noon with a complimentary lunch served at noon

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**OKTOBERFEST FUNDRAISER**

September 24, 2015
5-8 PM

**Live Music! Great food & bar!**
Open donation

Letter Carriers Hall
1715 VanDyke Street
Maplewood, MN

NE Seniors for Better Living
1961 Sherwood Avenue
Saint Paul, MN 55119
[www.seniorssafeandvital.org](http://www.seniorssafeandvital.org)
Call 651-808-1901 for more info or to get involved!