

ACT Pine City

Dementia Caregivers Coffee Chats

Programs to assist Caregivers (caring for a family member/friend living with a Dementia related disease) not only to care for others but to care for themselves.

Did you know more than 6.5 million Americans are living with Alzheimer's disease?

Join ACT Pine City as they host Caregiver Coffee Chats - Educational programs to assist Caregivers not only to care for others but to care for themselves.

All sessions are FREE to attend and open to the public.
 Events are 1:30-3:00pm at the Pine City Library:
 300 5th St SE, Pine City, MN 55063



Please **PRE-REGISTER** for each class by calling Community Ed at 320-629-4030.

We ask that you register at least 3 days prior to each class.

If you have questions about the classes, please call 651-398-9631.

Date	Program	Description	Presented By
February 8 2023	Caregiver Essentials	Understand the complexities of caring for an older adult. Understand the impact of providing and receiving care Identify strategies to help create balance in your life. Learn about community resources available to you and your family.	Kelly Graber: Group Respite Coordinator with Lakes & Pines, CAC
March 8 2023	Dementia: Nutritional Opportunities & Challenges	Learn about the role nutrition can play in both the prevention of dementia and the slowing of disease progression. <i>This presentation will highlight foods that have been found to be most impactful in the fight against dementia, Challenges that may be faced by a dementia patient that can impact their nutritional status, and reviewing possible solutions to those challenges.</i>	Hailey Freedlund: Pine County Public Health Educator
April 12 2023	AARP HomeFit Program Guide	This presentation offers solutions that range from simple do-it-yourself fixes to improvements that are more involved and require skilled expertise but well worth the expense.	Gene Nicoelli: AIA, CAPS Architect Certified Aging-in-Place Specialist (CAPS)
May 10 2023	Mindful Stress Management-Tools for Care of Self and Others	This session will present a model for Compassionate Care for Self and Others that uses mindful stress management techniques to put us in a place where we can "hold" the significant others in our lives.	Dr. Steve Hoover: Healthy Aging Coordinator Central Minnesota Council on Aging