

**SAVE the Date!**

**September, 2019**

**Always check details on any event, before attending. Details can change quickly.**

<p><b>Friday</b></p>	<p><b>Sept. 6</b></p>	<p><b><u>Roseville Alzheimer's &amp; Dementia Community Action Team (Rsvl A/D) – monthly meeting</u></b></p> <p><b>What:</b> Join members of Rsvl A/D as we develop plans for 2020, especially the Dementia: Caring &amp; Coping speaker series. Get updates on additional Memory Minder kits, additional programming, and the Dementia-Friendly (DF) airport working group.</p> <p>Share your ideas to make this a better community. All are welcome.</p> <p><b>When:</b> 1st Friday of each month 9:00 – 11:00/11:30 A.M. If there is a holiday conflict, meetings are on the 2nd Friday of that month.</p> <p><b>Where:</b> Roseville City Hall - Bur Oak room 2660 Civic Center Drive Roseville, MN 55113</p> <p><b>Questions:</b> <a href="mailto:RosevilleAlzDem@gmail.com">RosevilleAlzDem@gmail.com</a></p>
<p><b>Thursday</b></p>	<p><b>Sept. 12</b></p>	<p><b><u>Dementia: Caring &amp; Coping - Improving the Treatment and Prevention of Alzheimer's Disease and Other Brain Disorders</u></b></p> <p><b>What:</b> Internationally recognized Alzheimer's expert: <b>William H. Frey II, PhD., Research Director</b>, HeathPartners Neuroscience Center, presents</p> <ul style="list-style-type: none"> <li>• The latest in the treatment and prevention of Alzheimer's including intranasal insulin that improves memory, attention and functioning.</li> </ul>

		<ul style="list-style-type: none"> <li>• Reducing your risk of getting Alzheimer's with exercise and diet including the Mediterranean and MIND diets.</li> <li>• Treatments in development for stroke, Parkinson's, Traumatic Brain Injury, PTSD and other brain disorders</li> </ul> <p><b>When:</b> Thursday, September 12 <b>1:00 – 3:00pm</b>  <b>Come early to get a seat. This is a very popular seminar.</b></p> <p><b>Where:</b> Ramsey County Library - Roseville  2180 North Hamline Ave  Roseville</p> <p><b>Cost:</b> Free</p> <p><b>RSVP:</b> none</p>
<b>Saturday</b>	<b>Sept. 14</b>	<p><b><u>Senior housing fall open house - do-it-yourself tour</u></b></p> <p><b>What:</b> Do-it-yourself tour of senior independent living, assisted living, and memory care residential facilities in/close to Roseville</p> <p><b>When:</b> Saturday, Sept. 14 10am – 2pm</p> <p><b>Where:</b> stay tuned for details</p> <p><b>Cost:</b> free</p> <p><b>RSVP:</b> none</p>
<b>Thursday</b>	<b>Sept.26</b>	<p><b><u>Adult Day Health Program Tour</u></b></p> <p><b>What:</b> Join other caregivers to learn about the benefits of adult day services for people with memory loss and their families. We will have a brief presentation and tour at Wilder and then</p>

		<p>take a bus to look at two other day programs in our area: Salvation Army Adult Day Center (Maplewood) and Roitenberg Family Adult Day Center (St. Paul).</p> <p><b>When:</b> Thursday, September 26 1:00 p.m. to 3:20 p.m.</p> <p><b>Where:</b> Wilder Adult Day Care 650 Marshall Ave., St. Paul, MN 55104 Free – Bus tour transportation provided</p> <p><b>Cost:</b> free</p> <p><b>Registration:</b> Call Wilder at 651-280-2273 more details and <b>to register.</b></p>
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