

DEMENTIA

Caring & Coping

Join us on the second Thursday of the month at the Roseville Library for a series of speakers and Q&A on topics related to dementia, dementia caregiving and individuals with cognitive impairment.

Strategies for Living with Ambiguity

A part of aging seems to require learning to live with ambiguity. One's finances, health, relationships, retirement plans, family roles, even diets can move from clarity to ambiguity seemingly overnight. Further, many elders live with medical or mental health conditions that are ambiguous. Dementia, strokes, bi-polar conditions, and how much time rehab from a broken hip requires are common examples. While dementia care will be emphasized, the implications for living well with ambiguity will be broadly applicable.

Ted Bowman, grief and family educator

Thursday, November 14 1-3pm

Ramsey County Library – Roseville
2180 N. Hamline Ave.



This project is brought to you by the efforts of Rsvl A/D members including some of your Roseville neighbors and staff from the City of Roseville Municipal and Fire Depts., Roseville Area Senior Program, Ramsey County Library, senior housing and service providers.

