



Mayo Clinic Alzheimer's Disease Research Center &
Alzheimer's Association Minnesota-North Dakota

2008 Caregiver Supportive Meetings & Dementia Education Series

Caregiver Supportive Meetings are open to men and women who are caring for a person with Alzheimer's disease or a related dementia. Participants are welcome to attend one or both meetings each month:

First Thursday of each month

1:30-3:00

Assisi Heights, conference center area

Third Thursday of each month

4:45-6:15

Assisi Heights, conference center area

I am part of a supportive group of caregivers. Each of us understands the challenges of caring for someone with a dementia such as Alzheimer's disease. We gather each month to share experiences and receive support. We don't have all the answers, but we figure out how to break down difficult times into manageable moments. We listen to one another.

~ Participant

To join, or for more information contact:

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Assisi Heights
in Rochester, MN,
is located at 1001 14th St. NW.
The **Conference Center Entrance**
is located on the back side
(North side) of the building.
Enter through the Conference
Center doors. Once inside,
take a left or watch for signs.

alzheimer's  association

the compassion to care, the leadership to conquer

The Dementia Education Series is intended for men and women caring for a person with Alzheimer's disease or a related dementia, as well as persons just wanting more information. Individuals are welcome to attend all the sessions or select only those they are interested in. Pre-registration is not required and there is no charge.

Unless otherwise noted, all sessions will be presented by Angela Lunde, Education Coordinator at Mayo Clinic Alzheimer's Disease Research Center and Gerise Thompson, Regional Director, Alzheimer's Association, Southern Minnesota.

Spring Series: After the Diagnosis

Mondays — Assisi Heights, Earth Room
6:30-8:00 p.m.

- April 14: **Understanding Alzheimer's Disease and Related Dementia's**
- April 21: **Caring for the Person with Dementia at Home: Part I**
(Issues around home safety & driving, medications and general health)
- April 28: **Caring for the Person with Dementia at Home: Part II**
(Issues around communion and transitions in relationships, roles, and responsibilities)
- May 5: **Shining a Light on Alzheimer's Disease through Research Participation**
- May 12: **Current Treatments for Alzheimer's Disease & Related Dementias**
Brad Boeve, MD, Associate Professor of Neurology, Mayo College of Medicine
- May 19: **Getting Help: Understanding and Navigating Community Resources**

Fall Series: Living Alongside Alzheimer's Disease

Thursdays — Assisi Heights, Earth Room
6:30-8:00 p.m.

- September 11: **Understanding and Responding to Behavior Changes associated with Alzheimer's Disease.**
- September 18: **Transitions in Intimacy & Sexuality when Dementia is Present**
- September 25: **Depression in Persons with Dementia and their Caregivers**
Glenn Smith, PhD, Professor of Psychology, Mayo College of Medicine
- October 2: **Making Difficult Decisions**
(Focus on residential care placement and end of life issues)
- October 9: **Lessons Learned from Coping Caregivers** (presented by caregivers)
- October 23: **Will We End Alzheimer's Disease? Mayo Clinic ADRC Research Update**
Ronald Petersen, MD., PhD Professor of Neurology & Director of the Alzheimer's Disease Research Center, Mayo Clinic

