



Dementia Discussion

February 15, 10-11 a.m.

Join us for an informational session presented by Cerenity Marian and Jenny West of Family Means, at our campus near Mounds Park in St Paul. This dementia discussion will focus on these key points:

- Discussion of relationships and how dementia might change that dynamic
- Changing behaviors for everyone involved
- Listening to our emotions
- Practicing self-care when stressed
- Options for family members

Coffee
and snacks
provided!

If you have a friend, family member, acquaintance, or other loved one that has early to late stages of dementia, this information could be very valuable. Learn about options such as dementia support groups, daycare, respite care, and memory care from our team.

Everyone is invited but space is somewhat limited.

Please RSVP to Sharyl Kaase at
(651) 495-1819 or via email at
sharyl.kaase@benedictineliving.org

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SENIOR CARE

Marian of Saint Paul