



MORE CARE.
More peace of mind.



Upcoming events for aging adults and caregivers

Freedom Home Care is partnering with various businesses this fall to bring valuable programs to aging adults and their caregivers. Find out about fall prevention, experience what it is like to live with Dementia, and learn about the benefits of home care.

Fall Prevention Event

St. Croix Hospice will identify where and why falls happen, as well as any medical reasons or medications that may contribute to falls. Discussions will include environmental factors that may lead to falls and how to prevent them. Brian Zins from River Valley Hearing will also be completing free hearing screenings. Light refreshments will be served.

Date: Monday, September 18
Time: 2 to 3:30 p.m.
Location: Primrose Retirement Community - 1360 Adams Street, Mankato, MN

[Find out more about this event](#)

Dementia Experience

Join Monarch Health Care Management and Freedom Home Care for a unique experience that will change how you view Dementia. The Dementia Experience combines Virtual Dementia Tours with a Dementia Friends Minnesota presentation for an opportunity to understand what it is like to live with Dementia and what you can do to make a difference.

Date: Tuesday, September 19
Time:
Virtual Dementia Tours — 3:45 to 5 p.m. and 6:45 to 7:30 pm in 15 minutes increments.
Dementia Friends — 5:30 to 6:30 pm (Appetizers served at 5 pm)

Location: Laurel's Peak Rehabilitation Center - 700 James Avenue, Mankato, MN

Space is limited for this FREE event. To ensure a space in the Virtual Dementia Tour contact Christine Nessler of Freedom Home Care, LLC at cnessler@freedomhomecarellc.com or 507.387.4663.

[Find out more about this event](#)

Live Well at Home: Understanding the Benefits of Home Care

Do you want to live well in your own home as you grow older? “Live Well at Home” helps older adults and Veterans live well longer in their own homes. This program also supports family caregivers so they can coordinate and provide care for their loved one.

Following the presentation, there will be a panel discussion about home care, home health care, and the Senior Linkage Line. You’ll find answers to questions about the difference between skilled nursing and companion care, costs associated with services, and factors to consider when choosing home care.

Date: Monday, September 25
Time: 10 to 11:30 a.m.
Location: St. Peter Senior Center, Room 219 - 600 Washington Avenue, St. Peter, MN

[Find out more about this event](#)

[Find out more about Freedom Home Care.](#)

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