



MORE CARE.
More peace of mind.



What can I do to reframe my role as a caregiver to promote a more positive experience for my loved one and for me as a caregiver?

Ann Cesafsky, Licensed Social Worker and Case Manager, tackles a tough question about seeing past the stress of caregiving. Find out more about what Ann has to say about how experiencing the role as a caregiver can be more rewarding if the focus moves from expecting to accepting.

[January Ask the Expert](#)

Join Laurel's Peak Rehabilitation Center and Freedom Home Care for a unique experience that will change how you view Dementia.

Virtual Dementia Tour - During a Virtual Dementia Tour, trained facilitators guide participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks and exercises. The tour enables caregivers to experience for themselves the physical and mental challenges those with Dementia face, and use the experience to provide better person-centered care.

Dementia Friends Minnesota - Dementia Friends gives people an understanding of dementia and the small things you can do that make a difference. In this one-hour session you'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia.

Schedule of Events - 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.

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)



Dementia Experience

2019 Dates

January 15

April 9

July 9

October 15

Laurel's Peak Rehabilitation Center

700 James Ave.
Mankato, MN

"As a result of the training, I hold a deeper respect for people who are experiencing dementia. I have a greater understanding of how I can talk and be with those who have dementia. Most importantly, I learned that it is one's intent and loving presence that is most accessible and stays with a person affected by dementia, more than the things that are said."

- Mary Ann, Participant



Caregiver Support Group

Being a caregiver for a loved one can be very challenging. Having support from people who understand what you are going through can make a world of a difference.

Support group meets Thursday, January 3 from 6:30 to 8:00 p.m. at Crossview Covenant Church at 2000 Howard Drive West, North Mankato, MN.

[Attend the next support group meeting.](#)

Join us for the next Dementia Experience on January 15th

Freedom Home Care and Laurel's Peak Rehabilitation Center ask community members and partners in caring for aging adults to join them for a unique experience that will change the way they view Dementia. The experience includes a Virtual Dementia Tour and a Dementia Friends Presentation.

[Reserve your spot today!](#)

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