



MORE CARE.

More peace of mind.



FHC is excited to be a part of two great events that are coming up this month

Join Monarch Health Care Management 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 firsthand 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 Messier of Freedom Home Care, LLC at cmessier@freedomhomecare.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

2018 Dates

February 13
April 17
July 17
October 16

Laurel's Peak Rehabilitation Center

700 James Ave.
Mankato, MN

"The Dementia Experience was very enlightening. I considered myself an informed person and believe I was educated far beyond what I expected."
- Ruby, Participant

Dementia Experience

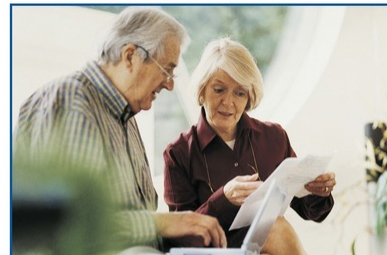
Freedom Home Care and Monarch Health Care Management ask community members to join them for a unique experience that will change the way they view Dementia. The Dementia Experience aims to educate people that Dementia is about much more than memory loss. The experience includes a Virtual Dementia Tour and a Dementia Friends Presentation.

Tuesday, April 17
Virtual Dementia Tours – 3:45 to 5:00 p.m.
Dementia Friends Presentation – 5:30 to 6:30 p.m.
Laurel's Peak Rehabilitation Center, 700 James Avenue, Mankato

Light refreshments will be served. Participants need to register in advance to ensure a space in the Virtual Dementia Tour. Individual tours last 15 minutes.

Planning for the Future - Expert Advice to Avoid Conflict and Confusion

Area experts are coming together to offer a panel discussion to help aging adults navigate through Elder Care Planning in an effort to avoid conflict and confusion. Topics for the morning will cover items such as tax breaks for seniors, the complexities of estate and inheritance taxes, long-term care planning, the pros, cons and costs of annuities, when to adjust portfolios, how to get started on estate planning, and what documents need to be in place to protect loved ones who benefit from an inheritance. Participants are encouraged to bring a list of their own questions about planning for the future for our panel experts.



Avoid confusion and conflict with
Elder Care Planning
Friday, April 27th - 10 a.m. to noon
At the St. Peter Community Center (600 South Fifth Street) Room 219

Area experts are coming together to offer a panel discussion to help aging adults navigate through Elder Care Planning. Topics will include tax, estate and financial planning.

Steven Helges, CFP Financial Advisor Northwestern Mutual	Omni N. Kiecker, Esq. Managing Attorney Kiecker Law Office	Ramona Johnson CPA, Partner Eide Bailly	Brooke Forstner CPA, Tax Manager Eide Bailly
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Light refreshments will be served. This is a FREE event.

Sponsored by:

10:00 a.m. to 12:00 p.m., Friday, April 27
St. Peter Community Center, Room 219, 600 South Fifth Street, St. Peter, MN
Light refreshments will be served.

Please contact [Christine](#) for information about the events or to register for the Dementia Experience.

Meet Erin Lanska Grant, LSW



Erin's experience includes working as a direct support professional, personal care attendant and home health aid. She has a degree from Minnesota State University, Mankato in social work and is a licensed social worker with the state of Minnesota. She completed an internship with Minnesota Rehabilitation Center Inc., The Ombudsman Office for Mental Illness and Developmentally Disabled and Minnesota Valley Action Council. Erin feels working in different aspects of care has given her a better understanding of caregiving on a day-to-day basis.

[Find out more about Erin.](#)



Ask the Expert

Q: I care for my husband who has Alzheimer's. I love to do it, but sometimes I get so overwhelmed. This spring my granddaughter is getting married and I'm afraid I will have to miss her wedding because I can't leave my husband alone. What should I do?

[Find out what advice Sharon has for this overwhelmed caregiver.](#)

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

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