



Community Support Groups 2019

Worrying and caring for a family member with a chronic illness?

The Regent offers two monthly support groups for carepartners, family members, and those who need extra encouragement with a safe place to express their thoughts and feelings while coping with Parkinson's Disease and Memory Loss or other challenging conditions that affect quality of life. Join us to learn, share, and connect!

Parkinson's Disease *For All*

Feb. 6th- NO GROUP
March 6th- Importance of Physical Therapy (Speaker)
April 3rd- Sleep & PD
May 1st- Movement Symptoms
June 5th- Non-movement Symptoms
July 3rd- No Group
Aug. 7th- Marijuana & PD
Sept. 4th- Is it Apathy or Depression?
Oct. 2nd- Medication: Duopa (Speaker)
Nov. 6th- Caring and Coping with CareMap (Struthers)
Dec. 4th- Movie: Ride with Larry (2:30-4:30pm)
***3-4pm in the Cinema**

Memory Care *For Carepartners*

Feb. 27th- Understanding Alzheimer's & Dementia (Speaker)
March 27th- Mental Health
April 24th- Estate Planning: When You or Your Loved One has Dementia (Speaker)
May 29th- Video: Backing Out of Time
June 26th- Understanding & Responding to Dementia Related Behavior (Speaker)
July 31st- Hazards at Home
Aug. 28th- Effective Communication Strategies (Speaker)
Sept. 25th- Capacity Lost: What Happens When You Didn't Plan? (Speaker)
Oct. 30th- Carepartner Tips
Nov. 27th- Video: Alzheimer's Every Minute Counts
Dec. 25th- No Group
***2-3pm in the Cinema**

For more information please contact:
Amanda Hanson, Resident Services Coordinator
952-898-8728 or alhanson@augustanacare.org

Augustana Regent at Burnsville
14500 Regent Lane
Burnsville, MN. 55306