



AGE WELL
LIVE SMART.

National Family Caregivers Month

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November is the month to recognize family caregivers. These programs will help all who are taking care of a family member understand, manage and balance their roles.

55+ Library Open House

Check out the library's computer classes and technology, large print and audio books and learn about other services. Listen to talks on elder care and home care options, long term care insurance, health care directives, fitness and more.

Sponsored by the Friends of the Champlin Library.

Champlin Library: 12154 Ensign Ave. N., Champlin • Saturday, Nov. 1, 11 a.m.-3 p.m.

Being a Working Caregiver

Are you juggling duties at work and home as well as caregiving responsibilities? Learn to clearly identify your role in the caregiving family, collect critical information that can ease the paperwork, and recognize and use simple self-care techniques to avoid caregiver burnout.

Augsburg Park Library: 7100 Nicollet Ave., Richfield • Tuesday, Nov. 4, 11 a.m.-noon

East Lake Library: 2727 E. Lake St., Minneapolis • Saturday, Nov. 15, 2 p.m.

Financial and Legal Issues for Seniors and Caregivers

Learn about services you may need while managing financial and legal issues for an aging family member. An Alzheimer's Association representative will discuss power of attorney, specialized insurance, health care directives and other, sometimes difficult, issues.

Presented in collaboration with the Metropolitan Area Agency on Aging and the Alzheimer's Association.

Penn Lake Library: 8800 Penn Ave. S., Bloomington • Saturday, Nov. 8, 10:30 a.m.-noon

Rogers Library: 21300 John Milless Dr., Rogers • Wednesday, Nov. 5, 10-11:30 a.m.

Westonka Library: 2079 Commerce Blvd., Mound • Wednesday, Nov. 12, 6:30-8 p.m.

Memory Loss and Aging

Covers normal changes in memory during the aging process, tips on how to maintain and improve memory, the causes of memory loss and issues related to Alzheimer's disease. Resources will be provided.

Excelsior Library: 343 Third St., Excelsior • Saturday, Nov. 1, 10:30-11:30 a.m.

Maple Plain Library: 5184 Main St. E., Maple Plain • Tuesday, Sept. 23, 7-8 p.m.

Wellness and the Art of Caregiving

Are you a caregiver concerned about your own well-being? Joan Knuesel, a community/family educator will provide you with ideas and resources that can assist you on the caregiving journey.

Southdale Library: 7001 York Ave. S., Edina • Monday, Nov. 10, 1 p.m.



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