

AGING WELL SERIES

All Sessions begin at 6 pm in the Family Room at:

Salem Lutheran Church * 4715 Hermantown Road * Hermantown, MN 55811

SESSION ONE

Monday March 3, 2025

Aging with Gusto - Community Discussions on Aging

This presentation strives to ignite a more positive view of aging. More and more people are living to 100 - and they're doing so with more "gusto" than ever. How we think about aging matters: research shows that people with more positive views of aging live an average of seven-and-a-half years longer than those with less positive views and have better health outcomes (Levy, 2002). Discussion will include positive views of aging, heightened appreciation for the capacity of people of all ages to contribute in their families and communities, and develop ideas for how to "age with gusto."

Presented by the Arrowhead Agency on Aging

SESSION TWO

Monday March 17, 2025

The Senior LinkAge Line

Discover resources to help older Minnesotans and their caregivers find answers and connect to the services and support they need. Topics include: Medicare, prescription drug cost assistance, long-term care counseling, connecting with caregiver support and much more. Fraud and scams are on the rise, with some scammers specifically targeting older adults. But there are ways you can protect yourself and your personal information.

Presenter Lee Swenson, Senior LinkAge Line Resource Specialist, assists older Minnesotans and their families and caregivers. Lee is passionate about helping people plan for their futures, so their future looks like they envisioned.

SESSION THREE

Monday March 24, 2025

Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

Presented by Alzheimer's Association Community Services - Northern MN

SESSION FOUR

Monday April 7, 2025

Living with Early Stage Alzheimer's for Caregivers

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available? Learn what you can do to cope with the changes that come with an early-stage diagnosis.

Presenter Jenna Pogorels, Associate Director Community Services - Northern MN Alzheimer's Association Minnesota-North Dakota

SESSION FIVE - PANEL EVENT

Monday April 14, 2025

Join us for a panel event featuring providers from across the community - Arrowhead Agency on Aging, Alzheimer's Association Minnesota-North Dakota, AEOA/Arrowhead Transit, financial resources (Medicare, fraud, SNAP, and more!), St. Louis County senior services, elder care services, loss (grief and isolation), Lighthouse Center for Vital Living and more! Details will be coming soon!

Each session will last about 90 minutes. Refreshments will be served.