



**DEMENTIA  
ESSENTIALS**  
Guidance & Support for Families  
Navigating Dementia

A place to find the  
**Answers to the Questions**  
you don't know how to ask!

*"I came for information. I left feeling seen, supported, and more patient—with her and with myself."*  
— Dementia Essentials Attendee

**Dementia** requires  
a different way of  
**Planning, Thinking  
& Feeling**

**What you will walk away with:**

- Clarity about what dementia is and isn't, focusing on what skills remain.
- Tools that support real-life moments.
- Confidence in how to respond instead of react as Caregivers and family members.
- Support that feels human—not clinical

***This isn't a training. It's a turning point.***

**2026 Schedule**

**Ridgewood Villa**  
**Senior Living Apartments**  
7 4th Ave. SE  
Glenwood, Mn 56334

March 25, 2026 1-4pm  
June 17, 2026 1-4pm  
Sept. 23, 2026 1-4pm  
Dec. 16, 2026 1-4pm

**No Cost to Attend**



**Information and Registration**

Contact Joanna Curry  
320.334.5539



**Registration is NOT Required**  
**Walk-Ins Welcome**

**Scan to Register**

**WESTERN PRAIRIE**  
HUMAN SERVICES  
Senior Services and Caregiver Support

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