

Great River Area Faith in Action

Education Events July - August 2015



Education for the Community

Faith in Action offers education for the community through support groups, workshops, and one-time events. equipping people with information to care for themselves and their loved ones.



763-263-4277

13074 Edgewood St.
Becker, MN 55308

Caregiver Support Through Groups

Connecting with others who are dealing with the same issues can foster hope and provide guidance, as well as emotional and spiritual support.

Caregiver Support Groups

Becker - 1st Thursday of each month

9 :00 to 10:30AM

Grace Lutheran Church
11185 27th Ave SE, Becker
On Site Respite Available

Princeton - 3rd Wednesday of each month

1:30 to 3PM

Elim Oasis Adult Day Services
112 N. 7th Ave. Princeton
On-Site Respite Available

Rogers - 3rd Wednesday of each month

1:30 to 3PM

Diamond Crest Senior Living at Wellstead
20500 St. Diamond Lake Road, Rogers
On-site Respite available by reservation
To RSVP call Keca Bell at 763-428-1981

St. Cloud - 2nd Wed. of each month

1:30 to 3PM

1230 HWY 23 St. Cloud for July
Aug. & Sept. location to be determined
Call 763-263-4277 for questions

The Gathering of Friends

The Gathering provides Family Caregivers the opportunity for several hours of respite. It also gives the one for whom they care a time of fellowship, activities, and socialization.

1st & 3rd Thursday of the month

10:00 am to 3:00 PM

Location: Grace Lutheran Church
11185 27th Ave SE, Becker

Grief Support Groups

This support group connects those experiencing grief with others who have also lost a loved one.

NEW Beginning July 16

A 2nd Grief group in Monticello!

3rd Thursday of each Month

Monticello Community Center
505 Walnut Street, Monticello

Monticello -1st Wed. of each month

1:30 to 3PM

Monticello Community Center
505 Walnut Street, Monticello

**Education
July to
September 2015**



**Powerful Tools for
Caregivers**

Powerful Tools for Caregivers

Caring for someone with a chronic illness can be stressful physically, emotionally, and financially. This educational program is designed to provide a wealth of self-care tools to improve the health, personal care, emotions, and well-being of the participant.

Elk River Workshop

2 1/2 hour sessions held weekly

*Location: YMCA Elk River
1337 Business Center Drive NW
Dates & Time to be determined*

Cost: \$20

(fee waived if unable to pay)

Call 763-263-4277 to Register

Matter of Balance

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *Matter of Balance* is a program for you.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

This workshop is 8 sessions in four weeks

Every Monday & Wednesday

***August 3 through August 26, 2015
9:30 to 11:30 AM***

*Location: Fairview Northland Hospital
Princeton (3rd Floor Meeting Room)*

*Cost: \$15 (waived if unable to pay)
Cost includes workbook & refreshments*

**Call Faith in Action to Register
763-263-4277**

Ask The Doctor & The Pharmacist

Care for the Family Caregiver...

Tuesday August 25, 2015

3:00 to 5:00 PM

Location: Monticello Community Center
505 Walnut Street, Monticello

- **Taking care of your health needs**
- **Warning signs of burn-out**
- **How to prepare for loved-one's medical appointment**
- **Financial assistance available for medications**
- **Learn more about common prescriptions - generic vs. brand name**
- **Signs of drug reaction and drug abuse**
- **Q & A with Dr. Spinner & Goodrich
Resident Pharmacist Nikki Myer**



Respite available by request

Cost: \$5 (fee waived if unable to pay)

Call 763-263-4277 to Register

Sponsors:

Faith in Action, Guardian Angels Senior Services, Guardian Angels & Elim Home Care & Hospice, Angels on Main Adult day Center, Elk River Activity Center, & Monticello Senior Center

To Register for any Class, Call Great River Area Faith in Action 763-263-4277

Faith in Action is funded in part through grants from the MN Department of Human Services, Otto Bremer Foundations, Sherburne County United Way, Three Rivers Community Foundation and under contract with the Central MN Council on Aging, as part of the Older Americans Act Program.