

A challenged, learning and curious brain may be the key to *better health* and more *vibrant living* into later life.

Augustana Care creates opportunities for residents to live the lives that most inspire them. One way we provide inspiring learning opportunities is our *Well Spoken* learning series.

You are invited to any or all of these invaluable events where you'll learn from medical providers associated with HealthPartners Regions Hospital. Please take advantage of these opportunities, compliments of Augustana Care.

Knowledge to *inspire*  
better living.

*Learning leads to a full life.*

Through educational activities, we increase our self-image and well-being, gain friendships, have a renewed sense of volunteerism and create an enriched, varied life.



 Augustana Care | 1007 E 14th St  
Minneapolis, MN 55404

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Knowledge to *inspire*  
better living.

Join us in April, May and June for these informative presentations on topics essential to healthy aging.

well spoken  
by  Augustana Care

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Learning can *develop or help discover natural talents.*

During working years, many do not have the time to pursue other things of interest. After retirement, people often discover a natural talent or aptitude for a variety of creative thoughts and activities.

April

Thursday, April 7 • 1:00-2:15 pm

## Healthy Brain Aging

*presented by* Leah R. Hanson, Ph.D.

*Research Director, HealthPartners Center for Memory & Aging  
Senior Investigator, HealthPartners Institute for Education & Research*

Dr Hanson will explain normal aging vs. dementia, factors that increase or decrease memory-loss risk, practical techniques to promote healthy brain aging, as well as current research being conducted locally!



*Seating is limited, please RSVP by Tuesday, April 5:  
Shelly Krueger, (651) 322-4222.*

14344 Cameo Ave., Rosemount, MN 55068

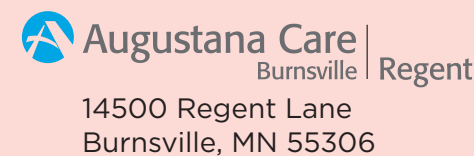
Wednesday, April 20 • 1:00-2:15 pm

## Understanding Parkinson's Disease

*presented by* Julia Johnson, M.D.

*Clinical Director of the HealthPartners Parkinson's Center  
Member of the American Academy of Neurology (AAN) and the  
Movement Disorder Society (MDS)*

*Seating is limited, please RSVP by Monday, April 18:  
Beth Woodward, (952) 898-8722.*



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EMERALD CREST  
Intelligent Memory Care by AugustanaCare

*Burnsville-Minnetonka-Shakopee-Victoria*

May

Learning *increases curiosity.*

The joy of learning fuels the hunger to keep asking questions and gathering more knowledge.



*Seating is limited  
please RSVP by  
Thursday, April 28:  
Jeff Brosz, (612) 238-5389*



1510 11th Avenue South  
Minneapolis, MN 55404

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*Burnsville-Minnetonka-Shakopee-Victoria*

Monday, May 2 • 1:30-2:45 pm

## Beyond the Basics of Alzheimer's: New Treatments, Approaches and Research

*presented by* William Frey II, Ph.D.

*Senior Director at Alzheimer's  
Research Center and HealthPartners  
Center for Memory & Aging  
Professor of Pharmaceutics, Neurology  
and Neuroscience*

Dr. Frey will explain how problems delivering drugs to the brain have impeded the development of treatments for Alzheimer's, Parkinson's and other brain disorders, and how non-invasive intranasal delivery is making new treatments possible.

June

Knowledge to *inspire*  
better living.

Wednesday, June 8, 2016 • 1:00-2:15 pm

## Sleep Issues and Dementia

*presented by*

*Bhavani Kashyap, MBBS, Ph.D.  
Research Fellow at HealthPartners  
Center for Memory & Aging*

*Seating is limited, please RSVP  
by Monday, June 6:  
Jean Andries, (952) 236-2625*



14650 Garrett Avenue  
Apple Valley, MN 55124



*sponsored by:*



Augustana Care is a non-profit organization that provides senior housing, health care and community-based services to older generations and others in need—and helps residents live the lives that most inspire them.



Learning *builds wisdom.*

Wisdom is the ability to make discerning appraisals of the world and allows us to use good judgement. A continual learner is usually a wise choice for advice.

Learning can *help open the mind to be able to comprehend others' points of view.*

Being able to be "like-minded" with someone you never thought you could can be very enlightening as well as beneficial to the community as a whole.

Learning *is physically beneficial to the brain.*

Continual learning has been shown to increase the vitality of the brain and may even generate new brain cells. Those with higher levels of education appear to be at lower risk for development of Alzheimer's disease.\*

*\* source: Alzheimer's Association, www.alz.org*

