



RICE COUNTY

320 Third Street N.W.
Faribault, MN 55021

PRESS RELEASE

May 9, 2019

Date to Expire from Website: May 22, 2019

Dementia Friends Informational Session May 22nd

Join a growing movement of people who are helping fellow community members living with dementia. A little support can make a big difference in their lives. It is easy and rewarding to be a Dementia Friend!

There are 17.2 million Alzheimer's cases worldwide and 2.9 million Alzheimer's cases in the United States. That's why Rice County Public Health – Statewide Health Improvement Partnership (SHIP) is collaborating with Buckham West and Southeast Minnesota Area Agency on Aging (SEMAAA) to bring a Dementia Friends information session to Faribault.

Attend a one-hour informational session to learn the five key messages about dementia, what it's like to live with the disease, and how to turn your understanding into action that supports people living with dementia.

The one-hour session is a face-to-face discussion led by a Dementia Friends Champion; it is not a formal training or education session. The session is informal and includes fun activities and interaction. You will learn what dementia is and tips for communicating with people who have dementia. Everyone who attends will consider a practical action that can help someone in his or her community. The action can be big or small — every action counts!

You do not need to be a dementia expert to become a Dementia Friend. You do not need to know someone with dementia to become a Dementia Friend. After attending the session, you decide whether becoming a Dementia Friend is right for you.

Dementia Friends is a global movement striving to create more dementia friendly communities by changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, Dementia Friends is underway in Minnesota and across the United States. By helping community members understand what dementia is and how it affects people, each of us can make a difference for someone living with dementia.

Join us on May 22nd at 1p.m. for a Dementia Friends informational session at Buckham West (formerly Faribault Senior Center) in Faribault. Please call 507-332-7357 to register.

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