



SENIOR EDUCATION PROGRAM

2018

August 6 – “How to Communicate with Someone who has Alzheimer’s Disease or Dementia,” with Margaret Christensen

August 13 – “Sleep Difficulties and Disorders,” with Lynn Moorman, ARNP
Grinnell Regional Internal Medicine

August 20 – “Take the Steps to Protect Yourself from Elder Financial Abuse,”
with Alison Murphy, Grinnell State Bank

August 27 – “Updates to the Recycling Program,” with Duane Neff, City of
Grinnell Public Services

September 3 – No program - Labor Day

September 10 – “Raising and Releasing Butterflies,” with Jane Cruchelow

September 17 – “City Updates,” with Dan Agnew, Mayor of Grinnell

September 24 – “Explaining the Benefits of Skilled Nursing/Swing Bed Care,” with Kayln Kriegel, Care Coordination, GRMC

Free Blood Pressure Clinic

Every Thursday from 1 to 2 p.m., Light Center for Community Health. Free. No appointment needed.

Adult Foot Care Clinic

Taking care of your feet is essential as you age. Let the Grinnell Regional Public staff ensure you have happy toes.

Clinic is held the second and fourth Thursday of each month, 9 a.m. to noon, in the Light Center for Community Health. Call for an appointment, (641) 236-2385.

Caregiver Support Group

Grinnell Regional Hospice is offering a Caregiver Support Group. This group is designed for adults who are providing care for an adult loved one. The group provides caregivers with the opportunity to gain support, strength and encouragement from each other.

Group meets the second Tuesday of each month from 10 to 11:30 a.m. at the First Presbyterian Church in Grinnell – 1025 5th Avenue, Grinnell.

There is no fee to participate. Please call Grinnell Regional Hospice at (641) 236-2418 if you have questions.

Program Ideas

Is there a program or topic you would like us to provide at SEED? Please let us know. Visit with any of our steering committee volunteers, or call Heidi Ramaeker Pearson at (641) 236-2961. We are always looking for fresh ideas and presenters.



UnityPoint Health

Grinnell Regional Medical Center