

You're Invited To...

# Harnessing the Power of Reminiscence

How to Leverage the Therapeutic  
& Health Benefits of Sharing  
Memories for Older Adults

A FREE CEU Presentation &  
Lunch Sponsored by



Sunflower Communities

Choice Living Close To Home

This event is part of our monthly

**2018 SENIOR CARE INSIGHTS**  
CONTINUING EDUCATION SERIES

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**Social Workers & Nurses - Earn 1 HOUR FREE CEU Credit!**

Recalling past memories and events in our lives reminds us of how far we've come and often gives us helpful insights into where we're going. For many seniors, reminiscing about the past has an added benefit: The opportunity to reclaim your sense of self. New research supports what senior care workers have known for a while – encouraging seniors to share their stories of the past with others gives them renewed hope and purpose, and even has proven health benefits. For social workers and nurses, utilizing the powerful tool of reminiscence can help their senior clients and patients in tremendous ways. In this interactive and practical session, participants will learn:

- New findings & research on the power of reminiscence for seniors
- How to use reminiscence activities with clients and patients to achieve desired mental & physical health outcomes
- Next steps for integrating reminiscence into your overall care approach

**Thur., Apr. 26**  
11:30am – 1:00pm

**St. Peter Community Center**  
600 South 5<sup>th</sup> St. - Suite 200  
St. Peter, MN 56082  
Senior Center – RM #: 219

**Lunch Included!**

## About the Presenter...

### Jessica Melcher, MSW, LISW – Reminiscence Expert

Jess completed her B.A. in Psychology and her Masters in Social Work from the University of Minnesota, with a focus on geriatrics that included two internships in senior services – both of these internships introduced her to the field of geriatric reminiscence therapy. Her 12 years in social work have included roles in a hospital/clinic systems, psychiatric rehab, and as a social worker in long term care facilities and a transitional care unit. In her current role as a home care social worker for Home Health Care, Inc., Jess meets with clients in their homes and is often called upon to provide reminiscence training and experiences for senior communities.



Register by Tues., Apr. 24 – Online at: [sunflowercommunities.org/CEU](http://sunflowercommunities.org/CEU)