



# 2019 Continuing Education for Lyngblomsten Volunteers

## VOLUNTEER DEVELOPMENT SERIES

Through a variety of engaging activities, volunteers will:

- **Grow** in their awareness of and empathy for the challenges of aging,
- **Develop** their volunteer abilities as they strive to enhance the quality of life for older adults, and
- **Discover** ways to apply what they've learned to their everyday life.

**Who's it for?** Current or potential Lyngblomsten volunteers.

### Friday, March 8: Gray Matters—Depression in Older Adults

6:30–8 PM on the Lyngblomsten campus

FREE!

Attending this session counts as two hours of volunteer service.

Depression is not a normal part of aging. Join the National Alliance on Mental Illness (NAMI) Minnesota to discuss risk factors and warning signs for depression in older adults, as well as treatment options, recovery, resources, and how you can help.

*Presenter: Kay King, Older Adults Program Coordinator and Community Educator for NAMI Minnesota*



**RSVP by March 6** to Shelli Beck at (651) 414-5297 or [sbeck@lyngblomsten.org](mailto:sbeck@lyngblomsten.org). Refreshments will be served.



### Want to become a Lyngblomsten volunteer?

Contact Peggy Cerrito at (651) 632-5406 to register for an upcoming New Volunteer Orientation, or visit [www.lyngblomsten.org/volunteer](http://www.lyngblomsten.org/volunteer) to learn more.



LYNGBLOMSTEN

Healthcare, Housing, & Services for Older Adults  
[www.lyngblomsten.org](http://www.lyngblomsten.org)