

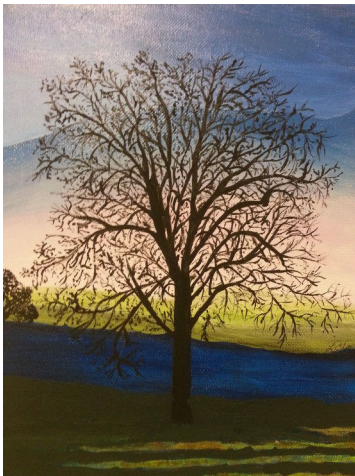
# FOUNTAINS FRIENDS & FAMILY COUNCIL

**Next Meeting– Thursday, July 27th, 5:30-7:00pm**

**Transitions, Losses and Grieving: Common Experiences of  
Older Adults and Those Who Love and Care for Them**

*Guest Speakers: Mari Strong, Fountains Chaplain, and  
Jennifer Finstad, Social Worker with Life Development Resources.*

This session will focus on transitions, losses and grief that older adults may experience when moving into a new community as well as the transitions, losses and grief that family members navigate while caring for their loved ones. We will also discuss types of support available to residents and family members, through Fountains' Spiritual Care, from move-in day through end-of-life.



## Upcoming Topics

- Sleep Patterns and Problems
- Eye Issues and Adaptive Devices
- Integrative Health
- Fall Prevention
- The Aging Brain

**the  
fountains**  
at hosanna!  
*caring for mind, body and spirit*

*Friends & Family* is a group created specially for you—the friends and family members of Fountains residents. This is an opportunity to come together with other families and with Fountains staff to raise concerns, offer suggestions for improvement, to support one another and to serve as a platform for education on topics of interest to families.

*Friends & Family* will meet in the Club Lounge from 5:30pm—7:00pm on the fourth Thursday of every month. Meetings are free, include a light meal and will feature a guest speaker. In order to get an accurate count for dinner, RSVPs are greatly appreciated. To reserve your seat, please call us at (952) 435-7199.