

www.ourlifemn.com

**Thursday**

**April 27, 2023**

10:00 am - 1:30 pm

**Courtyard by Marriott  
Edina/Bloomington**

4460 W. 78th St Circle - Bloomington  
(Map located on Pages 10-11)

## Seminar Sponsors

**10:30am**

*"Tips for Making the Transition to Senior  
Living Easier"*

**THE WATERS**  
SENIOR LIVING™

**11:15am**

*"Getting to know Medicare"*

**Humana**

**12:00pm**

*"Reversing Neuropathy"*

**ALIGN**  
NEUROPATHY

**12:45pm**

*"Traveling in comfort!  
Freeing yourself!"*



## Bag Sponsor



# our life

2023

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an expo  
For adults over 55 years young!

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# OurLife Expo helps older adults get the most out of life

As people age, discovering what's most important in life becomes more obvious.

Those 55 and older have much experience in sorting out their priorities, especially at a stage in life when even more opportunity is beginning to reveal itself.

Some of those opportunities will be arriving soon during the Our Life Expo Thursday, April 27 from 10 a.m. to 1:30 p.m., at the Courtyard By Marriott – Bloomington Edina. The Hotel is located on the north side of Interstate 494 between Highway 100 and France Avenue.

The event will bring together many of the businesses and services that cater to older adults, so they can get the most out of life.

For the past several years, Our Life Expo events have been held throughout the Twin Cities metro area providing resources for active adults and those who care for them

– including their children and care-givers.

“Our vendors and attendees say the expo is a lot of fun, as it allows for them to connect one-on-one with others in the community,” said Carmen Meyer, Our Life Expo manager. “It’s also incredibly valuable to them since they are able to find ways to increase their ability to live stronger and better lives.”

Past attendees at other expos have commented that they didn’t know so many services geared toward those 55 and older existed in the local community.

Others had also said the expo was beneficial because it started conversations about important aging topics.

It’s no secret that the number of people in the 55 and older age demographic is increasing and there’s a better understanding of how healthy living for both mind and body can

help older adults keep having and fun into their best years. Many innovations in health care, exercise and housing have been developed in recent years, and many of those new offerings will be on display by expo exhibitors.

The Our Life Expo will feature more than 46 exhibitors in the areas of housing, health care, real estate and activities; topic-specific seminars on related subjects, and free health screenings.

There will be \$10 gift cards from Jerry’s Foods or Culver’s Bloomington for the first 100 attendees.

Other drawings and giveaways will be happening throughout the expo.

Free swag bags will be provided by Blue Cross/Blue Shield.

Seminars will cover an array of topics throughout the day put on by The Waters Senior Living

Communities, Humana, Align Neuropathy and Heart of the North Tours. Seminar attendees are also eligible to win free Chanhassen Dinner Theatre tickets.

There will also be a special musical appearance by Chmielewski Funtime Polka Party, featuring 95-year-old Florian Chmielewski and his daughter Patty.

This event is sponsored by The Waters Senior Living Communities. Additional sponsors include Arrowwood Resort & Conference Center, Aurora on France, Herself Health, Minnesota Masonic Homes and Prairie Bluffs Senior Living.

More information about the expo is included in this section, such as a full exhibitor list, a map of the expo, seminar topics and times and an activity list for the day.

For more information, go online to ourlifemn.com.

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# Prairie Bluffs Senior Living Now Offers Enhanced Care

Surrounded by beautiful trees and the backdrop of the Minnesota River Bluffs, Prairie Bluffs Senior Living is a locally-owned, premier senior community offering Independent Living, Assisted Living, Memory Care and Enhanced Care.

Situated in a quiet neighborhood near the 13-mile Minnesota River Bluffs Regional Trail and Hyland Lake Park Reserve, Prairie Bluffs Senior Living is conveniently located right off Highway 169 and Pioneer Trail.

Prairie Bluffs Senior Living is excited to announce the opening of their Enhanced Care. Enhanced Care offers a higher level of care in a vibrant setting. The suites are

designed to provide comfort and privacy for the residents as well as the family. Common spaces throughout the Enhanced Care promote connection with family and friends as well as a relaxing space for all to rejuvenate. Each suite is fully furnished including a hospital bed for the comfort and ease of the resident. The atmosphere was designed similar to that of a luxury hotel. “We want our residents and families to feel the highest level of comfort and care in this setting,” said Stephanie Frederick, VP of Sales and Marketing.

Prairie Bluffs Senior Living offers a continuum of care to suit the evolving needs of Seniors.

[PrairieBluffsSeniorLiving.com](https://PrairieBluffsSeniorLiving.com)

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Our premier 55+ community offers **Independent Living, Assisted Living, Memory Care, and Enhanced Care** services. Supported by our devoted associates and on-site amenities, you'll have more opportunities than ever before to pursue daily wellness—mind, body, and spirit.

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## QUESTIONS ABOUT MEDICARE?

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 Join us for a free, no obligation workshop

Blue Cross and Blue Shield of Minnesota Medicare workshops help you understand your options and choose the coverage that's right for you. Beginning in October, we'll present 2023 plan information.

Workshops are available based on the county you live in. **Find a date and time that works for you and register** at [bluecrossmn.com/MedicareTeam](https://bluecrossmn.com/MedicareTeam) or call one of the agents you see here.

Workshops cover individual Medicare plans. If you're Medicare-eligible and covered under the Federal Employee Program® or a Blue Cross group employee or retiree plan, talk with your employer. You may be able to get better coverage than an individual Medicare plan. Blue Cross offers PPO, Cost and PDP plans with Medicare contracts. Enrollment in these Blue Cross plans depends on contract renewal. Plans are available to residents of the service area. For accommodations of persons with special needs at meetings, call the number above to be directed to a licensed insurance agent.

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Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

 **BlueCross  
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**Jacob Lorentz**  
**Medicare Advisor**  
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**Sandra Ramirez**  
**Medicare Advisor**  
**(952) 967-2759/TTY 711**



Spring into the  
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Visit The Waters Exhibit at the **OUR LIFE SENIOR EXPO**

**Thursday, April 27 at 10:30AM**

Join us for a seminar at Courtyard by Marriott Bloomington/Edina

***Tips for Making the Transition to Senior Living Easier***

THE WATERS  
ON 50<sup>TH</sup>



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THE WATERS  
OF EDINA



**320-286-8109**

6300 Colonial Way

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INDEPENDENT LIVING

| ASSISTED LIVING

| MEMORY CARE



# Now's a Great Time to Explore the Benefits of a Senior Living Community

Your retirement years are a new chapter in life that can be whatever you make of it. Taking care of your home can be a labor of love, but you may decide that having a big house is more than you need. Moving to a senior living community can give you the freedom to focus on other life passions in your retirement years.

## Here are seven benefits to consider:

**1. Warm hospitality.** When you make your home in a senior living community, someone is always available to warmly greet you, help you make friendly connections, provide guidance about the community or surrounding area, and ensure your safety, health and wellbeing.

**2. One monthly payment.** Your monthly costs are included in a single monthly bill. Senior living communities are often less expensive than the costs of maintaining a home.

**3. No home maintenance.** Senior living communities take care of maintenance and repairs, which can be an overwhelming, time consuming and expensive part of owning a home.

**4. Greater safety.** Moving to a senior living community offers a secure, safe environment where regular oversight and “safety checks” are available via onsite care teams. Plus, residents benefit from wearing an “Emergency Pendant” that alerts care providers to urgent needs. In addition, daily “wellbeing check-ins” help ensure the overall safety and health of residents, and can help reduce the risk of falls and fractures.

**5. More freedom.** The responsibilities of owning a home can make it difficult to get away. Living in a senior living community can free up your time and money so you can spend it on travel, hobbies and other “bucket list” priorities, including your grandchildren or other family members.

**6. New social opportunities.** Being involved in a thriving senior living community where you can enjoy the company of friends and neighbors is so much more pleasant than living alone in a big home. When you choose to live in a senior living community, you can look forward to always feeling welcome, having a sense of belonging, making new friends and enjoying a variety of exciting social activities!

**7. More living space.** When you move into a senior living community, your “living space” increases. You have access to so much more, like a fitness studio, a beauty salon, a library, an in community restaurant and many other living spaces just down the hall. All of these are an extension of your home.

Ready to rethink your living situation and discover the fun-filled living opportunities and experiences awaiting you? We invite you to explore what The Waters Senior Living has to offer!



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## Our approach

We created Herself Health to give women 65+ the medical experience you deserve. Our providers will collaborate with you and each other to ensure your care considers everything you need to get more life out of life.

### Whole person approach

Care that considers every part of health: physical, emotional, spiritual, sexual, and social

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Real talk and meaningful support from doctors that take the time to get to know you

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Customized care methods that help you reach unique life goals, realistically

### Longer appointments

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## Our services

### Preventive care

Health screens for common concerns, vaccinations, yearly physicals, and healthy lifestyle guidance

### Acute care

Timely care for everything from allergies, colds, and coughs to bladder infections and new symptoms

### Chronic care

Ongoing care for chronic conditions including diabetes, high blood pressure, and others, plus regular medication reviews

### Mind-body wellness

Monitoring mental wellbeing, social wellbeing, and overall quality of life

### On-site testing

Dedicated, in-house labs for rapid turnaround blood tests, covid tests, strep tests, flu swabs, and more



### Yes, we accept insurance

We accept most forms of Medicare. Not sure if you're covered? Give us a call at 612-256-8225 and we'll figure it out, together.



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**READERS' CHOICE Awards**

**BEST ASSISTED LIVING**  
**USNews**  
2022-23

**BEST NURSING HOMES**  
**USNews**  
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2022-23

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**\$10 Gift Cards to first 100 attendees**



# our life

2023

**Chanhassen Dinner Theatre ticket drawings at every seminar!!**





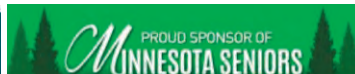
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November 12th - 18th 2023  
GMO111223

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January 20th - 28th 2024  
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February 15th - 24th 2024  
GCR021524

HEART OF THE NORTH TOURS  
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NATIONAL  
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MONUMENTS**

The Hoover Dam  
Grand Canyon National Park  
Mesa Verde National Park  
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April 20th - 27th 2024  
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HEART OF THE NORTH TOURS  
**ALASKA  
CRUISE & LAND**

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August 7th - 17th 2024  
GCR080724

2024

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FEAR IS TEMPORARY -  
REGRET IS FOREVER.

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**12:45pm - Travel in Comfort!**  
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can enjoy travel again! Come along and find out how!





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# learn something new! seminar schedule

## SEMINAR HOST

## 30 MINUTE SEMINARS

## SEMINAR DESCRIPTION



**10:30 am**  
*Tips for Making the  
Transition to Senior  
Living Easier*

Does the thought of downsizing and moving overwhelm you? Are you thinking about simplifying your life and don't know where to start? Concerned about making a move when you also have a home to sell? Worried about what to do with all the "stuff" you've accumulated?

Come and discover how making a move to senior living can be made easier by attending this information packed session. By planning ahead and framing the move as something to look forward to rather than dread, older adults and their families can ensure a successful transition to a new way of life. Learn about trusted resources that can help with the downsizing process and learn practical, helpful steps and tips for creating a more seamless, comfortable transition for you and your loved one.



**11:15 am**  
*Getting to  
Know Medicare*

At Humana, our focus is on supporting your total health with benefits and extras designed to help you live your best life. It's not just healthcare—it's human care. Come to our seminar and learn more about our healthcare plans.



**12:00 Noon**  
*Reversing Neuropathy*

We have developed a unique clinical treatment that combines a drug-free, non-surgical approach with the most advanced NEUROPATHY PAIN RELIEVE TECHNOLOGY available. Many patients are seeing great results, even those who have "tried everything" before.

***Do something today that your future self will thank you for!***

*It's said, The biggest difference between money and time..... You always know how much money you have, but never know how much time you have. More importantly, just how do you want to spend your "balance" of time?*

During our message, we will share how our folks can help you enjoy life a bit more! Travel frees your mind and your spirit! If you wait for everything to be perfect before doing something, you'll still be sitting in the same place everyday, waiting!

Heart of the North Tours can help you live! Our focus is on providing you great ways to travel! Safe, Easy, Enjoyable!

**FEAR IS TEMPORARY - REGRET IS FOREVER!**

Don't be one of those who wasted their time waiting for that perfection - regretting the opportunities missed!



**12:45 pm**  
*Traveling in Comfort!  
Freeing Yourself!*

**Drawings for FREE Chanhassen Dinner Theater tickets at each seminar!**


# at the expo


**APRIL 27, 2023**  
10:00am - 1:30pm  
Courtyard By Marriott  
Edina/Bloomington

## Seminar Sponsors

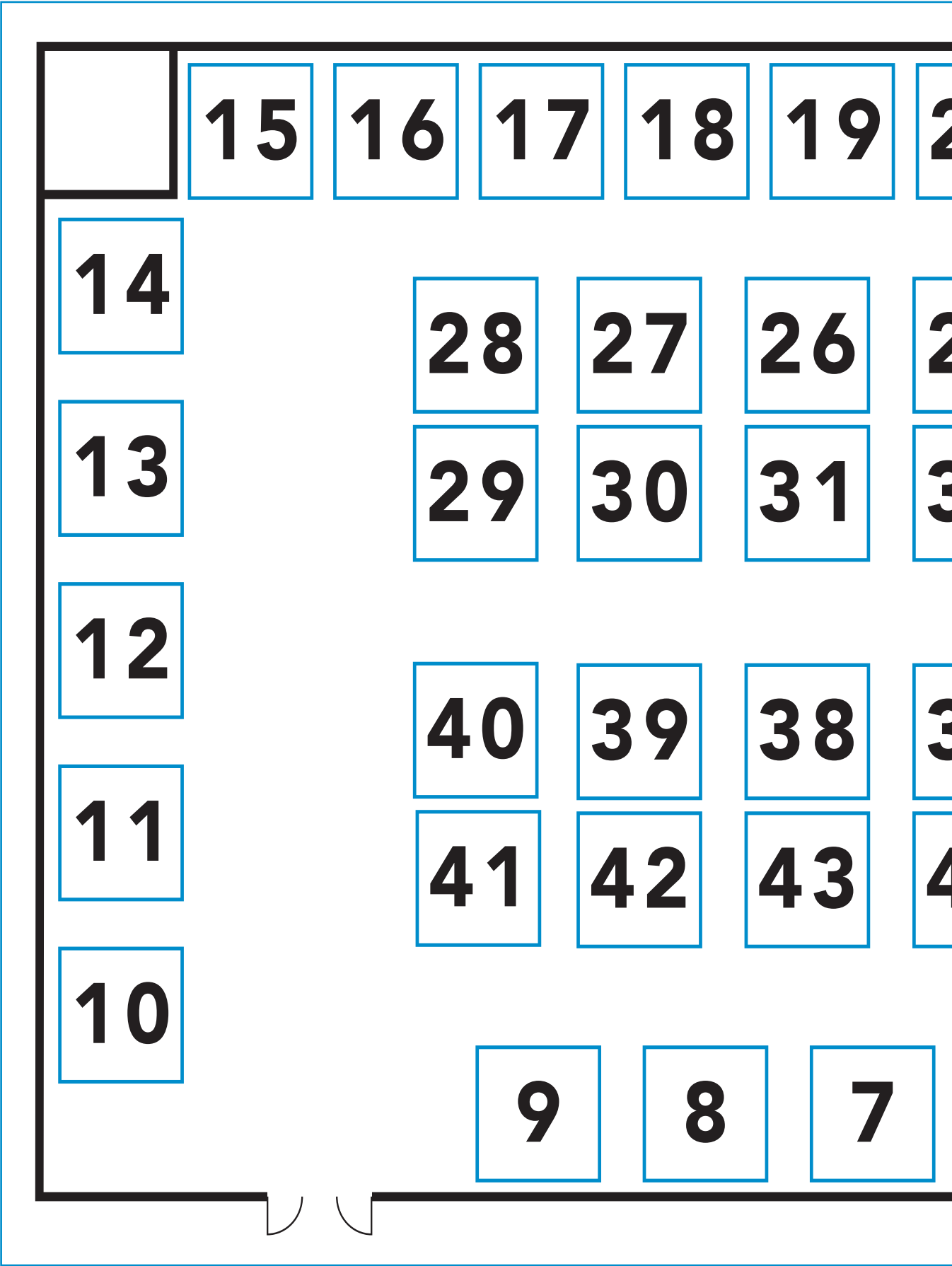
**10:30am**  
“Tips for Making the Transition to Senior Living Easier”  


**11:15am**  
“Getting to know Medicare”  

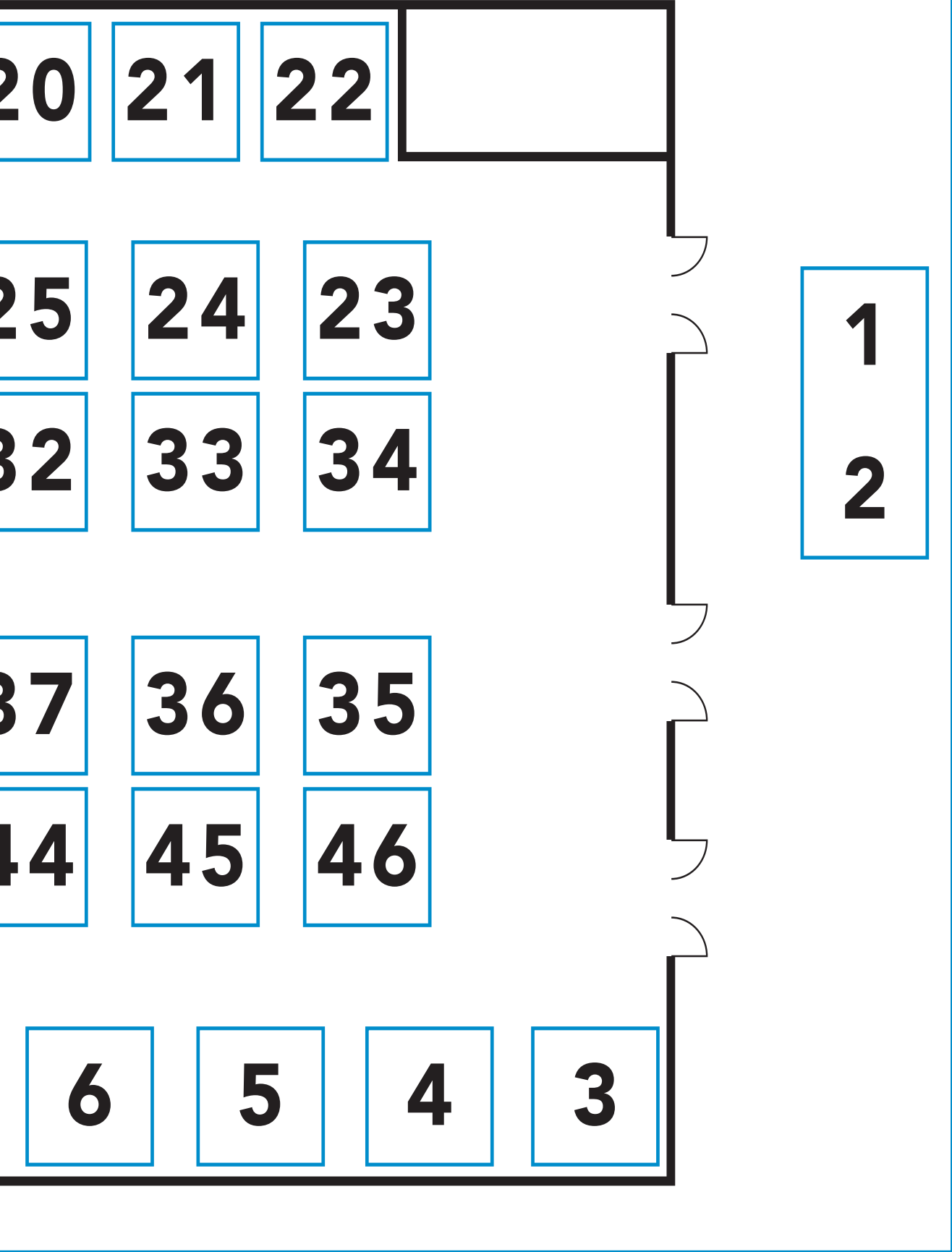

**12:00pm**  
“Reversing Neuropathy”  


**12:45pm**  
“Traveling in comfort! Freeing yourself!”  


## Bag Sponsor







# 2023 EXHIBITORS

- 1&2** The Water's Senior Living
- 3** Village Shores
- 4** Blue Cross/Blue Shield
- 5** Herself Health
- 6** Nicholas Krueger Realty
- 7** My Credit Union
- 8** The Glenn
- 9** Choice Connections
- 10** Humana
- 11** Align Neuropathy
- 12** Arrowwood Resort & Conference Center
- 13** Prairie Bluffs Senior Living
- 14** Ucare
- 15** Suite Living Senior Care
- 16** Aurora on France
- 17** Chmiebell Tours & Funtime Polka Party
- 18** Minnesota Hospice
- 19** Eden Prairie Senior Living
- 20** Heart of the North Tours
- 21** LeafFilter
- 22** Home Video Studio
- 23** Ted Field - Edina Senior Services
- 24** Minnesota Masonic Homes
- 25** The Catholic Cemeteries
- 26** CareAparent
- 27** Summit Place
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*let's have some fun!*

**Enjoy Live Music in the lobby  
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Tours & Funtime Polka Party.  
Come see us at Booth 17**

<b>Align Neuropathy</b> .....	Booth 11	Foot Screening
<b>Herself Help</b> .....	Booth 5	Spin the Wheel
<b>The Catholic Cemeteries</b> .....	Booth 25	Trivia Questions with Prizes
<b>Allina Health Aetna</b> .....	Booth 44	Trivia Wheel
<b>Seniors Helping Seniors</b> .....	Booth 36	Treasure Chest for Prizes
<b>Arrowwood Resort</b> .....	Booth 12	One Night Stay w/Waterpark Tickets
<b>Chmiebell Tours &amp; Funtime Polka Party</b> .....	Booth 17	Live Music

**...And More!**



Suffering from

# NEUROPATHY?

Do you experience...

- Numbness
- Diabetic Nerve Pain
- Sharp Electric-like Pain
- Pins and Needles
- Burning or Tingling

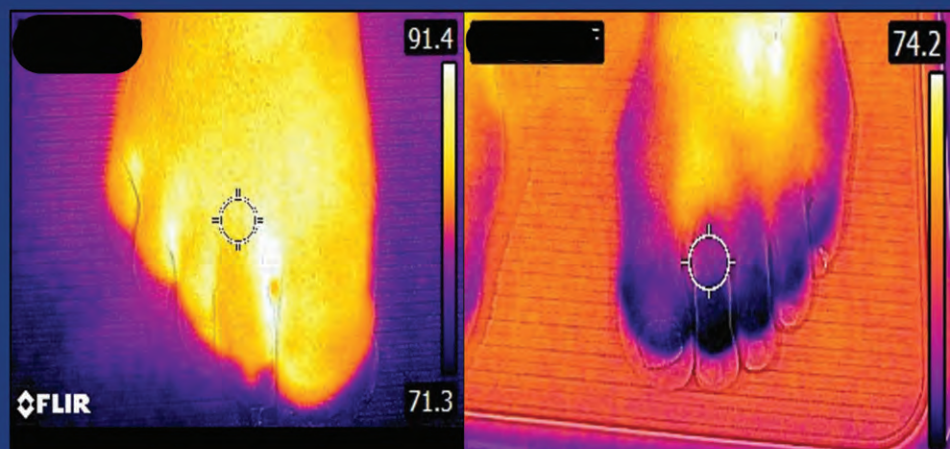
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MEDICATIONS!**

*"I'm off all my neuropathy meds,  
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NEUROPATHY



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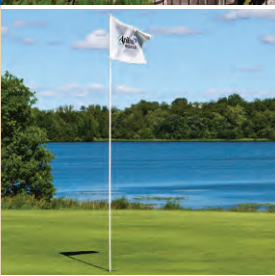




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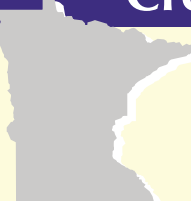
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