



the compassion to care, the leadership to conquer

NEWS RELEASE

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Alzheimer's Association Offers Multicultural Forum Series in November

DENVER October 11, 2011 – Alzheimer's Association of Colorado examines the changing face of Alzheimer's and dementia care in culturally diverse communities in a month-long series during November. *Overcoming Obstacles in Alzheimer's and Dementia Care* will be held on Mondays from 5:30- 8 pm during November at 455 Sherman St, Suite 500, Denver.

The program brings together caregivers, professionals, family members and clergy to discuss cultural aspects of dementia care. Throughout November, the forum will offer local speakers who have extensive knowledge of cultural competencies necessary to provide effective and compassionate care to culturally diverse communities. At the conclusion of the series on Monday, November 21, there will be a multicultural discussion panel with representation from many diverse communities on the following issues: behaviors, health and wellness, end of life decisions, and spirituality.

Monday, November 7 - *Behaviors and Cultural Obstacles in Caregiving*

Facilitator: Amelia Schafer, Director of Professional Education-Alzheimer's Association

Behaviors can be one of the most difficult parts of dementia for families and professional caregivers. This session will discuss some of the cultural aspects of understanding and responding to behaviors in people with dementia.

Monday, November 14 - *Health and Wellness Tips in Caregiving*

Facilitator: Nanana Evelyn Gordon, Sankofa Wholistic Health Care

This workshop provides nutrition and healthy lifestyle choices that can enhance the quality of life of both the person with dementia and the caregiver.

Monday, November 21 - *Multicultural Panel Discussion: Overcoming Cultural Obstacles in Caregiving*

Facilitator: Victoria Miller, Director of Multicultural Initiatives, Alzheimer's Association

The panel discussion will have representation from the African American, Japanese American, Native American, Hispanic and LGBT communities. Participants will discuss the following topics: behaviors, health and wellness, end of life decisions and spirituality.

There is a \$10 fee for each program which includes a light dinner. To RSVP contact Victoria Miller at 303-813-1669. Scholarships are available.

About the Alzheimer's Association

The Alzheimer's Association Colorado Chapter is the premier source of information and support for the more than 72,000 Coloradans with Alzheimer's disease, their families and caregivers. Through its statewide network of offices, the Alzheimer's Association offers education, counseling, support groups and a 24-hour Helpline at no cost to families. In addition, contributions help fund advancements in research to prevent, treat and eventually conquer this disease. For information call the Alzheimer's Association at 800-272-3900, or online alz.org/co

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