Support groups provide a sense of connection by offering a safe environment for sharing common experiences among caregivers. Groups are open to family and friend caregivers.

Visit: bit.ly/ALZCOSG or call: (800) 272.3900.
**LEARN OVER LUNCH: DEMENTIA CAREGIVING 101**

Join us to learn about nearly everything you need to know about dementia, such as working with physicians, care planning, forming a care team, and strategies for communication.

**Alzheimer’s Signs & Steps to Get a Diagnosis**
Monday, July 11
11:30 AM - 1:00 PM

**Dementia Conversations: Doctor Visits, Driving, & Planning**
Wednesday, July 13
11:30 AM - 1:00 PM

**Effective Communication Strategies**
Tuesday, July 19
11:30 AM - 1:00 PM

**Understanding Dementia-Related Behaviors**
Thursday, July 21
11:30 AM - 1:00 PM

**Managing Money: Caregiver’s Guide to Finances**
Tuesday, July 26
11:30 AM - 1:00 PM


Registration is required. Please call 800.272.3900 or email cocareandsupport@alz.org.

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**CAREGIVER CONFIDENCE SERIES**

Are you a caregiver to someone with dementia? Overwhelmed by all there is to know? This series of education programs addresses questions that arise in each stage of the disease. Learn what you need to know, what to plan, and what to do along the way.

**Living with Alzheimer’s: Early Stage (3 parts)**
Monday, August 8; Wednesday, August 10; & Monday, August 15
3:30 - 5:00 PM

**Living with Alzheimer’s: Middle Stage (3 parts)**
Wednesday, August 17; Monday, August 22; & Wednesday, August 24
3:30 - 5:00 PM

**Living with Alzheimer’s: Late Stage**
Monday, August 29
3:30 - 5:00 PM

**MORE CAREGIVER EDUCATION**

**Dementia Conversations: Doctor Visits, Driving, & Planning**
Monday, September 12
10:00 AM - 11:30 AM

**Effective Communication Strategies**
Wednesday, September 14
10:00 AM - 11:30 AM

**Understanding Dementia-Related Behaviors**
Monday, September 19
10:00 AM - 11:30 AM

**Managing Money: Caregiver’s Guide to Finances**
Wednesday, September 21
10:00 AM - 11:30 AM
When someone under 65 is diagnosed with Younger-Onset Alzheimer’s disease or related dementia, the first reaction is often shock or denial. This doesn’t happen to someone so young ... does it? What does the diagnosis mean? What kinds of plans need to be made? What about work? What resources are available? Hear from those directly affected and learn what you need to know, what you need to plan for, and what you can do to ease the impact of the disease.

Friday, September 9
10:00 AM - 12:00 PM
RSVP required by calling 800.272.3900
YOU CAN MAKE A DIFFERENCE TOO.
VOLUNTEER WITH US.

Use your unique talents to make a meaningful impact in your community. Volunteer for our Event Committees, Care & Support Programs, or Advocacy work and start making a difference today. Contact our Program Volunteer Coordinator or visit Alz.org/Volunteer:

Bobbie D’Addario
Program Volunteer Coordinator
badaddario@alz.org | ext. 9641

RESOURCES FOR CAREGIVERS TO THOSE WITH OTHER DEMENTIAS

LEWY BODY DEMENTIA CAREGIVER SUPPORT GROUPS
2nd Monday of the month at 6:00 p.m.
Via Zoom
RSVP required by calling 800.272.3900

3rd Thursday of the month at 6:00 p.m.
Via Zoom
RSVP required by calling 800.272.3900

FRONTOTEMPORAL DEMENTIA CAREGIVER SUPPORT GROUPS
2nd Tuesday of the month at 5:30 p.m.
Via Zoom
RSVP required by calling 800.272.3900

3rd Friday of the month at 10:30 a.m.
Via Zoom
RSVP required by calling 800.272.3900

CARE & SUPPORT CONTACTS:

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Ralph Patrick
Regional Director, Boulder & Mountain Region
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303.813.1669 - alz.org/co
If you are in the early stages of Alzheimer’s disease or a related dementia, or if you are experiencing changes in your memory, this section is for you.

**EARLY-STAGE SUPPORT GROUPS**

Early-stage support groups are specifically designed for individuals with early memory loss who have been diagnosed with Mild Cognitive Impairment, early-stage Alzheimer’s or a related disorder and their families and friends. The early-stage support groups are an 8-week series where the same individuals meet every week to discuss different topics and offer each other emotional support, connections and advice.

There is a brief screening process to ensure that the group is a good fit for everyone. If you are interested in attending the group and would like to schedule a screening interview, please contact:

Meghan Donahue, Director of Community Engagement  
mmdonahue@alz.org  
303.813.1669 ext. 9642

**MEMORY CAFE**

Memory Cafe is a fun place to socialize, relax, and engage with people experiencing memory loss and their families/caregivers. Each cafe aims to facilitate connection for individuals with shared experiences.

Memory Cafe is offered in partnership with:  
Denver Public Library  
Jefferson County Public Library Memory Cafe  
Art Journaling  
Mindfullness & Meditation  
Englewood Library  
Standley Lake Library  
Summit of Peace Church

**SPARK!**

SPARK connects guests with early memory loss and their families to art, cultural, or social experiences and meaningful connections at a variety of museums and community partner host sites. Programming at each venue is different. The relaxed atmosphere is welcoming and stimulating. Attendance of multiple programs in different locations is encouraged!

**Denver Spark! Partners:**  
Jefferson County Public Library w/ Boulder Museum of Contemporary Art  
Denver Art Museum  
Denver Art Museum - Art & About Program  
Denver Botanic Gardens  
Foothills Art Center  
History Colorado  
Lone Tree Arts Center  
Molly Brown House Museum  
Swallow Hill Music

**Boulder Spark! Partners:**  
Boulder Museum of Contemporary Art  
CU Museum of Natural History  
The Dairy Arts Center  
West Age Well Center Pottery Class

For more information, visit:  
2022 COLORADO WALKS

Boulder
Oct 1
Boulder at CU Business Field

Montrose
Aug 20
Montrose at Riverbottom Park

Northeastern Plains
Aug 27
Sterling on the Logan County Courthouse Lawn

Steamboat Springs
Aug 28
Steamboat Springs at the Botanic Garden

SWCO Durango
Sept 10
Durango at Rotary Park

Tri-County
Sept 10
Fort Morgan at Riverside Park

Denver
Sept 17
Denver City Park

Southern Colorado
Sept 17
Pueblo at the Riverwalk

Rocky Mountain
Sept 24
Eagle at Brush Creek Park

Western Slope
Sept 24
Grand Junction at Lincoln Park & CMU

Weld County
Oct 1
Greeley at Downtown Lincoln Park

Colorado Springs
Oct 1
Colorado Springs at Memorial Park

Larimer County
Oct 8
New Belgium Porch at CSU Canvas Stadium

Register at bit.ly/coloradowalks