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.
CAREGIVER CONFIDENCE SERIES
Are you a caregiver to someone with dementia and overwhelmed by all there is to know? The classes below will provide everything you need to know to build your confidence as a caregiver.

Managing Money: Caregiver’s Guide to Finances
Monday, November 14
12:00 - 1:30 PM

Understanding Alzheimer’s and Other Dementia
Wednesday, November 16
12:00 - 1:30 PM

Approaching Memory Concerns: Ten Signs and Tools for the Diagnostic Process
Tuesday, December 13
12:00 - 1:30 PM

Effective Communication Strategies
Wednesday, December 14
12:00 - 1:30 PM

Understanding and Responding to Dementia Related Behaviors
Thursday, December 15
12:00 - 1:30 PM

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

LIVING WITH ALZHEIMER’S SERIES
Living with Alzheimer’s covers the anticipated changes by stage and provides practical strategies and information on resources to help navigate the disease at any point.

Living with Early Stage Alzheimer’s:
3 Part Series
11:30 AM - 1:30 PM
Tuesday, January 17
Wednesday, January 18
Thursday, January 19

Living with Middle Stage Alzheimer’s:
3 Part Series
11:30 AM - 1:30 PM
Tuesday, February 21
Wednesday, February 22
Thursday, February 23

Living with Late Stage Alzheimer’s:
2 Part Series
11:30 AM - 1:30 PM
Tuesday, February 28
Wednesday, March 1

CAREGIVER ESSENTIALS
Managing Money: Caregiver’s Guide to Finances
Thursday, March 2
12:00 - 1:30 PM

Effective Communication Strategies
Monday, March 27
3:00 - 4:30 PM

Understanding and Responding to Dementia Related Behaviors
Tuesday, March 28
3:00 - 4:30 PM
SAVE THE DATE!
Thursday, March 2, 2023

Join us online for a one-day, free event. Topics will include:

- The latest in dementia science
- Clinical research and getting involved in trials
- Brain health and risk reduction
- Health equity in dementia care
- Information on diagnostics, treatments, and partnering with the medical community
- Services and resources for those living with dementia and their caregivers, including special considerations for those with younger onset Alzheimer’s disease
- Art, music, animal, and other complementary therapies
- Legal and financial planning
- Care options
- Caregiving strategies
- And caregiver well being
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 GROUP

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