

[dementiafriendlydenver.org](http://dementiafriendlydenver.org)

## DEMENTIA FRIENDLY DENVER Fall, 2018 Newsletter

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Welcome to the Fall, 2018 Dementia Friendly Denver newsletter! We plan to publish this collection of news about the work we are doing every six months with occasional special editions to highlight upcoming community events.

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### Background – Dementia Friendly Denver and Dementia Friendly America

Dementia Friendly Denver is part of the Dementia Friendly America initiative introduced at the White House Conference on Aging in 2015. DFA is a grass roots, not for profit entity whose mission is to make

communities across our nation more dementia friendly and to improve the quality of life for those living with Alzheimer’s disease and other forms of dementia and their family carepartners.

Dementia Friendly Denver (DFD) was one of six pilot cities selected to lead the way on this important work. We are pleased to announce that there are currently over 360 communities in 39 states participating, with more communities organizing every month.

### Background – DFD’s History

DFD kicked off in December of 2015 with a Steering Committee of all volunteer leaders in the field of dementia as well as representatives from various community sectors. These sectors include Government, Business, Legal/Financial, Healthcare, Academia, Community Services, Care Communities, Home Care and the Faith Community.

DFD is committed to making the Denver area (defined as the metro Denver area and suburbs) more dementia friendly. We are also committed to focusing on all those who are affected by any form of dementia, including Denver’s diverse and underserved neighborhoods and populations.

DFD conducted a community survey in early 2016 to determine needs and concerns related to dementia in the Denver area. The data revealed the following key concerns: Community Education, Resource Awareness, Caregiver Support and Dementia Stigma.

From the data gathered, the DFD team convened brainstorming and focus groups

among the various community sectors, resulting in over 300 ideas for making the Denver area more dementia friendly.

These ideas were vetted for feasibility and 30 ideas were considered. The team selected eight projects to work on in the 2016 – 2018 timeframe. DFD is an ongoing effort; additional projects will be adopted in 2019 and beyond. All projects selected address one or more of the top Denver area concerns.

### **DFD Projects**

- 1) Community Education Events (*larger venue trainings and one hour lunch and learns*)
- 2) Dementia Resource Guides (*distributed at venues throughout our community*)
- 3) Dementia Friendly Business Designations (*lunch and learns for area businesses*)
- 4) Dementia Training for Government Employees (*lunch and learns for government groups*)
- 5) Advance Planning for Family Caregivers (*online info – legal/financial/medical/care*)
- 6) Dementia Friendly Restaurant Program (*at participating restaurants*)
- 7) Dementia Friendly Worship Program (*all-faith clergy/congregation training*)
- 8) Dementia Companion Wallet Cards (*communication tips*)

Please visit [dementiafriendlydenver.org](http://dementiafriendlydenver.org) for more details on current projects.

### **2018 Outreach**

DFD has educated over 1,300 Denver area residents so far in 2018. With your help, our outreach can continue to grow each year.

### **Free Dementia 101 Lunch and Learns**

Dementia Friendly Denver is now offering free one hour lunch and learn sessions for business, government, academic and community groups. The Dementia 101 – Reducing Your Risk session covers dementia basics, warning signs, diagnosis guidelines, caregiver resources, communication skills, latest research updates and most importantly, risk reduction tips. To schedule a training for a group you are involved in or to refer a group to DFD who might be interested, please contact us through our website [dementiafriendlydenver.org](http://dementiafriendlydenver.org)

### **DFD Events**

DFD offers public Dementia 101 – Reducing Your Risk education. Please refer to our website [dementiafriendlydenver.org](http://dementiafriendlydenver.org) and click on the News/Event tab to learn of upcoming public events.

### **Get Involved**

You can get involved with DFD in several ways!

Volunteer – Help with projects

Donate – DFD is a not for profit entity supported entirely by contributions and grants

Spread the Word – Send us leads for government/business/academic/community group lunch and learns.

## **Volunteers Needed Now!**

Our current need is for volunteers to help with our Dementia Resource Guide distribution project. DFD distributes these Guides to venues throughout the greater Denver area. We need volunteers who will pick up an inventory of Guides and distribute them as they go about their busy lives. Some examples are doctor's offices, pharmacies, community meetings, churches, and other heavy traffic locations. We are also looking for a volunteer to lead the Resource Guide distribution committee. Contact us at [dementiafriendlydenver.org](http://dementiafriendlydenver.org) if you are interested in either serving on the committee or delivering Guides. Guide delivery volunteer guidelines are listed here.

### Qualifications/Liability:

DFD Guide Delivery Volunteers must be over 18 years of age and provide their own transportation.

Personal expenses such as parking and gas are not reimbursable. Tax deductions for personal expenses will be the volunteer's responsibility; documentation will not be provided by DFD.

DFD maintains no liability insurance. Damage or injury to you or your property or damage or injury you may do to others or their property while serving in your volunteer role would be your sole responsibility.

## **Our Team**

DFD is led by the following volunteer Steering Committee:

JJ Jordan – DFD Community Chair –  
Dementia Speaker, Educator, Consultant  
Jennifer Gormley – Elder Law Attorney  
Daphne Jean – Oasis Seniors Advisors  
Tim Jordan – Jordan Consulting Group  
Robin Korn – Space Wranglers LLC  
Maria Lopez – Elder Law Attorney  
Stacie Naslund – Spring Ridge Park  
Jayla Sanchez Warren – DRCOG  
Tia Saucedo – Seniors' Resource Center  
Lisa Theard – Oasis Senior Advisors  
Tina Wells - Alzheimer's Association  
Peggy Spaulding – State Unit on Aging

## **Thank You!**

Thank you for your interest in Dementia Friendly Denver! We look forward to keeping you updated on our work to make the Denver area more dementia friendly and to improve the quality of life for those living with various forms of dementia and their family care partners. We also look forward to meeting those of you who want to help with this mission. And don't forget to help us spread the word about our free Dementia 101 lunch and learns. We hope to present more than 75 of them in the Denver area this year!

JJ Jordan  
Community Chair  
Newsletter Editor  
Dementia Friendly Denver  
[Dementiafriendlydenver.org](http://Dementiafriendlydenver.org)