



Dementia Friendly Denver and LoDo Cares
Present

Reducing Your Risk for Alzheimer's/Dementia

Monday, April 30 - Fogo de Chao, 1513 Wynkoop St.

5:00 - 5:45 pm Cash Bar Happy Hour
5:45 - 6:45 pm Dementia Presentation
6:45 - 7:00 pm Conclusion – Socializing

LoDo Residents & Businesses Invited – Non LoDo Friends Welcome!

Admission is Free – RSVP Requested at dementiafriendlycolorado@gmail.com

Dementia Friendly Denver is an affiliate of Dementia Friendly America, a not for profit, volunteer based initiative whose mission is to make communities across the nation more dementia friendly and to improve the quality of life for those living with Alzheimer's disease and other dementias and their family care partners. Dementia Friendly Denver offers one hour dementia education programs at no cost to community, business, government and academic groups.

Topics include:

**What is the difference between dementia and Alzheimer's disease?
What are the most common types of dementia?
What are the warning signs for dementia?
Cognitive issues might not be dementia
How to get a dementia diagnosis
Dementia communication tips
Caregiver challenges and self-care
Resources available in the Denver area
How we can make Denver more dementia friendly
The latest promising research updates
Things you can do right now to reduce dementia risk or delay onset**



Presenter – JJ Jordan

After a corporate management career at IBM and McKinsey, JJ Jordan reinvented herself in the field of Alzheimer's/Dementia after three of four parents in her immediate family were diagnosed with the disease. She was a family caregiver for 16 years.

JJ is the CEO of the Jordan Consulting Group, where she teaches, speaks and consults on dementia topics. She is also an associate with a business psychology firm where she provides Employee Assistance Plan coaching for clients dealing with family members with Alzheimer's or other forms of dementia.

JJ has been a volunteer for the Alzheimer's Association's for 18 years. She recently served a six year term on their Board of Directors and currently serves on their Speaker's Bureau and as their Public Policy Ambassador to Capitol Hill. JJ is also the volunteer Community Chair for Dementia Friendly Denver.