

dementiafriendlydenver.org

## DEMENTIA FRIENDLY DENVER Newsletter – Edition 1, 2018

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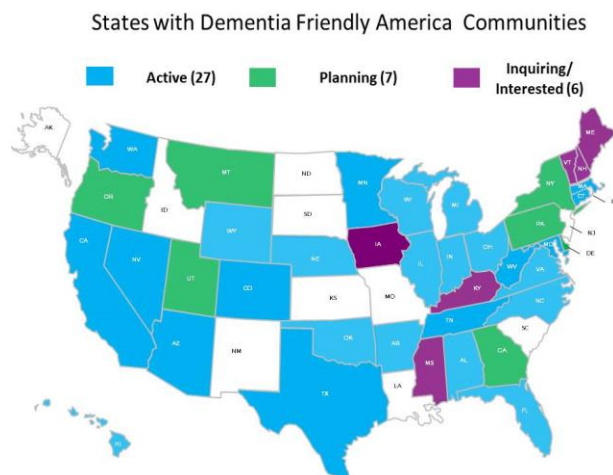


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Welcome to the inaugural issue of the Dementia Friendly Denver newsletter! We plan to publish this collection of news regarding the work we are doing every quarter with occasional special editions to highlight upcoming community events.

### In This Issue:

- **Background – Dementia Friendly Denver/Dementia Friendly America**
- **DFD Projects**
- **2017 Outreach**
- **Free Lunch and Learns**
- **Get Involved**
- **Volunteers Needed**
- **Our Team**



### 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 as of the beginning of 2018, there are 250 communities in 39 states participating, with more communities organizing every month. Per the chart above, there are over 100,000 Americans now involved!

### 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 Businesses 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/programs*)
- 8) Dementia Information Wallet Cards (*communication tips*)

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

### **2017 Outreach**

DFD educated over 2,200 Denver area residents in 2017. With your help, our outreach can continue to grow each year!

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

Dementia Friendly Denver offers free one hour lunch and learn presentations for business, government, academic and community groups. The 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 at [dementiafriendlycolorado@gmail.com](mailto:dementiafriendlycolorado@gmail.com)

## **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 Denver area. These include doctor's office, hospital waiting rooms, pharmacies, churches and other heavy traffic locations. We need volunteers to help serve on the Resource Guide sub-committee as well as volunteers who will distribute the Guides. Contact us at [dementiafriendlycolorado@gmail.com](mailto:dementiafriendlycolorado@gmail.com) if you are interested in either serving on the committee or delivering Guides. Guide delivery volunteer guidelines are listed here.

### **Dementia Resource Guide Route Volunteers – Key Responsibilities/Time Commitment:**

DFD Guide Delivery Volunteers will pick up Guides and plastic holders from a central Denver location and deliver them to prescribed venues.

You may need to visit with receptionists or administrators in places where it is

not possible to simply walk in and leave the Guides in stacks or in the plastic holders. If necessary, volunteers may need to describe DFD's work and goals to gain permission to place the Guides.

You will be asked to complete a brief monthly report on your distribution locations that includes Guide quantities and any helpful comments.

Volunteers should refer and report any issues to the DFD Resource Guide Project Leader.

We ask that you let us know immediately if you cannot deliver your Guides or if you need to terminate your volunteer role.

We ask that you represent DFD with a professional and pleasant demeanor and dress in casual but neat and appropriate attire.

You will be asked to attend a one hour DFD Volunteer Orientation and Training session to learn more about dementia and DFD projects prior to undertaking your duties.

### **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

Edgar Carreno - Latino Media Services

Jennifer Gormley - Elder Law Attorney

Daphne Jean – Oasis Senior Advisors

Tim Jordan - Jordan Consulting Group, LLC

Robin Korn - Space Wranglers, LLC

Stacie Naslund - Spring Ridge Park Assisted Living

Tyler Otto - First Command Financial

Jayla Sanchez Warren - DRCOG

Tia Saucedo - Seniors' Resource Center

Lisa Theard – Oasis Senior Advisors

Tina Wells - Alzheimer's Association of Colorado

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 – Reducing Your Risk lunch and learns. We hope to present more than 75 of them in the greater Denver area this year!

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