



dementiafriendlydenver.org

# **Schedule a free one hour learning session for your business, government, academic, community or faith group!**

## ***Dementia 101 + Reducing Your Risk for Alzheimer's/Dementia***

**Schedule a free session at  
dementiafriendlycolorado@gmail.com**

***Presented by Dementia Friendly Denver***

Dementia Friendly Denver is an affiliate of Dementia Friendly America, a not for profit volunteer based initiative announced at the White House Conference on Aging in 2015. Our mission is to make communities across the nation more dementia friendly, reduce dementia stigma, and improve the quality of life for those living with Alzheimer's disease and other forms of dementia and their family care partners.

### ***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 and interaction tips
- Caregiver challenges and self-care
- Resources available in the Denver area
- The latest promising research updates
- Twelve things you can do at any age to reduce dementia risk or delay onset

**Presenter – JJ Jordan**

*JJ Jordan is the volunteer Community Chair for Dementia Friendly Denver where she delivers the Dementia 101 program throughout the greater Denver area. She received the 2019 AARP Community Partner Award for her work with dementia education. After a corporate management career, JJ reinvented herself in the field of Alzheimer's and dementia after three of four parents in her family were diagnosed with Alzheimer's 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 dementia coaching and training for clients. JJ has also been a volunteer for the Alzheimer's Association's for 20 years. She recently served a six year term on their Board of Directors and currently serves as a Community Educator and as their Public Policy Ambassador to Capitol Hill where she advises Congress regarding dementia research funding and legislation.*