



SENIORS

DEMENTIA SUPPORT & EDUCATION PROGRAMS

THE BASICS: MEMORY LOSS, DEMENTIA & ALZHEIMER'S

Alzheimer's is not a normal part of aging. If you know someone affected by Alzheimer's or Dementia, it's time to learn the facts. This program provides information on the detection, causes and risk factors, stages of disease, treatment, and more! www.alz.org/co
Free - Registration Required through Senior Services 303.661-1492.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE
839806	FREE	Mon	3PM	4/9

DEMENTIA CAREGIVER SUPPORT GROUP

The Dementia Caregiver Support Group is a safe place to receive support for the difficult journey of caring for a loved one with Alzheimer's disease or another dementia, at any stage of the disease. The group is facilitated by trained volunteers on behalf of the Alzheimer's Association, and meets at the Lafayette Public Library on the 4th Tuesday of the month, from 6 - 7:30PM.

No registration is required. For more information, contact the Alzheimer's Association 800-272-3900.

Fourth Tuesday of each month

Dates: April 24, May 22, June 26, July 24 and August 28

Time: 6-7:30PM

Location: Lafayette Library, 775 W. Baseline Road Downstairs Conference Room

HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. This program is offered in partnership with the Alzheimer's Association. For more information, visit www.alz.org/co or call 800-272-3900.

Free - Registration Required through Senior Services 303.661-1492.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE
839800-1	FREE	Thr	2-3:30PM	5/10



EFFECTIVE COMMUNICATION STRATEGIES FOR DEMENTIA CAREGIVERS

Learn to decode the verbal and behavioral messages delivered by someone with dementia. Identify strategies to help you connect and communicate at each stage of the disease. This program is offered in partnership with the Alzheimer's Association. For more information, visit www.alz.org/co or call 800-272-3900.

Free - Registration Required through Senior Services 303.661-1492.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE
839800-2	FREE	Thr	6-7:30PM	6/14

KNOW THE 10 SIGNS: EARLY DETECTION MATTERS

Learn the 10 Warning Signs of Alzheimer's disease, hear from people who have the disease, and find out how to recognize the signs in yourself and others. This program is offered in partnership with the Alzheimer's Association. For more information, visit www.alz.org/co or call 800-272-3900.

Free - Registration Required through Senior Services 303.661-1492.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE
839800-3	FREE	Tue	10:30AM-12PM	7/17

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively. This program is offered in partnership with the Alzheimer's Association. www.alz.org/co

Free - Registration Required through Senior Services 303.661-1492.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE
839800-4	FREE	Wed	6-7:30PM	8/8