



# Dementia Events

April 2025

Sunday	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
		<p>1</p> <p><b>Memory Café</b>, 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane</p>	<p>2</p> <p><b>Spokane Valley Caregiver Support Group</b>, 10 AM – 12 PM Contact Sue Griner, (509) 863-1933 -- <b>Caregiver Workshop</b>, 10:30-11:30 AM South Hill Public Library 3324 S Perry St Spokane -- <b>Caregiver Support Group</b>, 2-3:30 PM Jeff Thomas Center 2118 E Sprague Ave Spokane</p>	<p>3</p> <p><b>Dementia Friends</b>, 10:30-11:30 AM Cheney Library 610 1<sup>st</sup> St, Cheney, WA 99004 -- <b>Caregiver Workshop</b>, 12-1 PM Fairwood Retirement Village 312 W Hastings Rd, Spokane</p>	<p>4</p>	<p>5</p>
<p>6</p>	<p>7</p>	<p>8</p> <p><b>Memory Café</b>, 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane</p>	<p>9</p> <p><b>Dementia Friends</b>, 6-7 PM Moran Prairie Library, 6004 S Regal St, Spokane</p>	<p>10</p> <p><b>Caregiver Workshop</b>, 6:30-7:30 PM North Spokane Library 44 E Hawthorne Rd, Spokane</p>	<p>11</p>	<p>12</p>

13	14 <b>Memory Café,</b> 10-11 AM Spokane Valley Library 22 N Herald Rd, Spokane Valley	15 <b>Memory Café,</b> 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane -- <b>Downtown Caregiver Support Group,</b> 1:30-3 PM Contact Beth Priest, (509) 590-3965	16 <b>Spokane Valley Caregiver Support Group,</b> 10 AM – 12 PM Contact Sue Griner, (509) 863-1933 -- <b>Deer Park Caregiver Support Group,</b> 1-2:30 PM Contact Sean Jonz, (509) 207-7667 -- <b>Spokane Regional DFC Meeting,</b> 2-3 PM ALTCEW's Office 1313 N Atlantic St, Ste. 3000, Spokane or on Zoom	17 <b>Warning Signs,</b> 12-1 PM Shadle Park Library 2111 W Wellesley Ave, Spokane	18 <b>Warning Signs,</b> 11 AM-12 PM Endicott Library 324 E St, Endicott -- <b>Dementia Community Café,</b> 2-3:30 PM Central YMCA 930 N Monroe, Spokane	19 <b>Dementia Friends Champion Training,</b> 2-5 PM Spokane Valley Library 22 N Herald Rd, Spokane Valley
20	21 <b>Dementia Friends,</b> 6-7 PM Shadle Park Library 2111 W Wellesley Ave, Spokane	22 <b>Memory Café,</b> 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane -- <b>Warning Signs,</b> 1:30-2:30 PM Palouse Library 120 E Main St, Palouse	23 <b>Newport Caregiver Support Group,</b> 1-2 PM Contact Cindy Klein, (509) 844-2609	24	25	26 <b>South Caregiver Support Group,</b> 10:30 AM – 12 PM Contact Anne Parsons, (509) 795-4668
27	28 <b>North Caregiver Support Group,</b> 1-2:30 PM Contact Sean Jonz, (509) 207-7667	29 <b>Memory Café,</b> 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane -- <b>Dementia Friends,</b> 6:30-7:30 PM Deer Park Library 208 S Forest Ave, Deer Park	30			

### **Caregiver Support Group**

Run by the Alzheimer's Association, these support groups are conducted by trained facilitators and are safe places for care partners to develop a support system, exchange practical information/resources and share feelings, needs and concerns.

### **Caregiver Workshop/Empowered Caregiver**

Geared toward family members and loved ones caring for someone living with dementia, this series is a monthly, in-depth exploration of topics related to memory loss. Feel free to join standalone sessions or come for the full series. Topics include the warning signs of dementia, types and progression of dementia, understanding dementia behaviors and reducing the risk of dementia.

### **Dementia Friends**

In this hour-long session, you will learn about dementia, what it's like to live with dementia, and actions you can take to support people living with dementia in your community. If you are wondering if someone you care about might be showing the signs of dementia, this is a great session for you. You will receive a certificate for participating.

### **Dementia Friends Champion Training**

For volunteers who facilitate Dementia Friends information sessions to community members. To become a champion, you will attend one 3-hour Dementia Friends Champion training and lead an hour-long Dementia Friends information sessions once per month.

### **Early Stage Memory Loss Program**

This session is intended for people who started experiencing brain changes or received a diagnosis recently. Family members and friends are also welcome to attend. We will go over what different stages of dementia look like and resources that are available, then have time for discussion and questions.

### **Memory Café/Dementia Community Café**

At a Memory Café, people living with dementia and a loved one or companion enjoy socializing in a relaxed setting. Create friendships and participate in activities in an environment that is accepting and non-judgmental.

### **Spokane Regional DFC Meeting**

Join the Spokane Regional DFC (Dementia Friendly Community) in making Spokane a more accessible and inclusive place for those living with dementia. You can attend virtually or in person.

### **Warning Signs**

Led by the Alzheimer's Association, this hour-long information session covers the warning signs of Alzheimer's, tips for approaching someone about memory concerns, the benefits of diagnosis and some of the possible tests for the diagnosis process.

Questions? Email [dementia@altcew.org](mailto:dementia@altcew.org) or call (509) 777-1629

