

# Dementia Events

Oct 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p><b>Tuesday Memory Café,</b> 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane --</p> <p><b>Caregiver Workshop,</b> 5:30-6:45 PM Neill Public Library 210 N Grand Ave, Pullman</p>	<p>2</p> <p><b>Spokane Valley Caregiver Support Group,</b> 10 AM – 12 PM Contact Sue Griner, (509) 863-1933 --</p> <p><b>Caregiver Workshop,</b> 10:30-11:30 AM South Hill Library 3324 S Perry St --</p> <p><b>Caregiver Support Group,</b> 2-3:30 PM FBH Raschko 5125 N Market St, Spokane</p>	<p>3</p>	<p>4</p>	<p>5</p> <p>Walk to End Alzheimer's, 9 AM Lilac Bowl Riverfront Park</p>
<p>6</p> <p><b>Dementia Friends,</b> 11 AM – 12 PM Loon Lake Library 4008 Cedar St --</p> <p><b>Caregiver Workshop,</b> 2-3 PM Colville Public Library 195 S Oak St</p>	<p>7</p> <p><b>Tuesday Memory Café,</b> 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane --</p> <p><b>Dementia Friends,</b> 2-3 PM Airway Heights Library 1213 S Lundstrom St, Airway Heights</p>	<p>8</p> <p><b>Deer Park Caregiver Support Group,</b> 1-2:30 PM Contact Paul Dionne, (509) 290-1816 --</p> <p><b>Caregiver Conference,</b> 8:30 AM – 2 PM CenterPlace Event Center 2426 N Discovery Pl, Spokane Valley</p>	<p>9</p> <p><b>Ten Warning Signs of Alzheimer's,</b> 5-7 PM Lone Town Hall 208 Blackwell St, Lone</p>	<p>10</p>	<p>11</p>	<p>12</p>

13	<p><b>North Spokane Caregiver Support Group, 1-2:30 PM</b> Contact Paul Dionne, (509) 290-1816 --</p> <p><b>Dementia Friends, 10:30-11:30 AM</b> Moran Prairie Library 6004 S Regal St, Spokane</p>	14	15	16	17	18	19
20	21	22	23	24	25	26	
27	28	29	30	31			

### **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**

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**

A Dementia Friends Champion is a volunteer who teaches community groups about dementia by delivering 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.

### **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 in an environment that is accepting and non-judgmental. There are often activities like art, entertainment or a guided discussion – or you can just come and make connections!

### **Professional Dementia Training Series**

Geared toward unpaid and professional caregivers, this series is a monthly, in-depth exploration of many topics related to dementia. Topics include effective communication strategies, understanding and responding to dementia behaviors, a strengths-based approach to dementia behaviors and emergency situations.

### **Spokane Regional DFC Meeting**

Join the Spokane Regional DFC (Dementia Friendly Community) in making Spokane a more accessible and understanding place for those living with dementia. Focus topics include transportation, safety, and connecting with faith communities. Meetings are on the third Wednesday of each month and can be attended virtually or in person. For more information, contact Tara Hill Matthews at (509) 777-1629 or email [dementia@altcew.org](mailto:dementia@altcew.org).

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

