

# Helping Your Loved One Live Well With Dementia

## Inspiration and Insights for Care Partners



Dementia-Friendly Communities  
of Northern Colorado®

Multiple winter offerings for family and friends  
Registration required at [DementiaFriendsNoCo.org](http://DementiaFriendsNoCo.org)

### CONTENTED DEMENTIA, Really!

How to create well-being for our loved ones living with cognitive impairment

WHY Counter-intuitive strategies make sense (SPECAL® Photograph Album explanation)  
3 Golden Rules and other concrete techniques for responding effectively in challenging situations

#### Locations and times:

**(several options of the same class)**

Timberline Church, 2908 S Timberline Rd;

Fort Collins, CO 80525 ROOM 214

Come in the main (West) entrance and go upstairs

Fridays-January 10, February 14, and March 13

Noon-1:30pm

Windsor Recreation Center 250 N. 11th St.,

Windsor, CO 80550

Tuesday, January 7, 11:30-1pm

Associates in Family Medicine administrative office (old Coloradoan building)

1300 Riverside Ave Ste. 102, Fort Collins, CO 80524

Wednesday, January 29, 5pm-6:30 pm

Stepping Stones Adult Day Program 302 3rd St SE

Ste 100, Loveland, CO 80537

Wednesday, February 26, Noon-1:30pm

### LOVE LANGUAGES, RESOURCES, and MEANINGFUL ENGAGEMENT

Care Partner grief and resources

Triggers to anxiety which are often overlooked  
Specific ways to create joy and re-connect emotionally and spiritually based on our loved ones' unique histories, love languages, and preferences

#### Locations and times:

**(several options of the same class)**

Timberline Church, 2908 S Timberline Rd;

Fort Collins, CO 80525 ROOM 212

Come in the main (West) entrance and go upstairs

Thursdays, January 30, February 27, and March 26,

Noon-1:30pm

Windsor Recreation Center 250 N. 11th St.,

Windsor, CO 80550

Tuesday, January 28, 11:30-1pm

St. Bartholomew's Episcopal Church, 880

Macgregor Ave, Estes Park, CO 80517

Thursday, January 23, Noon-1:30pm

Stepping Stones Adult Day Program 302 3rd St SE

Ste 100, Loveland, CO 80537

Wednesday, March 11, Noon-1:30pm

Dementia-Friendly Communities of Northern Colorado® is a 501c3 nonprofit organization.

We leverage and provide community resources, education, and activities to increase dementia-friendliness in our local communities.

**These classes are provided at no charge to family and friends of loved ones living with dementia.**

**Donations are gratefully accepted so we can sustain and grow our services in Northern Colorado.**

*Presenters: Cyndy Luzinski, Advanced Practice Nurse, Founder and Executive Director of*

*Dementia-Friendly Communities of Northern Colorado® and the only accredited SPECAL® senior coach in North America, credentialed by the Contented Dementia Trust in England.*

*Jill Couch, Licensed Occupational Therapist, DAWN (Dementia Alzheimer's Well-being Network) specialist, and owner of Better People Care, LLC.*

[DFCNoCO.org](http://DFCNoCO.org)