



PRESS RELEASE – Jan. 8, 2015

Communications: 972-624-3156

New initiative offers support for those with dementia, caregivers

THE COLONY, Texas — The Alzheimer’s Association defines dementia as a general term used to describe a decline in mental ability severe enough to interfere with daily life. Examples include memory loss and difficulty communicating. Alzheimer’s is the most common type of dementia.



In the hopes of drawing in persons from the community who may need a resource for dealing with dementia and/or Alzheimer’s, The Colony Community Center is offering a new Alzheimer’s Association series including classes and support groups.

The three-part education series will be held on the second Tuesday of the month for the next three months, starting in January. Topics will include the 10 signs of Alzheimer’s, the basics of Alzheimer’s, and communication techniques. Programs for those living with dementia and caregivers will be held on the third Friday of each month during the same timeframe. The education series is free to everyone. The support group and art class are free the first visit and then free with membership to the Center.

Community Center Coordinator Diana Holland said interested participants need not be diagnosed with Alzheimer’s specifically, as dementia could be the result of other conditions or medications. Programs are available for caregivers as well.

“The three-part series is to inform our residents about Alzheimer’s and dementia, and let them know that a new support group for caregivers and loved ones is available, in addition to an art activity for those with any type of dementia,” Holland said.

Upcoming programs and activities include:

Know the 10 Signs of Alzheimer’s disease – 6:30 to 7:30 p.m. Tuesday, Jan. 13. Learn the warning signs that may be symptoms of Alzheimer’s disease or other forms of dementia. Understand the importance of visiting your doctor early to rule out treatable conditions that may be the cause of these symptoms. Early diagnosis helps with planning, treating, possibly participating in clinical trials and accessing support from the Alzheimer’s Association.

Memories in the Making – 11:30 a.m. to 12:30 p.m. Friday, Jan. 16. Individuals with dementia will use art as a therapeutic medium. No art experience necessary. Emphasis is on drawing or painting a memory and then telling the story to the facilitator. Seating is limited to 10.



Alzheimer's/Dementia support group – 11:30 a.m. to 12:30 p.m. Friday, Jan. 16. Are you a friend, caregiver or loved one of someone with dementia? Join us for a time of caring, sharing and learning how to help yourself and those you love. This meeting time runs concurrently with Memories in the Making, enabling you to attend while your loved one participates in the art activity.

For more information and to register for programs and activities, please contact Holland at 972-624-2246 or by email at dholland@thecolonytx.gov. The Colony Community Center is at 5151 North Colony Blvd. Membership to the center is \$10 a year for residents, \$18 a year for non-residents.

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