

DEMENTIA FRIENDLY FORT WORTH  
RE-INTRODUCES:

# 5th Street Cafe

## DEMENTIA FRIENDLY SOCIAL CLUB




### WHEN? WHERE? WHAT TIME?


1st & 3rd Wednesdays of each month  
Foundation Building of 1st United Methodist Church  
750 W. 5th St. | Fort Worth, TX 76102  
Room 271 & 274  
11:00 AM - 12:30 PM


- **Join a friendly gathering of people with self-reported memory loss, mild cognitive impairment, dementia, or Alzheimer's disease diagnosis.**
- The 1st and 3rd Wednesdays of each month will offer engaging activities for the attendee and care partner to have the opportunity to participate in a fun, non-judgmental environment. Activities could include brain engagement, games, movement, and other exciting presentations.
- Lunch will be provided at no cost to participants and care partners.

#### REGISTER & CONTACT:

Gail Snider, Executive Director  
Dementia Friendly Fort Worth

 **(817)-332-6266**

 [www.dffw.org/events](http://www.dffw.org/events)

 [gsnider@dementiafriendlyfw.org](mailto:gsnider@dementiafriendlyfw.org)

#### 5TH STREET CAFE IS WHERE:

- People with dementia or memory loss and family members can socialize, learn, have fun, and meet new friends.
- You can relax and be yourself, knowing that no one is judging and everyone there is going through similar challenges.
- The only purpose is to enjoy each other's company.

#### 5TH STREET CAFE OFFERS:

- Relief from feelings of isolation and depression through positive interaction with others.
- Support by professionals and volunteers who understand the challenges of those with cognitive impairment.
- Free lunch and an opportunity to participate and enjoy a stress-free social interaction.

#### HOW TO HELP:

- Volunteer to help host a session
- Provide refreshments
- Make a financial contribution
- Attend as a dementia friend

# Dementia Friendly Fort Worth Introduces: **CARE PARTNER SUPPORT GROUP**



## **When? Where? What Time?**

1st & 3rd Wednesdays of every month.  
Foundation Building of First United Methodist Church  
750 W. 5th Street | Fort Worth, TX 76102  
Room 271 & 274  
11:00 AM -12:30 PM

The Care Partner Support Group will occur on the 1st & 3rd Wednesdays of each month. If you are a family member or friend supporting someone living with dementia, we offer a gathering place for education and sharing in a supportive and confidential environment. Feel free to bring your questions, concerns, tears, and laughter. We are here to walk alongside you. The support group will be facilitated by Dr. Michelle Kimzey, Assistant Professor at TCU Harris College of Nursing & Health Sciences, and Pam Brandon, Founder & Owner of AGE-u-cate Training Institute.

## **Support Group Helps The Care Partner:**

- Feel less lonely, isolated, or judged
- Find common ground with other care partners
- Receive & impart encouragement for the journey
- Connect with experts in the field of dementia
- Gain a sense of control, empowerment, and perspective
- Acquire information about solutions or treatment options
- Build coping skills
- Share & receive resources
- Learn ways to keep your older adult at home longer
- Prepare for the future

