

# Wine, & Women, & Dementia

## Celebrate Caregivers! Inspire Change. Step-by-Step Watch Party Kit

Use your screening of *Wine, Women, & Dementia* to **celebrate caregivers** and **inspire change** in your community! This guide offers background information on the film, helpful screening tips, and discussion questions for an informative and celebratory screening.

Cheers!

### About The Film

The world is grappling with a crisis as the baby boomers age into dementia. The United States is no exception with an estimated 16 million dementia family caregivers in the U.S. alone. *Wine, Women, & Dementia* provides an intimate look into the human side of dementia from the lens of the family caregiver. The documentary follows the journey of former dementia family caregiver and filmmaker, Kitty Norton, as she embarks on a cross-country RV adventure with her friend, Beth Rigazio, to meet the dementia family caregivers who provided virtual friendship and support through their shared caregiver experiences. **Watch the trailer [here!](#)**

### About The Filmmaker

In 2016, Director and Producer, Kitty Norton, left her job as an NBC assistant editor in Los Angeles, CA for her hometown of Portland, OR, to walk, stumble, crawl with her dementia mother to death's door. While doing so, she authored the dementia caregiver blog *Stumped Town Dementia*, writing tales of dementia life, not dementia death, resonating with readers around the world.

When her mother, Gloria, died in 2021 Kitty set out to make *Wine, Women, & Dementia* to honor this journey with her mother, to spread awareness of the dementia experience, and to let other dementia households know they're not alone; they are worthy of being seen, heard, and celebrated as they slog alongside their dementia person to the end of life.



## Ready to plan? Let's get this party started!

- ★ **Register to host your screening [here](#).** We'll start with a quick Zoom to clarify your vision for your screening (i.e. private home, institution of learning, public community screening, director or cast member attendance). *Wine, Women, & Dementia's* has a run time of 87-minutes and is often followed by a half-hour or more panelist Q&A or attendee discussion.
- ★ **Promote your screening** with the digital postcard and poster we will provide to share with your intended audience. Spread the word via your email contact list, social media announcement, online community calendars, and/or physical postcards and poster included on community bulletin boards at local businesses. Local memory cares, respite centers, and organization supporting your community's dementia households are deeply vested in this issue - invite them too!
- ★ **Identify your goals.** Are you looking to gain support or recruit for a local grassroots campaign, or raise funds for a community organization in the caregiver space, or simply want to bring together friends and family to watch and learn together? Knowing the impact you wish to achieve will help guide your planning.
- ★ **Book your venue.** Host in your own home, online, or consider other ideal venues: independent movie theatres, churches/synagogues, community/senior centers, public libraries, memory care facilities, university and college venues, business warehouses, and outdoor parks are all great options for successful community screenings.





- ★ **Find a partner!** Who else is working to support family caregivers in your community? Are they interested in co-sponsoring the event? Partners can be financial support or in-kind services. Perhaps they have access to a venue free of charge or will help with publicity by sharing with their own contacts. Maybe they are able to donate food or beverages, or will facilitate/participate in a Q&A after the screening. The possibilities are endless.
- ★ **Guest speakers and panelists** are a great way to encourage discussion and inspire action after a community screening! Contact representatives of local non-profits, faith groups, teachers/professors who have insight into the family caregiver issues raised by the film, and invite them to attend and participate in the discussion following the screening.
- ★ **Tech check** one week prior to your event. Whether virtual or in-person tech checks *before* the event are crucial to the success of your screening!!

### Ready to watch? Sit back and enjoy the film!

- ★ **If your screening is virtual,** encourage your attendees to share reactions and comments in the chat.
- ★ **Remind them of the post-viewing discussion** so they are ready to share their thoughts and impressions when the screening concludes.



Ready to discuss? Celebrate yourselves while starting the convo with these suggested question:

- ★ What's your one-word initial impression?
- ★ What moments in the film stood out to you?
- ★ Did you learn anything new from the film?



*Wine, Women, & Dementia* explores the themes of perseverance, community, and most importantly how to celebrate life on the long road to death.

- ★ Did these themes resonate with you? Which ones in particular?
- ★ Were there other themes in the film you found important?
- ★ Were there any moments that you connected to personally?
- ★ Have you accessed caregiver related resources? Have you found them helpful?
- ★ Have you found “your people” for caregiver support? If so, how did you build that community? If not, what have been the barriers?

Ready to commemorate your experience? Show and Tell us how it went!

- ★ Send up a “Cheers!” to yourselves for your caregiver successes, your caregiver fails, your caregiver courage, and most importantly, for your caregiver heart. Take a group photo to share with us and your social media community (use #winewomenanddementia and #wwdscreening in your posts).
- ★ Use your cell phone to record the post-discussion and/or the Q&A and share with us.
- ★ Have a quiet space away from the screening room where caregivers can #LiveOutLoud by filming their own reactions or sharing a personal caregiver experience.
- ★ Submit your screening experience feedback in our [quick survey](#).





## Ready to Inspire Change?

- ★ As a group, share your most helpful local caregiver resources: organizations, respite options, activities, outstanding medical care team members.
- ★ Swap contact information for a weekly/monthly Caregiver Check-In via text, email, phone, Zoom, or in person.

- ★ Volunteer/support your local, state, and national agencies providing and advocating for meaningful family caregiver and dementia support (i.e. local [Alzheimer's Associations](#), [Dementia Friendly America](#), [Family Caregiver Alliance](#)).
- ★ Contact your local, state, and [national](#) policy makers with your caregiver story, illustrating the need for more support in the family caregiver space.
- ★ Subscribe to the *Wine, Women, & Dementia* [Newsletter](#) to keep up to date on future virtual and in-person screenings and encourage other caregivers and advocate organizations to see and support the film.
- ★ Check out the *Wine, Women, & Dementia* [Resource Page](#) for a plethora of caregiver support recommendations, including books, podcast, art programs, social media communities, etc. - and let us know if your favorite resource is missing!
- ★ Follow and share *Wine, Women, & Dementia* on [Facebook](#), [Instagram](#), [Twitter](#), and [TikTok](#).

**Thank you for being a part of *Wine, Women, & Dementia's* journey. I wish love and laughter through the heartbreak and horrid for everyone in your dementia world.**

**Cheers, caregivers! I see you.**

**~Kitty Norton, Director, *Wine, Women, & Dementia***

