



## CALENDAR OF EVENTS

### Sagetalk Series

Friday, September 10

12pm-1:30pm EST

Chill, Chat & Chew for

Caregivers & Care Partners

For more information call

(404) 549-4504 or visit

[bit.ly/chillchatchew](http://bit.ly/chillchatchew)

### Walk to End Alzheimer's

Henry County, Georgia

Saturday, September 18

Team: Faith Village Research

Lab

For more information visit,

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

### World Alzheimer's Day

Tuesday, September 21

Alzheimer's Disease International

<https://biturl.top/VRBfia>

### Understanding and Responding to Dementia-Related Behaviors

Monday, September 27

6pm-7pm EST

Alzheimer's Association

<https://biturl.top/BRbyia>

For more frequent communications from ALTER and Faith Villages, follow us on social media!



Follow us on Social Media!

# CONNECTIONS

*"...and who knows but that you have come to your royal position for such a time as this?"*

*- Esther 4:14*



Alter and Faith Villages partner with many organizations committed to dementia awareness and education and who advocate for the inclusion and well-being of Black persons living with dementia. This month, we are proud to host a special event presented by our partner, Black Dementia Minds.

Please join us for their presentation of

## FOR SUCH A TIME AS THIS

**Wednesday, September 22, 4pm-5:30pm EST**

"For Such A Time as This" is an interactive presentation by seven Black individuals living with dementia. In this dramatic presentation, they will share the impact of their diagnosis and the important role their faith plays in their ability to live well. This presentation is hopeful, challenging, and inspirational. Be prepared for a powerful experience that will transform your view of living with dementia.

"For Such A Time as This" promotes dialogue between individuals living with dementia and the people around them. The presentation allows persons living with dementia to initiate conversations that many are afraid to have and then answer questions from the audience during the Talkback session following the presentation.

While registration is required, the event is offered at no cost.

Please click the link to register: <https://biturl.top/v6fy2a>



## RESEARCH

**We want to hear from you!**

**Please share your insights with policy makers, regulators and doctors:**

Faith Village Research is partnering with UsAgainstAlzheimer's A-LIST® to learn and share new insights to make life better for families managing dementia.

### How the A-List works:

- Online surveys: Each month you will receive an email from A-LIST founder and caregiver Meryl Comer inviting you to answer a short survey on a dementia-related topic.
- Privacy: All answers are anonymous. No personal identifiable information is ever shared. You can withdraw from the A-LIST at any time.
- Making life better: We share anonymous survey results with policymakers, researchers, health care providers, insurance companies, and others so they can better understand what matters most to individuals.

### Sign up:

Add your name and email here: [alist4research.org/sign-up](https://alist4research.org/sign-up)

Then click "I agree" to sign the study consent form and answer the first short survey, the "Pulse of the Community."

Learn more at [Alist4research.org](https://Alist4research.org)

# PEARLS OF WISDOM: OPPORTUNITIES TO STAY ACTIVE AND LIVE WELL WITH DEMENTIA

During the pandemic, we've all learned what it's like to have to let go of some activities and vocations important to us, and what it's like to be separated from loved ones. But we also learned how valuable virtual get-togethers and online programs can be! This experience of loss and discovering a different way of living well is nothing new to persons living with dementia. Thankfully, more virtual activities and peer support groups exist now than ever before! Take time to explore some of the offerings of these organizations:



## **Dementia Action Alliance**

Have fun connecting with others doing interesting, engaging activities, such as Sports Club, Spirituality, Storytelling, Poetry Club, Laughter for Health & Happiness, and more. Programs are Monday-Friday, 2pm EST.

To register, contact Ginnie Knight at [ginnieknight@aol.com](mailto:ginnieknight@aol.com) or visit [https://daanow.org/online\\_engagements/](https://daanow.org/online_engagements/)

Weekly online discussion groups hosted by persons living with dementia offer friendship, community and connections.

- Thursdays at 1:00pm EST, join members of DAA's Advisory Board living with dementia for discussion of specific topics.
- Tuesdays at 4:00pm EST, join "Drop in with DAA" for open discussion.
- Fridays at 1:00pm EST, participate in "Faith, Hope and Love", a non-denominational discussion about spirituality.

The zoom link for access to all of the Discussions may be found at <https://zoom.us/j/4567882023>

## **Alzheimer's Foundation**

The "AFA Teal Room" is a free library of virtual activity and therapeutic programming. Programs take place every day and include music, art, dance/movement, fitness, gardening, virtual tours and more. To find an activity that interests you, visit <https://alzfdn.org/afatealroom/>

**Black Dementia Minds** is a group formed by the National Council of Dementia Minds (NCDM). Both the council and the group are led by persons living with dementia who encourage one another to face this disease with faith and grace. Black Dementia Minds provides a much needed forum to openly discuss day-to-day realities of being black and living with dementia, as well as the unique challenges of living with young onset dementia. The group brings together persons living with dementia, licensed health care professionals, researchers, families, care partners, policymakers and communities at large for dialogue and education about strategies to live well with dementia.

For more information, visit <https://dementiaminds.org/>

## **CALLING ALL VOICES!**

### **Podcast Series and White Paper**

First-person perspectives about living with dementia are vitally important. Much can be learned from personal experiences and insights. The Global Council on Alzheimer's Disease (GCAD) and the Dementia Action Alliance (DAA) are developing a podcast series and white paper focusing on individuals from diverse and under-represented communities to learn about their experiences and perspectives about living with dementia.

The podcast series will initially focus on individuals who are Black Indigenous People of Color. Individuals living with dementia and care partners will be invited to be speak with a project partner via Zoom to discuss the podcast and white paper and to answer questions. Following this discussion, a date and time will be scheduled to record the conversation for the podcast and interview questions for the white paper.

GCAD and DAA will share the podcasts and white paper with their extensive networks of people interested in creating a better society in which to live with dementia. GCAD and DAA believe strongly in NOTHING ABOUT US WITHOUT US. We thank you and greatly appreciate your interest and participation in this effort.

To be featured  
in our newsletter, please  
contact the Alter team  
at [alter@gsu.edu](mailto:alter@gsu.edu) or  
(770) 686-7730.

**If interested in participating, please email Shon Lowe at [shontesway2017@icloud.com](mailto:shontesway2017@icloud.com) or call 630-414-1576.**