



The dementia journey can be overwhelming,  
but no one has to walk it alone.

## Who We Are

Dementia Together is a local, grassroots, “in the meantime” nonprofit organization.

We started as a volunteer initiative in November 2015 with the name “Dementia-Friendly Communities of Northern Colorado.” Just two years later, in January 2017, we became a 501(c)3 nonprofit organization committed to ensuring that people walking the dementia journey don’t have to walk alone.

We are supported by private donations, corporate sponsorships, grants, and a lot of collaboration and passion. This passion can be seen most clearly through the eyes of our committed team, Board of Directors, and Advisory Board.



## Our Mission

Our mission is to create communities in which no one has to walk the dementia journey alone.

At Dementia Together, we cultivate joy and build stronger connections for people living with dementia, their care partners, and the community.

# A Letter from Our Executive Director

**Dear Stakeholders,**

This nonprofit organization started out of a passion to make my dad's journey with dementia count for a greater good. Our name, Dementia Together, reflects who we are as an organization. Because of the continued collaboration and support we are enjoying in Northern Colorado and beyond, together, we are all making our mission a reality: To create communities in which no one has to walk the dementia journey alone.

**Because of the community support we receive, we are privileged to offer:**

- Memory Cafés for people living with dementia and their care partners to discover there is still joy to share and living to do with each other and others on similar journeys
- Mobile Memory Cafés for residents and staff in care communities
- Care partner, community, and professional dementia education and consultation
- Patient resource folders for medical providers to share with patients experiencing cognitive changes
- Support groups for care partners and people living with dementia.
- Monthly meal drops for our participants

**We are leading North America in sharing the evidence-based Contented Dementia approach (SPECAL® Method) – teaching families how to work positively with loved ones living with dementia and provide lifelong well-being for them.**

We are the first organization in the Colorado, Wyoming, and Utah tri-state area to utilize Embodied Labs Virtual Reality for people to experience what it is like to live with dementia. We participate in research with CSU and other organizations on the effectiveness of our virtual care partner support groups, Contented Dementia education, and the B Sharp Arts Engagement program.

**We offer our programming at no charge to participants so that cost is not a barrier for connection and education. That's why the generosity of our private and corporate donors makes all the difference in allowing us to serve and impact our communities.**

As a relatively new nonprofit organization, we are boldly continuing to mature the organization to ensure strong sustainability and presence in both Weld and Larimer counties.

For all of you who support our work and invest in our mission, thank you.

With much gratitude,

Cyndy Hunt Luzinski, MS, RN  
Founder and Executive Director







## About Us

Although we collaborate with organizations working on cures for the various causes of dementia, Dementia Together doesn't work on any cures.

We are an "in the meantime" organization. For our friends living with dementia now, their hope may not be in a future cure. It's in the current care. So, "in the meantime," until cures are found, Dementia Together exists to help people learn to care well so our friends with dementia can live well.

Our approach to care is person-directed, family-driven and guided by our commitment to listening to the true experts – those living with dementia. By listening to the experts living with dementia, we've established three pillars in which our organization works and thrives.

## Education

Providing businesses, health care providers, senior care professionals, and community partners the resources and training to create a culture of understanding, kindness, compassion, and courage.

## Enrichment

Helping people impacted by dementia to live and finish well through programs, coaching, and support groups.

## Hope

Providing answers and help for today while leading and joining efforts to improve outcomes in the future.



# Our Team

Dementia Together is led by our Founder and Executive Director, Cyndy Hunt Luzinski. Cyndy is an advanced practice nurse and SPECIAL<sup>®</sup> practitioner.



**Meghan Wall,**  
BS Health &  
Exercise Science  
Administrative Assistant  
& Program Coordinator



**Robin Westcott,**  
COTA/L  
Business Manager



**Cyndy Hunt Luzinski,**  
MS, RN  
Founder and  
Executive Director



**Andrea Scandrett,**  
MA Gerontology  
Program Manager

## Board of Directors-2021

Lisa LaFehr, President  
Paul Matthews, Secretary  
Lisa Loehr, Treasurer  
Claire Richardson  
Cynthia Jensen  
Dorsi Smith  
Elisabeth Olson  
Gary Amato  
Gil Atanasoff  
Monica Londoño  
Travis Barhaug

Added in 2022:  
Maureen Walker  
Peggy Budai





# Our Team



## Advisory Board

Jim Ruff, expert living with dementia  
Walta Ruff, care partner  
Phil Leathery, expert living with dementia  
Joan Leathery, care partner  
Carla Jeffrey, expert living with dementia  
Lee Jeffrey, care partner  
Sue Branch, expert living with dementia  
Bob Branch, care partner  
Phil Thompson, expert living with dementia  
Cathy Thompson, care partner  
Dementia Together staff

“Nothing about us without us.” Our advisory board of people walking the dementia journey gives us direction in our programming. Our patient resource folders are a direct result of advice from this board to provide tangible hope and connection which medical providers can share with their patients.

## Strategic Partners

Chris Imsland, Imsland Consulting  
Kim Fisher, Vision Catalyst  
Cindy McGrorey, CPA  
Code Geek  
Bonfire Effect  
MBD Marketing & Events

*“It’s not about forgetting.  
It’s about being forgotten.  
Dementia Together helps us know we aren’t forgotten.”*

*“I truly appreciate all the wonderful programs and support resources Dementia Together offers as I learn how to care well for my parents. It has made a world of difference for me already.”*

## Our Programs

Our programs intentionally include rather than passively accept those who are experiencing cognitive changes. Based on the UK-originated framework from the Contented Dementia Trust called the SPECAL® Method, we help people learn to work positively with the disability of dementia, creating lifelong well-being for those living with dementia, thus improving the lives of all involved. We increase dementia-awareness and work to make our communities increasingly more dementia-friendly to achieve **our vision**: *Living well with dementia is the expectation, not the exception.*

### **Memory Cafés and other engagement opportunities**

Memory Cafés are social gatherings for people living with dementia and their care partners and friends.

#### *In-person and virtual Memory Cafés*

Intergenerational reminiscing, inspiration, laughter, music, and snacks. Memory Cafés help participants discover that there is a lot of joyful living to do even when dementia is a part of the journey.

#### *In-person and virtual “Mobile” Memory Cafés*

For residents and staff in care communities (inside the buildings), along with family members living outside the care community buildings, so that loved ones can attend “together.”

### **Support Groups**

#### *In-person and virtual care partner support groups and groups for people living with dementia themselves*

In a safe environment, participants can express feelings, learn helpful information, and feel supported by others with shared experiences.

### **Contented Dementia Education and Consultation**

For family care partners who are seeking immediate and long-term benefits for themselves and those in their care. For professionals and community members striving to effectively serve people living with dementia.



We offer our programming at NO CHARGE to participants so that cost is not a barrier for connection and support.

### **Mobile Memory Cafes**

- 110 sessions for 2,643 attendees
- 285 individual lives

### **SPECAL® Contented Dementia classes and workshops**

- 95 sessions for 1,679 attendees
- 1385 individual lives

### **Support Group for people living with dementia**

- 38 sessions for 265 attendees
- 46 individual lives

### **Alumni Support Group**

- 7 sessions for 42 attendees
- 17 individual lives

### **Cooking With Friends**

- 4 sessions for 15 attendees
- 4 individual lives

## **Our Impact in 2021**

### **Memory Cafes**

- 99 sessions for 1,743 attendees
- 175 individual lives

### **Meal Deliveries**

- 923 meals delivered
- 140 individual lives

### **B Sharp Arts Engagement**

- 2 concerts for 41 attendees
- 29 individual lives

### **Care Partner Support Group**

- 50 sessions for 1,111 attendees
- 99 individual lives

### **SPECAL® Contented Dementia Consultations**

- 250 sessions for 365 attendees
- 183 individual lives

### **Volunteers**

- 51 persons for 1,332 hours

## **Total Impact by the numbers**

• **1,630** individual lives

• **699** live and virtual sessions (consults, classes, memory cafes, support groups)

• **8,029** attendees (new and repeat participants)



## Our 2021 Donors

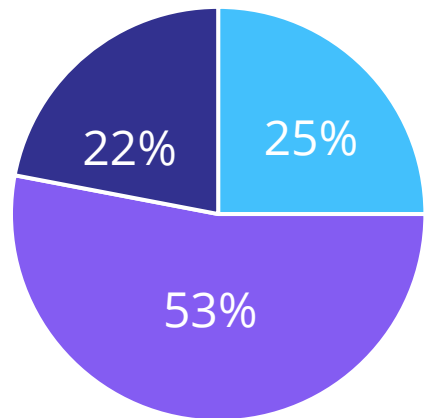
### Corporate Donors:

Elder Care Network  
 Colorado Eagles Hockey  
 McKee Wellness Foundation  
 Right at Home  
 Seniors Helping Seniors  
 Seven Lakes Memory Care  
 Good Samaritan - Loveland  
 Good Samaritan - Water Valley  
 Homewell Care Services of Colorado  
 MacKenzie Place  
 Senior Helpers  
 Windsong at Northridge  
 The Lodge at Greeley  
 UC Health  
 Network For Good  
 The Blackbaud Giving Fund  
 The Bridge at Greeley  
 Amazon Smile

### Private Donors:

We are grateful for the generous support of private donations from people who believe in our mission and have been impacted by our services.

Donor Makeup

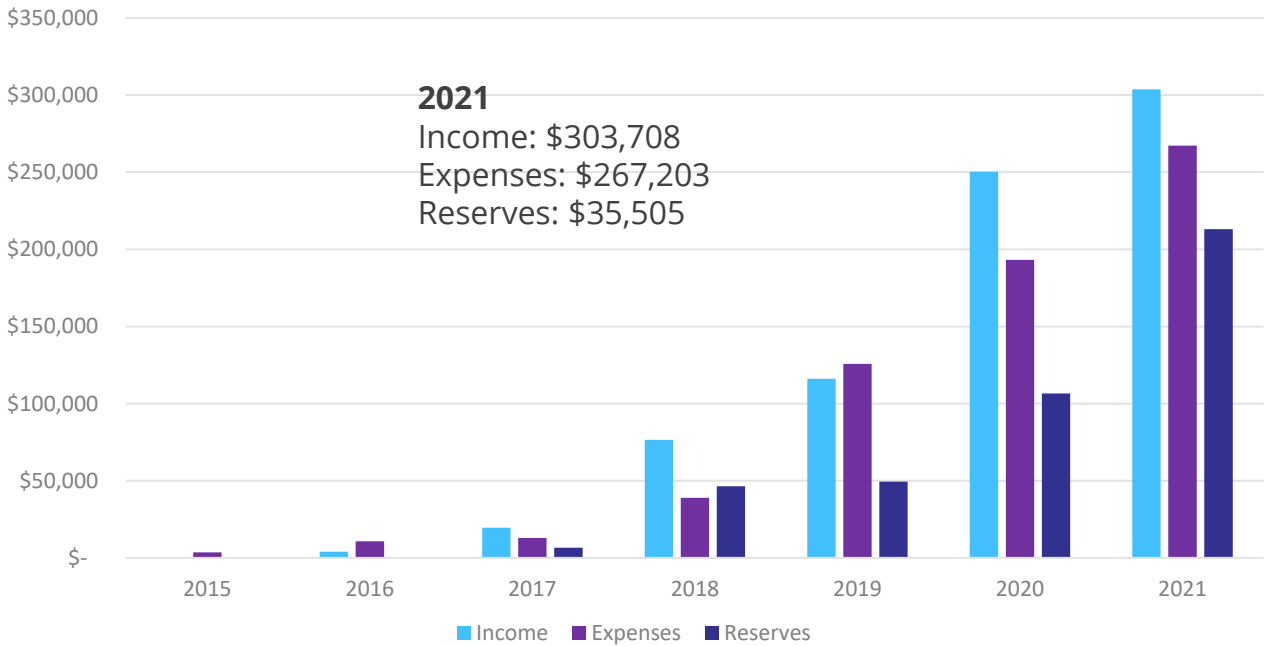


■ Corporate ■ Private Donors ■ Grants ■

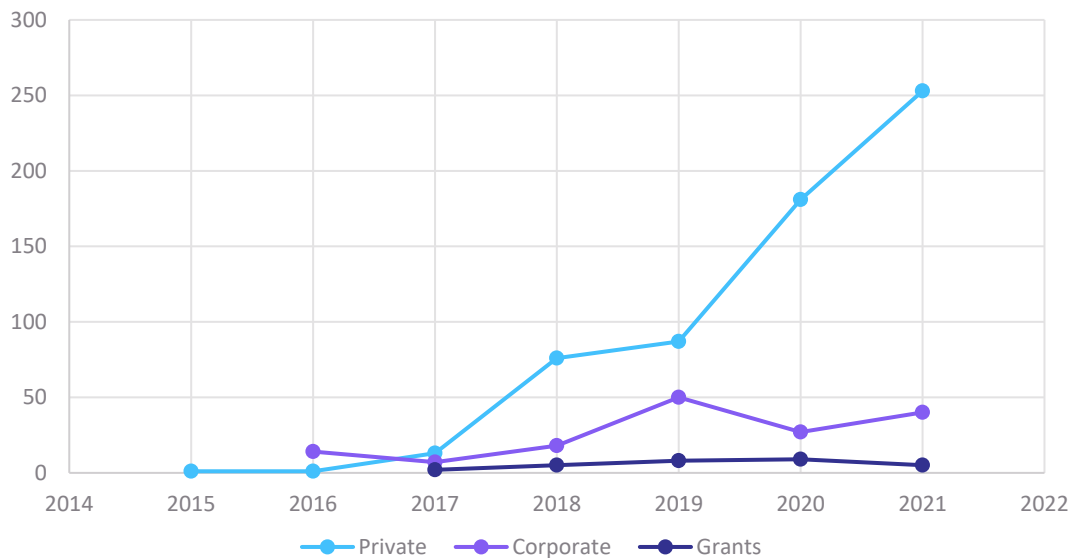
### Grant Donors:

NextFifty Initiative  
 The Weld Trust  
 Larimer County  
 Department of Human Services  
 Woodward  
 Walmart

## Growth since 2015 in Income, Expenses, and Reserves



## Sources of income by type (not amount of \$)





*“I’m sure you’ve heard this  
100 times before, but that hour  
changed my life.”*

*-Dementia Together participant who attended support  
group as a result of receiving our patient resource folder  
from her medical provider.*



dementia  
**together**

**Dementia Together**  
2021 Annual Report  
DementiaTogether.org

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