



dementia
together

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

A Letter from Our Executive Director

February, 2024

Dear Stakeholders,

2023 was quite the year for Dementia Together. The demand for our education and enrichment services has rapidly grown and we have responded with growth in our staff to meet the needs.

This nonprofit organization started as a volunteer initiative in 2015 with one care partner support group at Timberline Church and a passion to make my dad's journey with dementia count for a greater good. A few months after starting support groups at Timberline Church, I met Andrea Scandrett who loved working with families on the dementia journey as much as I did. Together, we added memory cafes, became involved in the B Sharp Arts Engagement program, dementia-friendly education...and the rest of our journey in the nonprofit world is history. Our name, **Dementia Together**, reflects who we are as an organization. Our solid team cultivates joy and provides tangible hope for people walking the dementia journey.

Because of the growing community support we receive, we are privileged to offer our programming at **no charge to families and care partners** so that cost is not a barrier for finding connection and support. We are diligently working to make our online education more accessible and scalable as we collaborate with other visionaries to help us better serve rural areas within Northern Colorado while setting us up for even greater reach in the years to come. That's why we depend on the generosity of our private donors, corporate partners, foundations, and grants who enable us to positively impact those who need us.

We are grateful to collaborate with compassionate, creative individuals, organizations, and communities as we all work toward our vision to make *living well with dementia* the expectation, not the exception.

Gratefully,

Cyndy Hunt Luzinski, MS, RN, SPECAL® Practitioner

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 medical 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.**

By listening to the experts living with dementia, we've established **three pillars** in which our organization works and thrives.



Education

Providing dementia-friendly education informed and inspired by the UK-originated Contented Dementia (SPECAL® Method) approach for care partners, families, businesses, health care providers, senior care professionals, and community partners.

Enrichment

Helping people impacted by dementia to live and finish well through connection, support, and social engagement opportunities.

Hope

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



Education. Enrichment. Hope.

Together, we are making our mission a reality:
To create communities in which
no one has to walk the dementia journey alone.

- **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. Reminiscing, games, music, and fun.
- **Mobile Memory Cafés** for residents and staff in care communities.
- Care partner, professional, and community **SPECAL® (Contented Dementia)** education and consultation.
- **Patient resource folders** for medical providers to share with patients experiencing cognitive changes.
- **Support groups** for care partners.
- Monthly **meal drops** for our participants.
- **DT Sports, Veterans' Monthly Morning Coffee,** luncheons, and other social gatherings.
- **B Sharp Arts Engagement** program with the Fort Collins Symphony.
- **SPECAL® Young Onset Spouse Workshops and Support** with research component.



We are leading North America in sharing the UK-originated, evidence-based SPECAL® Method to help families work positively with loved ones living with dementia and provide lifelong well-being for them. We participate in research with CSU and others on the effectiveness of the education and support we offer.

Since 2015, we have shared dementia-friendly education using the SPECAL® framework with over **18,000 people in more than 725 presentations**. We have provided over **2000 memory cafes** for more than **4600 participants**.

2023 Highlights

- Our executive director, Cyndy Luzinski, was named **Biz West Nonprofit Executive of the Year.**



“To make passion your purpose, you have to make excellence your standard.”



- Dementia Together received the **BBB Nonprofit Torch Award for Ethics.**

- Dementia Together moved into a **new office space** at 4025 Automation Way, Suite F2; Fort Collins, CO.

- Our staff doubled in size to better meet the rapidly growing demand for our programming.



Our Team

In **2023**, we were focused on **rightsizing and growing to meet the rapidly increasing need for our services**, making our organization sustainable to expand the breadth and depth of our impact.

Our dedicated **Dementia Together staff** includes:

Cyndy Luzinski, Executive Director
Andrea Scandrett
Meghan Wall
Robin Westcott
Claire Richards
Amy Threewitt
Esther Gowin
Sharon Keay

Board of Directors

Monica Londono, President
Elisabeth Olson, Secretary
Chris Smith, Treasurer
Cynthia Jensen
Gil Atanasoff
Ben Aaker
Maureen Walker
Peggy Budai
Lisa LaFehr
Sueann Swetzig
Taylor Cobb
Brenda Trejos

Advisory Board

Experts walking the dementia journey

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

Strategic Partners

Chris Imsland, Imsland Consulting
Twelve11Films
Code Geek
Bonfire Effect
Periscope Theory
Colorado State University





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

Our Impact in 2023

Memory Cafes

- 103 sessions for 1,445 attendees
- 312 unduplicated lives

Contented Dementia (SPECAL®) Classes for care partners, professionals, and community

- 173 sessions for 2,581 attendees
- 1801 unduplicated lives

Meal Deliveries

- 1236 meals delivered
- 150 unduplicated lives

Care Partner Support Group

- 48 sessions for 1,149 attendees
- 170 unduplicated lives

Consultations

- 192 sessions for 248 attendees
- 137 individual lives

B-Sharp Arts Engagement

- 5 concerts for 268 attendees
- 82 unduplicated lives

Mobile Memory Cafes for residents in care communities

- 164 sessions for 2,254 attendees
- 520 unduplicated lives

Groups for people living with dementia

- 16 sessions for 162 attendees
- 42 unduplicated lives

Alumni-Old Friends Support Group

- 6 sessions for 26 attendees
- 15 individual lives

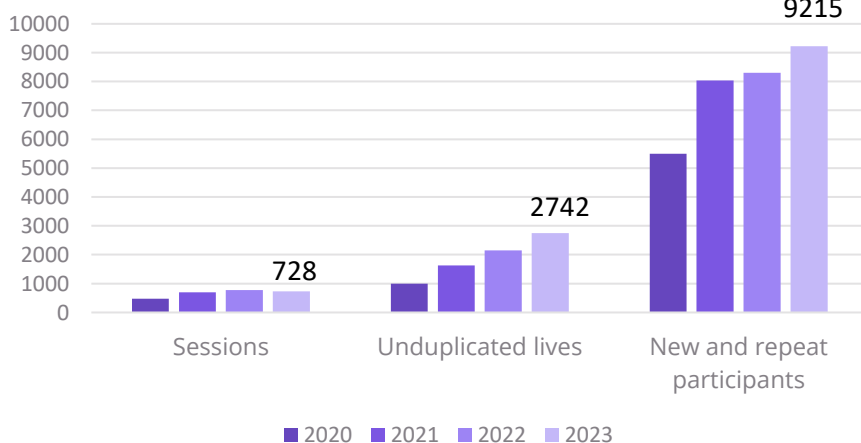
DT Sports, Veterans' Morning Coffee, luncheons, and other monthly social gatherings

- 67 sessions for 838 attendees
- 183 unduplicated lives

Volunteers

- 94 persons for 1338 hours

2020-2023 program reach



2023

728 in-person and online sessions

2742 unduplicated lives

9215 new and repeat participants

Who We Are

Dementia Together is a local, grassroots, growing nonprofit organization.

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

We bring insight and hope by sharing the SPECAL Method to help people discover the life-changing difference this approach makes to promote lifelong well-being for people living with dementia.



"I like it here because I don't have to pretend."

Our Mission

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



"Fantastic training. Definitely should be a foundational training for all EMS providers."

-Emergency medical participant

Our 2023 Major Donors

Major Corporate Donors

Aspens
Banner Health
Business Equipment Service
Canyon Homecare and Hospice
Columbine Health Systems
Emporium Sports Bar
Good Samaritan - Loveland
Good Samaritan - Water Valley
Hillcrest of Loveland
Kirk Eye Center
McKee Wellness Foundation
Right at Home
Senior Helpers
Seniors Helping Seniors
Seven Lakes Memory Care
The Capstone at Centerra
UCHealth
Village Medical/Associates in Family Medicine

Major In-kind Donations

Big Deal Company
Bonfire Effect
Fort Collins Symphony
Gonzo Screen Printing
Timberline Church

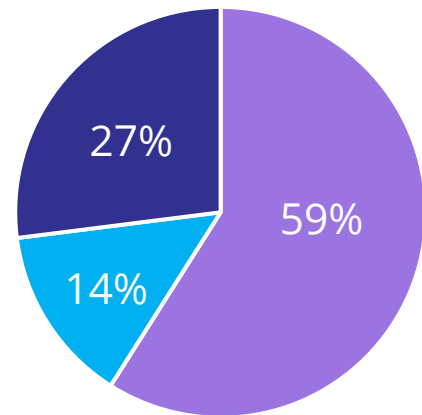
Major Grant and Foundation Donors

Community Foundation of Northern Colorado
Country Kick Up
Daniels Fund
El Pomar
Guys Who Give
Larimer County DHS
NextFifty Initiative
The Weld Trust
United Way of Weld County
Walmart
Woodward

Private Donors and Anonymous Foundations

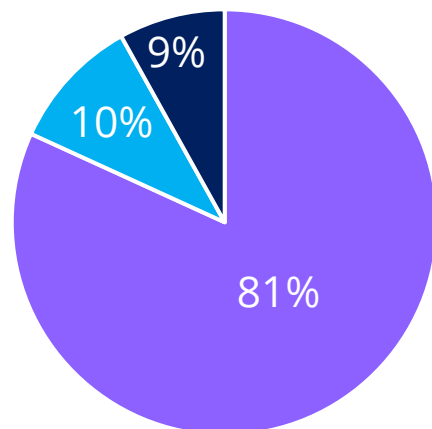
We are grateful for the generous support of private donations from people who believe in our mission and have been impacted by our services.

***Income: \$540,589**



■ Private ■ Corporate ■ Grants and Foundations

***Expenses: \$528,593**



■ Programs ■ Administration ■ Fundraising

*"When we first joined
Dementia Together, I
was looking for a good
source of information
about local resources.
I found that,
but so much more."
-Dementia Together
participant*

