

Knowledge is power!

We offer support and connection to those with dementia AND their family with twice-monthly support group meetings, social outings, easy walks and a private Facebook group.

Most importantly, we offer hope and a renewed sense of purpose.

HEALTHY AGING BRAIN	OR	DEMENTIA WARNING SIGN?
Occasionally forgets appointments and names	✓	! Noticeably disruptive memory loss
Occasional errors with numbers	✓	! Inability to concentrate on instructions
Sometimes needs help using new devices	✓	! Difficulty with familiar, daily tasks
Temporary confusion about the day of the week	✓	! Loses track of time and place
Vision changes from cataracts	✓	! Difficulty understanding vision or space
Sometimes forgets the correct word	✓	! Can't follow a conversation
Retraces steps to find lost items	✓	! Misplaces things and blames others
Occasionally makes a poor decision	✓	! Decreased or poor judgment
Sometimes weary of obligations	✓	! Withdraws from favorite social activities
Annoyance at disruption of routine	✓	! Personality and mood changes

 CROSS KEYS VILLAGE
The Brethren Home Community

Note: Warning signs are only significant when they constitute a pattern, and markedly differ from your cognitive baseline. Stress, fatigue and medication can interfere with cognitive functions.

SUPPORT US

The Dementia Warriors are supported by Peace Lutheran Church and Figaro's Pizza. If you'd like to make a donation to support the group, it can be made to

The Dementia Warriors
C/O Peace Lutheran Church
2540 Applegate St.
Philomath, OR 97370

Your donation will be tax-deductible.

CONTACT US

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Dementiawarriors.wordpress.com



THE DEMENTIA WARRIORS

Improving our Journey Together



Find your **HOPE & PURPOSE**



Join us and experience the power of peer-to-peer support.

YOU'RE NOT ALONE

Loss of cognitive skills and/or memory loss can begin at any age. Dementia is not an "old-person's" disease.

Statistics show that many people live with dementia, on average, about 10 years before seeking a diagnosis. Early detection gives you time to start self-care and stave off the onset.

OUR MISSION

Improve the whole family's journey with dementia through peer-to-peer support, socialization, education, information and basic self-care techniques including diet, exercise and lifestyle changes.

WAYS TO CONNECT

- **Twice-Monthly Support Meetings**
We meet from 2:30-4 p.m. the first and third Wednesday of every month at Peace Lutheran Church, 2540 Applegate St. in Philomath, Oregon.
- **Social Evenings**
Join us for movies, bingo and more.
- **Easy, Twice-Weekly Walks**
We plan easy walks around Philomath and Corvallis to enjoy the outdoors as well as socialize with group members.
- **Facebook Group**
Find us on Facebook! This is a **private group**; you must request permission to join. This is to protect the safety and privacy of members.
- **Website**
Visit us online at dementiawarriors.wordpress.com.



"Getting a referral for support should be the No. 1 step and is absolutely critical for well-being. We don't want you to feel lost or alone in your journey."

*- Jerry Wylie, founder of
The Dementia Warriors*

WHO'S INVITED

Care partners, caregivers, family members, friends and the person living with any type of dementia, diagnosed or not, is welcome. This is a family disease, and **everyone impacted is welcome**. Sometimes, people join because dementia runs in their family and they want to learn more. Professionals in the field are also invited to join as their input and knowledge are critical.