



*"We started out as strangers. We ended as friends."* MEMORY MAKERS participant

# MEMORY MAKERS

## Early-Stage Memory Loss Education and Support Group

**MEMORY MAKERS** provides educational, emotional and social support for individuals with a diagnosis of early-stage dementia and their care partners. The group helps participants develop methods and skills to solve problems and encourages them to maintain personal, physical and emotional health, as well as to foster support networks.

**Durham, NC: Thursdays, 1-4 pm**  
**Program is free. Registration is required.**

### FOR MORE INFORMATION

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**MEMORY MAKERS** is a partnership between Duke Family Support Program and Duke Neurology Memory Disorders Clinic, Jewish Family Services of Durham-Chapel Hill and the Alzheimer's Association Eastern North Carolina Chapter.

### TOPICS AND SPEAKERS SPRING AND FALL GROUPS\*

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#### WEEK 1

**Introduction & Overview**  
*Facilitators*

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#### WEEK 2

**The Basics of Alzheimer's & Related Disorders**  
*Neurologist*

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#### WEEK 3

**Disclosures & Changing Relationships**  
*Social Worker*

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#### WEEK 4

**Legal & Financial Planning**  
*Elder Law Attorney*

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#### WEEK 5

**Balancing Safety & Autonomy**  
*Neuropsychologist*

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#### WEEK 6

**Medications**  
*Nurse Practitioner*

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#### WEEK 7

**Emotions & Communication**  
*Social Worker*

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#### WEEK 8

**Advocacy & Staying Connected**  
*Facilitators*

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**\*THERE IS ALSO A 4-WEEK SUMMER GROUP. CONTACT FACILITATORS FOR MORE INFORMATION.**