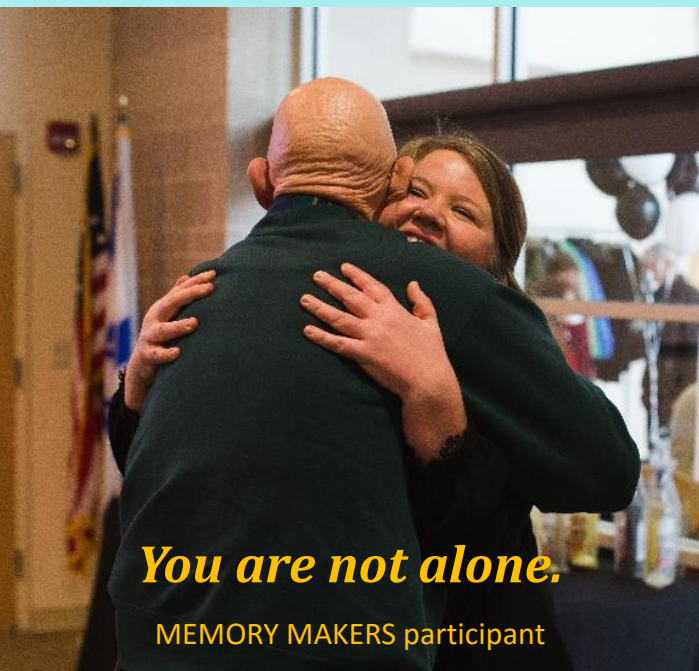


Our **EARLY-STAGE & BEYOND COMMUNITY** provides education and support from the time of diagnosis through the course of the illness.



***You are not alone.***

MEMORY MAKERS participant

mickschultephography.com

***A lifeline for families facing dementia***

KINSHIP participant

## Early-Stage & Beyond Community

The **EARLY-STAGE & BEYOND COMMUNITY** provides families with a variety of social support, cultural and educational programs. All programs were developed with guidance from Triangle families living with dementia.

**EARLY-STAGE & BEYOND COMMUNITY** programs and services are free of charge thanks to a generous gift from an anonymous donor as well as broad support from many family donors.



## EARLY-STAGE & BEYOND COMMUNITY

*Programs to help families live their best with Alzheimer's or a related cognitive impairment*

A service of the  
**Duke Family Support Program**  
Duke Center for Aging  
[www.dukefamilysupport.org](http://www.dukefamilysupport.org)  
919-660-7510



## Duke Family Support Program Team

### Lisa Gwyther, MSW, LCSW



- Leads **PERSON WITH DEMENTIA AND CARE PARTNER GROUP**
- Co-facilitates **WHAT'S NEXT?** and **KINSHIP** groups

### Bobbi Matchar, MSW, MHA



- Directs **EARLY-STAGE & BEYOND COMMUNITY** programs
- Co-facilitates many of the **ES&BC** programs

### Janeli McNeal, MSW



- Coordinates **ALPHA LUNCHES**
- Co-facilitates several **ES&BC** programs

### Natalie Leary, MSW, LCSW-A



- Coordinates **LOOK, LISTEN & LUNCHES**
- Co-facilitates several **ES&BC** programs

DUKE FAMILY SUPPORT PROGRAM  
[www.dukefamilysupport.org](http://www.dukefamilysupport.org)  
919-660-7510

## MEMORY MAKERS

*An eight-week educational support group for individuals with early-stage memory loss and their care partners*

**MEMORY MAKERS** offers a comfortable opportunity for learning and support with others who are living in the early stage of Alzheimer's disease or a related disorder, and their care partners.

### CURRICULUM

- **Introduction & Overview**
- **Basics of Alzheimer's & Related Disorders**
- **Disclosure & Changing Relationships**
- **Legal & Financial Planning**
- **Balancing Safety & Autonomy**
- **Medications**
- **Emotions & Communication**
- **Advocacy & Staying Connected**

**MEMORY MAKERS** is a partnership between Duke Family Support Program, Durham-Chapel Hill Jewish Family Services and the Alzheimer's Association, Eastern NC Chapter.

**MEMORY MAKERS** and the follow-up programs are open to families regardless of where you receive health care; you do not need to be a Duke Health patient.

**PRE-REGISTRATION IS REQUIRED FOR MORE INFORMATION**

Contact Bobbi Matchar  
at [bobbi.matchar@duke.edu](mailto:bobbi.matchar@duke.edu)  
or 919-660-7509.

## Early-Stage & Beyond Community (ES&BC) Programs and Services

*After participating in **MEMORY MAKERS**, families have an option to continue to learn and socialize with current and past group participants.*

**ALPHA LUNCH:** Monthly lunch at a Triangle restaurant

**LOOK, LISTEN & LUNCH:** Monthly art and music program at the Nasher Museum of Art

**PERSON WITH DEMENTIA & CARE PARTNER SUPPORT GROUP AT GREY STONE:** Monthly support group

**WHAT'S NEXT?:** A series of education and support workshops for care partners dealing with mid-stage and

beyond; with simultaneous activities for those living with memory loss

**KINSHIP:** Monthly support for **WHAT'S NEXT?** care partners

**BOOSTER CLUB:** Quarterly lecture series for care partners; and simultaneous activities for those living with memory loss

**WEBSITE:** Access to a password-protected **ES&BC** website