

## COMMUNITIES

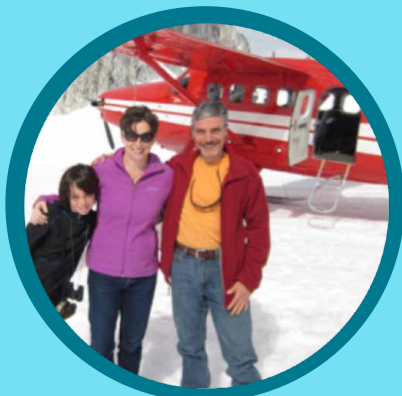
People living with dementia can work and volunteer for years into their diagnosis. The entire community benefits when all members are allowed to contribute.

We provide interactive community education programs to raise awareness and dispel myths about dementia. Contact us to schedule a 60 – 90 minute training session.

## THE MANY FACES OF DEMENTIA

**“As a caregiver, I have a much deeper appreciation for the time we have together as a family and I have learned to focus on all that we can do together. It just takes a lot more planning and patience.”**

***Michelle Goyeau***



## JOIN US AS WE CREATE A SUPPORTIVE COMMUNITY

[www.LandofSky.org/  
DementiaFriendly](http://www.LandofSky.org/DementiaFriendly)

### CONTACT INFORMATION:

**Cathy Hebert:**  
828-712-4811  
[cathyhebert87@gmail.com](mailto:cathyhebert87@gmail.com)

**Nancy Smith Hunnicutt:**  
828-778-0063  
[nva8@aol.com](mailto:nva8@aol.com)

**OR EMAIL:**  
[WNCDeMentiaFriendly  
Communities@gmail.com](mailto:WNCDeMentiaFriendlyCommunities@gmail.com)



Supported  
by the Area  
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**LAND  
of SKY**  
REGIONAL COUNCIL



Committed to  
the well-being of  
people living with  
dementia and their  
families through a  
welcoming and  
knowledgeable  
community

## ABOUT US

Dementia Friendly WNC is a grass roots organization dedicated to creating a community where all members are respected and valued.



## WNC DEMENTIA STATISTICS

- In the 4 county area of Buncombe, Henderson, Madison and Transylvania counties, we have 10,000 older adults living with dementia and 300 people under age 65 with younger onset dementia.
- Families are greatly affected with limited resources to help with increasing care needs.
- Many people with dementia live alone and need assistance.



## THE MANY FACES OF DEMENTIA

**“Riding my bike is the only time I feel like I don’t have Alzheimer’s. I am going to ride for as long as I can.”**  
*Larry Stanley*



**“Every day brings a new adventure. What will I see in a new light? What kindness will a friend or stranger gift me? What can I do to help someone else? The possibilities are endless.”**  
*Denise Baker*



**“After my diagnosis of Alzheimer’s, I have had to re-create myself. Living out of my heart and less out of my head allows me to live in the now. Living in the now and placing friends and family in my heart takes away some of the burden of Alzheimer’s. Bike riding, walking, hiking and learning pottery create a safe and full life.”**  
*James Hyde*



## OUR STRATEGY

Our strategy stems from the NC State Plan for Alzheimer’s Disease and Related Dementias. We strive to:

- Listen to the voices of persons living with dementia
- Raise community awareness and change attitudes about dementia
- Involve government, healthcare, faith communities, and local businesses in becoming dementia friendly
- Strengthen family and community support systems
- Promote meaningful engagement in community life by reducing the stigma of dementia
- Unite community efforts to work together on new models of care