

# Spokane Regional DEMENTIA FRIENDLY COMMUNITY

Biannual Newsletter

Vol. 4 Issue No. 2 - July, 2025

To subscribe, email  
[dementia@altcew.org](mailto:dementia@altcew.org)



## Our Story

The Spokane Regional Dementia Friendly Community (SRDFC) is a member of the Dementia Friendly America® (DFA) network and has been making a community effort to foster quality of life for people living with dementia in our region since 2018. A **Dementia Friendly Community (DFC)** is a town, city, or county that is respectful toward, and informed about, individuals with the disease, their families, and their caregivers. Because the number of Washingtonians living with dementia will continue to increase, we hope to create an equitable and inclusive community that is safe and supportive for people living with dementia and their care partners.

## LETTER FROM THE EDITOR

Hello to summer, warm weather, and longer days!

Within our summer issue of the dementia newsletter you will notice our new logo incorporated here on the front page, along with an updated color scheme. These new colors are a reflection of Dementia Friendly America and the forget-me-not flower, representing love, respect, remembrance, and enduring connections.

- Savannah Reams-Taylor



SRDFC Website: [Click Here](#)

Helpline: 509-960-7281

Alzheimer's Association

24/7 Helpine:

1-800-272-3900



# MESSAGE FROM OUR DFC

## ~ Welcome New Volunteers ~

Since the last SRDFC newsletter, four new active volunteers have joined us. Please join us in welcoming:

**Brad Buff** – Brad is a retired social worker and minister. He is a Dementia Friends Champion that has facilitated two Dementia Friends information sessions since February. He is also an active part of the Action Team and the Faith Communities Subcommittee.

**Cecile Aldrich** – Cecile works with *Rhonda Spangler*, a volunteer on the Businesses Subcommittee. She is a care manager at Dignity Senior Services. Cecile joined the Action Team in May.

**Nicki Long** – Nicki just graduated from Eastern Washington University and is applying for master's programs in psychology. She is working on the Medical Professionals Subcommittee and just wrote a list of dementia warning signs that primary care providers can look for in patients. We will include it in packets that we give to providers.

**Sheri Riehl** – Sheri is a Benefits Enrollment Specialist at Aging & Long Term Care of Eastern Washington. She is working on our Transportation Subcommittee and is specifically looking at finding transportation for older adults to and from medical procedures like surgeries.

Read the next newsletter for full profiles on these new members of the SRDFC!

**Want to Make Our Area More Dementia Friendly?** If you are interested in volunteering with us, please don't hesitate to reach out by email at [dementia@altcew.org](mailto:dementia@altcew.org) or by phone at (509) 777-1629. We offer two volunteer opportunities:

1. A **Dementia Friends Champion** is a volunteer who teaches community groups about dementia by delivering Dementia Friends information sessions to community members.
2. The **Spokane Regional Dementia Friendly Community** works to create an equitable and inclusive community that is safe and supportive for people living with dementia and their care partners. You can join the full action team or one of the subcommittees: *Businesses, Community Spaces, Faith Communities, Medical Professionals, Transportation*

## Volunteer Testimonial ~ Bruce Dentler

There are many illnesses that affect individuals and their families in devastating and life altering ways. These illnesses have consequences that impact not only physical health, but also emotional, relational, financial, and even spiritual well-being of the individual and their family. We are familiar with so many of these diseases such as cancer, strokes, substance abuse disorders and many others. These conditions often involve long and complicated trajectories. One of those health conditions has been of special interest to me. The group of diseases that affect the brain and cause the group of symptoms that we call dementia.

There are a number of diseases of the brain that cause dementia. The most common is Alzheimer's Disease. Dementia is a condition that over time affects memory, thinking, communication, sometimes behaviors, and activities of daily living.



*(Cont. on pg. 3)*



### **(Volunteer Testimonial, Cont. from pg. 2)**

Dementia is devastating and life-altering for the individual and the family that has to deal with this. Dementia is chronic, progressive and eventually contributes to the death of the affected individual.

I had a professional interest in dementia as a geriatrician practicing in nursing homes and retirement communities and a personal stake as well as the son of a mother living with dementia as I witnessed and felt the effect on her and my entire family. I retired about ten years ago, and in 2018 I saw a newspaper article about the need for long-term care ombudsmen (or “ombudspeople” or just plain “ombuds”) volunteers in the Spokesman Review. With experience working in the long-term care field (long-term care includes nursing homes, assisted living and memory care facilities, and adult family homes), I decided to apply. I was accepted and completed the training to become a certified long-term care ombuds. In that capacity I visit residents who are living in these facilities and advocate for them and their families with regard to their concerns and their rights.

Near the end of my training in the Fall of 2018, the local ombuds office became aware that some community forums were being conducted that wanted to find out about the state of dementia care, services, and resources in the Spokane community. I was interested and volunteered to represent the Long-Term Care Ombuds program. The community forums were a joint venture between Aging and Long-Term Care of Eastern Washington (ALTCEW), the Inland Northwest Alzheimer’s Association chapter, and Providence Health. Nearly 120 people participated in two forums in the Fall of 2018. The sponsoring organizations became aware that there was a need for improved dementia education for health professionals and lay people, more and better supports for individuals living with dementia and their care givers, and more specific and directed resources.

During the period of time between 2019 and 2021, several significant milestones were accomplished in spite of COVID. First, a working group of volunteers and staff was formed that has since become the

Spokane Regional Dementia Friendly Community task force. Second, the decision was made to affiliate the Spokane community with Dementia Friendly America which does not cost anything. Third, a survey was conducted with over 200 Spokane respondents, the results of which allowed the task force to discern and prioritize the top community needs. Fourth, a grant was obtained which allowed ALTCEW to hire a dedicated, professional staff person who could support the project.

As a community volunteer, I have found that in most situations in order to meaningfully sustain an effort or really make a difference, it makes a larger impact to have a salaried staff person to support the volunteers. This applies in any agency or organization. ALTCEW has been able to provide that person and that support over the seven years that I have been involved. Even though we have transitioned through three key individuals in that professional capacity due to retirement and career changes, the momentum has continued. Our present ALTCEW professional support person is **Tara Hill Matthews**, and her official job title is **Dementia Resources Catalyst**. She, as well as her predecessors, has provided training, printed materials, logistical support (such as meeting organization, leadership, and minutes), and also ceaseless encouragement to the 20 or so people besides me who have been involved since 2018.

I care deeply in a community that understands how important it is to know more about brain health and dementia causing diseases, what kinds of quality resources and supports people living with dementia and their families and/or caregivers need, and how people living with dementia can still be a part of and make a contribution to our community. I have been trained and supported and valued in that effort by Tara Hill-Matthews and ALTCEW to give information sessions called “Dementia Friends” and also to make a special goal of mine a reality by reaching out to faith communities with information, resources, and ideas for programs to serve their members living with dementia and their caregivers.

**So thank you to ALTCEW and Tara for your investment in me and the other volunteers and our community in this endeavor.**





## JOIN THE MOVEMENT TO BECOME A DEMENTIA FRIEND!

You can be a Dementia Friend and help create a dementia-friendly community. To learn more:

- Head to: [altcew.org/become-a-dementia-friend](http://altcew.org/become-a-dementia-friend)
- Visit our Event Calendar: [altcew.org/news-events/event-calendar](http://altcew.org/news-events/event-calendar)
- Email: [dementia@altcew.org](mailto:dementia@altcew.org)



## Dementia Friends Champions Accomplishments

*By: Anne Freeman, SRDFC Volunteer*

Spokane Regional Dementia Friends was represented at Eastern Washington University Psychology Department Networking Luncheon in May. This was an opportunity for students to connect with agencies in the Spokane area and discuss volunteer and internship roles. I was able to introduce Dementia Friends to several students and SRDFC gained a new volunteer. I was also invited to guest lecture with the Social Psychology class and will again in the fall with introduction to psychology. These classes are often taken by students in various majors which provides an opening to many sectors of our community when they enter their career fields.

The Spokane Vet Center included a Dementia Friends presentation during a meeting in June. Risk factors among Veterans include traumatic brain injury, hearing loss, PTSD and depression. These increase the chance of both Alzheimer's and Frontotemporal Dementia. We discussed isolation across the age spectrum in the veteran population. This was a great opportunity to meet with counselors and connect with the veteran population.

A **Dementia Friends Champion** is a volunteer who teaches community groups about dementia by delivering Dementia Friends information sessions to community members. **We need your support!**

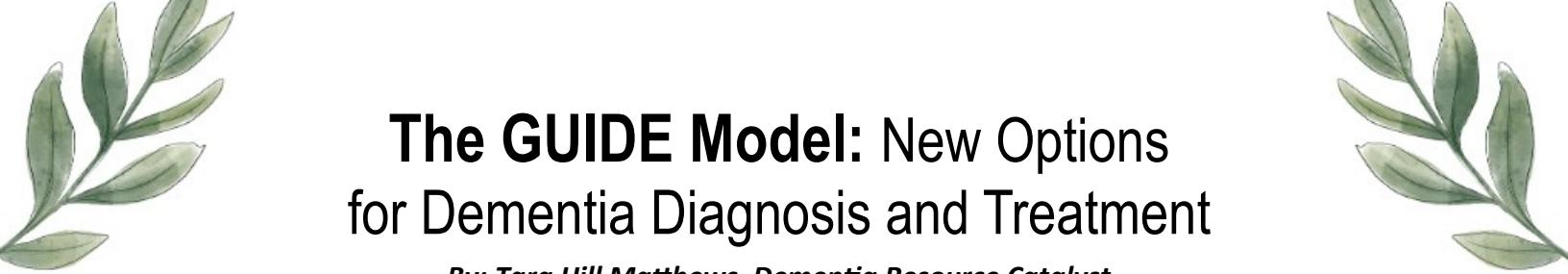
### To become a champion:

- Attend one 3-hour Dementia Friends Champion training
- Lead an hour-long Dementia Friends information session once per month
- Sessions will be with groups that the Champion works with directly or at events scheduled by the Regional Coordinators

**If you are interested in becoming a Dementia Friends Champion and attending an upcoming training:**

- Visit: [www.altcew.org/programs-services/dementia-memory-loss](http://www.altcew.org/programs-services/dementia-memory-loss)
- Email: [dementia@altcew.org](mailto:dementia@altcew.org)





# The GUIDE Model: New Options for Dementia Diagnosis and Treatment

*By: Tara Hill Matthews, Dementia Resource Catalyst*

Many families feel like they are alone when they start to see cognitive changes. It can be difficult to even get a diagnosis, let alone connect with community resources and get medical care from a provider who can answer their questions. Caregiving, in itself a full-time job, can be more difficult when care partners are uncertain of the best way to handle new situations and feel like they have no help. One resource that could help provide more comprehensive care is the Guiding an Improved Dementia Experience (GUIDE) program.

On July 1<sup>st</sup>, many providers will start offering the **GUIDE Model** through **Medicare**. The goals of this program are to:

- Improve the quality of life for people living with dementia
- Enhance support for caregivers of people living with dementia
- Help people living with dementia stay in their homes and communities longer

As we lose neurologists in Spokane, providers like this who can diagnose and treat dementia will become increasingly important.

Many people living with dementia and their care partners are uncertain about how to navigate visits with doctors, plan for long-term care and handle behavior changes. Their care can be fractured between primary care providers and specialists with no one to review medications or provide social supports. GUIDE providers try to solve this disconnect by working within an interdisciplinary care team to reduce poor outcomes and limit the rates of hospitalization and emergency department visits for people living with dementia.

**All GUIDE providers are required to offer services like:**

Comprehensive diagnostic assessments		Personalized and patient-centered care plans		
Support groups		Care partner education		Medication management
Care coordination and transitions		24-hour helpline access for enrolled beneficiaries		

Anyone who is enrolled on Original Medicare or a Medicare Supplement plan can access all GUIDE services with no cost, including a \$2500/year respite care stipend. GUIDE works a lot like hospice care, where one provider handles most care for a specific condition. Medicare Advantage plan enrollees are not eligible for all GUIDE services. However, someone on a Medicare Advantage plan may still be able to take advantage of some GUIDE services with typical cost-sharing (copays, deductibles, coinsurances, etc.). Calling your health insurance company or a GUIDE provider is the best way to find out what you are eligible for.

Two providers (below) are offering the GUIDE model in our area. Both offer virtual care.

- **Nolia Health:** Nolia Health's mission is to dignify family caregiving as a pillar of the healthcare system. It was started by family caregivers. Contact Nolia Health by emailing [hello@joinmagnolia.com](mailto:hello@joinmagnolia.com), calling (855) 621-0466, or visiting [joinmagnolia.com](http://joinmagnolia.com).
- **Rippl:** Rippl's mission is to enable more good days for those living with dementia and their families. It partners with the Alzheimer's Association to deliver specialized dementia care. Contact Rippl by calling (855) 271-2662 or visiting [riplcare.com/contact](http://riplcare.com/contact). Local providers may offer the GUIDE program in-person at a later date.

If you have any questions about getting started with GUIDE, don't hesitate to reach out to the Dementia Resource Catalyst at (509) 777-1629 or [dementia@altcew.org](mailto:dementia@altcew.org).



# OUR VISION

CREATE A DEMENTIA  
FRIENDLY COMMUNITY  
IN EASTERN, WA



## Helpful Resources:

- [Aging & Long Term Care of Eastern Washington](#)
- [Alzheimer's Association](#)
- [Community Living Connections](#)
- [Dementia Friends](#)
- [Dementia Friendly America](#)
- [Providence ElderPlace](#)
- [Providence Health & Services](#)
- [Well Connected - Front Porch](#)
- [WA State Dementia Roadmap](#)
- [Additional Spokane Resources](#)

All resources provided can be found at the Spokane Regional DFC's webpage:

[Click Here](#)

## Helping You Live Long and Stay Strong:

*Local Agency Offers Free Services for Older Adults and Caregivers*

We all hope to live a long and healthy life—to see our kids grow older, to welcome and be involved with our grandchildren, to enjoy life and to give back to our community.

But aging successfully takes planning. Research shows that at some point on the aging journey, two-thirds of older adults will need some support to age well at home.

**Aging & Long Term Care of Eastern Washington**, your Area Agency on Aging, is proud to serve the Ferry, Stevens, Pend Oreille, Spokane, and Whitman County communities with free and low-cost services that help older adults and adults living with disabilities enjoy their longevity safely at home and that support family caregivers.

### Services include:

- Home-delivered meals
- Transportation to medical appointments
- In-home help with daily tasks
- Medicare and benefits counseling
- Caregiver support and respite care

“Our mission is to support independence, dignity and quality of life for older adults and those who care for them,” said **Savannah Reams-Taylor**, Marketing & Outreach Coordinator.

To learn more, call our helpline at (509) 960-7281, email [action@altcew.org](mailto:action@altcew.org), or visit [www.altcew.org](http://www.altcew.org).



**Aging & Care**  
LONG TERM  
OF EASTERN WASHINGTON



# WANT TO CHECK YOUR BRAIN HEALTH?

## CONTACT US FOR A MEMORY SCREENING!

*By: Tara Hill Matthews, Dementia Resource Catalyst*

Are you forgetting more names and words recently? Finding yourself in the middle of a conversation and feeling unsure how to continue? Having difficulty staying focused on a task? Feeling more irritable or apathetic? One way that you can tell if these might be changes you should talk to a doctor about is by taking a [cognitive assessment](#).

A cognitive assessment from [Aging & Long Term Care of Eastern Washington \(ALTCEW\)](#) won't give you a diagnosis, but it can be a good place to start a conversation with your provider. Some providers don't take perceived cognitive changes seriously without additional information. It can be helpful to have something to show a provider to get further cognitive testing or a referral to a specialist.

It can also give peace of mind to have an assessment done. Having the results from one assessment can give a baseline to use in comparison with future tests. Also, as we age, we get nervous that things that we have done our whole lives – like forgetting a word or losing the remote control – could be signs of dementia. An assessment can be reassuring that some of these changes may be perceived or typical signs of aging.

At ALTCEW, trained professionals use the [Montreal Cognitive Assessment \(MoCA\)](#). This assessment has been validated as a highly sensitive tool for early detection of mild cognitive impairment (MCI) in hundreds of peer-reviewed studies since 2000. The sensitivity of MoCA for detecting MCI is 90%. You can find more information at [mocacognition.com](http://mocacognition.com).

The MoCA is different from other cognitive assessments because it doesn't just analyze short-term memory and visuospatial abilities, but it also looks at things like attention and concentration, language and executive function.

### What to expect

The first thing you will do is schedule an assessment by emailing us at [dementia@altcew.org](mailto:dementia@altcew.org) or calling us at (509) 960-7281. We will contact you to schedule a 30-minute appointment within 1-2 business days. If you have any concerns about the assessment or accessing our office, don't hesitate to let us know. We have many ways to administer the assessment to give the best indication of any cognitive changes.

When you come in for the assessment, you will sign in at our front desk and give them your name. You do not have to say that you're here for a cognitive assessment. We will be escorted to a private space in our office and spend 15-20 minutes on the assessment.

The results will come in a few days by email or by mail – whichever you prefer. You can store your results in your own files as a baseline or bring them to your provider for more information. If you are concerned about cognitive changes, regardless of your score, we recommend you connect with your primary care provider.

An early diagnosis has many medical, social and financial benefits. [Don't wait to take charge of your own brain health!](#)



# The WA Cares Fund: A Lifeline for Dementia Care in Washington

*By: Loegan Sargent, WA Cares Specialist*

As the prevalence of dementia continues to rise, families across Washington are facing growing challenges in meeting the needs of loved ones living with cognitive decline. From financial strain to emotional burnout, dementia can be difficult for both people living with dementia and their care partners. **The WA Cares Fund**, a first-of-its-kind public long-term care insurance program, offers a meaningful response. By providing financial resources for home-based and community care, WA Cares is poised to improve the lives of thousands of Washingtonians affected by dementia.

**Understanding WA Cares:** WA Cares is a long-term care benefit funded by a modest payroll deduction of 0.58% from most Washington workers' wages. Individuals who contribute for at least 10 years (or meet alternate contribution timelines) and demonstrate a need for assistance with three or more activities of daily living will become eligible to access up to **\$36,500** in lifetime benefits, starting in **July 2026**.

**What sets WA Cares apart is its flexibility:** Funds can be used for a wide variety of long-term care supports, including services that are critically important for people living with dementia. This includes in-home care, memory support programs, safety equipment, caregiver training, and respite care—all tailored to help individuals remain at home for as long as safely possible.

**Targeted Support for Dementia:** Dementia presents a unique set of care needs. Unlike many physical conditions, dementia often involves gradual cognitive decline, making day-to-day supervision and structured routines essential. WA Cares directly addresses these needs by covering:

- **Memory care and dementia-specific support services**
- **Supervised in-home care**, including family caregivers who can be trained and compensated
- **Home modifications** such as grab bars, ramps, and fall prevention tools
- **Assistive technology**, including personal emergency response systems
- **Meal preparation, transportation, and medication reminders**
- **Respite services**, providing critical breaks for unpaid caregivers

These services not only enhance safety and reduce the risk of hospitalization, but also contribute to greater dignity, autonomy, and quality of life for those with dementia.

**A Caregiver's Perspective—Arun's Story:** For many families, dementia caregiving is a full-time commitment. Arun, a resident of Bothell, cares for his 90-year-old father, who lives with advanced dementia and requires constant oversight. Arun's father does not speak English and depends entirely on the family for communication and care.

Reflecting on the support WA Cares offers, Arun shared, "WA Cares will provide a majority of people peace of mind, for when you need some time off to take care of yourself while taking care of the family."

His experience underscores the dual challenge faced by dementia caregivers: protecting a loved one's well-being while maintaining their own. WA Cares helps alleviate that pressure by enabling family members to be paid for caregiving and access necessary resources without exhausting personal finances.

*(Cont. on pg. 9)*



### **(The WA Cares Fund, Cont. from pg. 8)**

**Preserving Independence and Reducing Costs:** One of the program's most significant contributions to dementia care is its emphasis on **home- and community-based services**. Rather than forcing families to deplete savings or enter institutional care prematurely, WA Cares allows them to design a care plan that fits their needs and values. The ability to remain at home, surrounded by familiar people and routines, can delay cognitive decline and enhance mental well-being for dementia patients.

Moreover, by helping individuals access early interventions—such as in-home supervision, fall prevention, and caregiver support—WA Cares may also help reduce emergency room visits, hospitalizations, and long-term facility placements, which are often more costly and less person-centered.

**A Tool for Providers and Care Planners:** Healthcare providers, case managers, and dementia care specialists across Washington should consider WA Cares as part of comprehensive care planning. By educating patients and families on eligibility requirements and care options, providers can empower individuals to access this benefit early—before a crisis occurs.

It also serves as a bridge to other programs, including Medicaid, Area Agencies on Aging, and nonprofit dementia support services. Together, these resources can provide a well-rounded continuum of care for individuals throughout the stages of dementia.

**Looking Ahead:** As WA Cares benefits become available in July 2026, families impacted by dementia are encouraged to start planning now. Reviewing contribution records, discussing future care preferences, and exploring eligible services will help ensure a smooth transition when benefits are needed.

The WA Cares Fund marks a major step forward in recognizing the long-term care needs of those living with dementia. Its impact will be felt not only through financial relief, but in the form of greater choice, dignity, and stability for some of the most vulnerable members of our communities.

To learn more about WA Cares Fund benefits and how they support dementia care, visit [wacaresfund.wa.gov](http://wacaresfund.wa.gov). If you'd like to schedule a presentation about WA Cares for your group or organization, email [wa-cares@altcew.org](mailto:wa-cares@altcew.org) or call (509) 458-2509.

## **RESOURCES FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CAREGIVERS**

- **Memory Cafe Directory**: Visit this national directory by Dementia Friendly America to discover local Memory Cafés near you.
- **The Age Guide Podcast**: This podcast puts a face on aging and gives a voice to older adults and caregivers by highlighting their experiences and stories.
- **Tovertafel for seniors living with dementia | Tover**: Dutch for “magic table,” the Tovertafel is a game system that projects interactive light onto a table. It includes games for people living with dementia at all stages and encourages social interaction, movement, and cognitive/sensory engagement.
- **My ALZ Journey App | Alzheimer's Association**: This new app from the Alzheimer's Association offers personalized support, resources and activities for newly diagnosed people and their care partners.
- **Dementia Risk Reduction & Public Health | Alzheimer's Association**: These videos from the Alzheimer's Association explain the concrete steps you can take to reduce your risk of dementia.

# Faith in Action: Faith Committee Update

**By: Anne Freeman, SRDFC Volunteer**

The Knights of Columbus Council at St. Aloysius on the Gonzaga campus are dementia friends! In March they welcomed me to present information from Dementia Friends and were an engaged audience that brought up a number of questions for follow-up. We discussed the reasons for the predicted increase in dementia, particularly Alzheimer's, in the near decades. As we reviewed risk factors, the aging baby boom generation was identified as were the numerous risks listed by Lancet Risk Reduction. Many are highly prevalent in our society such as diabetes, high blood pressure, being overweight and heart disease. Questions were raised regarding substance abuse. Excessive alcohol is listed but more research is needed on cannabis and methamphetamine use. It was great to begin this discussion with the Knights.

Summit Foursquare church hosts a caregiver support group for its members led by church member and Nurse Practitioner Jaimie Ryan. As a specialist in Long Term Care, she has provided the group with valuable information on dementia and support for caregivers. Going forward, she is working to develop a volunteer eldercare program in the church to offer respite care. The administration of the church is encouraging her vision. Spokane Regional Dementia Friends is looking forward to working alongside Jaimie and Summit Church to provide resources and support.

## How to contact:

- Call the Dementia Resource Catalyst: [\*\*\(509\) 777-1629\*\*](tel:5097771629)
- Fill out the form on our [\*\*Contact Us\*\*](#) page
- Email [\*\*dementia@altcew.org\*\*](mailto:dementia@altcew.org)



[The Association for Frontotemporal Degeneration's](#) mission is to improve the quality of life of people affected by Frontotemporal Degeneration and drive research to a cure.



Vascular dementia is commonly associated with left-hemisphere stroke, impacting reasoning, judgment, memory and other thought processes. Learn more with the [American Stroke Association](#).



[The Parkinson's Foundation](#) makes life better for people with Parkinson's disease (PD) by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience and passion of our global Parkinson's community.



[Dementia Society of America®](#) is the nation's leading volunteer-driven all-Dementias awareness organization. DSA provides an information request hotline (1-800-DEMENTIA®), online resources, and a web-based locator, which can help families and individuals find valuable support near them.



# RATE THE AGEISM: ONLY MURDERS IN THE BUILDING EPISODE ONE

By: Tara Hill-Matthews, Dementia Resource Catalyst

*Only Murders in the Building*, a delightful murder mystery show on Hulu, has won seven Emmy awards, currently has a 97% Tomatometer rating on Rotten Tomatoes, and set a 2021 record for the most-watched comedy premiere in Hulu's history. **But how does it rate on its portrayal of older adults?**

The show was created by Steve Martin and writer John Hoffman and stars Martin (79, playing Charles-Haden Savage), Martin Short (75, playing Oliver Putnam) and Selena Gomez (32, playing Mabel Mora). It has a cast overflowing with A-list stars that will make you ask, "How did THAT person agree to this?" at least once an episode, including Paul Rudd, Meryl Streep, Sting, Zach Galifianakis, Eugene Levy, Eva Longoria, and Tina Fey.

In an interview with Stephen Colbert, Steve Martin revealed that he had the idea for *Only Murders in the Building* more than a decade before he filmed it. "It was for three older guys who live in a building in New York who realize they have a common interest in solving crime. Because they're old, they don't want to go outside the building because it's too tiring so they decide they'll just do murders in the building."

Luckily for us in this review centered on aging well, however, they do actually leave their building. Frequently. In the opening montage that introduces the three main characters, in fact, it shows each character returning to the building as they muse about New York City. Martin's character, Charles-Haden Savage, is stopped by someone who recognizes him from an old TV show the actor starred in. *Brazzos*.

"I used to watch that show with my dad when I was a kid when I was a kid!" the character says excitedly. During the conversation, he reveals that his father has ALS now, so "can't really talk or feed himself anymore" and "won't understand" that he had met Brazzos. Clearly uncomfortable, Savage changes the topic by offering a picture. The interrupter misunderstands and instead hands his phone to Savage so he can take a picture of him with his girlfriend. As Savage is taking the picture, he corrects the framing, saying, "Actually, could you do it in landscape? Turn it sideways?"

In contrast with this sobering incident, Mabel starts by boldly saying that in New York, "all the eyes on you, all the time." She is clearly the one who is noticed, the one who is seen to an extent that feels predatory.

Oliver Putnam, on the other hand, is so absorbed in thinking about a “brilliant dance piece” that he saw on the “worldwide web” as he walks down the street in a lurid purple coat and matching scarf that he is almost hit by a car. In response, he screams, “Really?! Do you not see this coat?!”

This opening highlights a theme throughout the first episode and that series, that older adults can feel invisible and devalued. For example, later in the episode Mora ignores Putnam's conversation about Beats headphones in the elevator. As he gets off the elevator, Martin mutters, "Even the elevator wanted that story to end." A waiter walks past Putnam without acknowledging him in any way. Trying to explain to Mora who Brazzos is, Putnam explains Savage was in "an old TV show many, many years ago. *Bozos*, wasn't it?"

**Ageism Rating: 9/10.** During the first episode and throughout the full series, Martin draws attention to stereotypes and brings the attention to older adults in lighthearted, clever ways. There is reference to degenerative conditions that could be less stigmatizing.

Have a movie you want us to review? Disagree with our rating? Email us at [dementia@altcew.org](mailto:dementia@altcew.org).



# You Are Not Alone: 988 Suicide & Crisis Lifeline

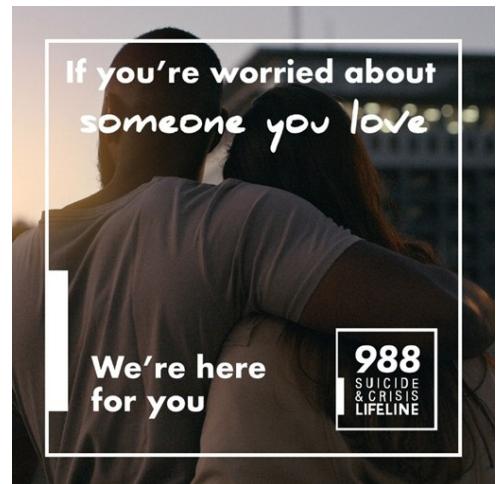
Experiencing changes in memory, or caring for a loved one with memory loss can come with a lot of complex emotions. If you feel lost or overwhelmed, the 988 Suicide & Crisis Lifeline is for Washingtonians experiencing an emotional crisis. 988 is a free, three-digit phone number that connects you to a trained counselor via phone, text, or online chat. Crisis counselors are available 24/7. If you need specialized support, they have a Veterans Crisis Line, The Native and Strong Lifeline, People who use American Sign Language (ASL) line, and languages available other than English.

## What to expect if you call 988:

1. You'll hear an automated message saying you've reached the 988 Lifeline and a series of options such as if you want to talk with the specific lifelines or need another language. For all other callers, stay on the line or dial 0 to be connected to a crisis counselor.
2. A trained crisis counselor will answer your call. They'll listen, provide support, and share resources.
3. Crisis counselors can share resources for longer-term support following your call.

## What to expect if you text or chat with 988:

1. You'll be sent a pre-contact survey that asks questions but your identity can remain anonymous.
2. After submitting the survey, you'll be connected with a crisis counselor via text or chat. They'll listen, provide support, and share resources.
3. Crisis counselors can share resources for longer-term support following your chat.



The 988 Lifeline is free and open to everyone. Their trained counselors provide support for people navigating depression, anxiety, feelings of isolation, loneliness, trauma, concerns about someone else, mental health conditions and symptoms, economic or relationship worries, abuse, drug or alcohol abuse, and thoughts of suicide or self-harm. If you're unsure whether 988 fits your circumstances, please reach out via call, text, or chat. Crisis counselors can work with you to find the right resource.

## Learn more about 988 and available support services:

- Call or text 988, start an online chat at [988 Lifeline Pre-Chat Survey](#), or visit: [988 | Suicide & Crisis Lifeline](#).

## In addition to 988, here are a variety of other mental health supports:

- The Safe Space – Coping support in an emotionally safe environment: [Welcome to a Safe Space](#)
- My Safety Plan – A prioritized list of coping strategies and sources of support: [mysafetyplan.org](#)
- WA Warm Line – Peer support for people living with emotional & mental health challenges: [Warm Line](#)
- Black Mental Wellness – Evidence-based resources about mental health and behavioral health topics from a Black perspective: [Health | United States | Black Mental Wellness](#)
- Asian Counseling and Referral Service (ACRS) – A broad array of behavioral health programs, human services, and civic engagement activities: [Home - ACRS Front Page - ACRS](#)
- Mental Health Resources for Historically Marginalized Communities – American Foundation for Suicide Prevention resources about supporting individuals in historically marginalized communities: [AFSP](#)
- Connect2Affect - Connects older adults with online and local resources to help build social connections and improve mental health. Learn More: [Connect2Tools to Overcome Social Isolation](#)



# Are you Prepared for Wildfire Season?

As we are in summer, it also happens to unfortunately be wildfire season. It's already been an active year, and the country could see an increased risk of fires through summer across the west. Emergency situations such as heat waves and fires can greatly impact safety, especially for those living with dementia or memory loss. This situation is distressing and confusing for everyone, so being prepared is crucial.

**Here are steps you can take to keep yourself and the person living with memory loss as safe as possible:**

1. Create a fire escape plan including where to go, how to get there, and where to stay. Discuss this with your family and neighbors. Contact your building manager or fire department to discuss your plan if you need extra help escaping.
2. Check weather conditions regularly, keep a full gas tank, learn about disaster and evacuation plans if living in a residential building, and consider needed accommodations during an evacuation.
3. If you have not registered to receive emergency alerts and warnings, go to [ALERT Spokane](#) to register. If there is a fire near your home and you are not at home, the only way to be notified about the fire is if you register.
4. Prepare a [GO BAG](#) or tub for you and your pets which includes some of these items (as an example): Money, important documents, snacks and water, pet supplies, medications and other special needs, change of clothing, and a pillow, blanket and/or sleeping bag.
5. Review the [Fire Evacuation Map](#) to get the details on the area or areas being evacuated.

**To learn more about preparing for emergencies, visit:**

- [Emergency Management | Spokane County, WA](#)
- [Preparing for Emergencies | Alzheimer's Association](#)
- [Busy Wildfire Season Underway – Follow these Safety Steps](#)



<b>LEVEL 1</b>	<b>Be Ready</b> - Residents should be aware of the danger that exists in their area, and monitor local media outlets for information. Residents with special needs should take note and begin making arrangements to evacuate. Evacuations at this time are voluntary.
<b>LEVEL 2</b>	<b>Be Set</b> - This level indicates there is significant danger to your area, and residents should either voluntarily relocate to a shelter or outside of the affected area, or if choosing to remain, to be ready at a moment's notice. Emergency services cannot guarantee that they will be able to notify you if conditions rapidly deteriorate.
<b>LEVEL 3</b>	<b>Go Now</b> - Danger to your area is current or imminent, and you should leave immediately. Listen to local media, and watch for emergency personnel who may be coming by to give further instructions regarding the evacuation.



# THIS IS WHY WE WALK.



At the Alzheimer's Association Walk to End Alzheimer's, we're fighting for a different future. For families facing the disease today. For more time. For treatments.

We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us for the annual Spokane Walk to End Alzheimer's.

## SPOKANE WALK TO END ALZHEIMER'S

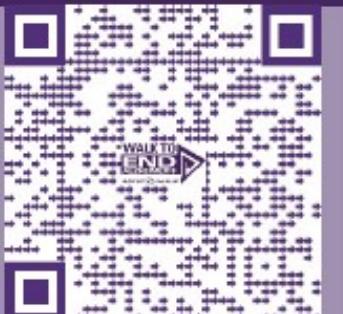
**Saturday, October 11, 2025**

JOIN US AT 9:00AM  
Riverfront Park, Lilac Bowl



Register today at  
[act.alz.org/Spokane](http://act.alz.org/Spokane)

Questions? Contact Jordan Hunter  
[JLHunter@alz.org](mailto:JLHunter@alz.org) | 509-321-4538



# SPOKANE COUNTY LIBRARY DISTRICT

## HEALTH & WELLNESS PROGRAMS – 2024 – LEARN MORE: [WWW.SCLD.ORG](http://WWW.SCLD.ORG)

**2024—Memory Cafés:** Memory Cafés are a comfortable way to connect with other caregivers and people experiencing memory loss while socializing and building new support networks.

- ⇒ **NORTH SPOKANE LIBRARY:** Each Tuesday, 11 a.m. to 12 p.m., Call (509) 893-8200 for accommodations.  
44 E Hawthorne Rd, Spokane, WA 99218
- ⇒ **SPOKANE VALLEY LIBRARY:** Every 2nd Monday, 10 to 11 a.m.  
22 N Herald Rd, Spokane Valley, WA 99206

**Dementia Sessions:** You can become a Dementia Friend, a Dementia Friend Champion, or take a professional dementia education course with the Spokane County Library District!

- ⇒ **UPCOMING SESSIONS:** [Click Here](#)

View the SCLD full event calendar at: [www.scld.org/health-wellness-programs](http://www.scld.org/health-wellness-programs)



## Upcoming Alzheimer's & Dementia Programs – Learn More: [www.alz.org/alzwa](http://www.alz.org/alzwa)

**Memory Café:** Persons living with Alzheimer's or dementia and their care partners can socialize in a relaxed setting, make connections, and create friendships. Walk-ins welcome, calling ahead is encouraged.

- ⇒ **Dementia Community Café:** 3rd Friday of each month, 2 to 3:30 p.m.  
Central Spokane YMCA, 930 N Monroe St., Spokane, WA 99201, *parking pass provided*  
*Contact Sean Jonz if interested in participating or volunteering: (509) 207-7667*

**Spokane County Caregiver Support Groups:** Build a support system with people who understand. Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family, and friends of persons with dementia to develop a support system.

- ⇒ **Deer Park Caregiver Support Group:** 2nd Wednesday of each month, 1 to 2:30 p.m.  
*For information call Sean Jonz : (509) 207-7667*
- ⇒ **Spokane North Caregiver Support Group:** 2nd and 4th Monday of each month, 1 to 2:30 p.m.  
*For information call Sean Jonz : (509) 207-7667*
- ⇒ **Spokane Downtown Caregiver Support Group:** 3rd Tuesday of each month, 1:30 to 3:00 p.m.  
*For information call Beth Priest: (509) 590-3965*
- ⇒ **Spokane South Support Group:** 4th Saturday of each month, 10:30 a.m. to 12 p.m.  
*For information call Anne Parsons: (509) 795-4668*
- ⇒ **Spokane Valley Support Group:** 1st & 3rd Wednesday of each month, 10 a.m. to 12 p.m.  
*For information call Sue Griner: (509) 863-1933*
- ⇒ **Newport Support Group:** 4th Wednesday of each month, 1 to 2:00 p.m.  
*For information call Cindy Klein: (509) 844-2609*

