



**RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)**  
Invites you to its meeting **March 11, 2020** at **11:00 a.m.**  
**First Presbyterian Church, Lafayette Place, Greenwich, CT**

## **Donna Spellman**

### **“Dementia Friends”**



Donna Spellman, the Executive Director of River House Adult Day Center, will present an information session entitled “Dementia Friends,” a program dedicated to helping family, friends, and society to better understand dementia.

Dementia is not a specific disease. It’s an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person’s ability to perform everyday activities.

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer’s Society in the UK, the Dementia Friends movement is now spreading throughout Connecticut. By helping communities understand what dementia is and how it affects people, each of us can make a difference for those who are touched by dementia. To become a Dementia Friend, you can join others in a one-hour Dementia Friends Information Session to learn five key messages about dementia and how it affects people. As a Dementia Friend, your new understanding and attitudes will guide the practical actions you can take to help someone with dementia living in your community.

For 30 years Donna Spellman has dedicated her career to human services in lower Fairfield County. She became the Executive Director of River House five years ago after spending 19 years at Family Centers where she was committed to developing programs to assist vulnerable populations. She leads community partnerships that focus on quality of life, healthy aging, self-sufficiency, and independent living. Donna holds a B.A. Degree in Musical Theatre from Clark University, an M.A. Degree in Community Counseling from the University of Bridgeport, and a Graduate Certificate in Geriatric Social Work from Boston University. Donna grew up in Greenwich and currently resides in Norwalk with her husband and three college-aged children.

**Next Week: March 18, Stephen Holmes, Ph.D., Fermilab high energy particle physicist, "What's Out There and Where's it Going: The 20th Century Revolution in Cosmology."**

**Community Discussion Group with Steve Holmes at the Greenwich Library 2:00-3:00,  
"The World is Round, but the Universe is Flat - What's going on here?"**

*The Greenwich Retired Men's Association offers a free program every Wednesday that is open to the public, both men and women; no reservations are required. Our social break starts at 10:40 AM followed promptly by our speaker at 11:00 a.m. Programs are at the First Presbyterian Church, 1 West Putnam in Greenwich. For additional information see [www.greenwichrma.org](http://www.greenwichrma.org) or contact [info@greenwichrma.org](mailto:info@greenwichrma.org)*