



**Attend a free, 1-hour information session  
with a trained volunteer Champion to:**

- ✿ Learn the 5 key messages about how dementia affects people.
- ✿ Gain insight into communication changes.
- ✿ Find out how you can make a difference by turning your understanding into action.

**Become a Dementia Friend**

Virtual via Zoom

Wednesday, January 14, 2026

2:00 – 3:00 PM

RSVP: Stephanie Knoch

[sknoch@needhamcouncil.org](mailto:sknoch@needhamcouncil.org)

**Participants say:**

*"This has opened my eyes."*

*"I wish I knew this five years ago when my family was going through it."*

*"I will be much more aware at work and out in my community."*

**Dementia Friends** is a global movement developed by the Alzheimer's Society in the United Kingdom and now underway in Massachusetts and across the United State. To learn more, visit [www.dementiafriendsma.org](http://www.dementiafriendsma.org) or contact Beth Soltzberg at [bsoltzberg@ifcsboston.org](mailto:bsoltzberg@ifcsboston.org)

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