

# What's your story?



**We would like to know.**

Living with Mild Cognitive Impairment, Alzheimer's, or another dementia was probably not in your plans – and you are not alone.

Do you wish others could understand what this is like for you?

**To Whom I May Concern**<sup>®</sup> is a supportive small group program for people with dementia living with similar memory and/or cognitive changes. A trained facilitator guides the group to share their experiences and stories. A creative script is crafted and then shared with invited friends, family and professionals.



#### Program Details:

- 10-12 weekly, 60-minute sessions
- Small sharing group 6-10 people
- Virtual session (Zoom)
- In-person, reader's theater style performance
- Personal interview required for participation

For more information, call our Helpline: 646-744-2900 or email: [helpline@cknyc.org](mailto:helpline@cknyc.org)

*To Whom I May Concern*<sup>®</sup> (valued at \$500 per person) is currently provided free of charge to CaringKind's clients living with Alzheimer's or another dementia. This program is funded through grants, donations, CaringKind Walks, Forget-Me-Not Gala, fundraising events, and other philanthropic efforts. Contributions to sustain the program are welcome.

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*Formerly known as the Alzheimer's Association, NYC Chapter*