

# JF&CS Memory Café Percolator Quarterly Idea Exchange

December 14, 2022



# JF&CS

For more than 150 years, Jewish Family & Children's Service has been helping individuals and families build a strong foundation for resilience and well-being across the lifespan.

# Today's Agenda

1. Housekeeping
2. Announcements
3. Susan McFadden: “History and Hope: The Origins of Memory Cafés & Thoughts about the Future”
4. Amy DelPo: “The Memory Café at the Denver Public Library”
5. Next meeting: **Thursday, March 9, 1:30 to 3:30 pm ET**
  - Lorenzo’s House: support for younger-onset dementia
  - Café Connection, Cherry Hill, NJ



# Housekeeping

- This meeting is being recorded. The recording will be available at [www.jfcsboston.org/Percolator](http://www.jfcsboston.org/Percolator) in approximately 2 weeks.
- Please activate your video if you are able to do so.
- Please keep your audio muted unless you are speaking.
- Please use the chat box or “raise hand” function to share your questions and comments at any time.

Say hello! Please type your name and location into the Chat box.



# Percolator Updates



***Living Well with Dementia at the Café*** – an initiative of the Percolator and Dementia Action Alliance

**Café Chats coming soon! Requests will open in February!**

**Watch an example of a Café Chat by Laurie Scherrer (12 minutes):**

- Visit [www.jfcsboston.org](http://www.jfcsboston.org), scroll down to Virtual Programs and click on JF&CS Memory Cafe
- Or click here:  
[https://www.youtube.com/playlist?list=PLHJOMsrZ9zxTQuGLGz85ueil544t\\_b9ad](https://www.youtube.com/playlist?list=PLHJOMsrZ9zxTQuGLGz85ueil544t_b9ad)

# Percolator Updates

- All Percolator resources are free and can be found at [www.jfcsboston.org/Percolator](http://www.jfcsboston.org/Percolator)
  - In-person and virtual/hybrid café toolkit (includes list of promo ideas)
  - Guide to Leadership & Meaningful Roles
  - PSA videos (English, Portuguese, Spanish)
  - Recorded how-to videos
  - Guest artist/activity facilitator directory
  - Join the email list



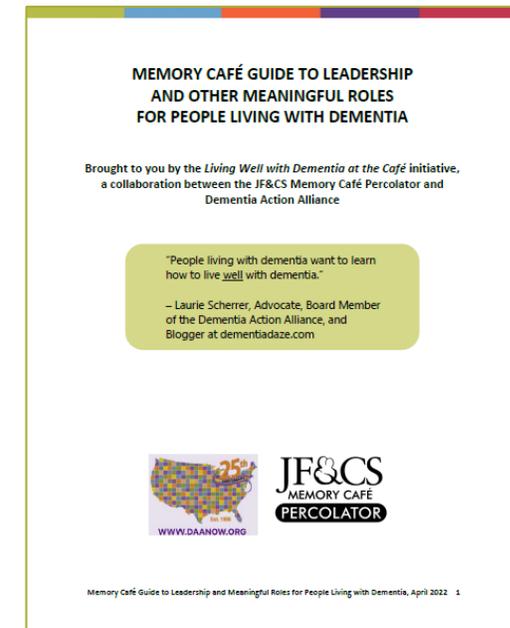
# Let's brainstorm later today...

- Question on Percolator Google Group:

Does anyone have a participant survey to promote greater participation in your café?

...or, can we create one?

## Guide to Leadership & Meaningful Roles



# Percolator Updates - MA

- **Massachusetts cafés** – PLEASE review your listing at [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory)

## Directory of Memory Cafés in Massachusetts

This directory has been developed to help you find memory cafés in your area. You are welcome to attend as many as you wish!

We are pleased to list the following organizations and websites as a public service. They are not endorsed by JF&CS and this is not an exhaustive list. Any questions or concerns about any Café listed below should be directed to the contact person indicated.

If you would like to add or edit any information on this list, please fill out the form at the bottom of this page, or contact [Beth Soltzberg](#).



# Updates

The *Stephen T. Riedner Grant for Life Enhancing Library Programs for People Living with Dementia* is accepting applications until February 17, 2023. This \$2,500 grant provides seed money for new library programs that directly serve your patrons living with dementia. You do not need to be a member of the American Library Association or the RUSA subdivision to apply. Apply here:

<https://docs.google.com/forms/d/e/1FAIpQLSeheQMGOFPRIeGqDhgcZEtIz3LMwFewaTW1xWRqTAa91yTZ8g/viewform>



# Your Updates

Please share your news –  
briefly, please!



**At the turn of the year...**  
**Reflecting on the evolution of the**  
**Memory Café model**

**With Susan McFadden**

**Followed by Q & A**

# History & Hope: The Origins of Memory Cafés & Thoughts about the Future

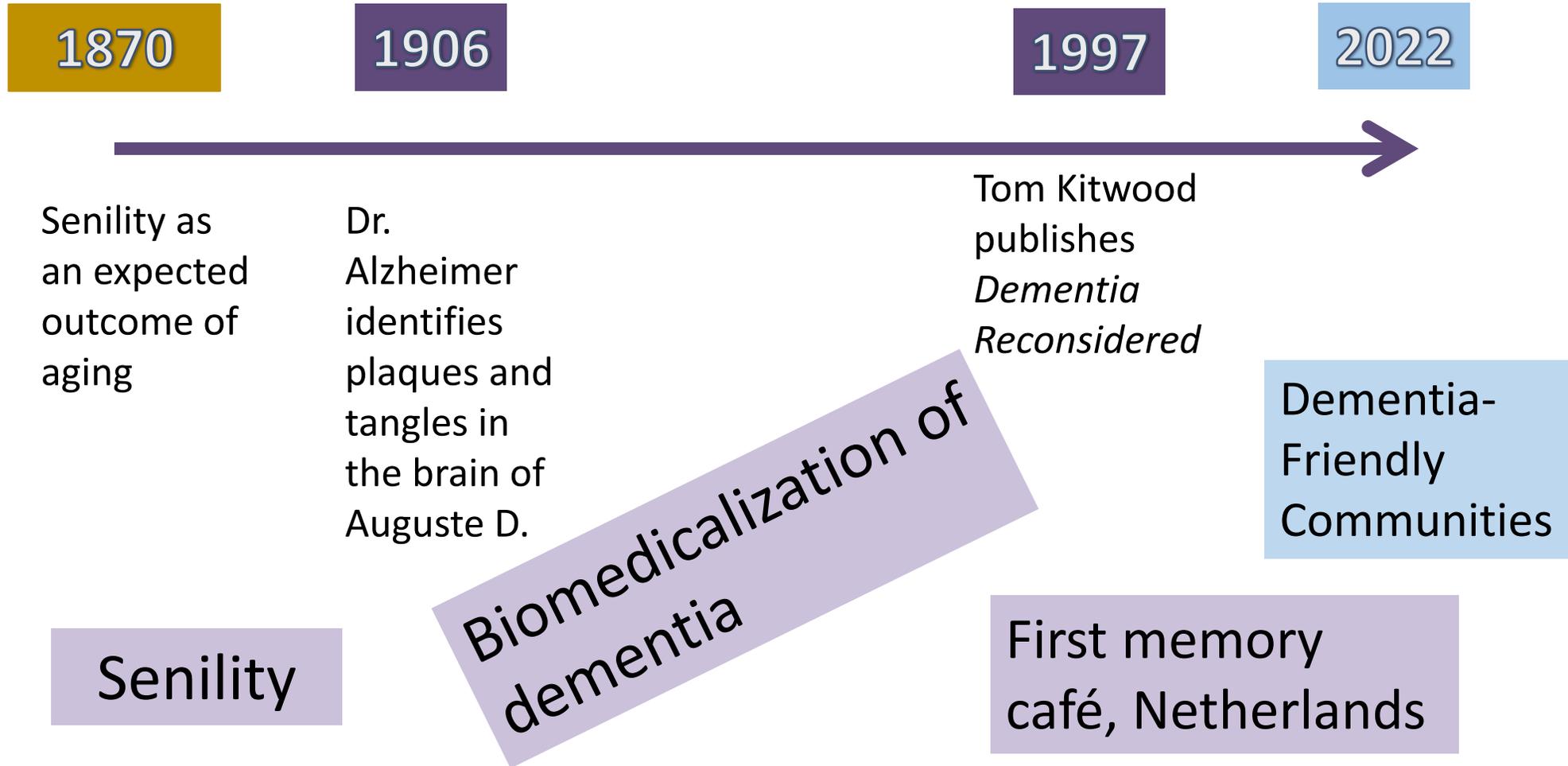
Susan H. McFadden

[Susan.h.mcfadden@gmail.com](mailto:Susan.h.mcfadden@gmail.com)



[www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org)

# The arc of the dementia story



RETHINKING AGEING

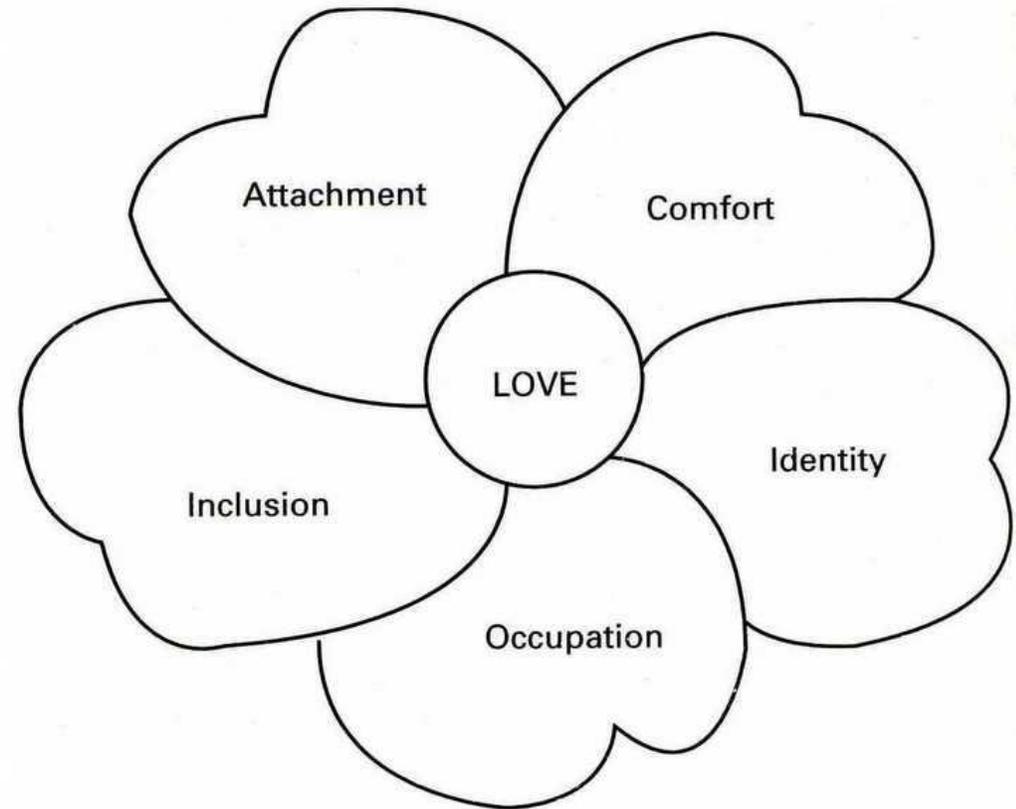
# DEMENTIA RECONSIDERED

the person comes first



TOM KITWOOD

The Kitwood flower: Overlapping psychological needs of people living with dementia  
(and all of us)





1997: Dr. Bère Miesen, a clinical geropsychologist, was concerned about his clients' social isolation and launched Alzheimer's cafés in the Netherlands. 20 people came to the first one; one month later, 35 people came, then 54, and after 3 months 80 people attended!

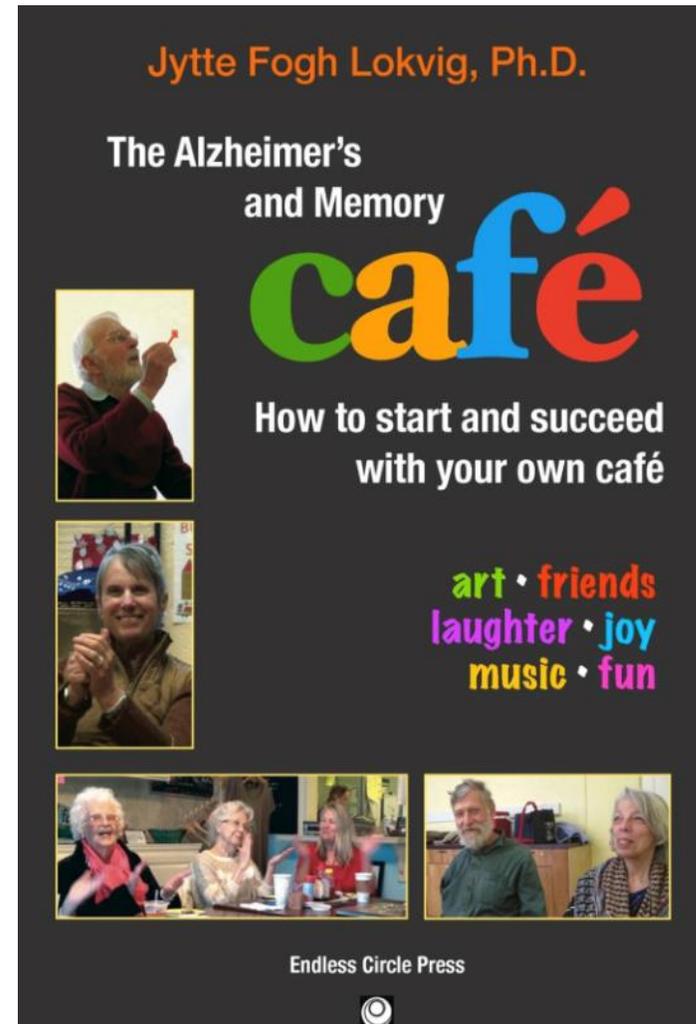
2000: His colleague, Dr. Gemma Jones brought memory cafés to England

"Come out of the woodwork. You are part of society and we want you to take your part in it. Dementia is a part of life for some... You didn't ask to get it; it could happen to anybody. Don't hide away."

Dr. Bère Miesen

# Alzheimer's Cafés, Dementia Cafés, Memory Cafés

2008: Dr. Jytte Lokvig  
launches an Alzheimer's  
café in Santa Fe, NM



2011: Lori La Bey starts Arthur's Memory Café in  
Roseville, MN



*Alzheimer's Speaks*  
Shifting Our Dementia Care Culture From Crisis to Comfort™

**FREE Resources!**

**HIRE LORI TO SPEAK**

2011: Susan  
McFadden saw a  
Facebook post



facebook 15 Search



**Memory People Fan Page**  
702 likes · 12 talking about this

Like

Non-Profit Organization  
Memory People Fan Page was created to bring Awareness to Alzheimer's and other Dementia related diseases.





REPOD

Rotarians Easing Problems of Dementia

Endorsed by the Rotary Club of Tavistock

# A GUIDE TO SETTING UP A MEMORY CAFÉ



REPOD

Rotarians Easing Problems of Dementia

HELP US TODAY

YOU MIGHT NEED US  
TOMORROW



# Memory & Alzheimer's Cafés UK Directory

- Home
- England**
- Wales
- Scotland
- Northern Ireland
- Registration
- Links
- Classifieds
- Contact us

## Memory Cafés Cornwall & Isles of Scilly

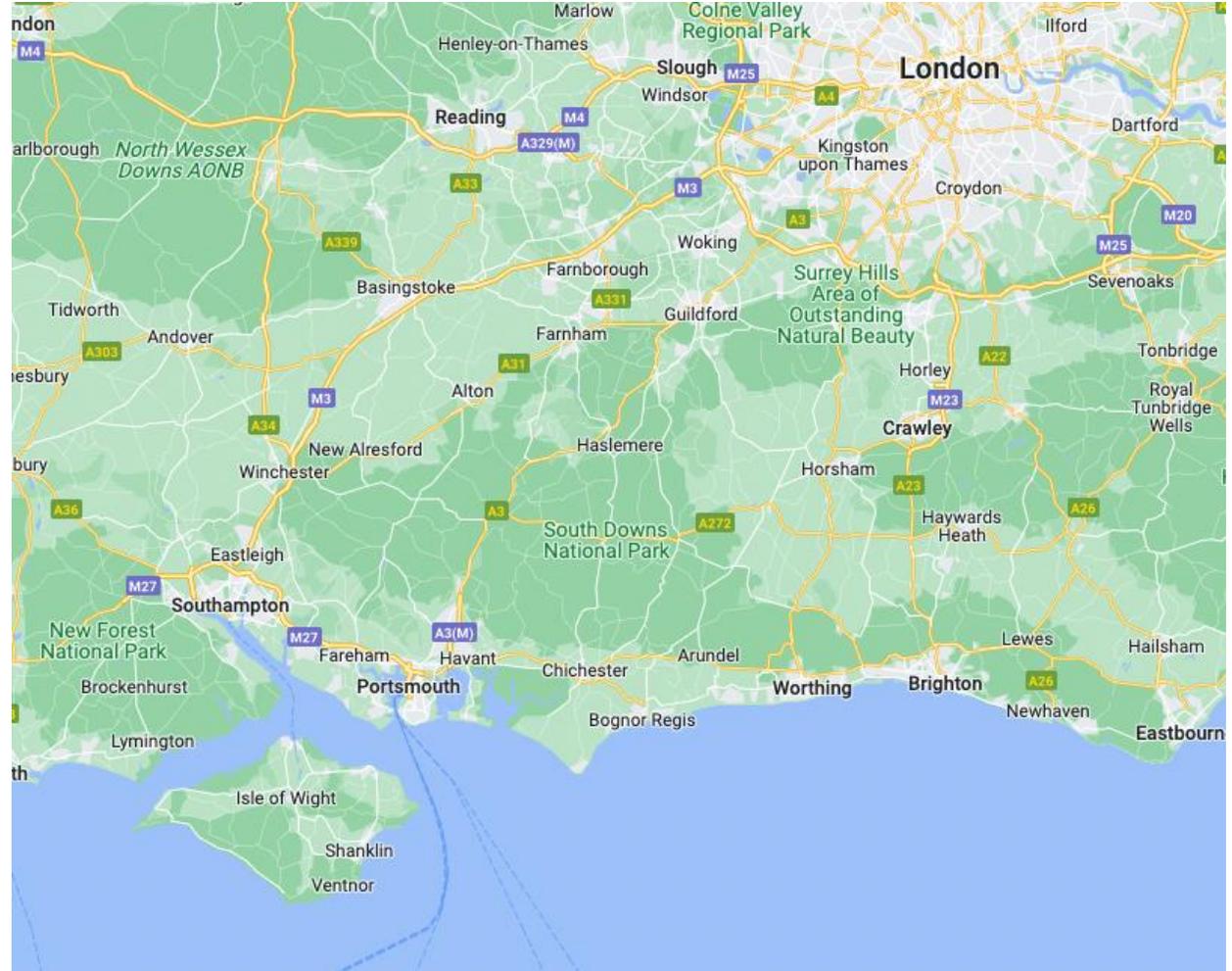
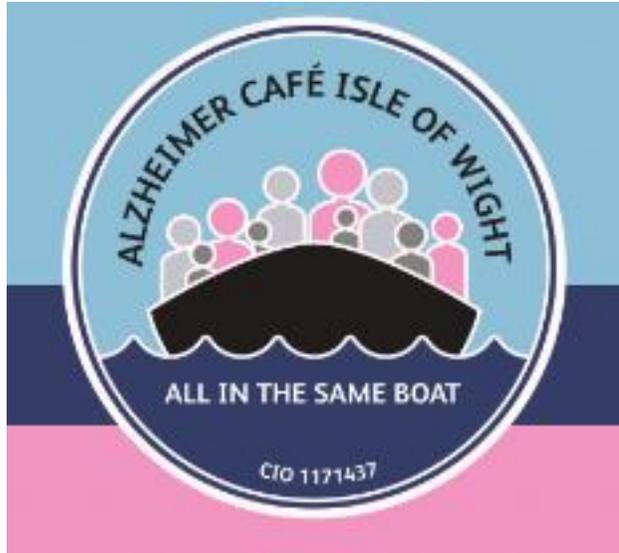
### Cornwall Memory Café Network

For any new Memory & Alzheimer's Café entries for the website please use the [registration form here](#) Click on any town name to reveal the information

- Bodmin** 
- Bude** 
- Camborne** 
- Camelford** 
- Falmouth** 
- Helston** 
- Isles Of Scilly** 
- Launceston** 
- Liskeard & Polperro** 
- Lostwithiel** 
- Newquay** 
- Mullion** 
- Penzance** 
- Perranporth** 

- South West
  - Cornwall
  - Devon
  - Dorset
  - Gloucestershire
  - Somerset
  - Wiltshire
- East of England
- South East
- West Midlands
- East Midlands
- London
- Yorkshire and The Humber
- North West
- North East





6 café locations on one island!

# Dementia Tourism!



# ENGLAND



# Creative expression at a memory café in Leeds



# Falmouth Memory Café



# Fox Valley Memory Project

## First memory Café, Nov. 2012



Eric Kandel:  
2000 Nobel Prize in Physiology & Medicine  
for the discovery of the physiological basis  
of memory storage in neurons



*Aplysia californica*  
(giant sea slug)

FIND A MEMORY CAFE NEAR YOU



# Memory Cafe Directory

MEMORYCAFEDIRECTORY.COM

## CAFE CONNECT



Dave Wiederrich

Armenia – NEW!

Australia

Brazil

Canada

United Kingdom

United States



Beth Soltzberg

## JF&CS Memory Café Percolator

The JF&CS Memory Café Percolator shares information and tools to make it easier for organizations and individuals to start and sustain their own memory café.

2014

Over 130 memory cafés in Massachusetts, some focused on serving...

- People with hearing loss
- LGBTQ+ persons
- People with younger onset types of dementia
- People with intellectual/developmental disorders
- Supporting linguistic and cultural diversity: People who speak Spanish, Portuguese, and Chinese as well as Blacks/African Americans



14 memory cafés every month in a three-county area

- 2 actual cafés
- 2 YMCAs
- 5 libraries
- 1 senior center
- 3 nature centers
- 1 museum



# Moving forward with hope

- Increase in numbers of dementia-friendly communities
- Emphasis on inclusion AND friendliness
- Outreach to the many forms of long-term care
- Making technology accessible
- Building on the success of memory cafés with other community programs (choruses, arts programs, Purple Angel training, etc.)
- Research & evaluation

**Thank you!**

# Discussion



# **The Memory Café at the Denver Public Library**

**Amy DelPo**

**Followed by Q & A**

# The Memory Cafe

@ The Denver Public Library



# Hello! My name is

Amy DelPo  
Manager of Older Adult Services  
Denver Public Library  
[adelpo@denverlibrary.org](mailto:adelpo@denverlibrary.org)  
720-865-1123



# Why libraries?

**“Libraries are trusted spaces, free to enter and open to all.”**

-- Department for Culture, Media and Sport, the United Kingdom

# Why libraries?

- Community based
- Familiar
- Easy to get to
- No barriers to participation
- No stigma

- Customer service orientation
- Multi-purpose
- Devoted to lifelong learning
- Reliable information source



# Living with Alz/Dementia...



- Fear
  - Fear of being a burden
  - Fear of the unknown
  - Fear of being out of control
  - Fear of being violated or robbed
  - Fear of a meaningless existence
- Stigma
- Isolation
- Loss of self
- Loneliness
- Boredom



# The Antidotes...

- ... activities that promote living in the moment
- ... activities that stimulate growth
- ... activities that are funny and fun
- ... opportunities for connection
- ... community based experiences
- ... normalizing experiences



# Some Facts

- Started in 2015
- In partnership with Alz Assoc
- Programmed
- Focused on joy and connection
- Coffee and snacks – it's a cafe!
- Virtual during pandemic



# Benefits of Partnership

- Different areas of expertise
- Funding
- Marketing streams
- Support
- Brainstorming



# The Memory Cafe is...



- Fun
- Social and connected
- Engaging
- Intellectually stimulating
- Community based
- Informative
- Intergenerational
- Supportive
- Respectful

# The Memory Cafe is not...

- Information dense
- Medical
- Serious
- Infantilizing
- A support group
- A caregiving group
- A segregated group

# Nuts and Bolts

- Day and time
- Partnerships
- Invested library staff member(s)
- Staff training
- Budget
- Coffee and treats
- Community education
- Programming



# Activities

- Music
- Art creation
- Art appreciation
- Improv
- Chair yoga
- Meditation
- Timeslips
- Brain dance
- Baking
- Dancing
- Gardening
- Photography
- Book Bingo
- Cookie decorating
- Reading!



**“Socialization is so important...many of us lose our connections with friends and coworkers.”**

**“It feels like a date!”**

**“Dementia can be a cruel ride sometimes. This is the first thing to grab my interest since all this started.”**

**“It’s a good social outlet for me ... it’s just been a real highlight of my week.”**

**“Mom is aware of her communication challenges, but at the Memory Cafe she can just relax and be herself.”**

**“It’s so good just to talk.”**

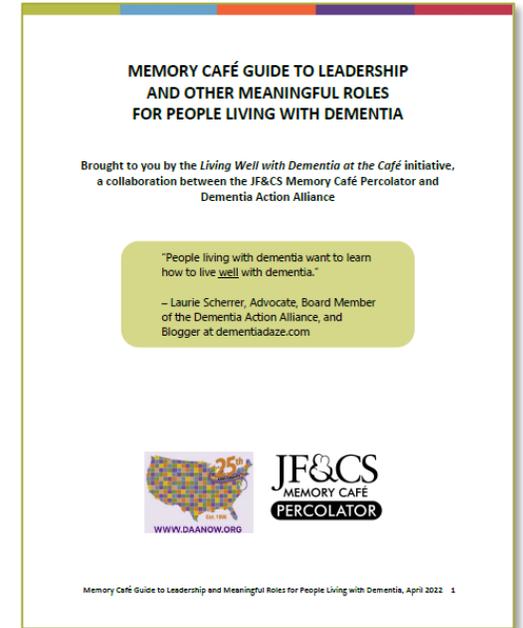
# Discussion



# Let's brainstorm!

## Question on Percolator Google Group: Participant survey to promote greater participation in your café

- To get to know you, tell us a little about your interests or hobbies.
- Would you like to share something related to your interests at the memory café? Please describe your thoughts about this.
- How can we support you to try this?
- Would you like to help our café to run better? Please check off anything that you'd like to try. [greeter/decorations/suggesting activities/other\_\_\_\_\_]
- Would you like to help other people learn about the café? Please check off anything that you'd like to do. [invite friends/post flyers/talk about the café or your experiences with the press or in a public gathering/other\_\_\_\_\_]



# Save the date!

## Next Percolator Idea Exchange is Thursday, March 9, 1:30 – 3:30 EDT

Learn about Lorenzo's House, a nonprofit dedicated to providing support for those living with younger-onset dementia and their care partners

Hear from Reva Farenback-Brateman, MSW, CDP, about Café Connection in Cherry Hill, NJ

*Coming in June:*

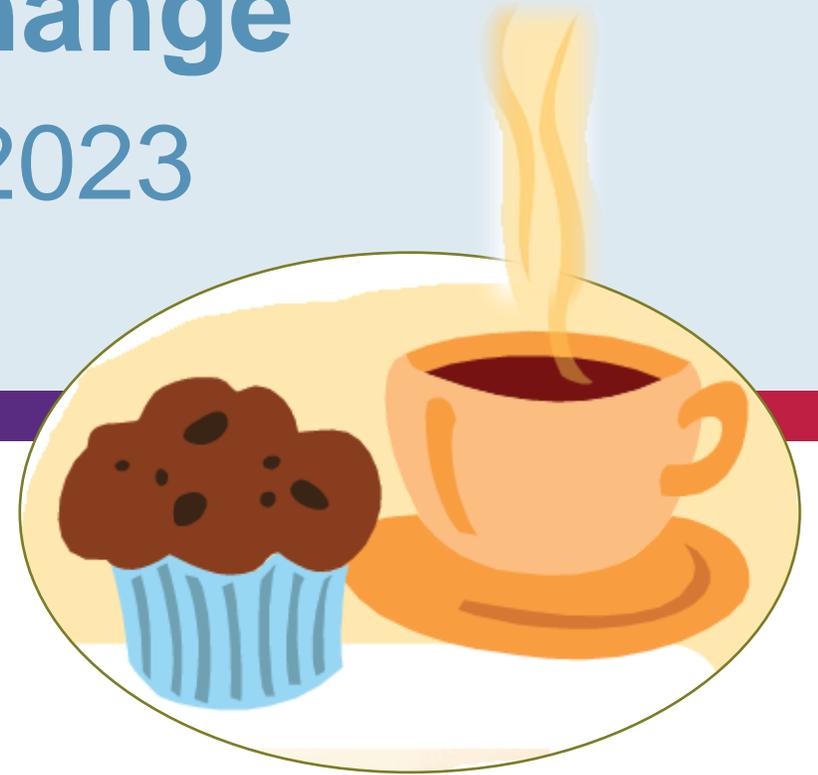
- SA Amigos Memory Café and café research, UT San Antonio
- Ideas for funding for your café.

Please let Beth know if you'd like to present your café or suggest a topic for a future idea exchange!



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