JF&CS Memory Café Percolator
Quarterly Idea Exchange
December 14, 2022

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 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, scroll down to Virtual Programs and click on JF&CS Memory Cafe
- Or click here: https://www.youtube.com/playlist?list=PLHJ0mSrZ9zxTQuGLGz85ueiI544t_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?
Percolator Updates - MA

• Massachusetts cafés – PLEASE review your listing at 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/1FAIpQLSeheQMGOFpRleGqDhgcZEtIZ3LMwFewaTW1xWRqTAa91yTZ8g/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeheQMGOFpRleGqDhgcZEtIZ3LMwFewaTW1xWRqTAa91yTZ8g/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

www.foxvalleymemoryproject.org
The arc of the dementia story

1870
Senility as an expected outcome of aging

1906
Dr. Alzheimer identifies plaques and tangles in the brain of Auguste D.

1997
Tom Kitwood publishes *Dementia Reconsidered*

2022
Dementia-Friendly Communities

First memory café, Netherlands

Biomedicalization of dementia
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
2011: Susan McFadden saw a Facebook post
A GUIDE
TO SETTING UP
A MEMORY CAFÉ
Memory Cafés Cornwall & Isles of Scilly

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!
Creative expression at a memory café in Leeds
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)
Armenia – NEW!
Australia
Brazil
Canada
United Kingdom
United States
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
• 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
720-865-1123
“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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