

JF&CS Memory Café Percolator Quarterly Idea Exchange

December 13, 2023

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. Memory Café Nova Scotia
4. EMC² – scaling access to memory cafés
5. Next meeting: **Thursday, March 14, 1:30 to 3:30 pm ET**
 - *Carmen Quinones, Hope and Healing Memory Cafés, NYC – addressing trauma, serving linguistic/cultural communities, engaging local businesses*
 - *Alzheimer's Association update*
 - *EMC² update*



Housekeeping

- This meeting is being recorded. The recording will be available at www.jfcsboston.org/Percolator in 1-2 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

- All Percolator resources are free and can be found at www.jfcsboston.org/Percolator
 - In-person and virtual/hybrid café toolkit
 - New! Tip Sheets on Promoting Your Café and Funding Your Café
 - Guide to Leadership & Meaningful Roles
 - PSA videos (English, Portuguese, Spanish)
 - Recorded how-to videos
 - Guest artist/activity facilitator directory
 - Join the email list



Memory Cafés in the News

Has your memory café been in the news?

- Send Beth articles/media links about your café for “What’s Percolating” e-news
- Please send substantive articles, not just event announcements
- Goes out about once a month
- May not be able to send out ALL submissions



Memory café helps people living with Alzheimer's, dementia



Percolator Updates - Massachusetts

Social Prescribing news:

Massachusetts Cafés that offer arts/cultural programming: fill out Art Pharmacy's Art & Culture Partner Registration form!

<https://artpharmacy.typeform.com/to/OHZDpKQH?typeform-source=mail.google.com>

- Visit artpharmacy.co



Percolator Updates - Massachusetts

- **Massachusetts cafés** – PLEASE review your listing at www.jfcsboston.org/MemoryCafeDirectory



Submit a Memory Café

To add a new café to our directory, [fill out the Google Form here](#). We will reach out to you via the email you provide.

Name of Café *

Website URL

Location (Massachusetts only) *

[Building/Room] If applicable [Street address] [Town/city]

Region that best fits your location *

Day of month or week *

If applicable, please note "the first Monday of the month," "the second Wednesday of the month," etc.

Frequency *

Start time *

End time *



Your Updates

Applications are now being accepted for the third round of the *Stephen T. Riedner Grant for Life Enhancing Library Programs for People Living with Dementia*. Two \$2,500 grants are available for libraries that are planning new services/programming for their patrons living with dementia.

Just complete the simple application form and submit it by Feb. 23, 2024. You do not need to be a member of the American Library Association or the RUSA subdivision to apply.

Email: Mary Beth Riedner, mbried@comcast.net



Your Updates

Please share your news –
briefly, please!



Say Cheese!

The Percolator's
10th anniversary is
coming up in 2024!

Let's Celebrate!

- Send me a photo from your café with permission to share!
- Let's take a photo!



Memory Café NS: a Network of Rural Cafés in Nova Scotia

Dr. Beverley Cassidy

Memory Café NS: a Network of Rural Memory Cafes in Nova Scotia

Beverley Cassidy MD FRCP(C)

Provincial Coordinator Memory Café NS

Dalhousie University Dept of Psychiatry



Memory Café NS:

A nonprofit project dedicated to reducing stigma and improving well-being and social inclusion for persons living with dementia and their families and care partners.





Memory Café NS



Series of monthly gatherings in cafes with series themes focused on expressed emotional needs of persons living with dementia



Use of NS art to invite nonmemory-based conversation and inclusion “all voices heard”



Live music at each in-person event



Zoom-based provincial events in January and February: interactive clay making and silk painting/valentines music-based kitchen party



Quality assurance feedback at end of each series, volunteer experience research

Website: <https://memorycafens.ca>

Memory Café NS

HOME

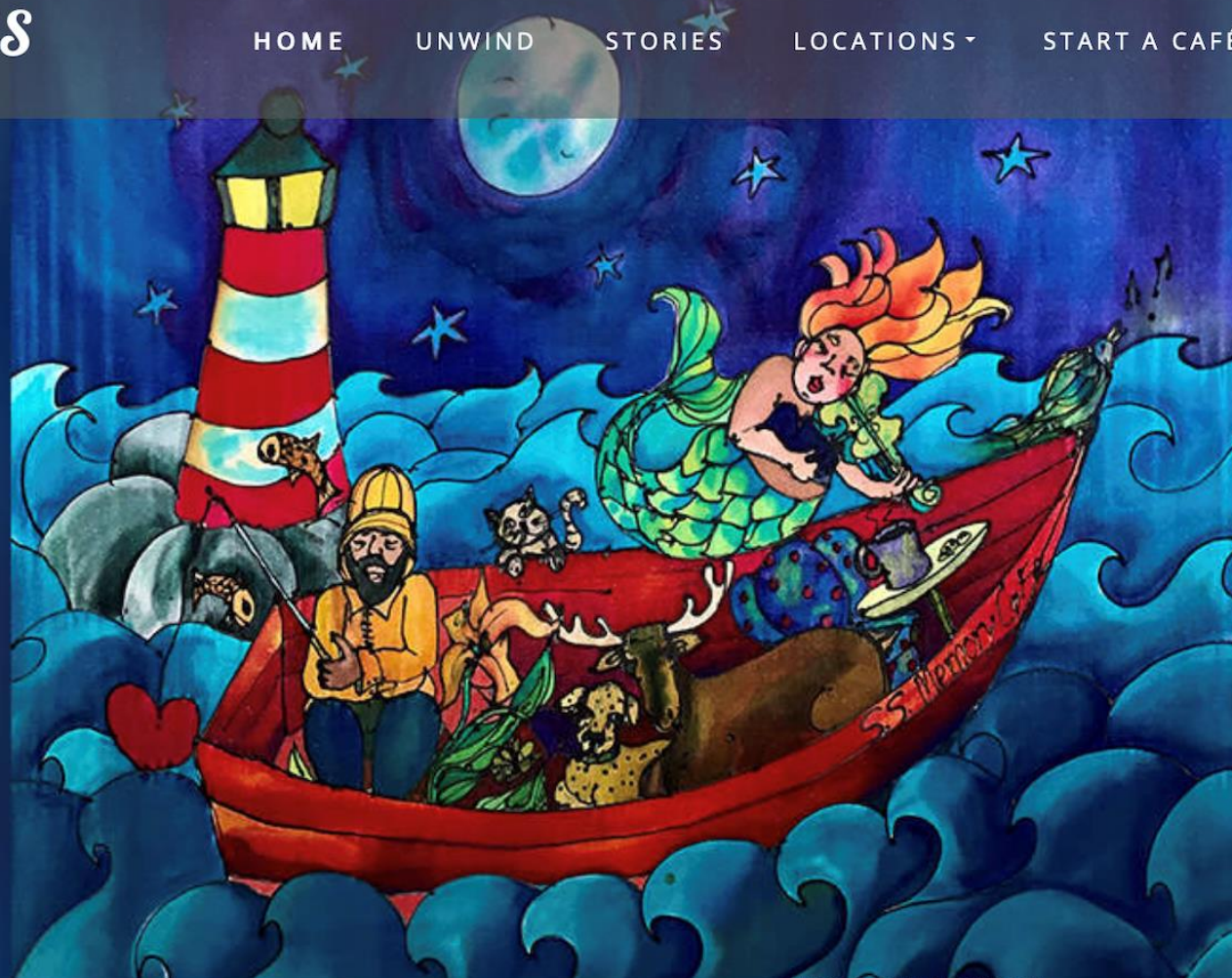
UNWIND

STORIES

LOCATIONS ▾

START A CAFÉ ▾

CONTACT



"SS Memory Café"
by
Holly Carr

Collaborators

- **Municipalities:** Towns of Wolfville and Kentville, Digby, Cape Breton Regional Municipality, Regions of Meteghan, Clare/Argyle/Yarmouth, Shelburne, Bridgewater, Chester, Tantallon
- **Artists and Musicians** of rural NS
- **Businesses-** cafes across the province
- **Healthcare partners-** primary care clinicians, Alzheimers Society, Caregivers NS
- **Dalhousie University** Department of Psychiatry
- Government of Canada **New Horizons federal grant** for developing Memory Cafes rurally and in Acadian communities and to translate the website
- Many wonderful **volunteers!**

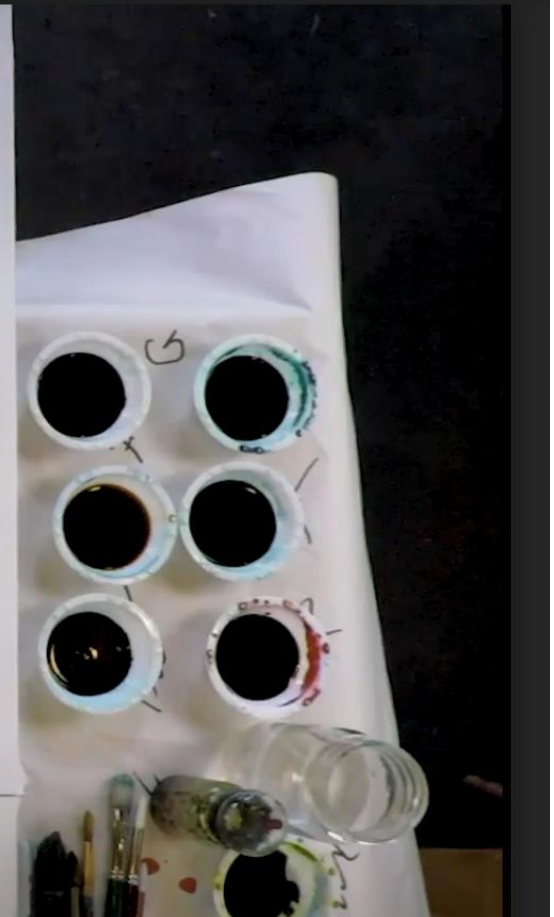
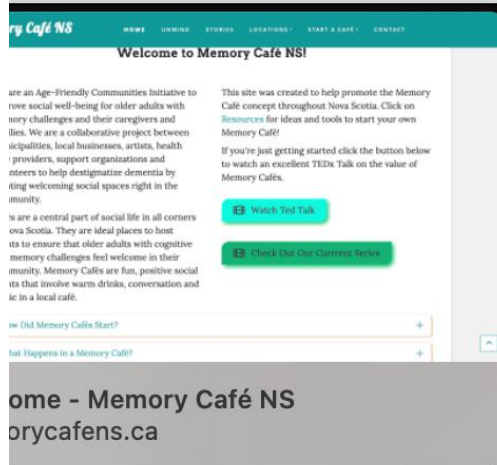
Basic Structure

- Art-based series each year for persons living with dementia and care partners
- Once monthly Memory Cafes held virtually or in-person through December-May. Hosted by a facilitator for approx. 1 -1.5 hours, serving groups of 15-20 persons per series
- Features artwork to launch nonmemory-based conversation, sessions based on expressed emotional needs, and includes live musical performance /interactive art

Memory Cafes focus on imagination vs memory!



Interactive Art: What's in Your Boat?







Treasures on the Beach



Copy link



8:26 / 24:49



YouTube





Treasures on the Beach



Copy link



22:04 / 24:49

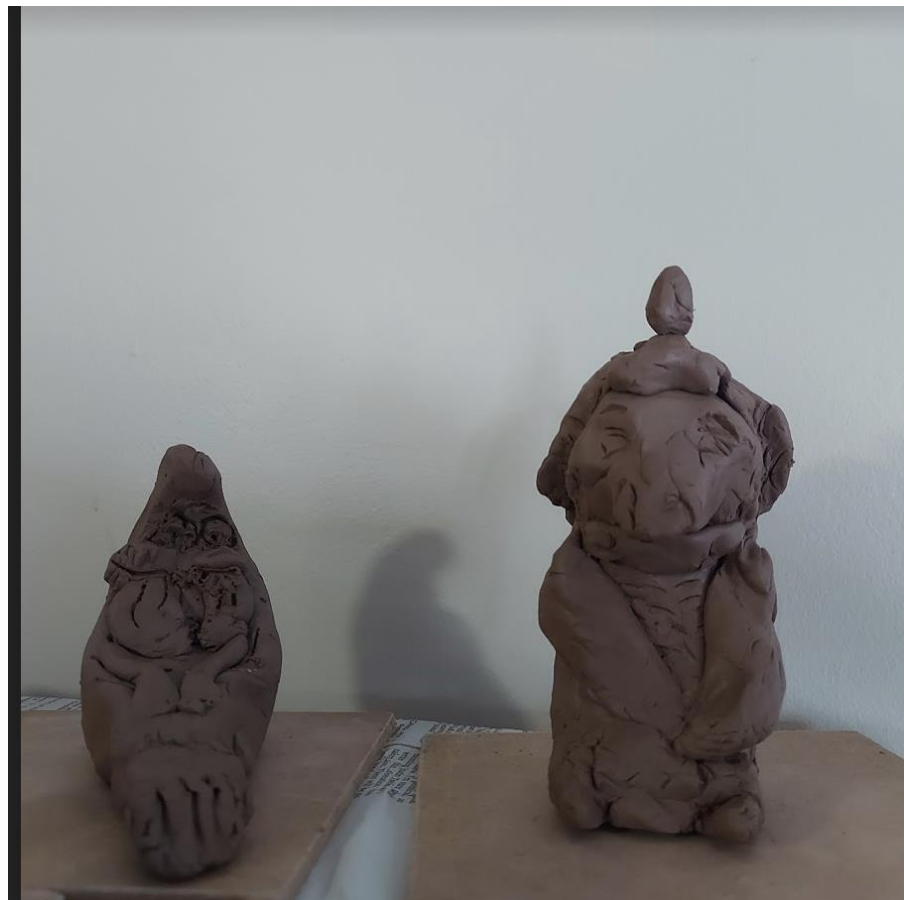


HD

YouTube



Elizabeth Sireem For The Memory Café



Memory Café Musicians



Quality Assurance Research

- 100% of respondents (n =184) report memory café attendance improves sense of well-being
- 92 % report memory café attendance improves social connectedness
- Research on Volunteer experiences: Dr Alex Whynot, presentation at Canadian Academy of Geriatric Psychiatry, October 2023



Research Question

How does volunteering at Nova Scotia Memory Cafés influence knowledge, attitudes, and beliefs about community-residing individuals with dementia and their care-partners?



Methods

- An explorative mixed-methods study
- Conducted with a 2020-2022 cohort of Nova Scotia Memory Café volunteers
- Focused on volunteers' knowledge, attitudes, and beliefs about community-dwelling persons with dementia and their care-partners
- Included an anonymized online questionnaire +/- subsequent 60-minute semi-structured Zoom interview.
- A descriptive thematic content analysis approach
- A social and human rights-based disability model lens was applied.



Through a social/rights-based lens:

- individuals with dementia take the spotlight, their perspectives amplified and treated as those of equal citizens
- They may be drivers of transformation, and their influence is both appreciated and acknowledged.
- Despite existing impairments, they integrate seamlessly with the broader society, overcoming numerous obstacles - whether social, attitudinal, physical, or environmental

Discussion



Memory Café volunteers echo the positive impact of Memory Cafés on participants as demonstrated in the existing literature.




Most volunteers reported that Memory Café participation enhanced knowledge, attitudes and beliefs as well as comfort in working with community-dwelling persons with dementia.



Potentially identified a shift away from traditional biomedical models, towards one that views dementia more holistically, including both social and human right-centric values.



Conclusion



Memory Cafés may offer an important community-level intervention for not only participants, but also volunteers as we strive to combat stigma, promote inclusion, and shape knowledge and beliefs that contribute to age-friendly communities.

Stretch break!



EMC²

**Results of the Percolator survey and
update from the national initiative to scale
access to Memory Cafés**

Memory Cafés: Where We Are Now

- **Amazing accomplishments** – vibrant, varied, creative, caring, sharing grassroots movement...created on a shoestring budget!
- **Ongoing challenges** – outreach, sustainable funding, training; many communities are not served
- **New opportunities** – more openness/advocacy around dementia; attention to social isolation; some cracks in the silo between medical and social/creative care (social prescribing, GUIDE)



The challenge

Preserve the beauty of
our grassroots movement

Help us address
longstanding challenges
and seize opportunities

Make great sustainable
cafés available in many
more communities!





EMC2 is a strategic alliance **to create a plan** to dramatically and sustainably grow Memory Cafes in the U.S. from 900 to 9,000. In the process, to support and destigmatize both living well with dementia and caregiving.

We continue to
welcome international
participation!!!

<http://emc2project.org>



Funder:  **maude's**
V E N T U R E S of the Ferry Foundation

Leads: Anne Basting, founder Timeslips.org
Susan McFadden, Fox Valley Memory Project, WI Memory Café Best Practice Guide
Beth Soltzberg, JF&CS Memory Café Percolator
Project Manager: Sam Goodrich

Alliance: “one Zoom screen” of national or community-focused organizations that can help guide/implement a plan

EMC² Year 1 Goal is to **Create a Plan**

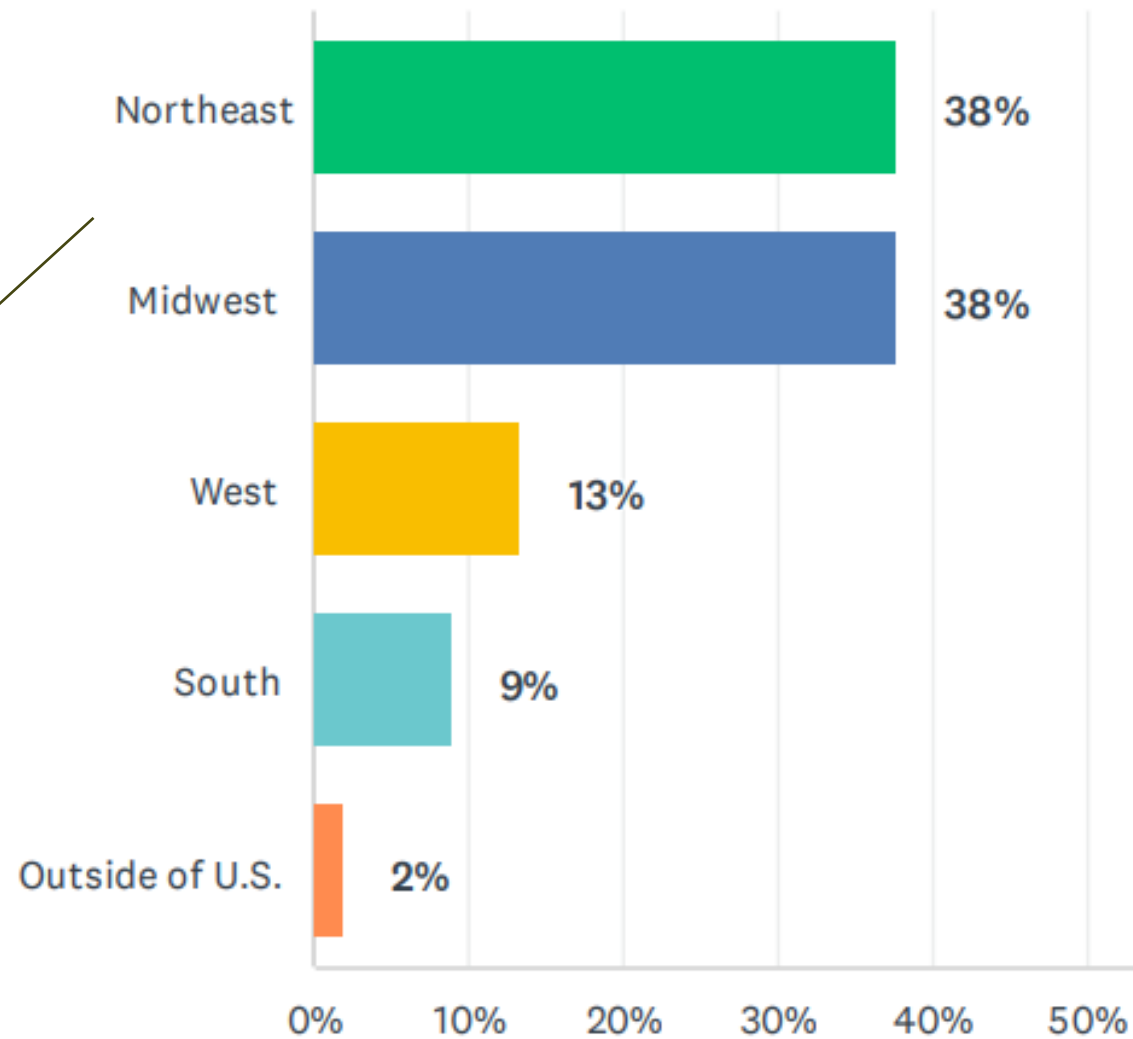
- Your input is vital!
- Survey(s) and discussion at Idea Exchange
- Review of plans; focus groups (sign up if you are interested!)
- Visit <http://emc2project.org>
- Call or email Beth any time!

EMC² Priorities Survey

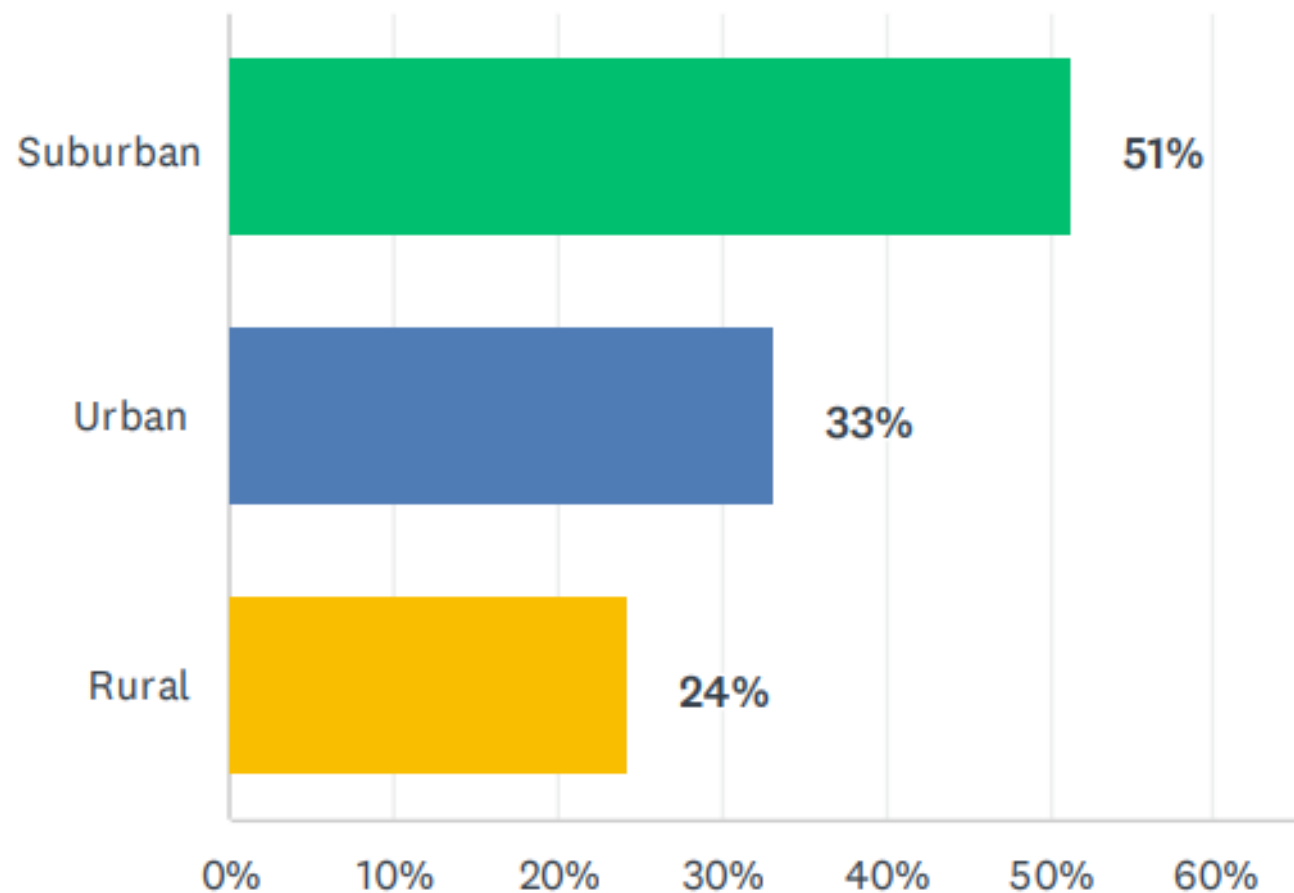
- November 2023. Thank you to all who responded!
- N = 156
- First part: description of what Cafés look like today
- Second part: wishes, needs, priorities for the future

In what region(s)
is/are your Cafe(s)
located?

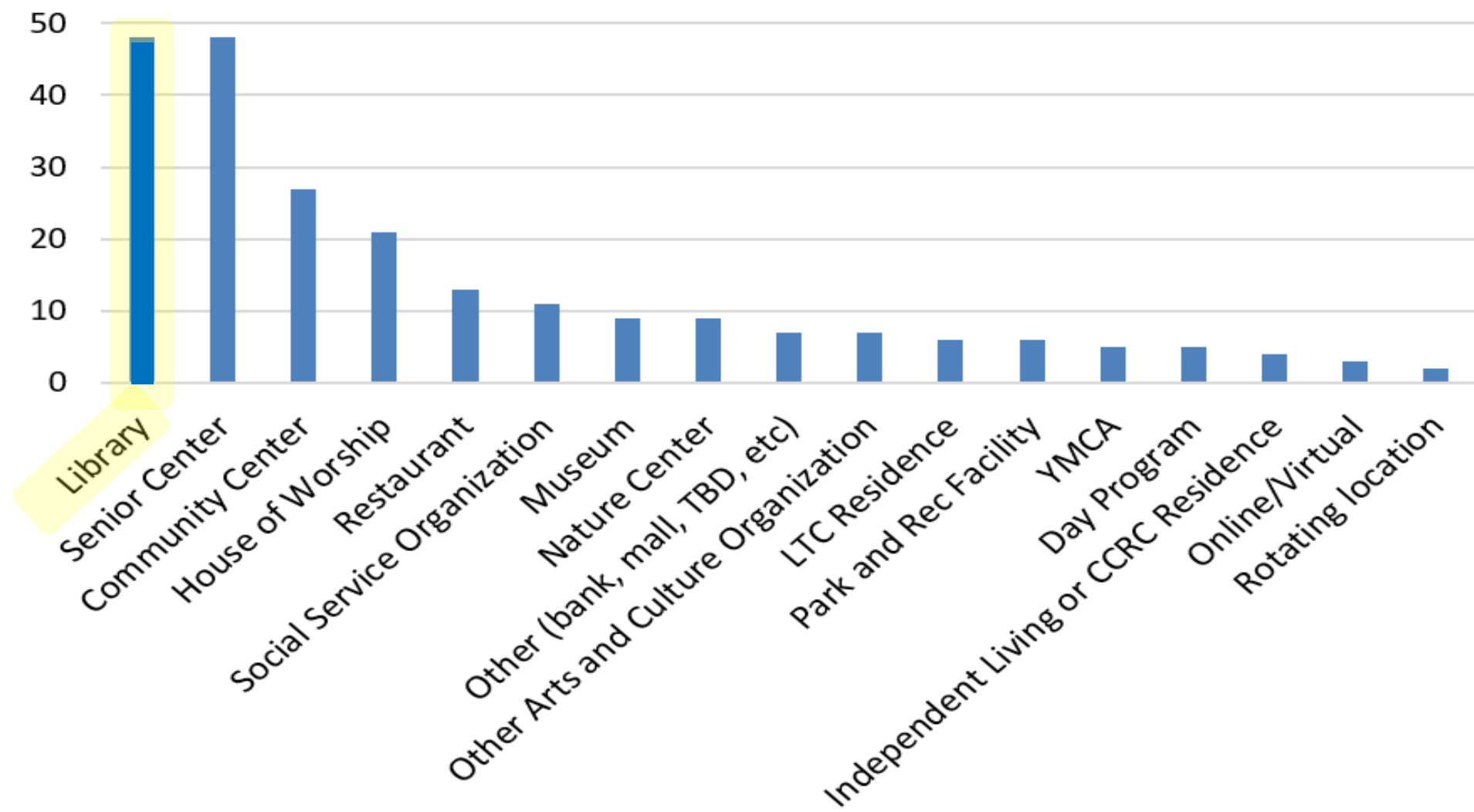
Massachusetts
and Wisconsin



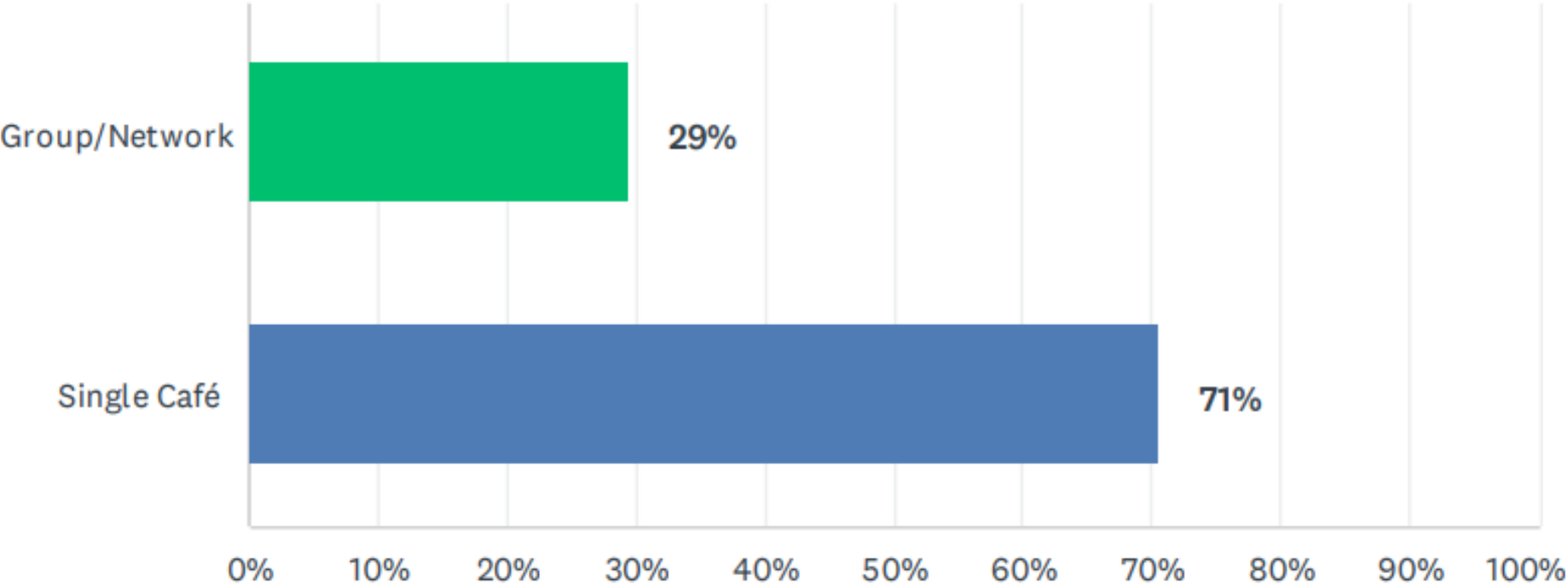
Community Type



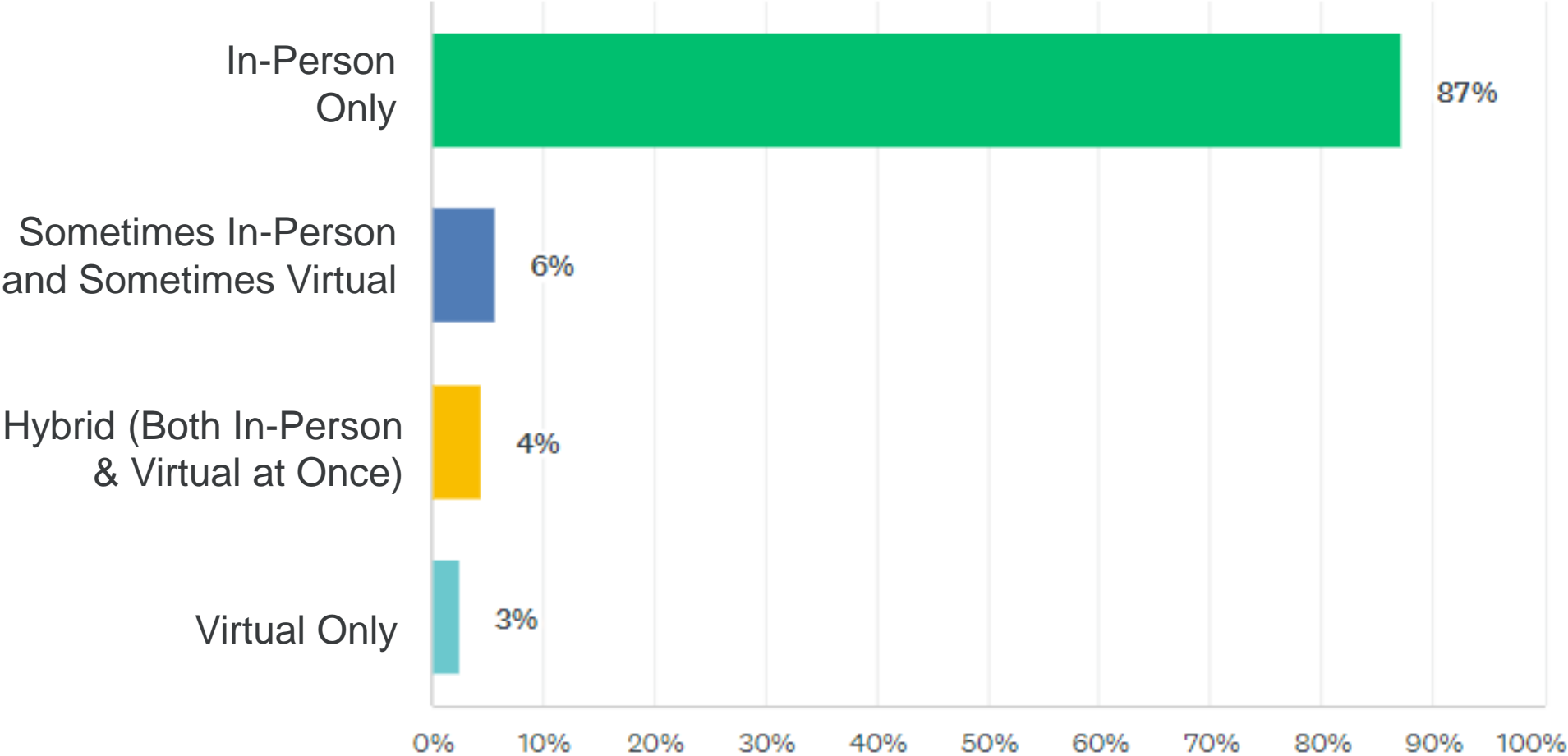
Setting(s)



Group/Network vs. Solo Café



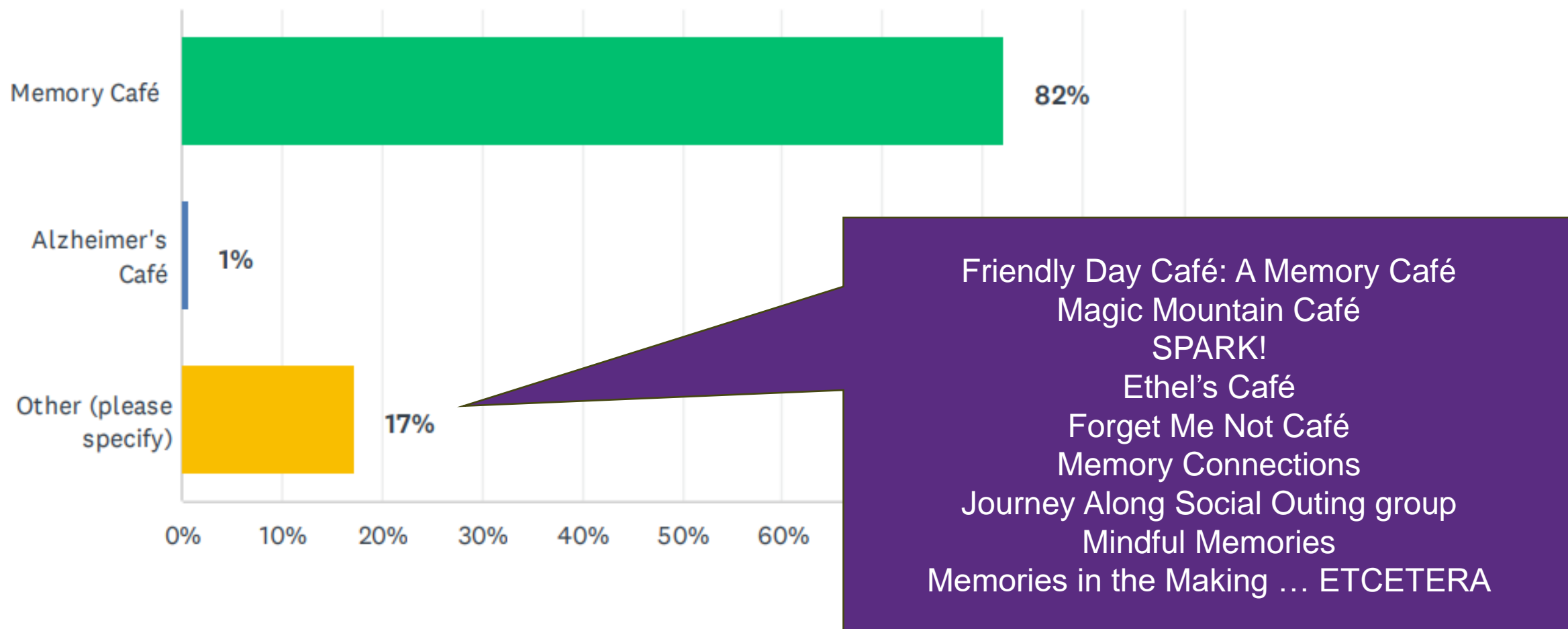
In-Person vs. Hybrid/Virtual



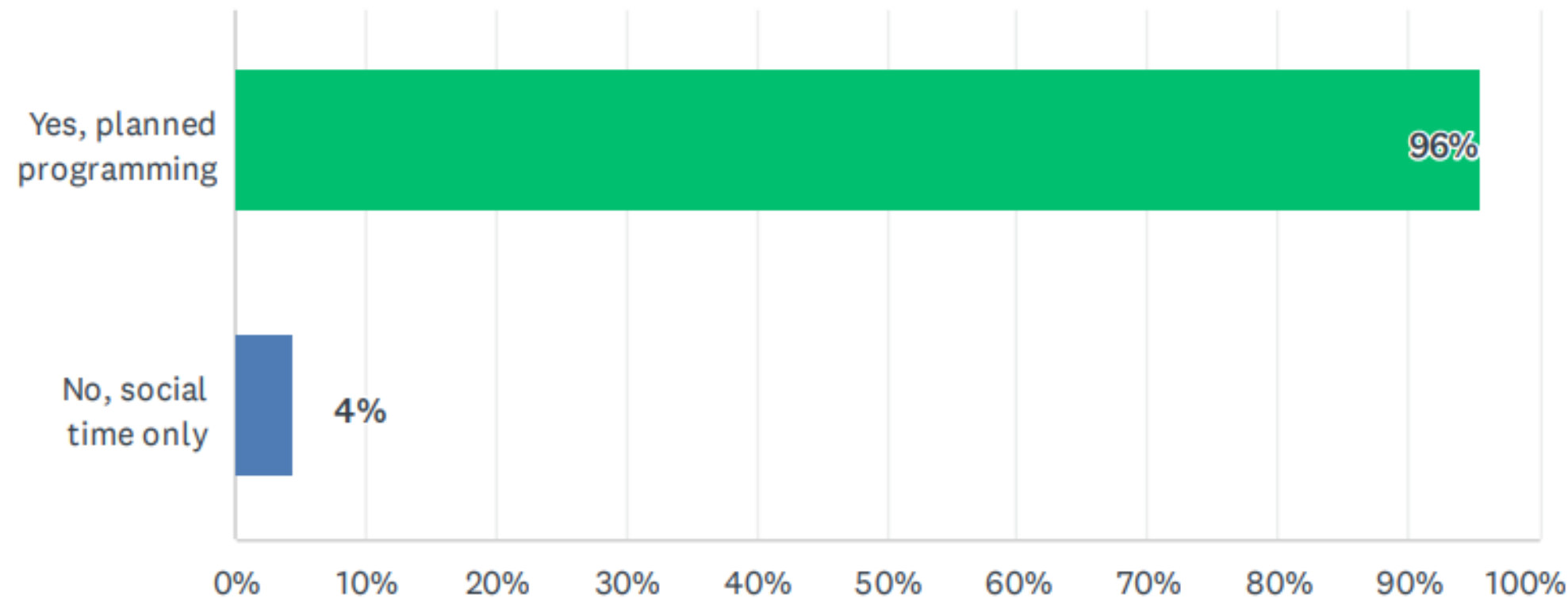
Specific cultural/linguistic communities or other populations served

- Spanish is the most common language other than English
- Needs to be surveyed again

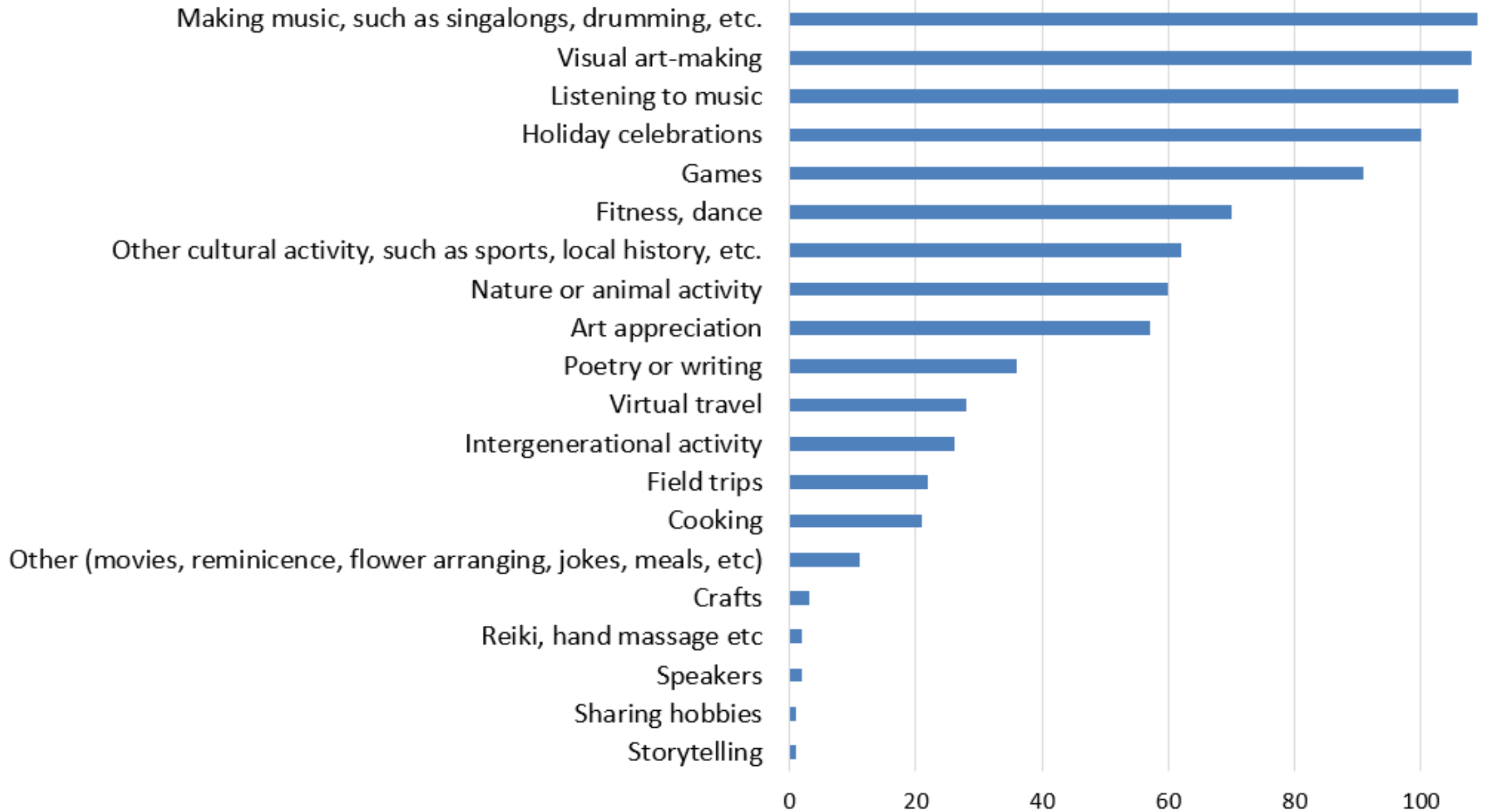
What do you call your Café?



Does your Café offer planned programming (as opposed to just offering social time)?



Kinds of Programming

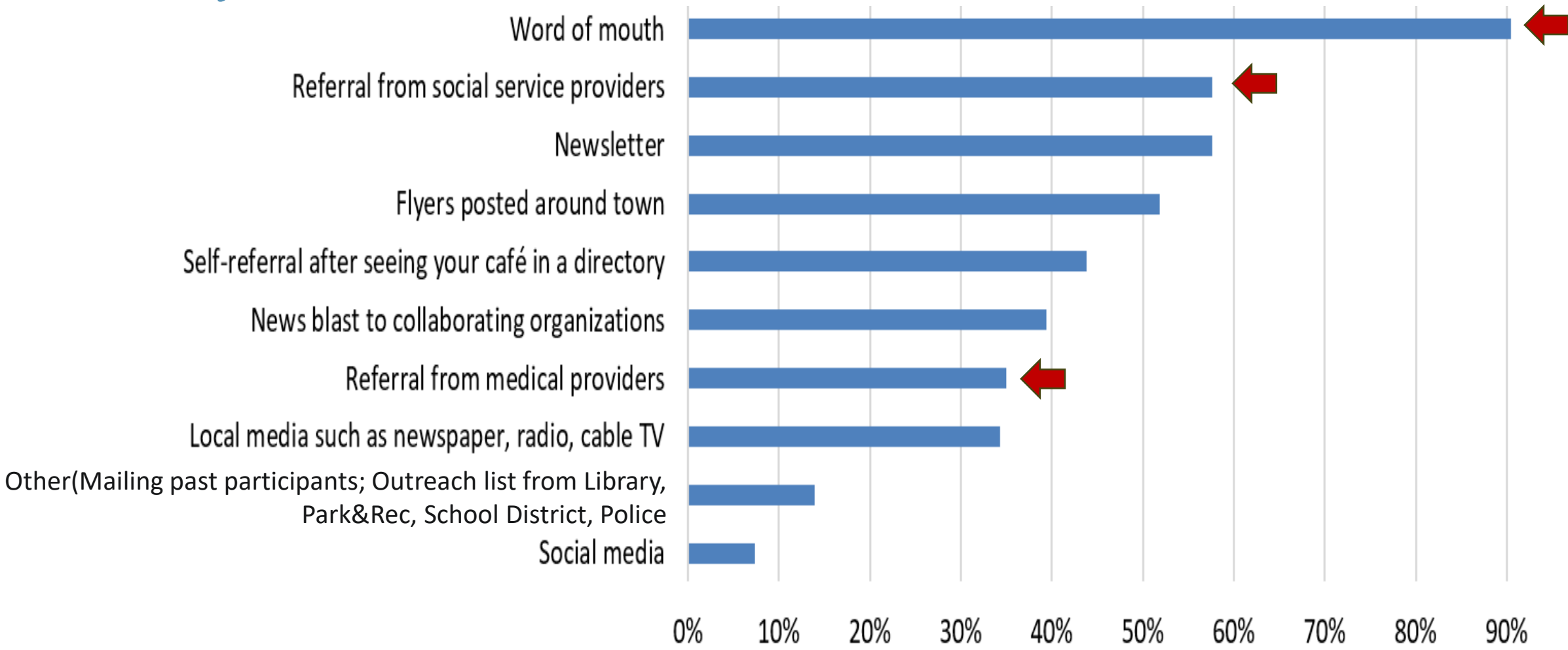


Focus on

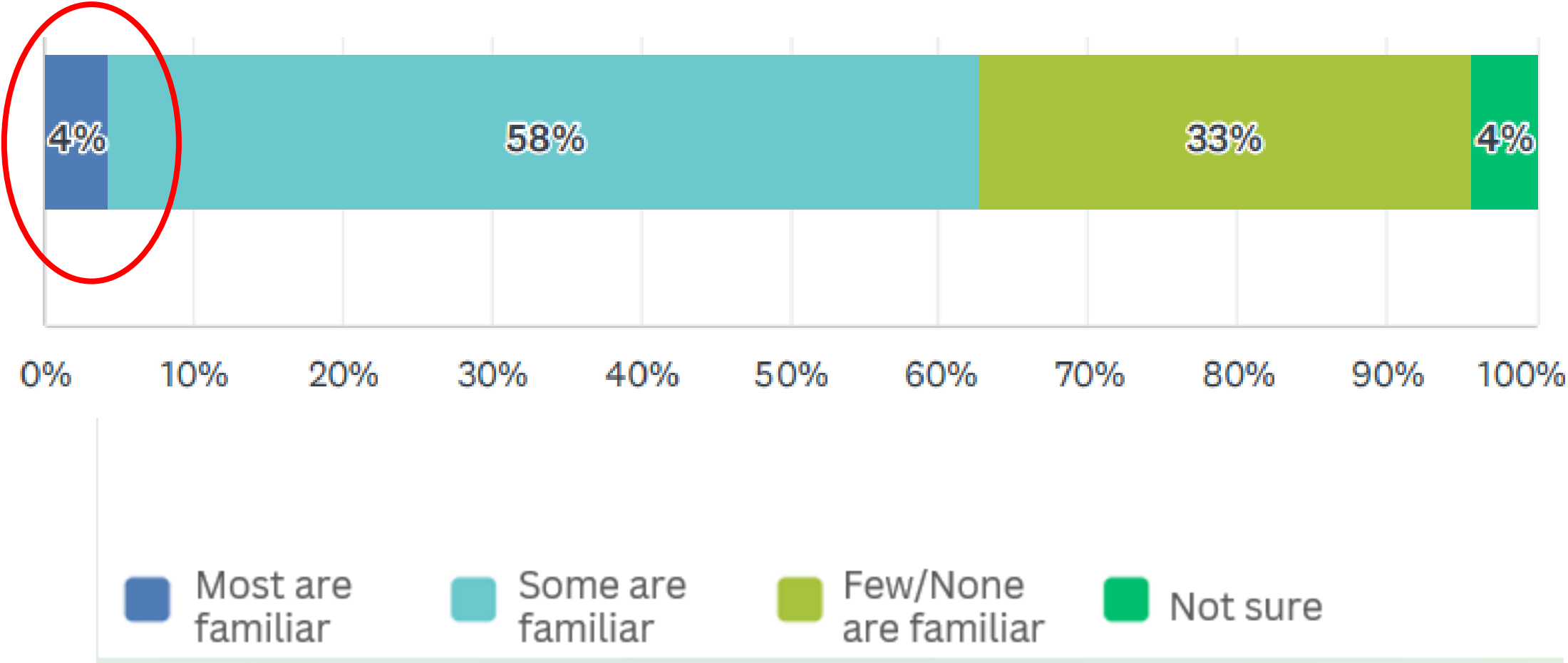


Outreach and
Attendance

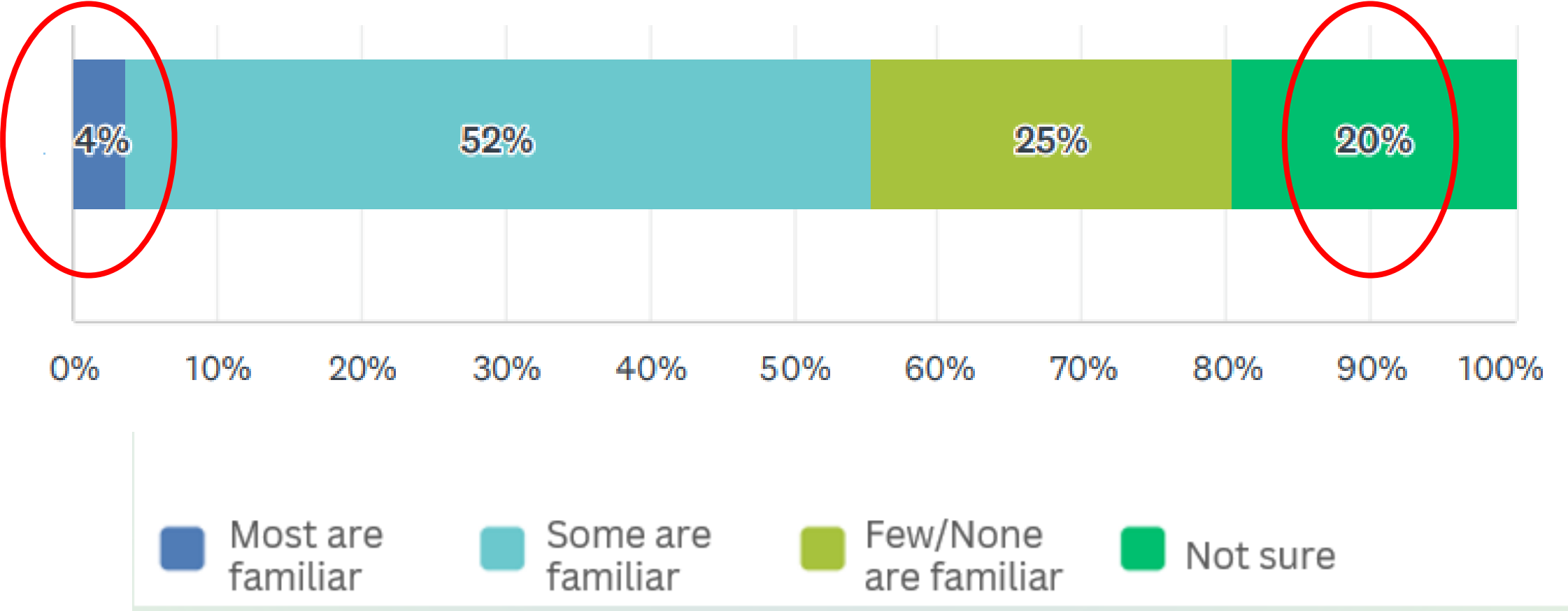
How do participants find your Café?

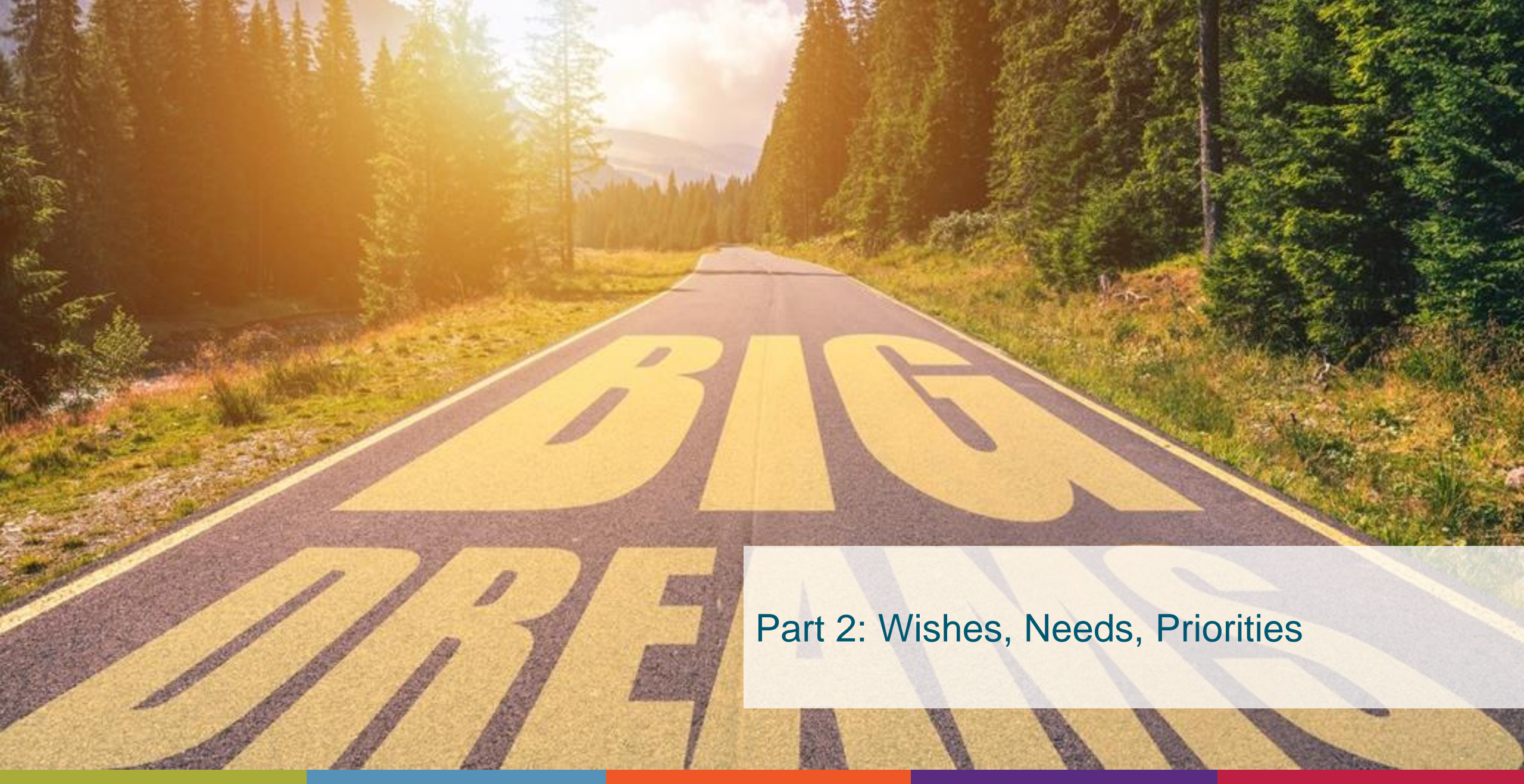


Is the **General Public** in your area familiar with Memory Cafés?



Are Medical and Service Providers to Older Adults in your area familiar with Memory Cafés?





Part 2: Wishes, Needs, Priorities

What would help most with increasing awareness about Memory Cafés?

Referrals
from social
and medical
providers

Partnerships,
e.g.
Alzheimer's
Association

TV,
Newspapers

More Staff
Time

Addressing
Stigma/
Belief
Systems

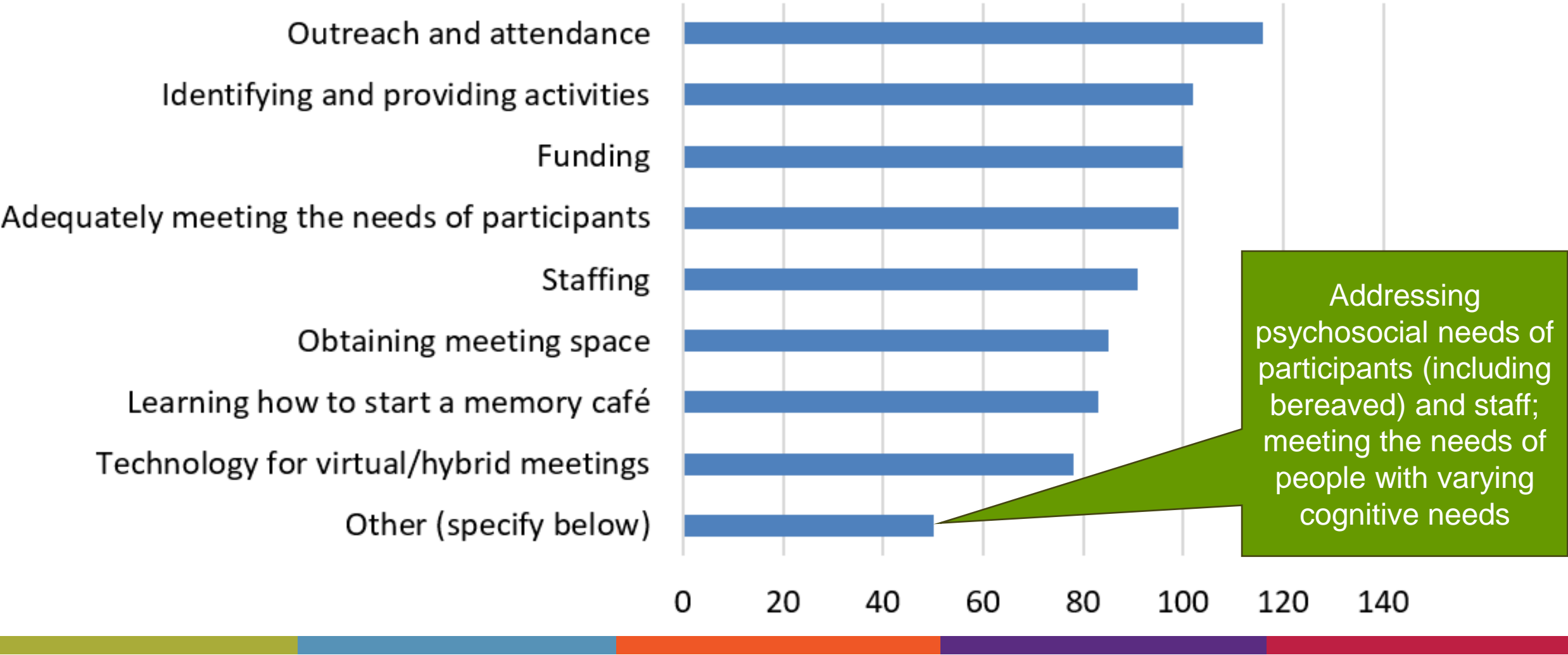
Doctors'
Prescription

Social Media

National
Branding/
Advertising

Support from
Local
Government

Biggest challenges overall



If you could wave a magic wand...



Stable
Funding

Public
Understand
-ing of
Cafés

Info about
Best
Practices

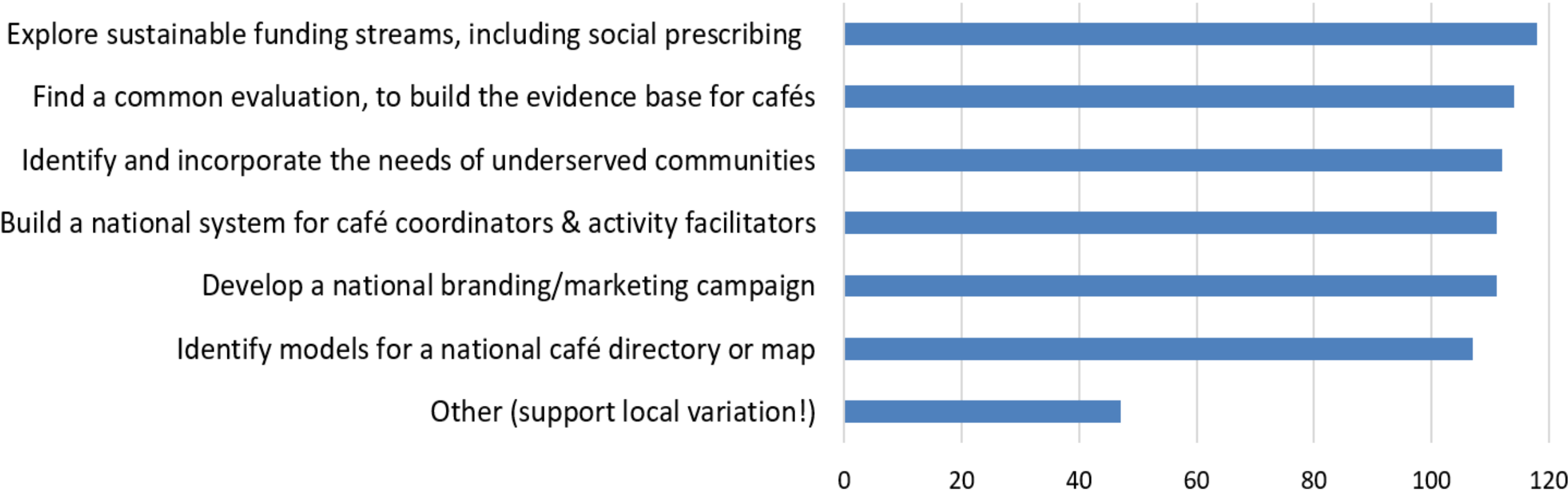
Activity
Guides

Pre-fab
Activities

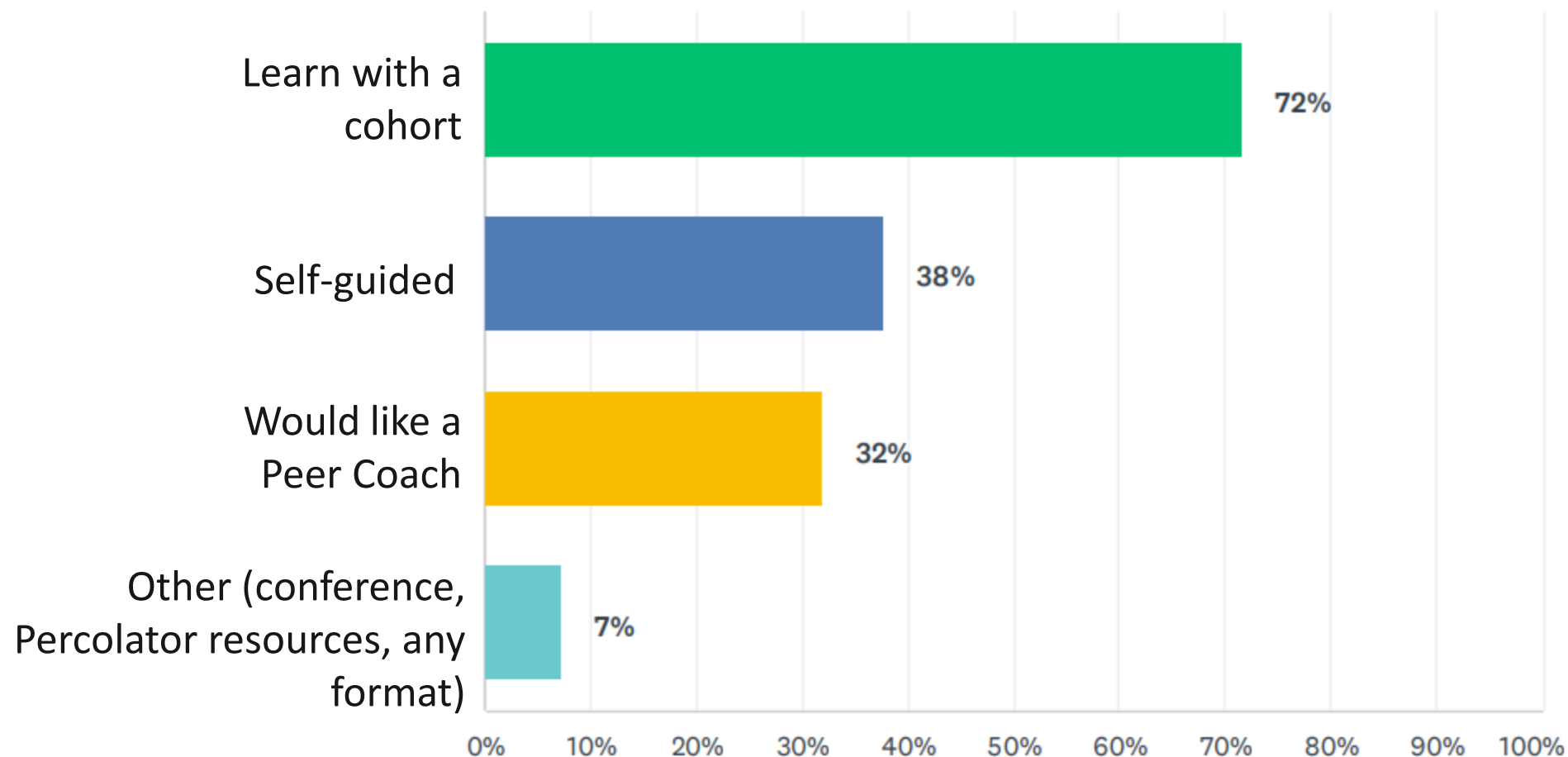
More Staff

Evaluation
Tools

Rank potential priorities for EMC2



What training format would you prefer?

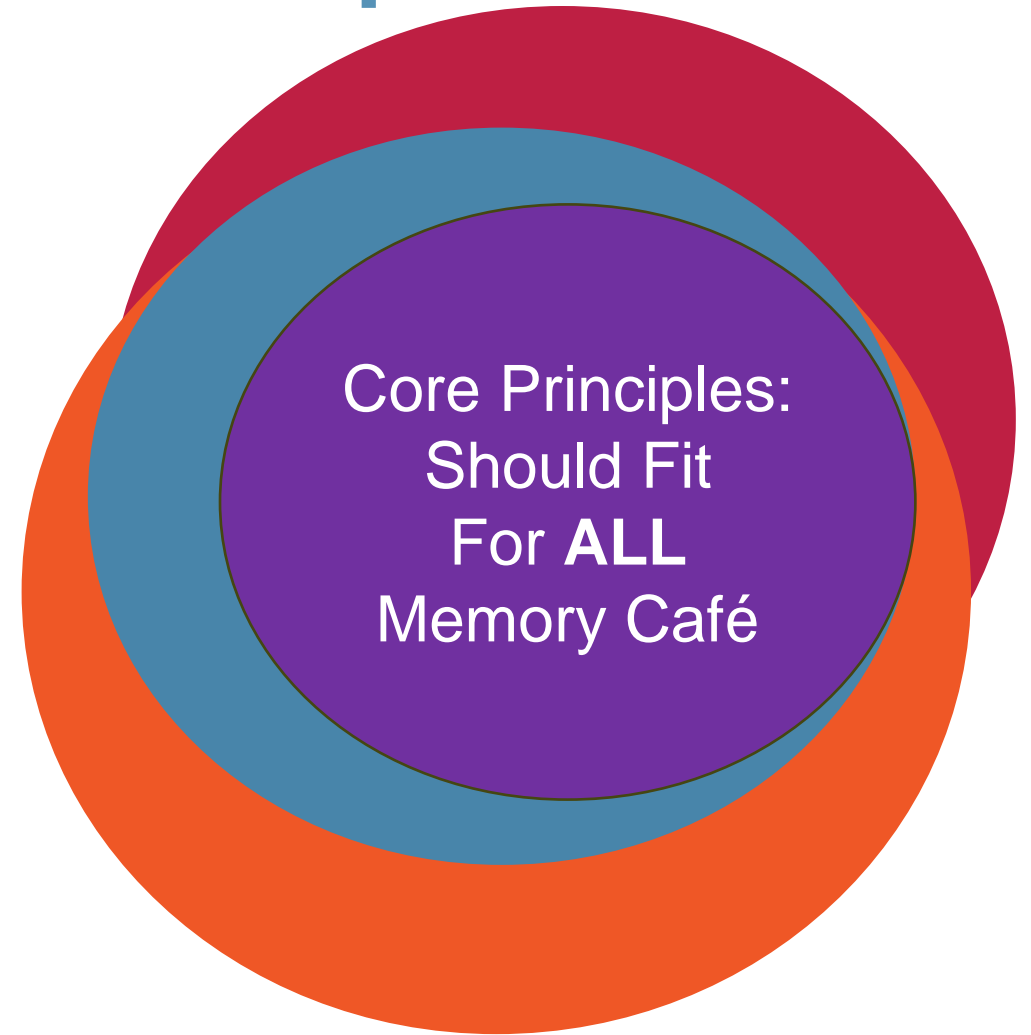


Let's discuss!



Draft: Core Memory Café Principles

- Please look at the draft on the EMC2 website, and email Beth with any comments! <https://emc2project.org/>
- Keep in mind: the core principles should represent **all** Memory Cafés. There is lots of variation AROUND the core principles.



Save the date!

Next Percolator Idea Exchange is Thursday, March 14, 1:30 – 3:30 EDT

Learn about:

- Hope & Healing Memory Cafés, NYC
- Update from Alzheimer's Association on resources cafés can use
- Update from EMC² – scaling access to memory cafés nationwide



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