

JF&CS Memory Café Percolator Quarterly Idea Exchange

September 14, 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. Café de Los Recuerdos, Gail Borden Library, Elgin, Illinois
4. Café Chats: Impact so far, with Dementia Action Alliance
5. Next meeting: **Wednesday, December 13, 1:30 to 3:30 pm ET**
 - *Memory Café Nova Scotia –launching a network of rural cafés*
 - *EMC² – scaling access to memory cafés nationwide*



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



Percolator Updates – exciting news for Memory Cafés!



- EMC² is a collaborative initiative spearheaded by Anne Basting, with advising from Susan McFadden and Beth Soltzberg
- Aims to develop national structures to support existing and new cafés
- Focal areas include marketing, access to sources of funding (e.g., social prescribing), updated training resources
- Year one is for planning: building the alliance, pinpointing priorities, and identifying partners. Your voice will be needed - stay tuned!

Percolator Updates - MA

- **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 *



Introducing... The Dementia Inclusive Public Library Guide

This new Guide invites libraries to join together with others across your state who are working hard to change the dementia narrative from one of tragedy to one of purposeful and engaged community living!

But guess what? It's not just for Libraries!!!



The Dementia Inclusive Public Library Guide



Alzheimer's Association 24/7 Helpline

- Confidential support and expert information for people living with Alzheimer's, as well as their caregivers, families, professionals, and the general public
- Gateway to programs and services including: support groups, education programs and care consultations
- Available for support anytime—not exclusive to crisis

800-272-3900



ReEntry Program – Lori La Bey

- Question on Percolator Google Group: how do you support care partners whose partner living with dementia has died or is not longer able to take part in your café?
- Resource-in-progress: “ReEntry Program”

Your Updates

Please share your news –
briefly, please!



Café de los Recuerdos

Gail Borden Library, Elgin, Illinois

Madeleine Villalobos, Director of Hispanic Services

Jessica Carapia, Coordinator of Hispanic Services

Nohora Chacon, Hispanic Services Administrative Assistant

Gail Borden Library



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Café de los recuerdos: How we got started

Today we will cover:

- Introductions
- Memory Café vs Café de los recuerdos
- First program: Mole
- Who is attending our programs?
- Activities
- Performers
- Community partners and financial sustainability
- Volunteers
- Marketing
- Program Attendance
- Patron Feedback
- Personal takeaways
- Q&A

Thurs, 11/15/18

Café de los Recuerdos - Comments List

- 1) - "All was good food - game and good information."
- 2) - "A mí me gusto todo y a mis niñas les gusto probar los moles y a la Sra. Grande le gusta jugar."
- 3) - "Los panecitos, los chels muy amables y el patio todos muy amables."
- 4) - "Todo - la prueba de mole y la educación de Salud for Mejor de la Lotería."
- 5) - "Como nos hablaron las personas que nos atendieron y de lo que nos hablaron sobre lo que debemos hacer ejercicios."
- 6) - "Chocolate mole and playing loteria."

- The next visit for Café de los Recuerdos
near the future comments
Majority selected Yes

- Days and Times Selection List

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	2	2	2	4		

Morning	Afternoon	Evening	
1	4	1	12-5

- Location Selection List

Dream Hall	GBPL	Senior Center
5	4	



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Memory Café vs Café de los recuerdos

Memory Cafe

- Respite for caregivers
- Meetings are held off site
- Illness specific: Dementia
- Some patrons live in assisted living or need accommodations
- A place to meet with others that are going through the same thing.
- Activities for caregiver and seniors



Café de los recuerdos

- Seniors assist programs alone or with family
- Meetings are held at the library
- Social gathering and not illness specific
- Patrons are independent
- Social gathering that builds friendships
- Crafts, coffee and music are a must!

How the Café got started

First program: Mmmm Mole!

- Program started based on a need to provide programs for the senior community in Spanish.
- Hispanic Services and Life Enrichment Liaison Glenna Godinsky collaborated on the first Café de los Recuerdos in partnership with Rush Alzheimer's Disease Center.
- Program themes are based on cultural festivities or holidays.
- First program was November of 2018 at Dream Hall venue in Elgin.
- Activity: Patrons voted for their favorite mole recipe.



Café de los Recuerdos: Mmm Mole!



Mole Team



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Who is attending our programs?

Caregivers, Family and Friends

- Participants are young and young at heart! They love to dance and participate in karaoke, drawing mandalas, chair yoga and Loteria!
- Café de los recuerdos has an average attendance of 17.
- The activities that we provide are based on the surveys. The feedback that Seniors provide are the main source of ideas for future programs.
- Our seniors are independent, active library users.



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Activities

Music, dancing, games and more!

- Café de los recuerdos is a social program. The program is not geared towards a specific disease but rather focused on giving seniors an opportunity to mingle amongst each other, participate in a group activity and make a craft.
- Program is held at the library.
- Organizations sometimes provide activities such as Medicare bingo or Chair yoga. Ex: Medicare Fraud Bingo from AgeOptions
- Organizations provide resources and information for seniors and caregivers.
- We provide performers. Ex: Senior Services folkloric dancers.
- Be ready to improvise! Ex: Dancing!
- Picture of our volunteer Mary dancing with a mariachi



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Activities with Patrons



Art Activities

Performers for Mother's Day



Community partners & Financial sustainably

Budget

- The funding for this program comes from our budget and grants.
- Support of our partners.
 - Ex: Cake from Centro
 - Ex: Fruit from Rush
 - Goody bags and giveaways from organizations that provide services to seniors.
 - Ex: HealthcarePlus



Partners



Volunteers

Volunteers are essential

- Some of our volunteers are the participants!
- Volunteers are creative and help us set up decorations.
- Setting up the room and activities.
- Ex: Photo backdrop



Marketing-Getting the word out!

Make it personal!

- Seniors get a personalized phone call. This make them feel special!
- A personalized call from Nohora is the secret sauce.
- Share flyers with our partners.
- Outreach
- Sign up sheets
- Library newsletter



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Flyers and Agenda

Café de los Recuerdos

En honor a los padres y abuelos



sábado 13 de julio 2019

4 - 5:30 pm

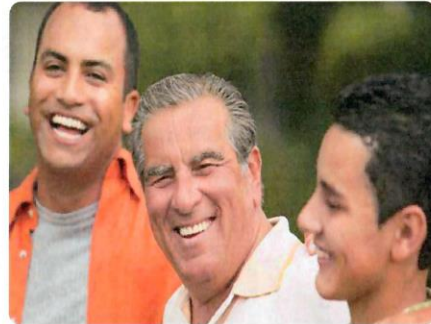
**Biblioteca Principal
Salones de la Comunidad**

¡Una oportunidad para compartir con las personas de la tercera edad en familia y comunidad!

Este es un día perfecto para manifestarle a nuestros abuelitos, padres o tíos, lo importante que son en nuestras vidas.

Tendremos:

- Refrigerios
- Una actividad especial con Rush
- Y la oportunidad de hacer nuevas amistades



Memory Cafe

In honor of Fathers and Grandad's

Saturday, July 13

4 - 5:30 pm

**Main Library
Community Rooms**

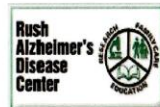
An opportunity to share with the elderly in family and community!

This is a perfect day to show our grandparents, parents or uncles, how important they are in our lives.

We will have:

- Refreshments
- A special activity with Rush
- Opportunity to make new acquaintances

Open to senior citizens and their families or caregivers.



Abierto a las personas de la tercera edad y sus familias o cuidadores.

Main Library
270 N. Grove Ave.
Elgin, IL 60120
847-742-2411

www.gailborden.info

- @GailBordenPublicLibrary
- @GailBordenLibrary
- @GailBordenPublicLibrary



Tamales and Traditions

3-3:10pm – Welcome

3:10-3:25pm – Ribbon Cutting

3:30-3:50pm -Mariachi Miguel Nuno and Tamales

3:50pm -4:20pm – Loteria with Rush

4:20pm -4:30pm – Announcements

Join us :

Saturday November 16th 3-4:30pm

for

Café de los Recuerdos: Day of the Dead

At the Gail Borden main library

270 N.Grove Ave, Elgin IL 60120



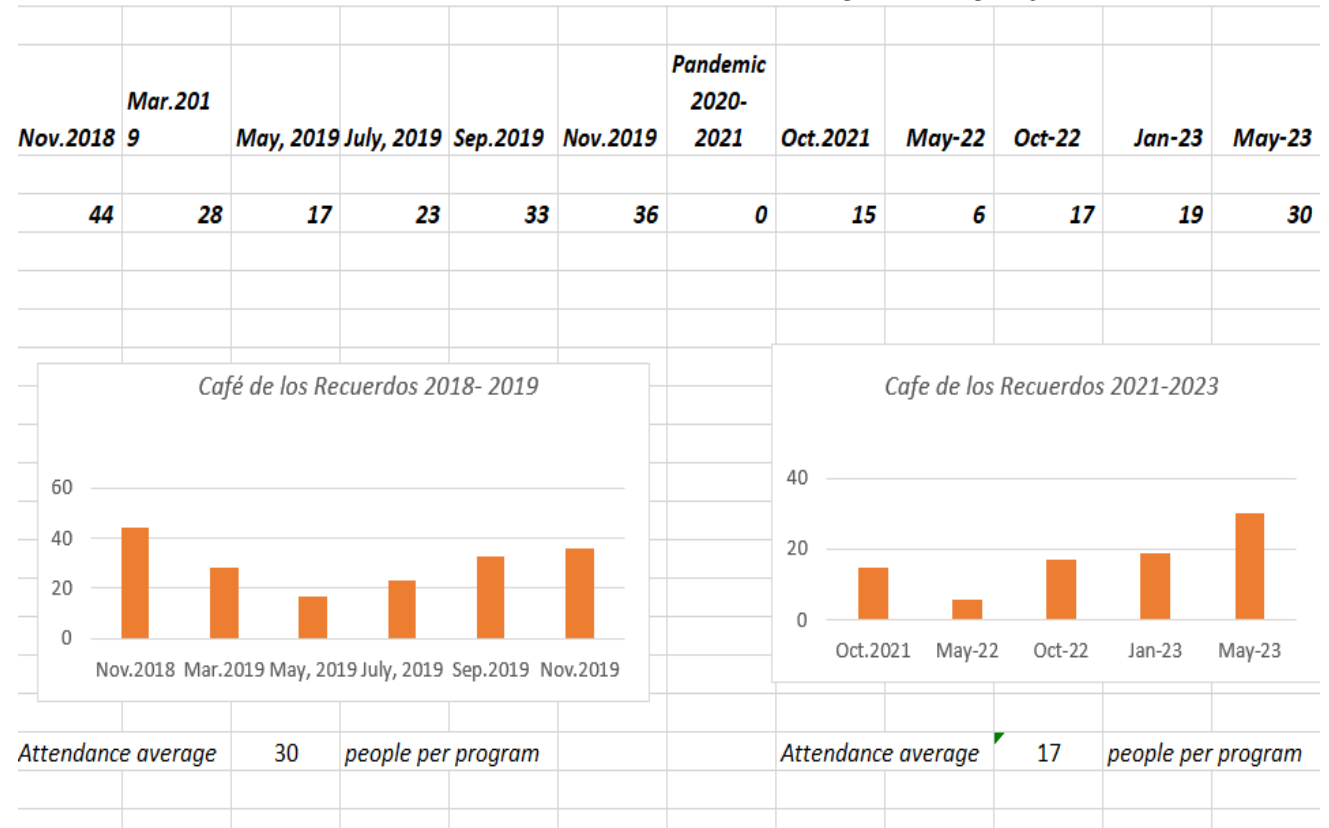
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Program Attendance

Learning to adapt to challenges

- Attendance changed after covid
- Before the pandemic we had an average of 30 participants.
- Program were held bi-monthly
- Its important to adapt. We now have the program three times a year around traditional Hispanic holidays.
- Ex: Three king's day, Mother's day and Hispanic Heritage Month.
- Our goal is to reach the same attendance number before the pandemic. We now have 17 participants on average.

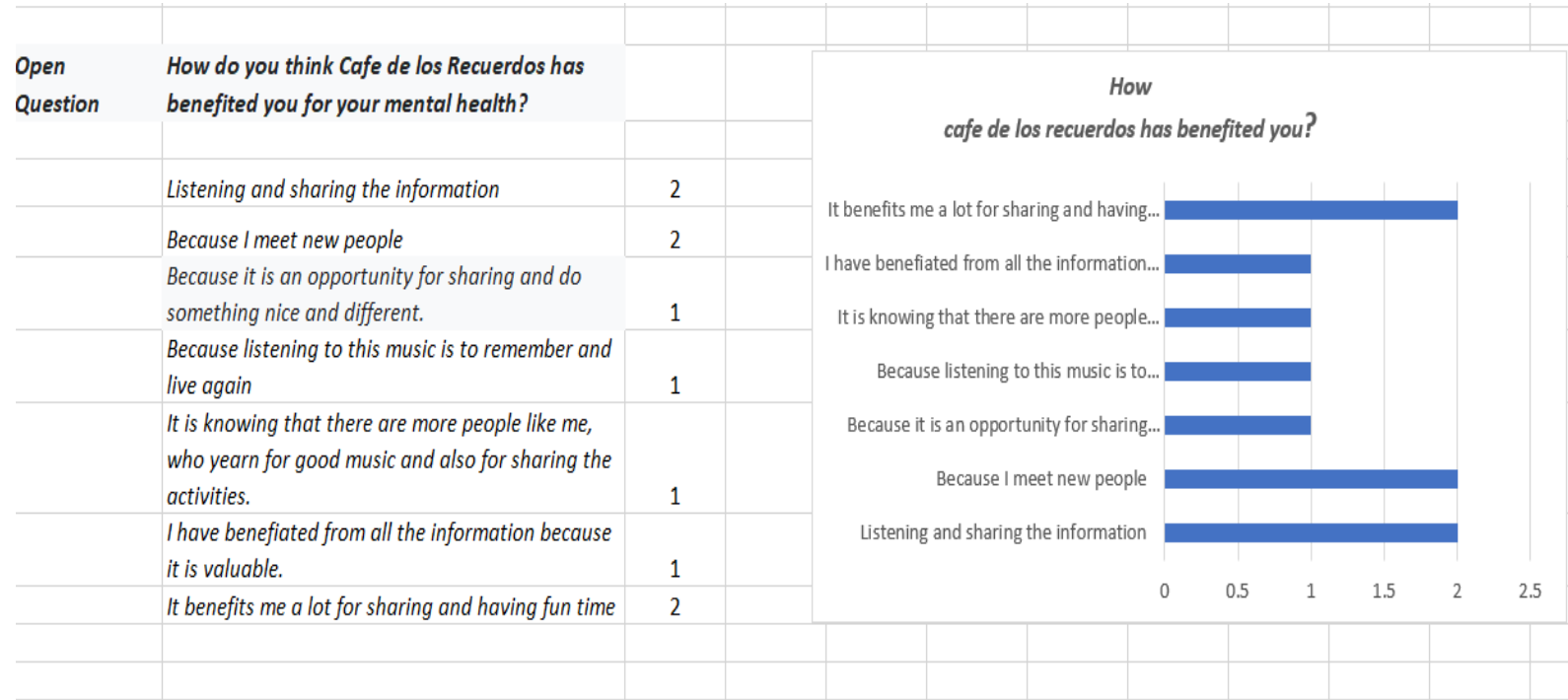
CAFÉ DE LOS RECUERDOS - ATTENDANCE Before and after pandemic



Patron Feedback

Survey says!

- At the end of each program, we hand out surveys.
- Surveys are helpful. It gives us ideas and insight.
- The program has a loyal following. Seniors prefer the programs be held from 3:30pm-5:00pm. Due to:
 - Transportation
 - Parking
 - Schedules
 - Weather



Takeaways

- Seniors are valued in the Hispanic Community!
- Seniors like to be informed! We continue to provide information and invite presenters to provide resources and information.
- Our local Seniors are community oriented and love to volunteer.
- Seniors love their independence!
- Be prepared to improvise.
- Photo props are popular, and they love themes.

Questions?



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Coordinator of Hispanic Services

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Thank You!
¡Gracias!



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Stretch break!



Café Chats

Barb White and Karen Love
Dementia Action Alliance



Finding the Joy in the Journey: Sharing “The Rest of the Story”

Café Chats

A Dementia Action Alliance and
Memory Café Percolator Collaboration

Café Chats—In Every Direction!

Belmont, MA

Bridgewater,
MA

Natick, MA

Walpole, MA

Worcester,
MA

Brattleboro,
VT

Danville, IL

Ann Arbor,
MI

Paw Paw, MI

Kenosha, WI

Watertown,
WI

St. Paul, MN

Columbia,
MO

Durham, NC

Kill Devil
Hills, NC

Edmonds,
WA

Victoria, BC

Laurie Scherrer's Recipe For Living Well With Dementia

Learn all you can and feel all the feels.

Get involved with others living with dementia. There is no substitute for lived experience.

Adopt a positive attitude.
“I can” vs. “I can’t.”

Create strategies for living a full life.

Find purpose.

Participants Respond

- Should a care partner resist using the word “dementia?”
- I’m seeing signs of dementia in my wife. How do I begin that discussion?
- When is autonomy okay?
- Your advice is spot-on, even for people who don’t have dementia.
- Appreciate that speaker uses the word “challenge” instead of “problem.”
- My wife was just diagnosed, and she was the one who did everything for us. I realize now that I have to take on more responsibility so that she can live as well as possible.
- Like any chronic illness, do what still has meaning with the people who mean a lot to you.
- This was a source of hope. Enlightening and eye-opening.

Memory Café Leaders Respond

All I can say is WOW – JR is very inspirational!

Everyone seemed to enjoy it (and actually stayed after to ask more questions!)


I had no idea what to expect (and how the people in the café would react), but everyone kept saying thank you and it was fabulous. I think seeing him and listening to how he still lives a very happy, productive life was helpful for them. We have a few in our group who won't admit they are having some issues and were listening very attentively. Hopefully, it will help them come to terms with it and seek help.

Thank you for the links – those will be very helpful and I will spread the word.

Thank you again so much. It was truly appreciated.

-Sandy Pellagrine, Walpole Memory Cafe






Monica was a marvelous speaker— thank you so much for arranging that. Her story was powerful and illustrated the challenges and limits of diagnosis and the importance of staying involved and connected with others.

Overall it went well and our Cafe members appreciated the opportunity to talk about dementia—we generally focus on learning, arts and personal stories without talking about dementia.

--Debra Sheets, Victoria, BC




A large, solid orange circle is positioned on the left side of the slide, partially cut off by the edge.

Thank you for the Café Chat, yesterday. It was a unique experience for our folks and several caregivers gave me positive feedback. I am so sorry I had to ask to end it. We had gone beyond the half hour and I had other commitments for the time period.

Thank you, also, for the resources! I will pass them on.

-Susan Johnson, Kenosha, WI

A series of four yellow, curved, dashed line segments are arranged in a curved path in the bottom right corner of the slide.



The Zoom presentation was very well received by our group. It led to quite a few testimonials and conversations. I was hesitant about the Zoom addressing the "elephant in the room". But our guests were encouraged and felt understood by Laurie.

Please thank her for all that she does to encourage and inspire those dealing with dementia.

-Donna Dlugie, Paw Paw, MI



Thank you for coming to our café to share JR's story! He did a great job and kept the group engaged. I felt the caregivers were probably more interested in hearing his perspective though we had a few young ones in the audience who seemed to appreciate what he had to say.

We continued to talk about it even after he was gone. I was happy to see 16 people at the Café!

--Deb Dowd-Foley, Worcester, MA





Dear Barb and JR,


Thank you we really enjoyed the chat!

We thank the powers that be for providing this wonderful program at no cost to us!

...JR thank you for sharing I learned a lot and really appreciate your time with us.

The GEM folks consisted of a person living with brain change, a caregiver of a person with brain change and a volunteer who donates her time to a neighboring family experiencing brain change.

--Gail E. Sonnesso, Kill Devil Hills, NC



Thanks so much to you and Laurie!

We all thought it was extremely helpful and useful. Shoshana and I think we will purchase a few of the Pathways guides to have on-site for people to check out. We will also share all these links with our great Memory list serve. Laurie's openness to be available if other questions or issues come up is also so appreciated.

All in all an excellent and moving program!

--Jordana Brown and Shoshana Funk, Durham, NC



From Dementia Action Alliance: THANK YOU!



Discussion



Save the date!

**Next Percolator Idea Exchange is Wednesday, December 13,
1:30 – 3:30 EDT**

Learn about:

- Memory Café Nova Scotia – launching a network of rural cafés
- 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!