

## **MEMORY CAFÉ ~ PLEASE JOIN US!**

### ***What is a memory café?***

It is a wonderfully welcoming place for individuals with Alzheimer's or any other types of dementia or cognitive impairments. The challenges of living with memory loss can sever social connections at a time when it is needed most. Across the country, Memory Café gatherings are one of a few ways people with memory loss and their care partners are coming together to make new friendships, create new memories and support one another. A memory Café is a safe and comfortable space where care partners and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. Or you can simply enjoy the company of those with similar things in common!

### ***Who should attend a memory café?***

Memory Cafés are intended for those with mild to moderate Alzheimer's, dementia or other memory loss issues, along with their care partner. While a memory café is beneficial to those afflicted, it can also be beneficial for their care partners as well. It is not a place to "drop off" your loved one for a while, but a way to engage and enjoy activities with them as a break from normal routine and create new memories in a safe, comfortable environment.

### ***Is this a type of support group?***

In short, NO. Support groups are typically solely for the family caregivers and focus on sharing experiences and learning to cope with common challenges they are facing. While it is very likely the Memory Cafés become a supportive community, this is not the main purpose of the program. Thus, it is not a support group.

### ***What will a typical Memory Café be like?***

Memory cafés offer a warm, welcoming environment. There will be ample time for meeting others and getting acquainted with one another. Light refreshments and snacks will be provided. There will also be activities appropriate for the attendees, which will be optional. Professionals from the Catholic Charities Aging Support Services Division facilitate each café gathering, provide resources, information and referral as applicable and support as needed to attendees.

### ***What kinds of activities are planned for the group?***

Activities vary and include art, music, photo sharing, movement/exercise, reminiscing, holiday celebration and/or games. We encourage you to join us even if the planned activity may not be of interest – the activity is just a portion of the afternoon, and you might be pleasantly surprised if you do choose to give it a try! As the group dynamics evolve, we ask attendees' feedback on which types of activities they prefer so we can plan accordingly.

### ***Do I need to sign up? Is there a cost involved?***

We ask for an RSVP for room set-up and planning purposes, but it is not required to attend. The program is offered **FREE** thanks to the generous support of the Peninsula Healthcare District and with the assistance from the partner organizations Burlingame Parks and Recreation Department and Catholic Charities.

RSVPs can also be made by calling the Burlingame Recreation center at 650.558.7300.