

# JF&CS Memory Café Percolator Quarterly Idea Exchange

June 8, 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. Outreach and attendance: Kelly Davis, Waukesha Memory Café, followed by structured brainstorming
4. Designing café activities to work for all ability levels: Gail Sonnesso, Harmony Café
5. Next meeting: **Thursday, September 8, 1:30 – 3:30 pm EST**



# 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.



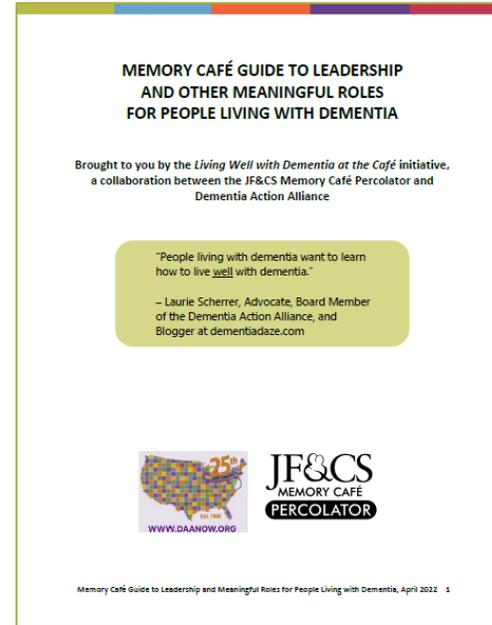
# Percolator Updates

## MEMORY CAFÉ GUIDE TO LEADERSHIP AND OTHER MEANINGFUL ROLES FOR PEOPLE LIVING WITH DEMENTIA

Brought to you by the *Living Well with Dementia at the Café* initiative, a collaboration between the JF&CS Memory Café Percolator and Dementia Action Alliance

Thanks to the Percolator Dementia Inclusive Work Group, and all who participated in the December 8, 2021 idea exchange!

Download the Guide at [www.jfcsboston.org/Percolator](http://www.jfcsboston.org/Percolator)



# Percolator Updates

## **MEMORY CAFÉ GUIDE TO LEADERSHIP AND OTHER MEANINGFUL ROLES FOR PEOPLE LIVING WITH DEMENTIA**

- Ways to reduce stigma by sharing the voice of people living with dementia
- Ideas to involve café participants in planning and design
- Ways to create individualized roles for specific participants
- Ideas to encourage interaction among participants
- Ways to support advocacy beyond the café
- Resources to learn more



# Percolator Updates



**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)

For information about scheduling a Café Chat, please contact Karen Love, Executive Director, Dementia Action Alliance, at [karenlove4@verizon.net](mailto:karenlove4@verizon.net)

# Percolator Updates

- 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](#).



# 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



# Your Updates

- Please share your news – briefly, please!



# **Outreach and Attendance**

**Presentation by Kelly Davis, Waukesha  
Memory Café, Wisconsin**

**Followed by Group Brainstorming!**

# Why is outreach a challenge for memory cafés?

- There is stigma and silence about dementia
- The public is not familiar with the memory café concept
- Café providers have limited resources



# Poll: your goals for attendance at your café



# About Waukesha Memory Café:

- SE Wisconsin (Population: 70k+)
- Inherited the program
- First hosted June 2021 @Waukesha Public Library
- Part of Library Memory Project: organizes 21 local Memory Cafes
- In Person
- 4th Wednesday of each month
- 25+ attendees a month

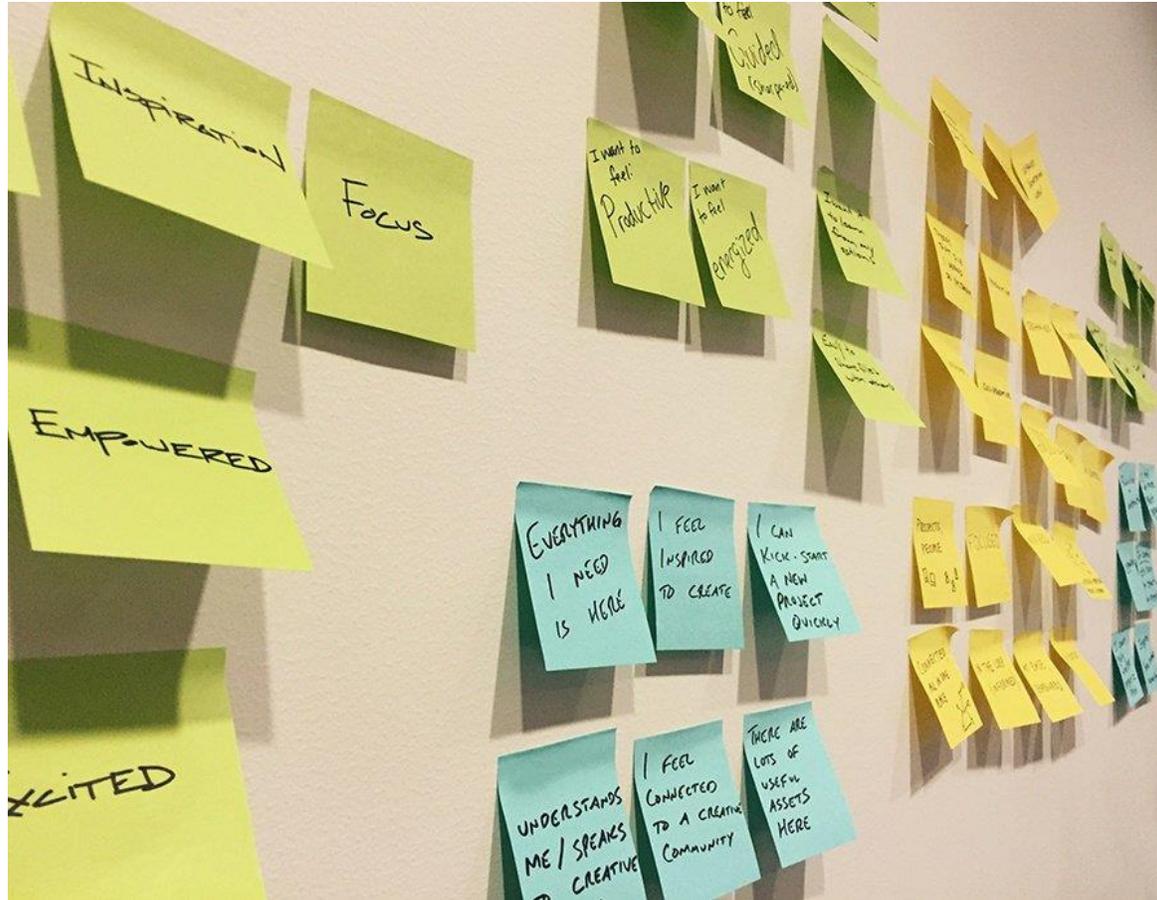


# Promotion

- Word of mouth from attendees
- People keep attending after loved one passes on
- Timely topics – a presenter, seasonal topic, etc
- One of our organizers calls all potential registrants each month (whether or not they attended the previous month)
- Library Memory Project – helps to further market our Library's efforts
- Fun factor! Music and Snacks
- Outdoor signage



# Structured Brainstorming



# Percolator's explorations of outreach

- Virtual Memory Café Toolkit Supplement includes a list of ideas created by Percolator Outreach Working Group, winter 2021
- March 2019 Percolator idea exchange - outreach & attendance survey (Email Beth to request slides)
- December 2016
- December 2015

# Levers for increasing attendance

1. Design of café
2. Outreach before your café starts – or a “kickoff” anytime
3. Ongoing outreach
4. Keeping in touch with your participants
5. Collaboration with other cafés and other providers
6. Other types of ideas



# Design of Café

- Name
- Location
- Meeting time
- In-person vs. virtual vs. hybrid



Brainstorm: What design choices have promoted attendance at your café?

# Initial outreach/ kick-off

- Publicity: social media, newspapers, cable TV, etc.
- Making connections with providers, participants, community leaders; building a mailing list
- A kick-off event



Brainstorm: What's worked well when starting your café, or "re-booting" it?

# Ongoing outreach

- Publicity: social media, newspapers, cable TV, etc.
- Presentations about café
- Mailing list
- Asking current participants to spread the word



Brainstorm: How do you continue to get the word over time?

# Keeping in touch with your participants

- Mailings, phone calls, etc.
- Creating a welcoming environment where participants feel they matter
- Getting feedback from participants on a regular basis



Brainstorm: How do you keep your current participants engaged and coming back?

# Collaboration with other cafés and providers

- Shared PR
- Group calendar
- Taking turns hosting the café
- Encouraging referrals



Brainstorm: How do you collaborate with other cafés or other providers to promote attendance?

# Other ideas to promote attendance?



# Your Best & Worst Outreach ideas!



# **Designing café activities to work for all abilities**

**Presented by Gail Sonnesso,  
Harmony Café, North Carolina**

# GEM'S HARMONY CAFE



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**Gail Sonnesso, MS**  
**Executive Director**  
**GEM Adult Day Services, Inc.**  
**Gentle *Expert Memorycare***  
**252-480-3354**

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







# GEM's Harmony Café

Meets weekly at:

- Local Churches
- The Baum Senior Center,  
Kill Devil Hills
- The Tillett Community Center,  
Manteo
- And via Zoom with **GEMz**

GEM hosted  
our first  
Harmony  
Café in  
**July**

**2016**

GEM was  
founded in  
**1997**

# GEM'S HARMONY CAFE



GEM is a stand alone community based non-profit corporation funded by:

1. Partnerships with our local non-profits
2. Churches & Businesses
3. Grant Income
4. Fundraising Events
5. Individual donations



# GEM'S HARMONY CAFE



## Participants

attending Harmony Café  
include;

**Individuals** experiencing  
cognitive challenges and  
living at home

**Care Partner's**

**Community Friends**

Members of the **Faith  
Community**

**Paid Caregivers**



*ATTENDANCE BEFORE COVID* RANGED FROM 60-85  
INDIVIDUALS *CURRENTLY* 15-25.





## **GEM'S ACTIVITY PLANNING FORM**

**Local artists give their time and talent to bring our GEM caregivers and care receivers a variety of arts and crafts. Each specially designed session ends with Music by Angelo Sonnesso.**

**[View our video.](#)**

Activity Objective(s): To create a "Spring showers bring May flowers" flowerpot with napkin decorations and filled with an indoor selection of plants and decorations.

Equipment: You can use it again	Supplies You use them up (glue)				
					

Sequence, Steps and Tasks:	Volunteers /staff help
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
List tasks that went well:	
List tasks that require tweaking:	
What to change/How to improve?	

# BASIC PRINCIPLES ABOUT CREATING A PLAN FOR PEOPLE EXPERIENCING DEMENTIA



- **First-** understand the disease and what is retained and what is lost.
  - For example fine motor skills might be impacted.
- **Second** – know that people like to be helpful.
  - For example when offering your activity ask them to do this to “**help.**” someone else
- **Third** – have a completed project for them to see and know what we hope to complete.
- **Fourth** – break the tasks down into manageable steps
- **Fifth** - offer **simple** choices “this color or that color.”

## "SPRING SHOWERS BRING MAY FLOWERS" FLOWERPOT ARTIST MARY ANN REMER

- Step one – select your craft, cooking activity etc.
- Step two - describe the project on the planning sheet.
  - Activity Objective(s): To create a "Spring showers bring May flowers" flowerpot with napkin decorations and filled with an indoor selection of flowers and decorations.





# PLANNING AN ACTIVITY WITH GEM

- Three - list equipment & supplies you will use

Equipment: You can use it again	Supplies You use them up (glue)
paint brushes	Decoupage solution
small cups	Artificial flowers
	Feathers
	Butterflies, and other shapes on plant sticks
	small plastic flower pot
	moss
	tissue paper
	Styrofoam ball

### Hint\*

People experiencing cognitive challenges have very little patience, so have everything set-up & ready!

# FOR THIS CRAFT MARY ANN CREATED A KIT AND I PUT THEM IN INDIVIDUAL BAGS



- She included:
- **6 squares of pretty napkins (tissue paper)**
- **The Artificial flowers**
- **Feathers**
- **Butterflies, and other shapes on plant sticks**
- **Artificial moss**
- **Styrofoam ball**
- She set up individual workspaces on a table protected with a dollar store tablecloth, small cups of glue, the plastic pot and the kit.



## Sequence, Steps and Tasks:

1. Using the (decoupage solution) glue the tissue paper to cover the outside of the pot. Put the glue on both sides of the tissue.

2. Take the Styrofoam ball and cover the bottom with glue and place it glue side down in the pot

3. Now spread glue across the top of the ball and cover it with moss.

4. Select the items (flowers, plant sticks) you will add to the pot and using gentle force stick them into the ball.

5. If you would like to add or vary the “flowers” we have extras for you to pick from.

# GEM VOLUNTEERS PARTNER WITH THE PARTICIPANT- SITTING ON THEIR DOMINANT SIDE



## Everyone does the craft!

- For example the participant has not fully covered the pot with tissue.

## This way the Volunteer can model the steps

- The volunteer can offer another piece of tissue and suggest that it might look good (point to the empty spot.)

# VOLUNTEER/STAFF HELP W/ THE CRAFT



Volunteers/staff help

1. Using the (decoupage solution) glue the tissue paper to cover the outside of the pot. Put the glue on both sides of the tissue.

2. Take the Styrofoam ball and cover the bottom with glue and place it glue side down in the pot

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# REVIEW WITH VOLUNTEERS

**List tasks that went well:**

Presentation and completion of the craft.

**List tasks that require tweaking:**

More opportunities for personal choice.

**What to change/How to improve?**

We hit the mark on this one. Thanks to Mary Ann!



WE END OUR CLASS BY GOING AROUND THE ROOM AND ASKING WHAT WE LIKED BEST ABOUT THE CRAFT!

One of my favorite comments was from a new participant:

She said *“I didn’t think I could do that!”*

Another was from the wife of a participant: She said every time he passes by the craft he says with pride *“I made that!”*

# RESOURCES

- [GEM Day Services, Inc.](#)
- [gsonnesso@gmail.com](mailto:gsonnesso@gmail.com)
- [www.gemdayservices.org](http://www.gemdayservices.org)
- <https://www.facebook.com/TheGemCenter>
- Teepa Snow Positive Approach to Care  
Call **877-877-1671**,  
or send us an email at [info@teepasnow.com](mailto:info@teepasnow.com),



**THANK YOU!**  
**Questions?**

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# Discussion



# Save the date!

**Next Percolator Idea Exchange is  
Thursday, September 8,  
1:30 – 3:30 EDT**

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



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