

JF&CS Memory Café Percolator Quarterly Idea Exchange

September 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. Serving the LGBTQIA+ Community, Lisa Krinsky, LICSW, Director of the LGBTQIA+ Aging Project at the Fenway Institute
4. Trauma, Dementia, and Memory Cafés: Carol Laibson, LICSW, Clinical Manager of Schechter Holocaust Services at Jewish Family & Children's Service of Greater Boston
5. Next meeting: **Wednesday, December 14, 1:30 – 3:30 pm EST**



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

Coming soon! Café Chats!

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=PLHJOmSrZ9zxTQuGLGz85ueil544t_b9ad

For information about scheduling a Café Chat, please contact Karen Love, Executive Director, Dementia Action Alliance, at karenlove4@verizon.net

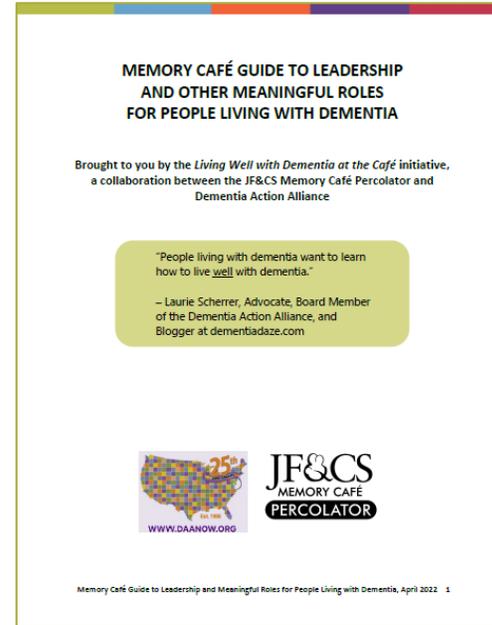
Percolator Updates

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



Percolator Updates

- All Percolator resources are free and can be found at 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



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](#).



Percolator Updates - MA

For those in Massachusetts: the deadline is October 17, 2022 for Massachusetts Cultural Council's "Local Cultural Council" grants.

Contact your Local Cultural Council, or visit:
www.massculturalcouncil.org/communities/local-cultural-council-program/



Your Updates

- Please share your news – briefly, please!
- Let's Talk about Dementia and Culture 2022, Beth
- The Apollo Project, Jesse Cai
- Museum Immersion, Peggy Cahill



Join us on November 15!

Dementia affects every community, but not in the same way. Join us for a conversation about disparities, different needs, and specific strengths in many cultural and linguistic communities.

- 1:00 – 4:30 P.M. ET
- Information and registration at bit.ly/dementiasymposium22

Vamos conversar **စကားပြောကြရအောင်**

Let's Talk About Dementia And Culture

An nou pale **讓我們談談**

Hablemos **Hãy nói chuyện**

Tuesday, November 15, 2022
1PM - 4:30PM

Speakers:

- **Ametta E. Baty and Carl Byron Baty**, Rounding the Bases, Inc.
- **Kun Chang, MSW, LCSW**, Associate Director, Greater Boston Chinese Golden Age Center
- **Alana Dundon**, Brazilian Educator and Psychologist
- **Anitra (Nia) Mostacero**, Advocate Living With Dementia, First Sergeant, US Air Force, Retired
- **Tirsa Ramirez**, Spanish Educator, Latino Health Insurance Program
- **Saw Reh**, Vietnamese and Burmese Educator, Southeast Asian Coalition
- **Kathy Service, RN/NP, I/DD and Dementia Specialist**
- **Judith Theimidor**, Haitian Creole Educator
- **Bonnie Burman, ScD**, Ohio Council for

Dementia affects every community, but not in the same way. Join us for a conversation about disparities, different needs, and specific strengths in many cultural and linguistic communities. Gain a new lens to see through as we work to raise awareness about dementia in all of our communities.

Register at bit.ly/dementiasymposium22



Morning Pointe



Florence,
Agny, and
Fran using
TAP!

Van Gogh & Monet Garden Immersion Tours

A collaboration: Peggy Cahill & ARTZ France



The museum comes to your memory cafe

We invite you to participate in a 1.5 hour Art Discovery Session. A specially designed visual engagement experience for those living with memory changes and care partners. We'll look at 4 paintings together- share conversation, imagination and spontaneity. By commenting on great masterpieces of art history, participants stimulate memory, awaken wonder in a fun and friendly way, and build sense of community. We learn together about a painter's colors, composition and technique. Arts engagement invites discovery, helps maintain memory, enriches cognitive reserve and uplifts mood. A strong medicine for mind, body and spirit.

EMAIL: cahillpeggyc@gmail.com WEBSITE: www.airearts.weebly.com

Your Updates

- Please share your news – briefly, please!



Serving the LGBTQIA+ Community

**Presentation by Lisa Krinsky, LICSW, Director of
the LGBTQIA+ Aging Project at the Fenway
Institute, Boston**

Followed by Q & A

LGBTQIA+ Older Adults and Carepartners with Dementia

Because everybody deserves to age with dignity and respect

Lisa Krinsky, MSW, LICSW

Director



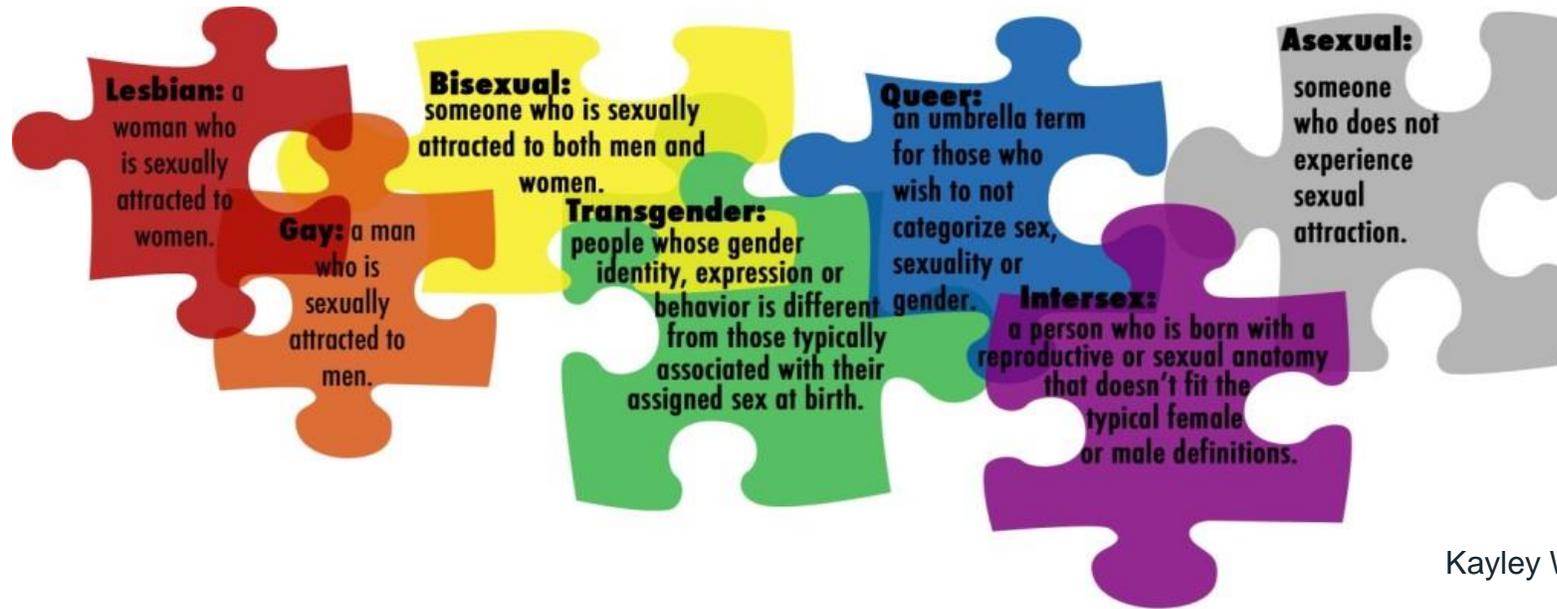
L G B T Q I A +
A G I N G P R O J E C T

A PROGRAM OF THE FENWAY INSTITUTE

Our Mission

LGBTQIA+ Aging Project works toward equity, inclusion and community for lesbian, gay, bisexual, transgender, queer, questioning, intersex and asexual older adults, ensuring that they can age with the dignity and respect they deserve.

I Know what LGBT means... what is QIA+?



Kayley Weinberg, 2014

Intersex: an umbrella term for naturally occurring variation of differences in sex traits or reproductive anatomy. There are many possible differences in genitalia, hormones, internal anatomy, or chromosomes

Asexual: not experiencing sexual attraction

+ language continues to evolve

Sexual Orientation Gender Identity/Expression

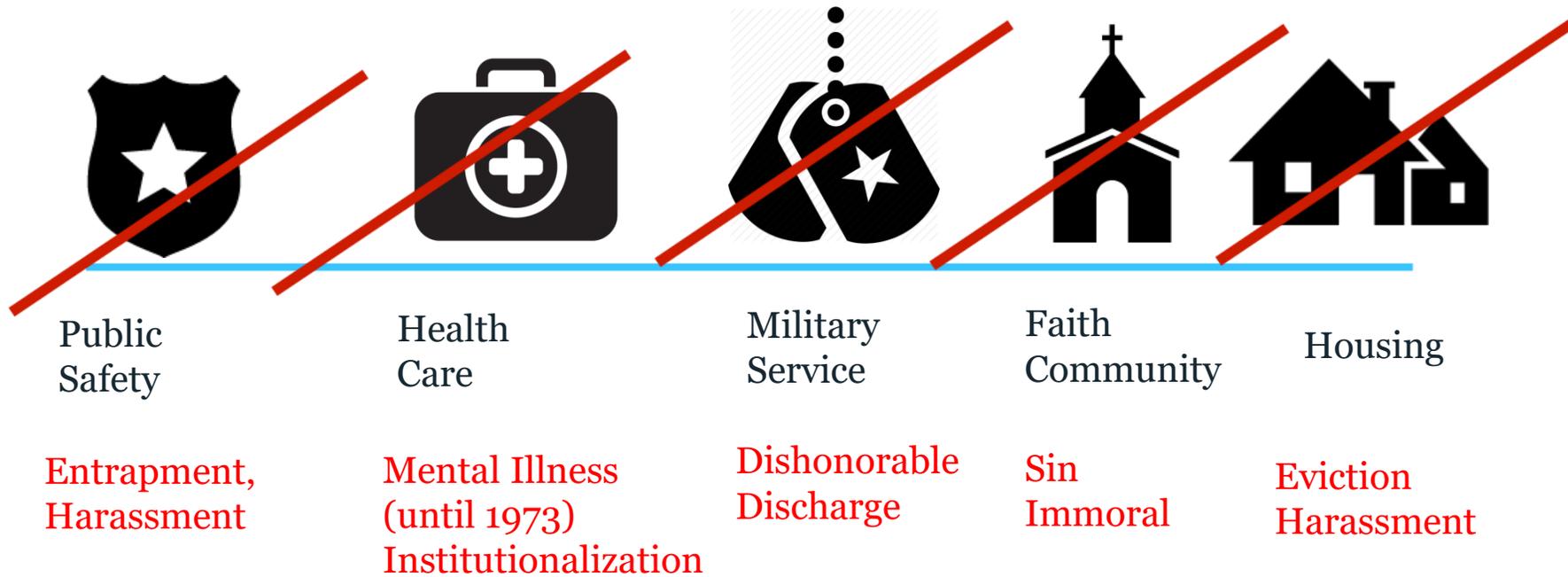
- Sexual Orientation: How a person identifies their physical, emotional attraction to others - lesbian, gay, bisexual, +
- Gender Identity: A person's internal sense of their own gender
- Gender Expression: how a person presents themselves in the world
- **Gender Identity IS NOT THE SAME AS Sexual Orientation**
 - Transgender people can identify as gay, straight or bisexual, +
 - Cisgender people can identify as gay, straight or bisexual, +

Why are we talking about LGBTQIA+ older adults?

LGBTQIA+ Aging Supports



Mainstream Supports



Vertical Caregiving



Horizontal Caregiving



Dementia & LGBTQIA+ Older Adults and Carepartners

Higher rates of subjective cognitive decline among LGBTQ Americans
(Flatt et al, 2019)

Most people's fear: not remembering...

LGBTQ added fear: losing "filter" and not keeping "secret"

What will I say or do?

- How will staff respond?

- How will my peers respond?

- How will my family/friends respond?

Does outing oneself or loved one → RISK OF HARM OR MISTREATMENT?

Transgender/Gender Diverse Aging

Transition early in life:

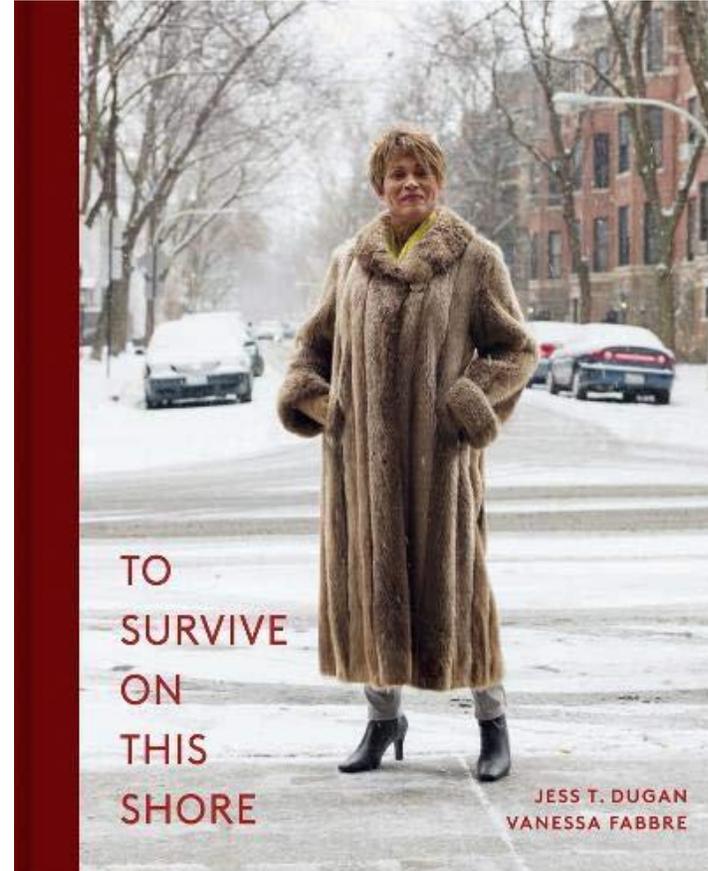
- some lived “stealth” with no history or context; significant losses

Transition later in life:

- after milestone like retirement, family grown, deaths

Selective authenticity:

- maintaining different identities in different settings



Dementia & LGBTQ+ Older Adults and Carepartners

Transgender added fear: will I remember who I am (now?)

Will staff care for me as my authentic/current identity?

Who will advocate for me with those who don't support my identity - family/staff/providers?

Legal issues – “next of kin” vs. “family of choice”

- Estranged/unaccepting family member may not respect relationship or wishes

Individual Practice

- **Language of the times:**
 - Homosexual vs. Gay/Lesbian
 - Lifestyle vs. Orientation; Gender Identity/Expression
 - Transsexual vs. Transgender
 - Friend, lover, partner, spouse, husband/wife
 - Euphemisms -- friend, roommate, cousin
- **Newer language and concepts:**
 - QUEER
 - Non-binary; Gender Diverse;
 - Intersex, Asexual, Pansexual +
 - Ally

Individual Practice

Don't assume everyone is heterosexual or cisgender (not transgender)

Use universal language: spouse/partner (not husband/wife)

**Consider a broad definition of family – not just biological family;
LGBTQ community embraces friends as “family of choice”**

Ask open ended questions:

Who do you consider as your family?

Who do you turn to for support?

Be affirming without naming relationship:

I have worked with people from all walks of life.... You two make a great team....you're lucky to have someone by your side

Individual Practice

Reduce gendered language: Ladies and Gentlemen → Friends

Avoid incorrect language: homosexual, lifestyle, transgender –ed

Conversations about LGBTQ inclusion may NOT reflect your current participants, but may extend to their families – create space for these conversations too

Don't have to address sexual orientation or gender identity directly – extend extra kindness and welcome them to offset anticipated rejection

Call In (vs. Call Out) disrespectful behavior – opportunity to educate and reinforce that all are welcome.

“Let's try and use another term, that can be hurtful to some people and everyone is welcome to be part of our group”

Organizational practice

Buy In for LGBTQ inclusion on all levels: staffing, board of directors, volunteers, clients

- Why does this matter to us?
- What will I have to do differently?
- What are the risks? consequences?
- What are the benefits?
- What if someone doesn't "agree" with LGBTQ inclusion?
- Consistency over time (not just a Pride event in June)



How does LGBTQ inclusion fit into your larger DEI efforts?

- What other populations need inclusion?

2022 LGBTQ+ CALENDAR

Community Meals
& Programs

Welcoming community events for LGBTQ+ older adults and their friends.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LGBTQIA+ Drop In Meeting 11:30AM - 12:30PM Zoom</p> <p>Meeting House Supper Club Medfield CURRENTLY ON HOLD*</p>	<p>Pathways Virtual Coffee Hour 11:00AM Zoom</p> <p>Arlington & Beyond LGBTQ+ Seniors Virtual Group 2:00PM Arlington or via Zoom</p> <p>Out4Supper Jamaica Plain CURRENTLY ON HOLD*</p>	<p>Rainbow Social Club 2:00 - 4:00PM Holyoke or via Zoom</p>	<p>Café Emmanuel 11:00AM - 1:00PM Boston</p> <p>The Dune Shack: A Virtual Artspace 11:00AM Zoom</p> <p>LGBTQIA+ Drop In Meeting 11:30AM - 12:30PM Zoom</p> <p>Rainbow Elders Virtual Gathering 1:00 - 2:30PM Zoom</p>		<p>Out 2 Brunch Rosindale CURRENTLY ON HOLD*</p>
<p>LGBTQIA+ Drop In Meeting 11:30AM - 12:30PM Zoom</p>	<p>Pathways Virtual Coffee Hour 11:00AM Zoom</p> <p>Arlington & Beyond LGBTQ+ Seniors Virtual Group 2:00PM Arlington or via Zoom</p> <p>Over the Rainbow Supper Club Salem CURRENTLY ON HOLD*</p>	<p>Rainbow Lunch Club 12:00 - 2:00PM Worcester</p> <p>Rainbow Social Club 5:00PM Zoom</p> <p>Flashback Café 5:00 - 7:00PM Roxbury or via Zoom</p>	<p>Café Emmanuel 11:00AM - 1:00PM Boston</p> <p>The Dune Shack: A Virtual Artspace 11:00AM Zoom</p> <p>LGBTQIA+ Drop In Meeting 11:30AM - 12:30PM Zoom</p>		
<p>LGBTQIA+ Drop In Meeting 11:30AM - 12:30PM Zoom</p> <p>Lakeside Café 11:00AM - 1:00PM Sharon</p>	<p>Pathways Café 12:00PM Marlborough or via Zoom</p> <p>Mystic Tea Malden CURRENTLY ON HOLD*</p>	<p>Fall River LGBTQ Lunch Group Call for location CURRENTLY ON HOLD*</p> <p>LGBTQ Monthly Lunch Somerville CURRENTLY ON HOLD*</p>	<p>Café Emmanuel 11:00AM - 1:00PM Boston</p> <p>LGBTQIA+ Drop In Meeting 11:30AM - 12:30PM Zoom</p> <p>The Dune Shack: A Virtual Artspace 11:00AM Zoom</p> <p>Rainbow Elders Virtual Gathering 1:00 - 2:30PM Zoom</p> <p>LGBTQ Virtual Café 6:00 - 7:00PM Zoom</p> <p>LGBT Senior Social Gathering Merrimac CURRENTLY ON HOLD*</p>		<p>Out 2 Brunch Brookline CURRENTLY ON HOLD*</p>
<p>LGBTQIA+ Drop In Meeting 11:30AM - 12:30PM Zoom</p>	<p>Arlington & Beyond LGBTQ+ Seniors Virtual Group 2:00PM Arlington or via Zoom</p> <p>Pathways Virtual Coffee Hour 11:00AM Zoom</p> <p>LGBTQ Elder Cafe Newton CURRENTLY ON HOLD*</p>	<p>Rainbow Lunch Club 12:00 - 2:00PM Worcester</p> <p>Rainbow Social Club 5:00PM Zoom</p> <p>Kate's Café Cambridge CURRENTLY ON HOLD*</p> <p>South Coast LGBTQ Seniors Fairhaven CURRENTLY ON HOLD*</p>	<p>Café Emmanuel 11:00AM - 1:00PM Boston</p> <p>The Dune Shack: A Virtual Artspace 11:00AM Zoom</p> <p>LGBTQIA+ Drop In Meeting 11:30AM - 12:30PM Zoom</p>	<p>Lower Cape LGBTQ Seniors 5:30 - 7:00PM Orleans (held every other month, call for date)</p>	<p>South Shore LGBTQ Brunch 10:00AM - 12:00PM Weymouth (last Saturday of each month)</p>

*These programs are currently on hold during the CoronaVirus Pandemic, please contact the sponsoring agency (2nd page) to see when they anticipate resuming the program.

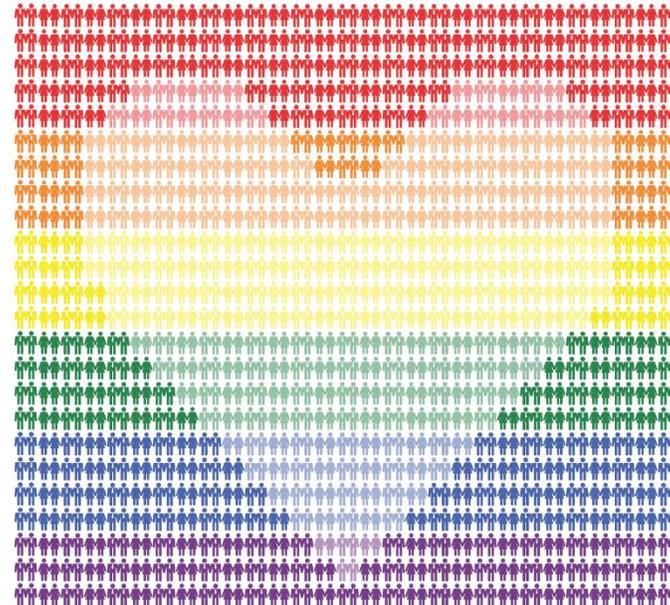
The LGBTQIA+ Aging Project at The Fenway Institute provides support and technical assistance to elder service organizations who are interested in developing community programs for older LGBTQ+ adults in their area. To learn more about starting virtual or in person programs in your area please contact us at (857) 313-6578. We also provide technical support for LGBTQ+ older adults who need help joining these programs or are interested in starting one in their town.

Boston Resources for LGBTQIA+ Older Adults and Caregivers



LGBTQ Aging Resources that provide programs, services, & vital info to the LGBTQ community in & around Boston

LGBT ELDERS RESOURCE GUIDE



ETHOS
555 Amory Street
Jamaica Plain, MA 02130
T: 617.522.6700
F: 617.524.2899
www.ethocare.org





Weekly Zoom Drop-in / Conversation Group for LGBTQIA+ Older Adults

Mondays and Thursdays 11:30am -12:30pm EST.

Conversations range from current events to focused topics of interest to LGBTQIA+ older adults.

All are welcome!

There is no cost to join, and the group is open to LGBTQIA+ older adults in Massachusetts and beyond!

For more information or to register in advance:
email: lkrinsky@fenwayhealth.org
call: 857.313. 6590



LGBTQIA+ Online Bereavement Support Group

The holidays are a difficult time for many people, especially those dealing with the loss of a loved one. Join other lesbian, gay, bisexual, transgender, queer, questioning, intersex and asexual adults across Massachusetts for a **free** 8 week online bereavement support group. The group is open to all ages.

Tuesday evenings
6:00pm - 7:30pm
Nov 2, 2021 through Jan 4, 2022

For questions, referrals or to register, contact Bob Linscott at **857.313.6578** or **BLinscott@fenwayhealth.org**.

About the LGBT Bereavement Program: The LGBTQIA+ Bereavement Groups are funded by the Mass Department of Public Health and facilitated by The LGBTQIA+ Aging Project, a Program of Fenway Health. All groups are free and facilitated by a licensed independent clinical social worker specializing in LGBTQIA+ Bereavement. All groups require pre-registration. For more information, contact Bob Linscott at 857.313.6578 or BLinscott@fenwayhealth.org.

EQ LGBTQIA+ AGING PROJECT
A PROGRAM OF THE FENWAY INSTITUTE



TRANSGENDER, GENDER DIVERSE/ EXPANSIVE, AND QUESTIONING OLDER ADULTS 50+

The LGBTQIA+ Aging Project is engaging transgender and gender diverse people age 50+ throughout Massachusetts to build community, understand your needs and develop programs of interest to you.



Do you have questions about aging as a transgender adult?

Do you feel connected to a community where you can be your authentic self?

Do you have access to competent gender affirming health care & other resources?

What else is important to you? How can we help?



WE REALLY WANT TO HEAR FROM YOU!

Contact Gabi Morgan
Transgender Engagement Specialist
The LGBTQIA+ Aging Project at Fenway Health
gmorgan@fenwayhealth.org or call 857.313.6863

Gabi is a transgender woman who came out later in life and is active in helping those identifying as transgender or gender diverse.

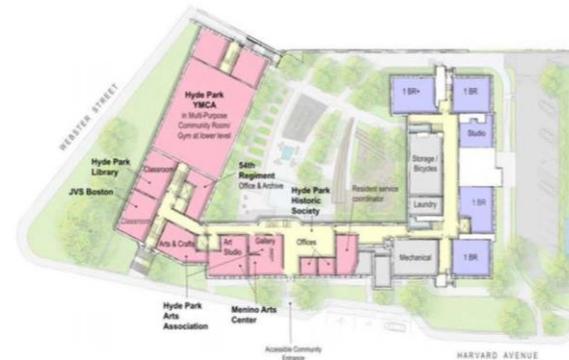
This project is funded by the Eugene M. Lang Foundation.

TFIAP-54

The Pryde – LGBTQ Friendly Affordable Senior Housing

Pennrose and LGBTQ Senior Housing Inc. Proposal for the Redevelopment of William Barton Rogers School

Pennrose and LGBTQ Senior Housing Inc. propose to redevelop the William Barton Rogers School into 74 units of mixed income housing that is welcoming and inclusive for all, including LGBTQ elders, historically preserve the building, provide 10,000 sq. ft. of community space for the public, create a landscaped courtyard open to the public, and offer units at a range of incomes with rents from \$600 to \$2,550 so anyone can live there.



Historically Preserved

- Auditorium
- Gymnasium
- Cinema Room
- Front Entrance
- Mosaic Tiles
- Arched Windows

Community Resource

- 54th Regiment Office/Exhibit Space
- Hyde Park Historical Society
- Hyde Park Arts Association
- Menino Arts Center
- YMCA/Library
- 2 Communal Kitchens

A Sun Room off the building will lead to a beautifully landscaped courtyard open to the public that will offer community gardens, multiply sitting areas, a water feature, a terrace for events, and tables and chairs for games.

Pennrose/LGBTQ Advantage

- Least Dense Proposal
- Most Community Space
- Largest Amount Green Space
- Only Proposal Using Historic Front Entrance
- Only Proposal with Dedicated Entrance for Public Space
- Most diverse mixed income
- Support of Community Improvement Projects
- Pennrose Foundation



For a full copy of the Pennrose and LGBTQ Senior Housing Inc. plan and please go to <https://buildinghousing.boston.gov/project/william-barton-rogers-middle-school-dca33#>



The Generation That Fought Hardest To Come Out
Is Going Back in... To Survive

GEN SILENT

A DOCUMENTARY FILM



Gay, Lesbian, Bisexual and Transgender older people who fought the first battles for equality now face so much fear of discrimination, bullying and abuse that many are hiding their lives to survive.

Resilience



able to return to an original shape after being pulled, stretched, bent or pushed

Merriam Webster Learners Dictionary

Q & A

**Are there any questions
I can answer for you?**

Lisa Krinsky, MSW, LICSW
lkrinsky@fenwayhealth.org

Discussion



Trauma, Dementia and Memory Cafés – what to be aware of

**Presentation by Carol Laibson, LICSW, Clinical
Manager, Schechter Holocaust Services,
JF&CS of Greater Boston**

Followed by Q & A

Is it Dementia or Trauma?



What to Expect Today

Insights into:

- Trauma and Trauma Triggers
- What it means to be a survivor of trauma and have dementia
- How past trauma impacts the present
- Resilience
- Tips for running a trauma-sensitive memory cafe
- Building a culturally sensitive community



What is Trauma?

“Individual trauma results from an event, series of events, or set of circumstances that is physically or emotionally harmful or life threatening, and that has lasting adverse effects on the individual's functioning of mental, physical, social, emotional or spiritual well being.”*

- **Event**
Individual, Historical, Genocidal
- **Experience**
Fight, Flight, Freeze
- **Effects**
“Holocaust Survivor Syndrome”, PTSD



*SAMHSA Substance Abuse and Mental Health Services Administration

JF&CS

Multi-Dimensional Aspects of Trauma

- Social, emotional, economic factors
- Age, stage of life
- Pre-Trauma history, country or culture of origin
- Trauma experience
- Post Trauma experiences

Question: What percentage of older adults have a history of trauma?

- 20%
- 50%
- 90%

If you've met one Survivor, you've met one Survivor; if you've met one person with dementia, you've met one person with dementia

- What has their experience(s) been?
(war, refugee, abuse, discrimination)
- Are they part of a community of survivors?
- Do they talk about their history or is it a secret?
- What is their tolerance to stress?

Understanding/Connection/Family/Community

Living in a World with a Glass Floor

- *“I don’t live in the past, the past lives within me”*
- Trauma and Resilience
- As a child
- As an adult



Bystander or Upstander?

“In the end, we will remember not the words of our enemies, but the silence of our friends.”

Martin Luther King Jr.



Impact of Past Trauma on the Present

- Dementia
- Aging process
- Physical Health
- Post Traumatic Stress (PTSD)
- Post Traumatic Growth (PTG)



“Time does not heal all wounds; there are those that remain painfully open.”

Elie Wiesel

Pervasive Sense of Loss

- “I married him, not only for love but because he had parents”
- Bearing witness
- Vicarious trauma

Question: What are Trauma Triggers?

Answer: Events that bring back memories

✓ *Sight*

✓ *Sound*

✓ *Taste*

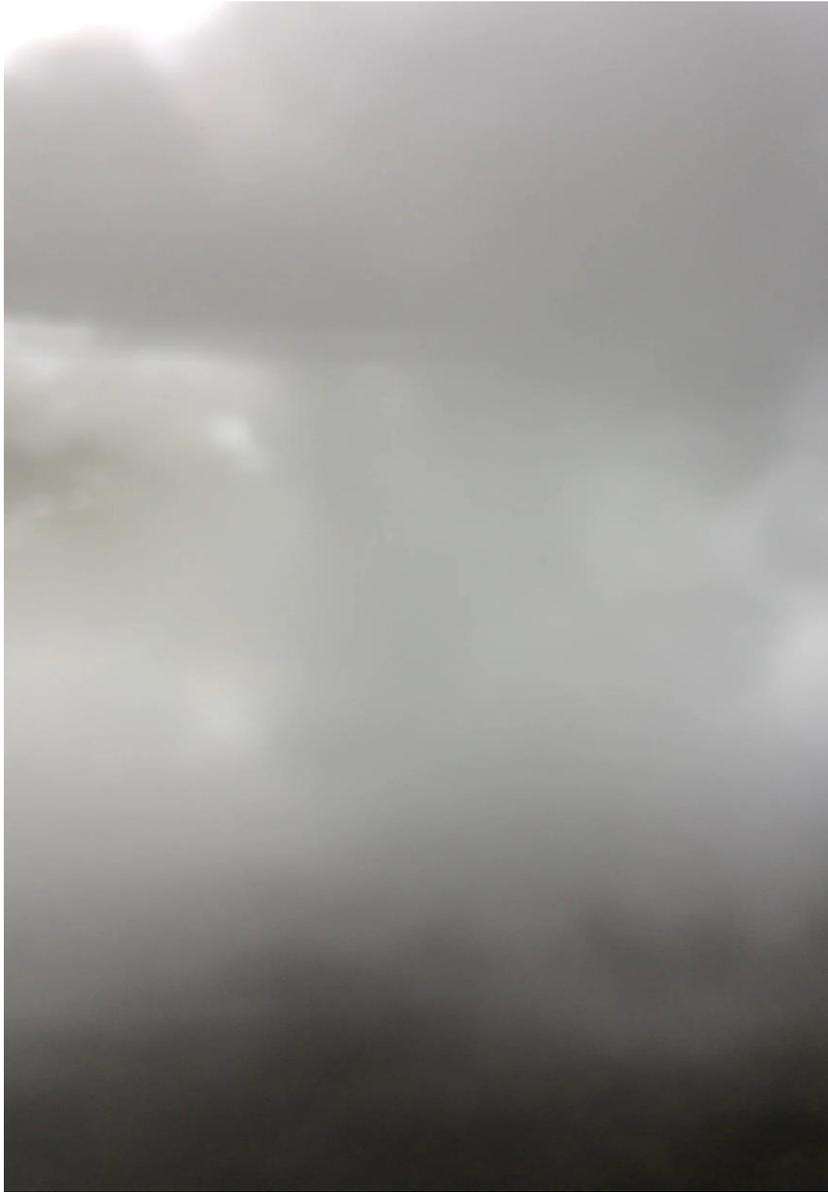
✓ *Smell*

✓ *Feel*

Potential Trauma Triggers for Persons Living with Dementia

- Loud noise
- Aging
- Music
- War
- Illness
- Food
- Poverty
- Waiting in line
- Words-saying goodbye...

Things that seem innocent might have a big impact.



Art or Trauma Reminder?

What is Resilience?

Resilience is defined as “the ability to withstand, recover, and grow in the face of stressors and changing demands.”



Resilience and Strengths

“It’s less about what happened and more about our response to what happened”

- Precious perspective on life (PTG)
- Preparedness for disaster
- “The canary in the coal mine”
- Tenacity

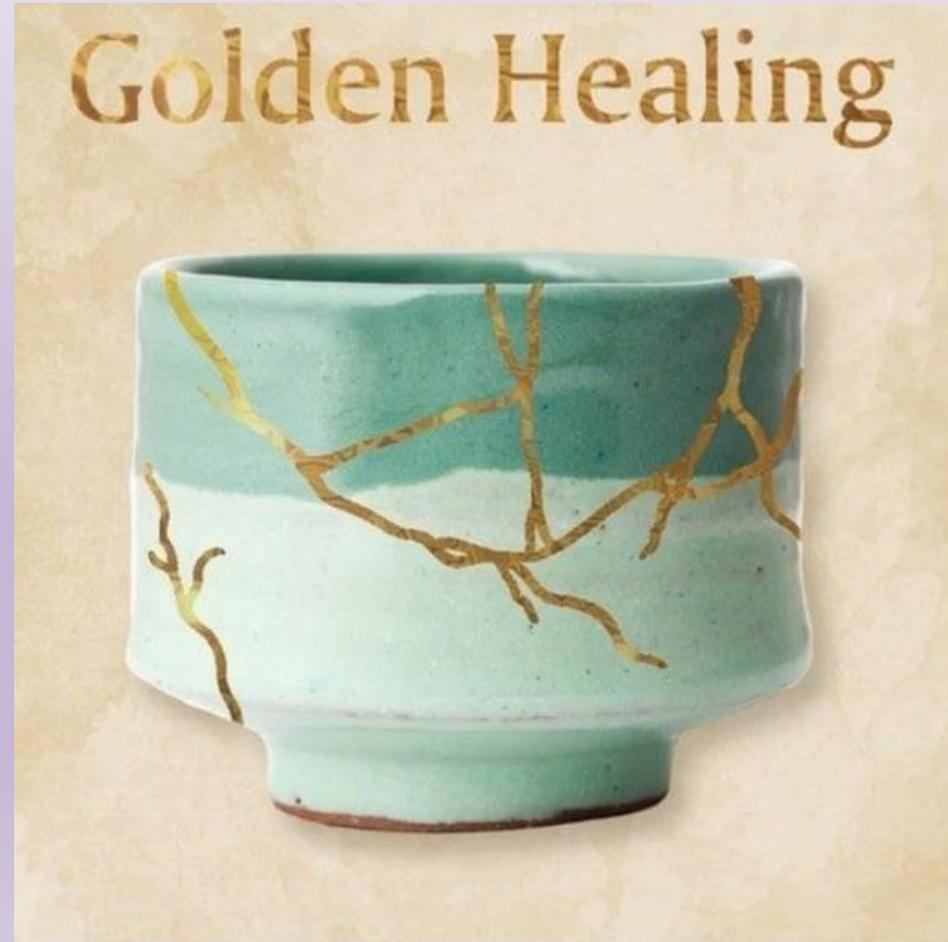
Impact of Past Trauma on the Present: Stories of Survival

- Sharing Bread
- Sense of Purpose
- Helping Others
- Resilience
- Dr. Edith Eva Eger



Kintsugi

The Art of Precious Scars



Interplay Between Dementia and Trauma

- Research studies
- Voice and choice
- Diagnosis and symptoms (focus, cognitive, memory, words)
- Similarities and overlap

Power of Non-Verbal Communication

- Behaviors – singing, shouting
- Restlessness
- Tone of voice
- Attitude
- Body language
- Smiles



Culture and Trauma Sensitivity

- Protective families
- Survival skills
- Difficulty trusting
- Glass floor

Need for a safe and trauma sensitive environment – clear expectations

A Trauma Sensitive Memory Cafe

- Give choices (sense of control)
- Be patient
- Tone of voice, compassion
- Be aware of bias and judgement
- Be prepared for the unexpected
- Avoid marginalization and “the other”
- Ask what has happened, not what is wrong with you?
- Include person with dementia in planning or helping
- Empower participants and focus on their strengths

Building Community Planning Stages

- Be aware of assumptions and implicit bias
- Avoid “othering”
- Trauma sensitivity orientation
- Dementia sensitivity orientation
- Include person with dementia in the planning
 - offers a sense of purpose

Building Community During the Café Program

- Volunteers
- Voice and Choice
- Habilitative Model Approach

Building Community - Summary

Person Centered Trauma Informed

- Give choices- sense of purpose, control or action
- Be patient
- Focus on tone of voice, compassion, attitude
- Be aware of bias and judgement
- Avoid marginalization and “the concept of othering”
- Ask what has happened, not what is wrong with you?
- Music, movement, photos, food

How Do We Take Care of Ourselves?

What do you do to bring a sense of calm or ease into your day?

Sources of Support

“Anxiety Tool Kit”

- Meditation – Insight Timer, Tara Brach, Sarah Blondin, Four Step Breathing
- Mindfulness
- “Tapping”
- JF&CS Mental Health Connect
781-693-5662
- Sunshine, outdoor activities
- Music, dance, singing, humming
- Sense of purpose, control or action

A Breathing Meditation

Breathing in, I calm my body and mind,
Breathing out, I smile,
Dwelling in the present moment,
I know this is a wonderful moment!

Thich Nhat Hanh
ZenMaster, poet and peace activist

“The world doesn’t make people;
people make the world and it’s up to us
to make it a beautiful world to live in.”

Sol Lurie, Holocaust Survivor

Contact Information

**Carol Laibson, LICSW, Clinical Manager
JF&CS *Schechter* Holocaust Services**

claibson@jfcsboston.org

781-693-5607

www.jfcsboston.org



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Resources

- The Choice, Embrace the Possible. A Memoir by Dr. Edith Eva Eger
- The Body Keeps the Score by Bessel Van Der Kolk
- Recovering from Genocidal Trauma, An information and practice Guide for working with Holocaust Survivors by Myra Giberovitch
- <https://www.holocaustsurvivorcare.org/aging-and-trauma>
- <https://www.tandfonline.com/doi/full/10.1080/15350770.2011.544202?src=recsys>

Questions?

Thoughts...

Discussion



Save the date!

**Next Percolator Idea Exchange is
Wednesday, December 14,
1:30 – 3:30 EDT**

Susan McFadden will present some reflections on how the memory café model has evolved

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



JF&CS Memory Café Percolator Quarterly Idea Exchange

September 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.