

Memory Cafés in Massachusetts



**Percolator Memory Café Network
Quarterly Idea Exchange
June 9, 2021**

JF&CS

Today's Agenda

1. Housekeeping
2. Announcements
3. Café presentation: Boston's Vine Street Café for Black/African American guests and Café Del Recuerdo for Spanish-speaking guests, Nuria Silva and Amy Walsh
4. The heart of memory cafes: discussion with Sandy Sabersky and Ruth Neuwald Falcon of Elderwise
5. Discussion: your challenges and ideas
6. Next meeting: **Thursday, September 9, 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 in the chat box!



***Comments and
announcements
(keep them brief please!)***

Percolator



Percolator Resources

Visit www.jfcsboston.org/Percolator:

- New! Virtual/Hybrid Supplement to Memory Café Toolkit (English & Spanish)
- New! PSA video (English, Spanish, & Portuguese)

Percolator Resources

Massachusetts Cafés: Please update your listing
at www.jfcsboston.org/MemoryCafeDirectory

Thank you!

JF&CS

Memory Café directories

- Massachusetts café directory, including in-person and virtual cafés: www.jfcsboston.org/MemoryCafeDirectory
- National in-person café directory: www.memorycafedirectory.com
and national virtual café directory:
<https://www.memorycafedirectory.com/cafe-connect/>

Do you have ideas about how to make Percolator idea exchange more dementia friendly?

- Meet 2-3 times by Zoom to discuss how to better include individuals living with dementia in Percolator idea exchanges. First meeting in later this summer.
- Please notify Beth in the chat or at bsoltzberg@jfcsboston.org

Keep in touch!

- Sign up for Percolator mailing list at www.jfcsboston.org/Percolator
- If you are not receiving Percolator emails, check with me at bsoltzberg@jfcsboston.org. Your organizational server may be rejecting the messages.

Tales & Travel Adventures

Interactive Literacy Programs for People with Dementia

Mary Beth Riedner (mbried@comcast.net)



[Home](#) [About](#) [Excursions](#) [For Librarians](#) [For Caregivers](#) [Memory Cafés](#)

Memory Cafés

Tales and Travel Adventures: Let's Visit ... Chicago

Click [here](#) to view the *Let's Visit ... Chicago* video

To upload the *Let's Visit ... Chicago* pdf click [here](#)

Tales and Travel Adventures: Let's Visit ... California

Click [here](#) to view the *Let's Visit ... California* video

To upload the *Let's Visit ... California* pdf click [here](#)

Tales and Travel Adventures: Let's Visit ... Italy

Click [here](#) to view the *Let's Visit ... Italy* video

To upload the *Let's Visit ... Italy* pdf click [here](#)

Tales and Travel Adventures: Let's Visit ... Austria

Click [here](#) to view the *Let's Visit ... Austria* video

To upload the *Let's Visit ... Austria* pdf click [here](#)

Tales and Travel Adventures: Let's Visit ... St. Louis

Click [here](#) to view the *Let's Visit ... St. Louis* video

To upload the *Let's Visit ... St. Louis* pdf click [here](#)



Tales & Travel Adventures: Let's visit...London

With Mary Beth Riedner

Retired Librarian & Creator of [Tales & Travel](#)

Interactive Literacy Activities for those Living with Dementia

October, 2020

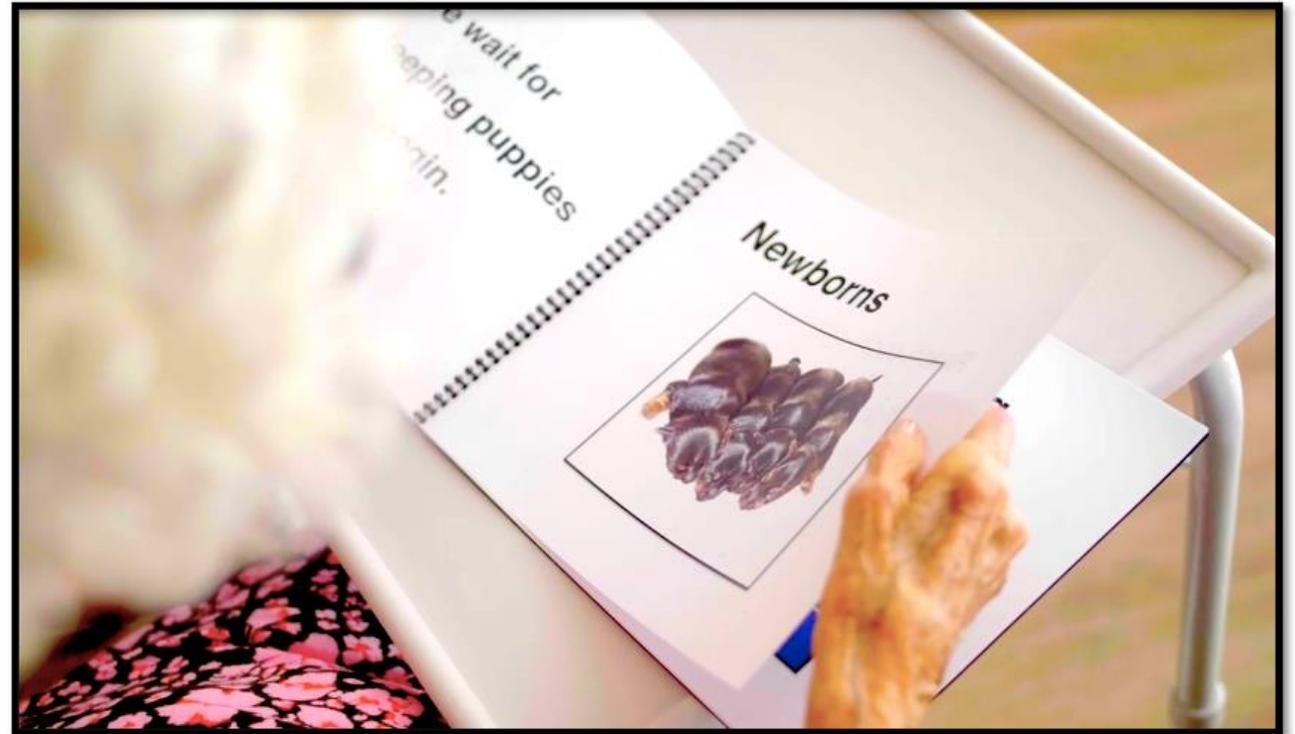
This work is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/4.0/>

<http://talesandtravelmemories.com/memory-cafes/>

Reading2Connect[®]

...Reviving Minds and Voices

**Enriching the Lives
of Older Adults
Through the Power of
Age/Dementia-Friendly
Books**





**Boston's Vine Street Café for
Black/African American guests
and Café Del Recuerdo for
Spanish-speaking guests**

**Presented by
Nuria Silva and Amy Walsh**



From In-Person to Virtual: Boston's Cultural and Linguistic Memory Cafes

B

Mayor Kim Janey

Introduction



Nuria Silva

Outreach and Engagement Specialist

617-635-3979

nuria.silva@boston.gov

Amy Walsh, M.Sc., CDP

Dementia Friendly Boston

617-635-0947

amy.walsh@boston.gov

How We Started



- In-person!
- MCOA grant
- Southern Jamaica Plain Health Promotion Center
- Vine Street Boston Center for Youth and Families
- Meeting older adults where they were

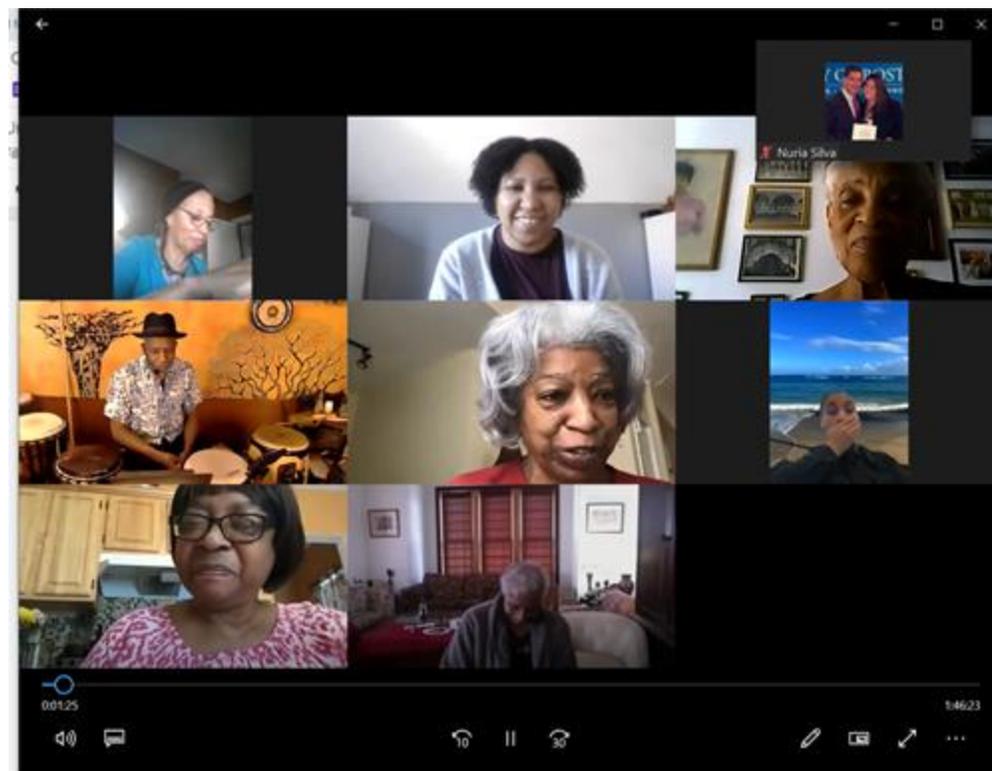


Southern JP Health Center fitness class

Going Virtual



- Access, access, access
- Tech loans
- Continued outreach!



- All the difference
- Anticipation, newness

Alma Woodsey Thomas

- Expressionist, Colorist, 1891 – 1978
- High school art classes, strong interest in math
- Taught kindergarten for 10 years before entering college
- 1st graduate of Howard University Art Department in 1924
- Taught art in Junior High School for 35 years, started community arts programs
- Retired, at 68 launched as a professional artist; most important works in her 80s
- 1st African American artist solo show at the Whitney Museum; at age 81
- 1st African American woman to be included in the White House Collection
- Favored acrylic on large canvas, sometimes watercolor or oil paints



Community



Questions?



**THANK YOU FOR ALL THAT
YOU DO!**



Stretch break!





The heart of memory cafés

with

**Sandy Sabersky and Ruth
Neuwald Falcon, Elderwise**

Elderwise Way Key Concepts: Wholeness

- Are you whole if you have dementia?



Elderwise Way Key Concepts: Wholeness

- Are you whole if you have dementia?
- Yes. A person with dementia is whole.



Elderwise Way Key Concepts: Spirit-Centered Care

- What is Spirit-Centered Care?



Elderwise Way Key Concepts: Spirit-Centered Care

Spirit-Centered Care is:

- Working from Your Own Essence
- Recognizing the Essence of Others



Elderwise Way Key Concepts: Spirit-Centered Care

This is a spiritual practice for the caregiver because you are staying in touch with your own essence.



Elderwise Way Key Concepts: Spirit-Centered Care

Spirit-Centered Care is:

- A Sense of Equality



Elderwise Way Key Concepts: Spirit-Centered Care

Spirit-Centered Care is:

- A Sense of Equality
- Us vs. Them Phenomenon



Elderwise Way Key Concepts: Spirit-Centered Care

Spirit-Centered Care is:

- Deep Listening



Elderwise Way Key Concepts: Spirit-Centered Care

Spirit-Centered Care is:

- Deep Listening
- Slowing Down Time



Elderwise Way Key Concepts: Spirit-Centered Care

With a slower pace, people can relax and open up and think about what they may want to say. . .



Elderwise Way Key Concepts: Spirit-Centered Care

With a slower pace, people can relax and open up and think about what they may want to say. . . and we can be present to listen.



Elderwise Way Key Concepts: Spirituality & Dementia

- Can you grow spiritually with dementia?



Elderwise Way Key Concepts: Spirituality & Dementia

If we define *spiritual* as getting closer to the deepest part of who we are, then there is no reason why spiritual growth can't continue even after a diagnosis of dementia.



Elderwise Way Key Concepts: Spirituality & Dementia

- One can become more open, more loving, and more joyful.
- Those things are deeper and closer to our essence.



Elderwise Way Key Concepts: Spirituality & Dementia

- Just as a blind person can learn through a heightened sense of touch, a person with dementia can develop a heightened sense of heart.



Elderwise Way Key Concepts: Spirituality & Dementia

- To the extent the brain is damaged, the focus, clarity and will to support further intellectual development are impaired.



Elderwise Way Key Concepts: Spirituality & Dementia

- Forces of habit carry us forward and reflect how a person occupied their mind before the onset of dementia.



Elderwise Way Key Concepts: Spirituality & Dementia

- The person with dementia has not lost any spiritual ground that was previously gained.



Elderwise Way Key Concepts: Spirituality & Dementia

- The person with dementia has not lost any spiritual ground that was previously gained.
- They are not *less than* they were before.



Elderwise Way Key Concepts: The Environment

- What we want to do is create an environment where people feel well, where they are not rushed, where they feel safe, and their basic needs are taken care of.



Elderwise Way Key Concepts: The Environment

- This allows them to relax and be present.



Elderwise Way Key Concepts: The Environment

- In a virtual environment, consider how to create community and a sense of belonging.



Elderwise Way Key Concepts: Being in the Present

- Being in the present can happen at any moment during the day.



Elderwise Way Key Concepts: Being in the Present

- Being in the present can happen at any moment during the day.
- Tuning in fully gives one a sense of being complete in that moment.



Elderwise Way Key Concepts: Being in the Present

- It enlivens the mundane and turns the ordinary into an Experience.



Elderwise Way Key Concepts: Being in the Present

- This awareness of our everyday actions can be thought of as: *It matters how. . .*



Elderwise Way Key Concepts: Being in the Present

- This awareness of our everyday actions can be thought of as: *It matters how. . .*
- It is the attitude with which we do everything.



Elderwise Way Key Concepts: The Rhythm

- A regular rhythm soothes our soul and carries us smoothly through the day.



Elderwise Way Key Concepts: The Rhythm

- If you were to draw the rhythm of the day, it would look like a wave, going up for increased outward activity and going down for increased inward activity.



Elderwise Way Key Concepts: The Rhythm

Outward activities include:

- Exercising
- Socializing
- Snacking
- Singing



Elderwise Way Key Concepts: The Rhythm

Inward activities include:

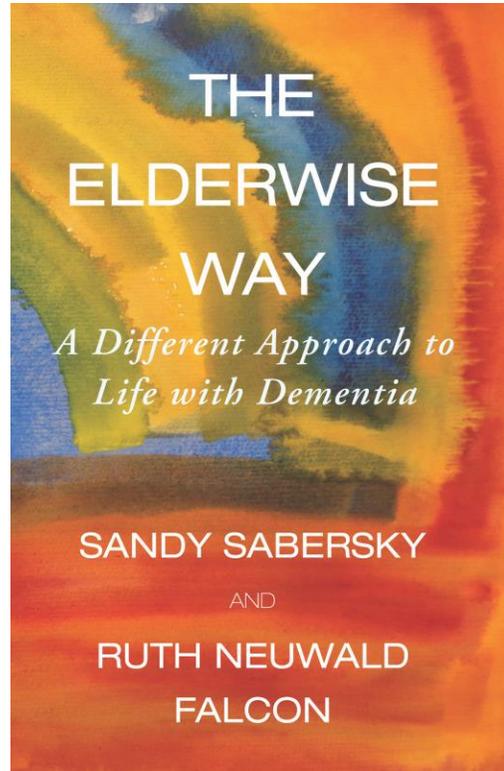
- Focused discussion
- Art
- Listening



Elderwise Way Key Concepts: The Rhythm

Thinking about these waves of increased outward and inward activities can help us balance our programs.





The Elderwise Way: A Different Approach to Life with Dementia

by
Sandy Sabersky and
Ruth Neuwald Falcon

Copies available at Amazon or your local bookstore.

www.elderwise.org



Discussion



**Save the date for the next
Percolator Quarterly meeting:
Thursday, September 9,
1:30 – 3:30 pm EDT**



**Contact Beth if
you'd like to
present your
café!**

JF&CS

Memory Cafés in Massachusetts



**Percolator Memory Café Network
Quarterly Meeting
June 9, 2021**

JF&CS