

Memory Cafés in Massachusetts



**Percolator Memory Café Network
Quarterly Meeting
December 9, 2020**

Today's Agenda

1. Housekeeping
2. Announcements
3. Café presentation: Virtual 5th Street Café & Activities for People Living at Home with Dementia, Gail Snider
4. New resource: TimeSlips Engagement Parties, Andrew Morton
5. Percolator survey results: How we continue to serve café guests during the pandemic
6. Discussion: your challenges and ideas
7. Next meeting: **Thursday, March 11, 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 option if you have a web cam and would like us to see you!
- Please keep your audio muted unless you are speaking.
- Please use the chat function to send 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



Do you have ideas about how to promote virtual Memory Cafés?

- Meet 2-3 times by Zoom to discuss promotional ideas, including revised flyer and PSA videos. First meeting in December.
- Please notify Beth in the chat or at bsoltzberg@jfcsboston.org

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/>

Color-coded for English/Spanish-Friendly/Portuguese-Friendly.

Percolator Resources

- **Percolator webpage:** www.jfcsboston.org/Percolator
 - Memory Café Toolkit in English and Spanish (virtual supplement coming soon!)
 - Recorded webinars (including how to start a virtual café)
 - Meeting archives
 - Guest artist/activity facilitator directory
 - And more!
- **Percolator Google Group** (let Beth know if you didn't receive an invitation)

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.

Combating
Isolation
through daily
activities!



Percolator Meeting
December 9, 2020



Gail Snider,
Executive Director

Dementia
Friendly Fort
Worth
Launched
January 2018

Founding partners include First United Methodist Church of Fort Worth, North Central Texas Alzheimer's Association and United Way/Area Agency on Aging of Tarrant County

First United Methodist Church of Fort Worth (FUMCFW) received a donation in 2017 which launched our efforts. The church continues to provide in-kind support through office space, technical/production support for our YouTube recordings, Zoom account and accounting support through the business office.



5th Street Café
Launched
September
2019 as
“in-person”
program

5th Street Café - “In-person” session included:

- Meeting 2 times per month on the 1st & 3rd Wednesday from 10:30 – noon.
- A social gathering with refreshments (about 20-30 minutes)
- An organized activity for the group – a craft, sing along, painting, exercise, team building activities or special guest from Texas Winds, a local musical outreach program



Virtual 5th Street Cafe Dementia Friendly Social Club

- Weekly on Wednesdays from 11:15-12:15 via Zoom.
- Serves people with self-reported memory loss, mild cognitive impairment, or a diagnosis of Alzheimer’s Disease or related dementia.
- Offers the opportunity for social engagement, friendship, and a break from the daily routine for people in early stages of dementia.
- During this challenge of social distancing the program offers a relaxed and fun way to socialize and just be together.



Every Wednesday

11:15-12:15

<https://zoom.us/my/fumcfw6>

Activities for People Living at Home with Dementia

- Dementia Friendly Fort Worth launched this program in April, following Stay at Home orders in our area.
- Grant funding through University of North Texas Health Science Center provided initial funding to launch the program.
- Additional funding from UW/AAA has helped sustain the program through the end of 2020.
- Currently searching for additional funding/grants to continue the program indefinitely

Dementia Friendly Fort Worth
Proudly presents

Peggy Speir
Family

Wednesday | December 2nd

AMON
CARTER
MUSEUM OF
AMERICAN
ART



Activities for People Living at Home with Dementia

Program promoted through

- Email distribution list
- Daily email with link to event for the day (see example)
- Facebook
- Community partners and professionals who share it

The image shows a Zoom meeting invitation for an event. At the top left is the logo for First United Methodist Church Fort Worth, Texas. At the top right is the 'Dementia Friendly Fort Worth' logo, which features a purple silhouette of a longhorn head inside a circular border with the text 'Dementia Friendly Fort Worth'. The main text in the center reads: 'Join us at 10:30 am for Activities for People at Home with Dementia Today's activity is:'. Below this text is a white rectangular area containing a purple card that says 'Dementia Friendly Fort Worth Proudly presents Peggy Speir Family Wednesday | December 2nd' and the 'AMON CARTER MUSEUM OF AMERICAN ART' logo. To the right of the card are the 'Dementia Friendly Fort Worth' logo and logos for 'Area Agency on Aging' and 'United Way'. At the bottom of the invitation, the Zoom link is provided: <https://zoom.fumcfw.org/6>.

Why are these types of programs beneficial for people living with dementia?

Providing person-centered care for the whole person is paramount to the person living with dementia, especially when they are isolated from family.



Depression and an overall decline in health can result from social isolation and lack of connection or engagement with others.

These factors are already present in many with dementia, so we must find creative ways to keep them involved in social settings and engaged in activities of various types.

Testimonials:

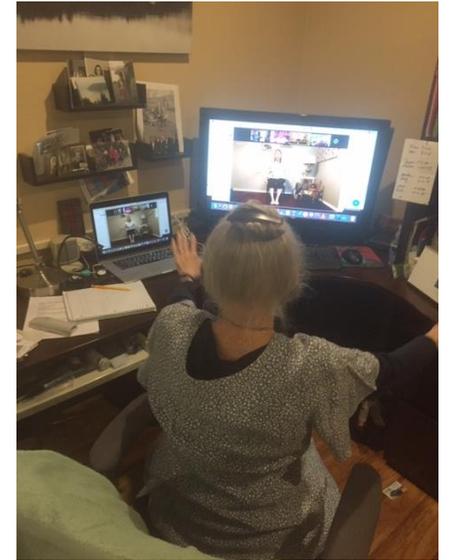
I just wanted to drop a quick note and tell you how much these daily sessions mean to Steve. This group is becoming like family to him and I think he would be lost without the times you meet. Many days these opportunities are what gets him up and out of bed.

Thank you seems inadequate to express my appreciation.

Sue

I would like to take a moment to brag on Gail who runs the Activities for People Living at Home with Dementia. The program is for people suffering from Alzheimer's Disease and is FABULOUS! She treats us all with great respect and keeps our brains BUSY! She schedules music programs, cooking shows, art studies which include biographies of various artists and paintings done by the artists. We also have games we play such as Bingo and various card games. I try to NEVER miss one of her programs. If I do miss one, it is available on the web site for viewing later. Her scheduled hour is my favorite hour of my day!!! I look forward her show!

Sincerely,
Paulette



Paulette and I continue to look forward to time with Gail's Snider's daily program at 10:30:

The programs are well thought out and presented and differ each day, but each component therapeutically addresses the needs of those who suffer from Dementia. Additionally, the exchanges between Gail and all the participants has developed new friendships.

Bob

Surveys & Feedback:

We use MailChimp as the platform for email distribution and surveys.

Here are some results from care partners and participants from our latest survey:

- 1) Attending the program has provided (for me or someone I care for) (check all that apply) [Not everyone marked these options]
 - 1) Socialization 27.3%
 - 2) A break for me as care partner 4.5%
 - 3) Improved daily quality of life for PLWD 18.2%
 - 4) Improved daily quality of life for care partner 18.2%
 - 5) Connecting to the program has been difficult/frustrating 4.5%
 - 6) Provides a good rang of engaging activities 27.3%

- 1) Age Range of participants/Gender/Race
 - 1) 33.3% - 61-60
 - 2) 50% - 61-70
 - 3) 16.7 % - 71-80
 - 4) 83.3 % - Female
 - 5) 16.7 % - Male
 - 6) 100% - Caucasian



Care Partners say:

- 1) I love this program and it's been super beneficial for Mom.
- 2) Gail has been an encouragement and support. She goes above and beyond.
- 3) Purpose, self-worth, confidence and value are some of the things these programs provide. Alz/Dementia is a tough diagnosis, and this program is the bright spot in the day!. Bob

Professional feedback:

- Programs are stimulating, educational, fun, socially engaging, interesting and enlightening.
- Love this program as is, I love the stability and continuity.



Activities
**FOR PEOPLE
LIVING AT HOME
WITH DEMENTIA**



Launching new programs during Covid-19 for people living at home with dementia and their care partners!

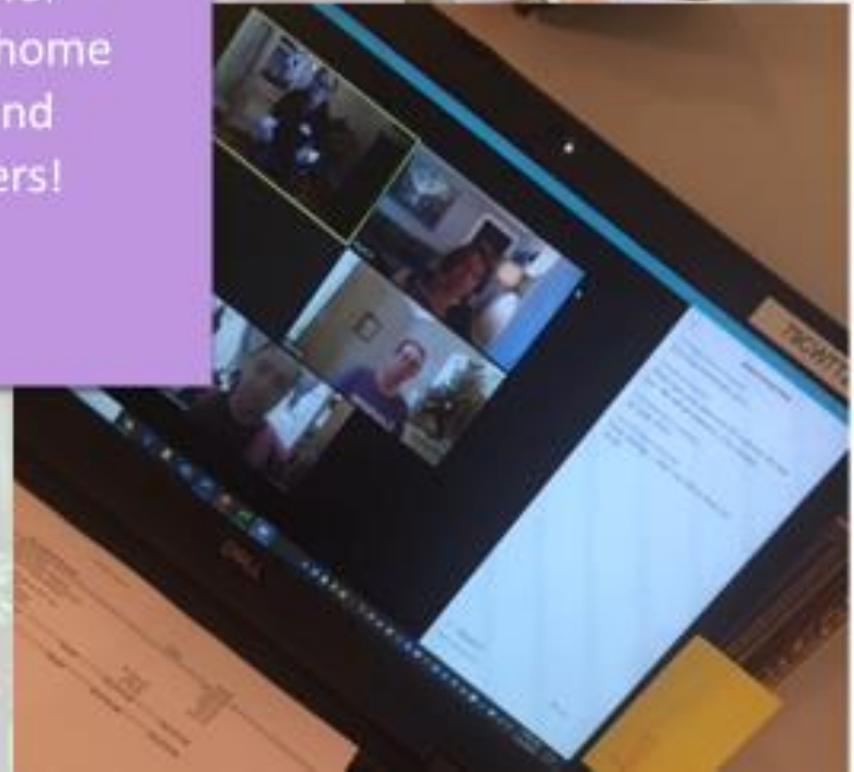
#dementiafriendlyfortworth



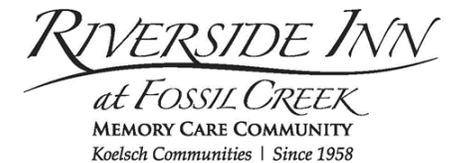
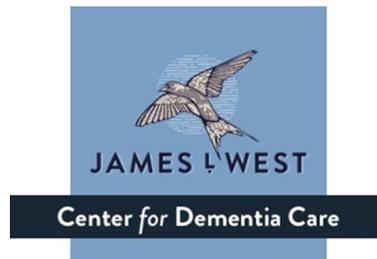
**THE FUTURE
OF HEALTHCARE
THROUGH THE EYES
OF TODAY'S NURSING STUDENTS**



DEMENTIA FRIENDLY
CHAPEL SERVICE
Online



Partnerships & collaborations help make these programs successful





**Monday – Friday | October, November, & December 2020
10:30 – 11:00 am | Zoom Meeting**

Registration recommended <https://fumcfw.org/events/activities20>

Join us for this half-hour online activity session designed to engage people who are living at home with dementia. Each session will feature a guest presenter who will guide participants through fun and engaging activities they can do from home.

These activities will include things like music therapy, movement, arts, sing-a-longs, and social opportunities. Having a routine can be a major benefit for those with dementia, so we have chosen to offer this program five days a week! Special thanks to the United Way /Area Agency on Aging of Tarrant County for grant funding which makes this possible.

Contact:

Gail Snider | gsnider@dementiafriendlyfw.org | 817-994-3803



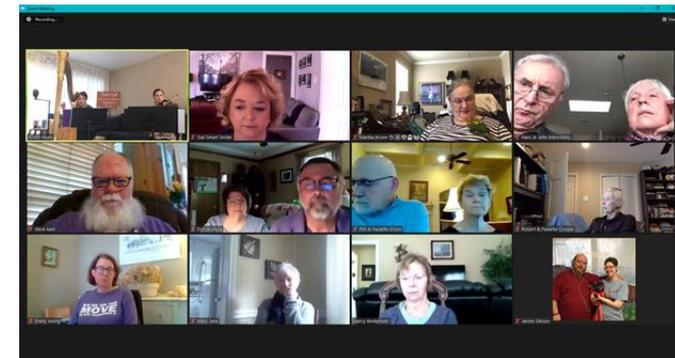
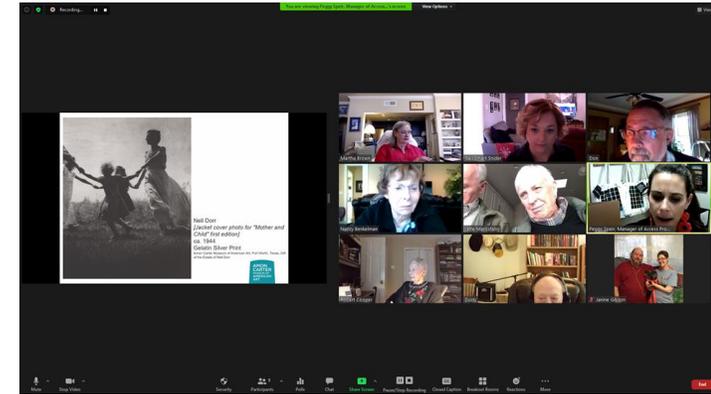
[REGISTER](#)

[CONNECT TO SESSION](#)

[WATCH PREVIOUS ACTIVITY SESSIONS](#)

What types of activities are offered?

- Art Appreciation
- Baking
- Bingo
- Brain/mind stimulation
- Crafts
- Exercise/movement
- Games like – Jeopardy, The Price is Right
- Music Appreciation
- Sing-a-longs



What do these programs offer that other programs may not?

- Non-judgmental atmosphere
- Opportunities to have a voice/opinion
- Participation at their current level
- Friendships with others facing similar health/cognitive issues
- Sense of belonging and being valued
- Opportunity to reach outside our city/county
- Engagement in various activities, which help to stimulate multiple parts of the brain
 - Memory
 - Executive Functioning
 - Attention
 - Language
 - Visual Spatial



What are the Challenges?

- Technical Issues navigating Zoom
- Navigating within the program to help participants (get bingo card, see other participants etc.)
- Lack of access to computer equipment/ipad or phone. If someone is on an ipad or phone, they can see the bingo card, but not the participants.
- Remembering to hit the "record" button at the start of the session.
- Our staff is very limited! Me plus Linda Abel, who is the President of DFFW and we are currently training a volunteer to help with the daily sessions.

What challenges have your groups experienced in similar program offerings?

- 1.
- 2.
- 3.
- 4.

Here is a sample
of Activities for
People Living
with Dementia
session



Link to previous sessions of the
program: <https://bit.ly/2F6Drbj>



Activities
**FOR PEOPLE
LIVING AT HOME
WITH DEMENTIA**



Dementia Friendly Fort Worth
Proudly Presents
Cookie Conversations with Gail Snider



www.dffw.org





**AMON
CARTER
MUSEUM OF
AMERICAN
ART**



Dementia Friendly Fort Worth
proudly presents a partnership with
Amon Carter Museum of American Art
featuring a series of virtual Artful Moments!

Artful Moments, with Amon Carter Museum of American Art is designed for visitors with early stage dementia and their caregivers to connect with artworks and creativity in a social setting. This summer, Artful Moment is partnering with Dementia Friendly Fort Worth to be a part of our daily program, Activities for People Living at Home with Dementia.

Artful Moments will be featured weekly as a part of our series. This partnership provides an opportunity for you to enjoy Artful Moments from the comfort of your home. Each week, we'll explore different themes with conversations inspired by artists and artworks in the Carter's collection and share stories and experiences.

To learn more about Activities for People Living at Home with Dementia and to register for featured Artful Moments sessions, please [click here](#) or visit dffb.org/events

Each program will occur on Zoom, from 10:30 – 11:00 am.

Join the session at

<https://zoom.fumcfw.org/6>



Dementia Friendly Fort Worth is partnering with Texas Winds!

These concerts will be part of our Activities for People Living at Home with Dementia series. Themes for July include Western Swing, Cello & Piano, Guitar and Buddy Bray! What a great way to enjoy wonderful music and hear from these talented musicians. Texas Winds musicians provide first-rate entertainment, however, their greater aim is to strengthen morale and improve quality of life for their audiences by sharing love, affirming seniors' dignity and allowing them to feel special, not forgotten.

Register for these individual sessions [Here](#) or visit [DFFW.org/events](https://www.dffw.org/events)
Each program will occur on Zoom, from 10:30 – 11:00 am.

Join the session at
<https://zoom.fumcfw.org/6>





Find our past Dementia Friendly Weekly Chapel Services here:

https://www.youtube.com/playlist?list=PL_eLycuhWJCZvkjcu5FPf68buNHp1Wn2v

Live Dementia Friendly Weekly Chapel every Sunday at 2:00 pm

Go to fumcfw.org/live

How to Contact
Dementia
Friendly Fort
Worth



**Thank you for
helping
to improve the daily
life of people living
with dementia and
their care partners**

How to Contact
Dementia
Friendly Fort
Worth

Gail Snider
Dementia Friendly Fort Worth
750 W. 5th Street
Fort Worth, TX 76102
gsnider@dementiafriendlyfw.org
C 817-994-3803

Linda Abel
Dementia Friendly Fort Worth
750 W. 5th St., Fort Worth,
TX 76102
label@dementiafriendlyfw.org
C 469-371-1542

Visit our website to register and find links
for program Zoom meetings.

<https://www.dffw.org>

Stretch break!





TimeSlips™

Introducing Our New Resources for Friends &
Family Caregivers





A BEAUTIFUL QUESTION:

How do you
celebrate a
special occasion?





About TimeSlips

- For 20 years, TimeSlips has taught care partners to replace the pressure to remember with the freedom to imagine... bringing meaning and purpose into the lives of elders through creative engagement.
- We offer hundreds of prompts and online tools for creative storytelling and other engaging activities for people of all ages and abilities.
- We harness the power of imagination to change the way the world understands aging and dementia.

New Resources for Friends and Family

- A friends and family subpage at timeslips.org with a new online training: **TimeSlips for Friends and Family**.
- Free downloadable resources to host what we're calling a **TimeSlips Engagement Party!**
 - EP Facilitator/Host Guide
 - EP Guest Handout
 - Customizable invitations and posters



What is a TimeSlips Engagement Party?

- An informal and joyful gathering for those who want to learn how to creatively engage with a friend, family member or neighbor who might be lonely, frail, or experiencing memory loss.
- At Engagement Parties, guests will learn simple engagement techniques that can create shared moments of imagination – with no right or wrong answers!



Why are they Important?



- More older adults than ever before live alone, and across the world dementia is becoming a new normal.
- Increase in social isolation due to COVID-19.
- At an Engagement Party, guests are invited to join the “Creative Care Revolution” – helping to end the isolation and loneliness that can wrap itself around those in late life, or those experiencing dementia.

Who are Engagement Parties for?



- Intended to be fun for everyone, but particularly helpful to engage with those who may be under-connected, experiencing isolation, or dementia.
- Perfect for caregivers, family and friends of people living with memory loss, professionals, students – anyone who wants to bring joy and meaning into the lives of older adults.
- Also a great way to involve young people in positive and playful relationships with elders.

Yes, and...

- Yes, and... is the golden rule of improvisation.
- It asks you to respond to the person you are caring for as they are now, not who they used to be.



Asking Beautiful Questions

- A Beautiful Question is one that opens up a shared path of discovery. It is an open-ended question that has no right or wrong answer.
- The questions can be simple ways of reframing conversations. Or profound.



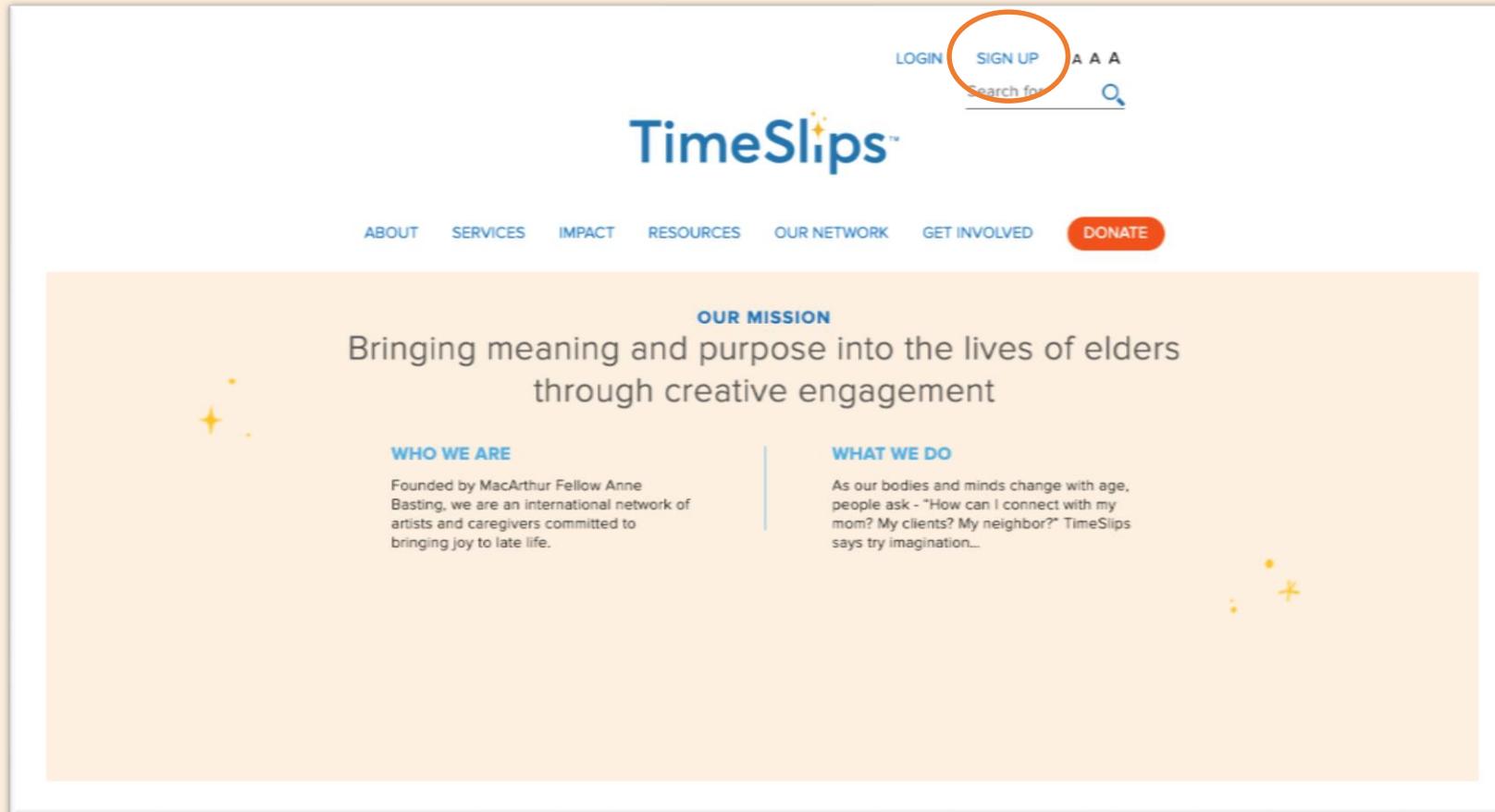
Creative Storytelling

- TimeSlips uses a variety of prompts to engage people in creative conversations and imagine stories together.
- We're now going to practice using Yes, and... and asking Beautiful Questions by imagining a story together!





Friends and Family Subpage



The screenshot shows the homepage of the TimeSlips website. At the top right, there are links for LOGIN, SIGN UP, and three 'A' icons for font size adjustment. Below these is a search bar with the text 'Search for' and a magnifying glass icon. The TimeSlips logo is centered in the top navigation area. Below the logo is a horizontal menu with links for ABOUT, SERVICES, IMPACT, RESOURCES, OUR NETWORK, and GET INVOLVED, followed by a red DONATE button. The main content area has a light orange background. It features a central heading 'OUR MISSION' with the text 'Bringing meaning and purpose into the lives of elders through creative engagement'. Below this are two columns: 'WHO WE ARE' and 'WHAT WE DO'. The 'WHO WE ARE' section mentions being founded by MacArthur Fellow Anne Basting. The 'WHAT WE DO' section describes the organization's focus on connecting people. There are decorative starburst graphics on the left and right sides of the main content area.

LOGIN SIGN UP A A A

Search for 

TimeSlips™

ABOUT SERVICES IMPACT RESOURCES OUR NETWORK GET INVOLVED **DONATE**

OUR MISSION

Bringing meaning and purpose into the lives of elders through creative engagement

WHO WE ARE

Founded by MacArthur Fellow Anne Basting, we are an international network of artists and caregivers committed to bringing joy to late life.

WHAT WE DO

As our bodies and minds change with age, people ask - "How can I connect with my mom? My clients? My neighbor?" TimeSlips says try imagination...

Friends and Family Subpage

The screenshot shows the 'Friends and Family' subpage on the TimeSlips website. At the top, there is a navigation bar with links for 'WELCOME ANDREW', 'MY DASHBOARD', 'LOGOUT', and 'A A A'. A search bar is located to the right of these links. The main navigation menu includes 'ABOUT', 'SERVICES', 'IMPACT', 'RESOURCES', 'OUR NETWORK', 'GET INVOLVED', and a 'DONATE' button. A dropdown menu is open under 'RESOURCES', listing 'ORGANIZATIONAL/GROUP TRAINING', 'PRESENTATIONS', 'INDIVIDUAL TRAINING', 'STUDENTS AND TEACHERS', 'CONSULTING/COACHING', and 'FRIENDS & FAMILY' (which is highlighted in red). The page title is 'Resources for Friends and Family'. The main content area features a paragraph: 'Free resources for caregivers, family and friends of people living with memory loss and anyone who wants to bring joy and meaning into the lives of older adults.' Below the text is an illustration of five diverse people holding hands, with a large blue speech bubble containing icons of a rocket, a star, and a planet above them.

WELCOME ANDREW MY DASHBOARD LOGOUT A A A

Search for

TimeSlips™

ABOUT SERVICES IMPACT RESOURCES OUR NETWORK GET INVOLVED DONATE

ORGANIZATIONAL/GROUP TRAINING PRESENTATIONS
INDIVIDUAL TRAINING FRIENDS & FAMILY
STUDENTS AND TEACHERS TELE-STORIES
CONSULTING/COACHING

Resources for Friends and Family

Free resources for caregivers, family and friends of people living with memory loss and anyone who wants to bring joy and meaning into the lives of older adults.

Friends and Family Subpage

The screenshot shows the 'Friends and Family Training Module' subpage on the TimeSlips website. The page features a navigation bar with links for 'ABOUT', 'SERVICES', 'IMPACT', 'RESOURCES', 'OUR NETWORK', 'GET INVOLVED', and 'DONATE'. The main content area is titled 'RESOURCES' and 'Friends and Family Training Module'. It includes a video player for 'TimeSlips for Friends and Family' with a 'NEXT' button. To the right of the video, there is a text block describing the training and a link to access it. Below this, there is another 'RESOURCES' section titled 'Host your own Engagement Party!' which contains three cards: 'Engagement Party Poster & Invite Template', 'TimeSlips Engagement Party Host Guide', and 'TimeSlips Engagement Party Guest Handout'.

TimeSlips
TimeSlips for Friends and Family

The TimeSlips for Friends and Family training will provide you with an introduction to TimeSlips and creative engagement and show you how to weave creativity into your daily lives to create meaningful moments of connection.

Click [here](#) to access the Friends and Family training.

RESOURCES
Host your own Engagement Party!

You're invited to an
Engagement Party!
A joyful gathering where you can learn how to engage with a friend, family member or loved one who might be lonely, frail, or experiencing memory loss.
[Engagement Party Poster & Invite Template](#)

TimeSlips
Engagement Party
Host Guide
[Engagement Party Host Guide](#)

TimeSlips
Engagement Party
Guest Handout
[Engagement Party Guest Handout](#)

Friends and Family Training



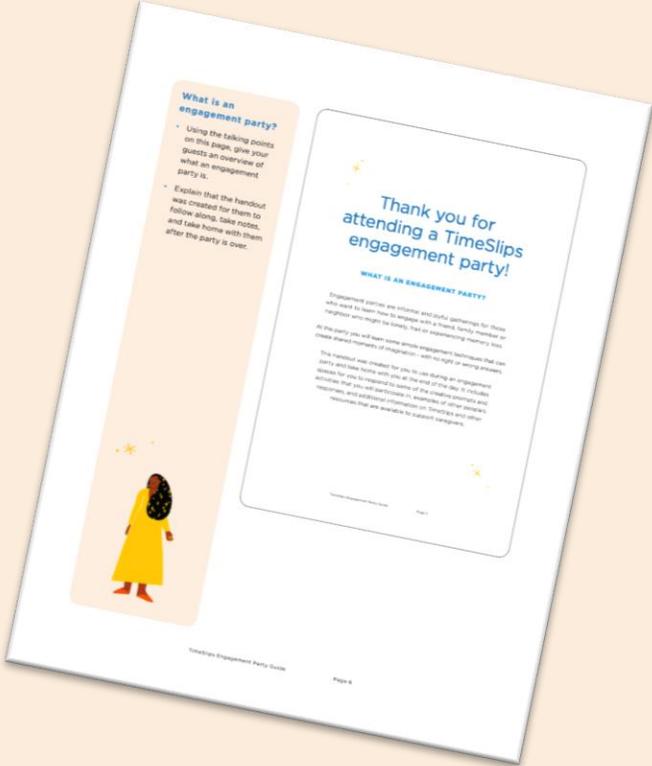
TimeSlips™

TimeSlips for Friends and Family



NEXT >

Engagement Party Materials



Engagement Party Host Guide

CREATIVE ENGAGEMENT IN FOUR EASY STEPS

Step #1 Lean into your creativity

How does creativity help support communication
for people living with dementia?

In situations where a friend or family member
struggles to remember information, our impulse might
be to distract them or go toward fact and memory.

⊗ "Remember
when we
went to..."

✓ "If you had the
ability to fly,
where might
you go?"

Our impulse is towards memory, but that can prove frustrating.

If someone can't respond, they might feel ashamed or embarrassed.
TimeSlips invites you to use creativity to shift - from the expectation
of memory to the freedom of imagination!

Step #1 Lean into your creativity

• During this section, if
you have access to a
computer and projector
you may choose to
show guests the "What
is TimeSlips?" video
available at www.timeslips.org/what-is-timeslips

• Alternatively you can
simply use the Talking
points on this page.

CREATIVE ENGAGEMENT IN FOUR EASY STEPS

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of memory to the freedom of imagination!



The Creative Care Imagination Kit



Coming June 2021!

What Next?

- Consider hosting an Engagement Party with friends and family members over the holidays!
- Share the Friends & Family training with someone who might not know about TimeSlips.
- Reach out to isolated friends/family members via telephone or post and ask a Beautiful Question:
 - If you had the ability to fly, where might you go?



F r i e n d s & F a m i l y
G a t h e r i n g



TimeSlips™

2 pm ET/1 pm CT



LEARN MORE AT:

www.timeslips.org/services/friends-and-family

Email me with any questions:

andrew@timeslips.org



Thank You!



Stretch break!



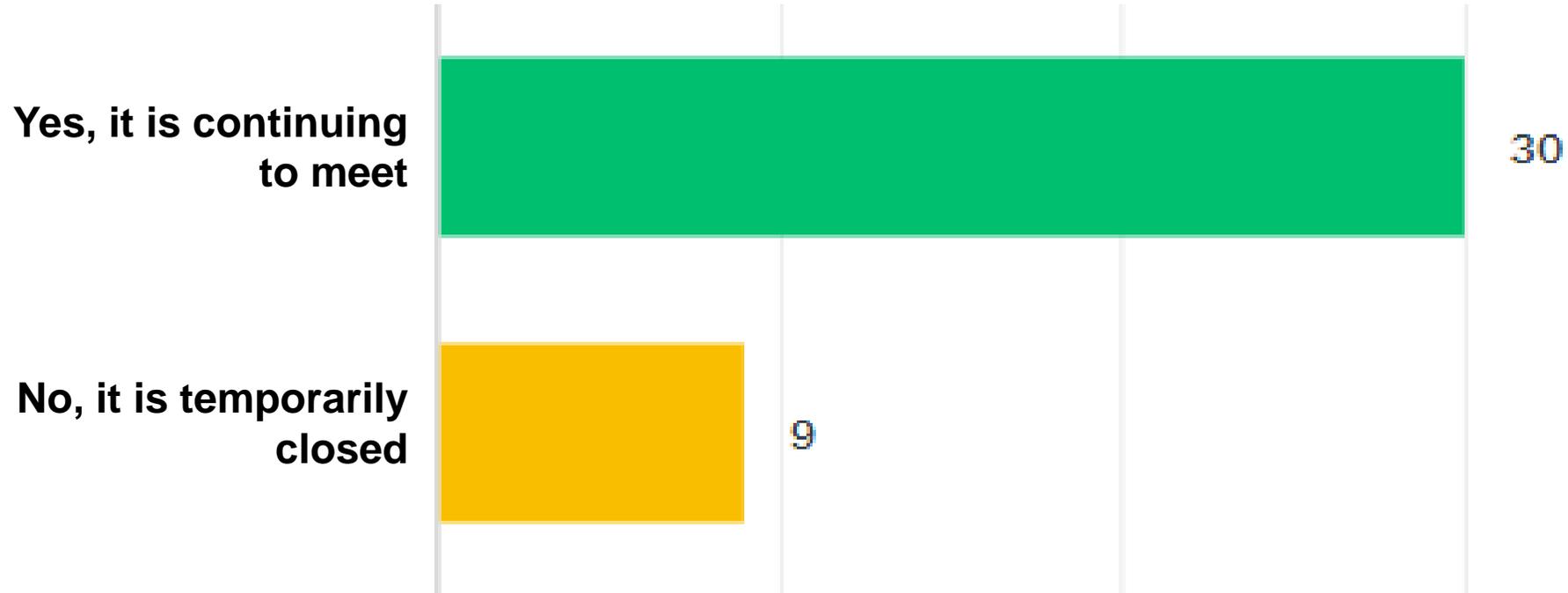


**Percolator Survey:
How we continue to serve
guests during the pandemic**

Who Responded

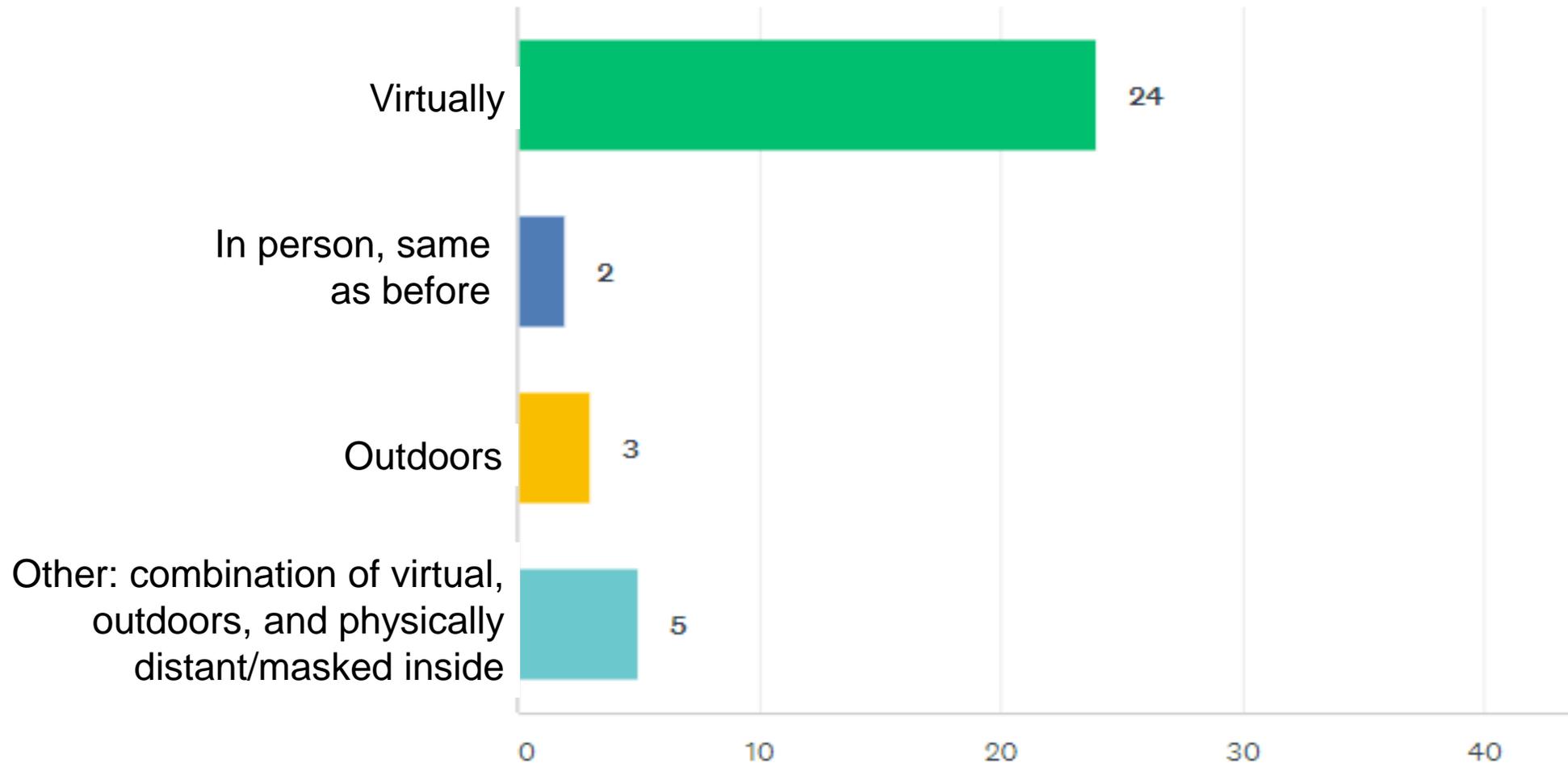
- 40 respondents (thank you!)
- 55% (22) outside Massachusetts
- 77% (31) have run their café for over a year
- Location/host organization:
 - 28% (11) Senior Center
 - 18% (7) Library
 - 15% (6) House of worship
 - Others: museum, community center, creative arts organization, restaurant, residence, day program, nature center, outdoor garden

Is your café continuing to meet during the pandemic?



Note: some cafés have unfortunately closed permanently.

How are you meeting during the pandemic? (check all that apply)

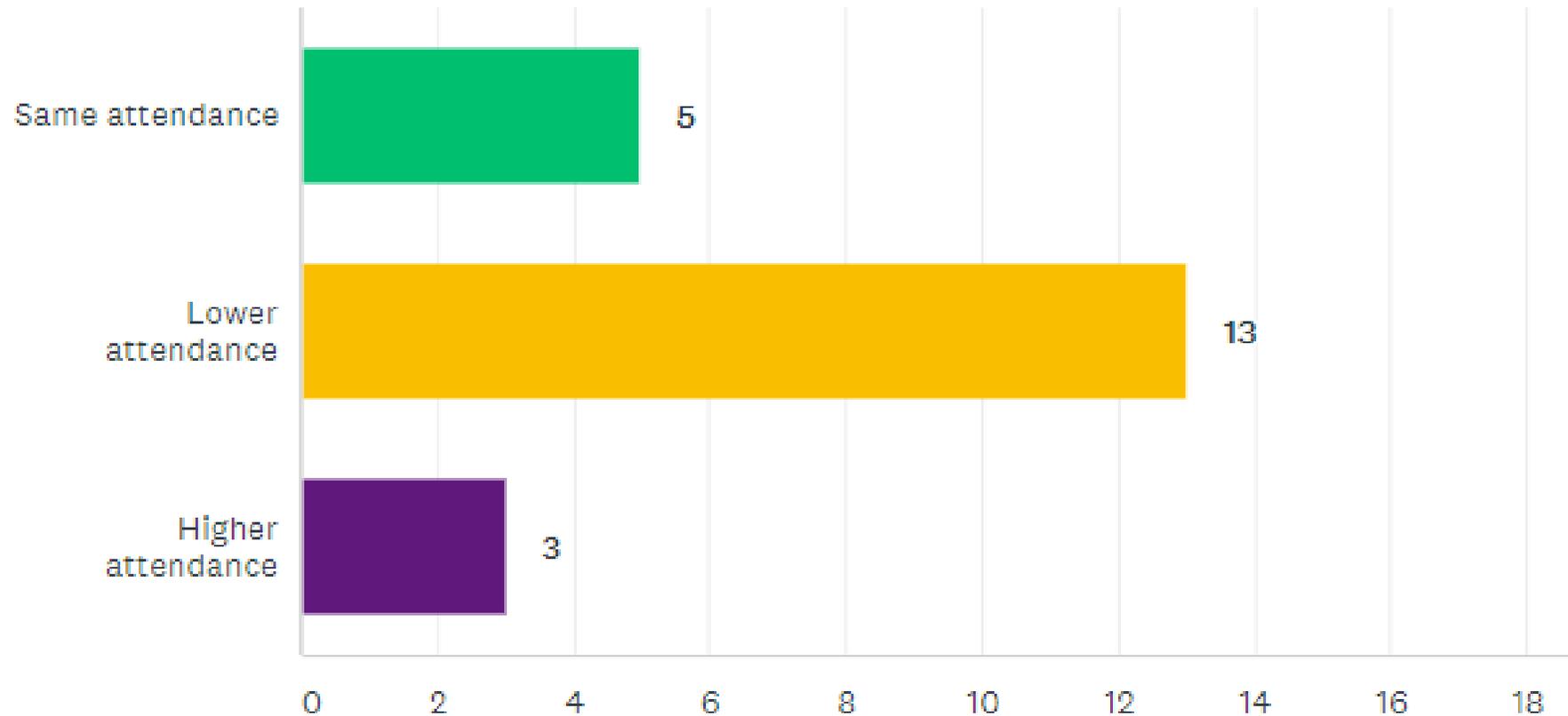


What platform(s) are you using to meet virtually?

- 21 are using Zoom
- 3 are ALSO using telephone
- 1 is using WebEx



Has your attendance changed since you began meeting virtually?



Comments about attendance

- Most of the core group is still attending
- Hard to get people interested in a virtual meeting
- Some “regulars” no longer attend, but many new people have joined
- Sometimes the care partner attends but the person living with dementia doesn't stay engaged
- Volunteers still attend, though their role is different
- It has required outreach to let people know about the virtual program and what it's like

Has your target geographic area changed now that you are meeting virtually?

Several cafés are advertising on the national virtual café directory or statewide. Some are gaining participants from far away, and some are not. Some feel it is too soon to tell.

Comments:

- We have guests joining us from all over Minnesota, and Iowa, too
- Two guests who had moved away have started joining us again
- We have joined with other regional cafés to offer Zoom meetings

Comments about losing and gaining guests

- Our regulars say that “virtual Cafes are not satisfying. They need and want in-person contact, something we're not able to give them right now.”
- “They aren't comfortable with technology. Also, some individuals find it challenging to stay engaged during the meeting.”
- “We have many participants whose health has declined, and they are on hospice or in the hospital or passed”
- They like “the accessibility and ease of being able to join virtually.”
- Guests who were homebound or had limited transportation can now attend
- “Family members can join from far away”
- Single individuals join, and it helps with their isolation
- One guest joins now because the adult day program isn't meeting
- “Distance is no longer a factor, but internet connectivity is”

Tip: Promote your virtual café to a broader group

Virtual cafés are less accessible to some people, and more accessible to others. If you only reach out to your pre-pandemic participants, your attendance will likely decline. If you promote the virtual café, you may gain new participants. **Many people assume that people living with dementia cannot participate virtually.**



Have you taken any specific steps to help staff or guests be able to access devices, WiFi, and/or learn how to use them?

- 17 respondents said that they are offering assistance
- Ways of assisting:
 - Sending instructions and recorded tutorials to guests
 - Assign a staff person to help when guests are signing onto Zoom platform at the start of the café
 - Providing one-on-one help from staff or café volunteers (e.g., college students)
 - Hired a Community Engagement Tech Specialist
 - Loaning GrandPads, i-Pads, tablets to guests and volunteers; purchasing WiFi for guests (funded by CARES Act)

Pearls of wisdom: how to make a virtual café most engaging

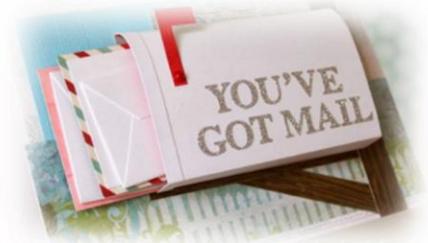
- Use humor, especially about tech glitches.
- Keep it moving. If you do trivia questions, only do it for 10 minutes and then do another activity.
- Have children participate. Adults respond well to children.
- Bring in cultural organizations.
- Hands-on activities work well, e.g. watercolor and collage.
- Bring in artists from the local music scene. Even recorded programs work.
- Use “Beautiful Questions” (from TimeSlips.org) to spur discussion.
- Offer a variety of programming - music, art, exercise.
- Be flexible - know when an activity isn't working and move on. I plan back up activities.
- Our participants are just happy to see each other again! They don't really care too much what the activity is.

More pearls of wisdom

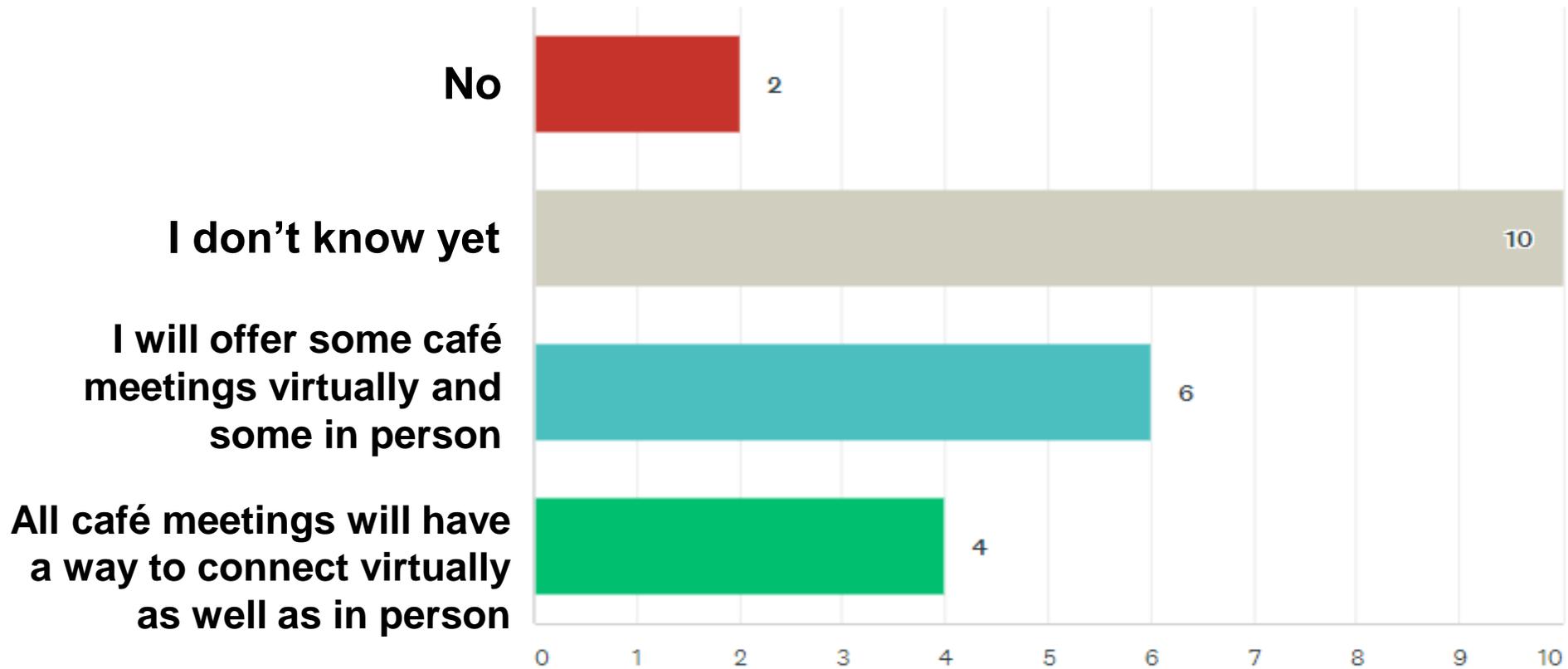
- I first need to create a relationship with potential guests. If they know me, they will be more interested in attending.
- The participation and energy of the staff is also important. Exaggerate your responses to keep people involved.
- Keep the social aspect at the center. Have time for everyone to check in and chat.
- We use small groups to try to get everyone involved and forming relationships.
- Have staff or volunteers to handle tech issues so that the facilitator can focus on the flow of the event.
- Keep reaching out to your guests before and after the café gatherings.

Additional ways you stay connected with your café guests

- Weekly emails, postcards, Facebook posts
- Calling, calling, calling
- “Call pairing:” two guests are matched for weekly “coffee chat” check in calls with one another.
- We send a monthly email “virtual meeting” on our regular café day, which includes fun and timely facts, and links to enjoyable videos.
- We send cards made by volunteers.
- CARE Cafe To Go Bag: free and available for pick up. Contains a Mitsy Kit Quilting project, word find and other activities, resource list, an apron from our CoA, etc!
- Dropping off or mailing treats; grab-and-go meals



When we can meet in person, do you plan to continue offering a virtual option?



A thought to end on...

“It can work. We just have to say it will work. It goes to what we know about people with dementia, they are more capable than we sometimes believe.”

Discussion



**Save the date for the next
Percolator Quarterly meeting:**

**Thursday, March 11,
1:30 – 3:30 pm EDT**



Memory Cafés in Massachusetts



**Percolator Memory Café Network
Quarterly Meeting
March 11, 2021**

JF&CS