

# Diary of a Memory Café

Drea Douglas, MLIS  
Kelli Bosak, LCSW  
Iualhati anderson, CSWA



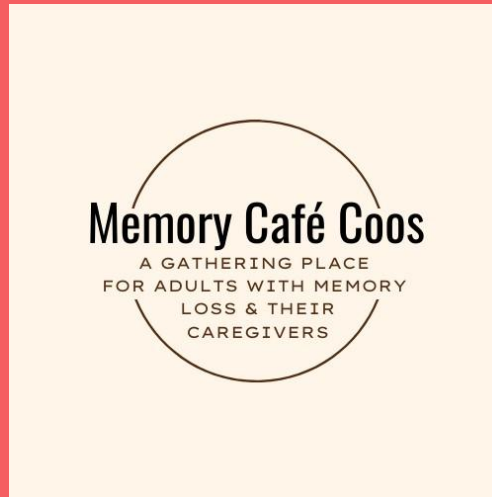
# Objectives



At the end of this presentation, the learner will be able to:

- Understand the history of the World Café Model and what a Memory Café is and is not.
- Remember relevant data about dementia.
- Understand how one example of how a Memory Café was started and continues to be implemented.
- Apply elements of the Memory Café model to their library, organization, or community.

# What is a Memory Café?



*“The Alzheimer’s cafe is an informal way to make contact with each other, to receive a consultation and feel at home. In the Netherlands, patients feel they have a place to just be. This way the patient and their family don’t have to deny or avoid the illness.”*

*-Dr. Bere Miesen*



# History of World Café Model

- Memory Café concept introduced in the Netherlands in 1997 by Dr. Miesen with a focus on empowerment and improving quality of life
- Concept spread through Europe, to Ireland, England, and Australia and then to the United States
- Share similar aims as global dementia-friendly efforts
- Anecdotal reports and clinical research suggest that Cafés promote social inclusion and improve the well-being of attendees

Sources: <https://www.alzint.org/what-we-do/policy/dementia-friendly-communities/alzheimer-cafes/> and <https://www.memorycafedirectory.com/what-is-a-memory-cafe/>

## What is a Memory Café?

- Monthly gathering of individuals living with memory loss along with their caregivers and/or friends and family
- Safe, supportive and engaging environment

## Who is the Café for?

- People living with memory loss, such as dementia, along with a companion
- Companion could include a caregiver, family member, or friend
- Companions are expected to stay and participate in the café

## What do you do at the Café?

- Unique experience apart from normal routines
- Unstructured conversations, light refreshments, and enjoyable activities that change month to month
- Time to socialize, enjoy each other's company

# A Memory Café is:



**NOT a support  
group**



**NOT a respite  
or day/daycare  
program**



**NOT a  
workshop,  
seminar, or  
lecture on  
dementia**

# Memory Café Values



**Be friendly.**

**Be curious.**

**Be respectful.**

**Be responsive.**

**Be creative.**

**Be advocates.**

**Be inclusive.**



# The Story of Memory Café Coos



# Once upon a time....



- **Founding story...how did we get together?**

- Kelli had an idea based on a need for primary care patients and families living with dementia
- Iualhati works with older adults,
- and Drea has a library!

- **Let's apply for funding!**

- Oregon Office of Rural Health Grant: Elder Service Innovation Grant
  - One of 6 grantees in the whole state!
  - \$7,500 to support the costs of launching a new Memory Café
  - Grant cycle is July 2023- June 2024
  - <https://www.ohsu.edu/oregon-office-of-rural-health/elder-service-innovation-grants>

# What the data says.....



- **28.1% of Persons living in Coos County are 65 years and older**
  - 1 in 10 Older Adults will develop dementia (estimate from 2023 Census data)
  - 69,000 Oregonians diagnosed with dementia and projected to rise
- **We have senior centers and memory care facilities, what else?**
  - People with dementia are usually cared for by family members or friends
  - The majority (80%) of people with dementia are receiving care in their homes
  - People get a diagnosis, but then what?
- **Unique Library-Medical Partnership**
  - Older Adult Behavioral Health Initiative (OABHI)- Coos Health & Wellness
  - North Bend Public Library
  - North Bend Medical Center, Integrated Behavioral Health

Source:

<https://www.alz.org/professionals/public-health/state-overview/oregon#:~:text=69%2C000%20people%20aged%2065%20and,care%20provided%20by%20Alzheimer's%20caregivers>

# Planning Stage

- Connecting with an international movement
  - <https://www.memorycafedirectory.com/>
  - <https://alzheimersspeaks.com/>
- Marketing
  - Advertise, advertise, advertise!
  - Flyer with phone number and email
    - not everyone uses/can use email
- Getting organizational buy-in
- Logistics
  - Website, email, etc.
- Costs
  - Grant funding!
- Guest Presenters
  - How long a presentation? In person? Over Zoom?

## Memory Café Coos

the first Wednesday of every month  
at the North Bend Public Library

Wednesday, August 2 at 10:30-12:00 PM



### What is a Memory Café?

A Memory Café is an informal social gathering for older adults living with memory loss and their care partners.  
For more information, find us on Facebook @MemoryCafeCoos.



Relax and socialize in a judgement free, safe environment with coffee and snacks.  
Memory Café Coos is staffed by healthcare providers, library staff, and volunteers.  
Care partners are required to accompany their partners.

Register to attend at:  
[memorycafecoos@gmail.com](mailto:memorycafecoos@gmail.com)  
or (541) 756-0400



# Our First Café

- August 2, 2023!
- Focus on:
  - Building community
  - Socializing
- Setting up the Room
  - Café environment
  - Fidget supplies
- How do we organize our time?
- Team of facilitators
  - Roles
  - Attendee Support

**Memory Cafe Coos**  
Wednesday, August 2, 2023 – 10:30am-12pm  
North Bend Public Library

Time (PST)	Cafe Schedule	Lead
9-10:30am	<b>Arrive and Set-Up Space @NBPL</b> <ul style="list-style-type: none"><li>• Registration Table &amp; signage</li><li>• Arrange Tables, put coloring pages and notecards on each table</li><li>• Coffee/Snacks</li><li>• Background Music</li></ul>	All
10:30-10:45am	<b>Welcome &amp; Introduction to Memory Cafe</b> <ul style="list-style-type: none"><li>• Establish safe space and expectations regarding disclosures (confidentiality)</li><li>• Share our interest and the rationale for this meeting</li><li>• Discuss mailing list; contact list</li></ul>	Kelli lead, Luahati and Drea participate
10:45-11:15am	<b>Warm-up exercise:</b> <ul style="list-style-type: none"><li>• What do you hope to get out of this cafe? We're interested in your feedback. Give option of writing on a notecard, can share or give to facilitators<ul style="list-style-type: none"><li>○ [write on dry erase board]</li></ul></li></ul> <b>Attendees introduce themselves</b> <ul style="list-style-type: none"><li>• Share responses to warm-up exercises</li><li>• Share name and anything you'd like to share about your relationship with memory concerns</li></ul>	Kelli
11:15-11:45am	<b>Activity &amp; Socialization:</b> <ul style="list-style-type: none"><li>• Storytelling exercise<ul style="list-style-type: none"><li>○ Prompt:</li></ul></li><li>• Allow socialization and connecting with others</li></ul>	Drea
11:45am-12pm	<b>Closing ritual</b> <ul style="list-style-type: none"><li>• Invite everyone to share one takeaway from today's gathering<ul style="list-style-type: none"><li>○ Calm/breathing moment</li></ul></li><li>• Put music back on to signal wrap-up/closing/time for socializing</li></ul>	Drea/Kelli/Luahati
12:00pm	<b>Adjourn</b>	

Next Monthly Meeting (1st Wednesday of the month): September 6

# Café Topics

Tai Chi

Storytelling

Filling the Day with Meaning and  
Wabi Sabi Philosophy

Medical topics: OHSU Layton Aging and  
Alzheimer's Disease Research Center

Art and Music (harps)



# Activities

- Setting tone
  - Begin and end with calming exercise
  - Guided imagery
  - Singing bowl
  - Option to opt out of activities
- Ice Breakers
  - Introductions for new attendees
  - Beach Ball questions
  - Café Card deck
- Resource table
  - Free booklets from NIH
  - FAQ Memory Café
  - Survey (data collection, feedback)



# Our most recent Cafés



**Memory Café Coos**  
at the North Bend Public Library

The first Wednesday of every month  
from 10:30-12:00 PM

**Memory Café Coos**  
A GATHERING PLACE

**Upcoming Memory Café Events for January-June 2024**

**January 6, 2024**  
Allison Lindauer, PhD, APRN  
Associate Professor, OHSU Layton Aging and  
Alzheimer's Disease Center

**February 7, 2024**  
Josie's Art Lab

**March 6, 2024**  
Show and Tell: What brings you joy?

**March 22, 2024 SPECIAL EVENT** ---->

**April 3, 2024**  
With These Hands

**May 1, 2024**  
Coos Art Museum

**June 5, 2024**  
TBA

For updates on Memory Coos Cafe events,  
check us out on Facebook @MemoryCafeCoos

**Special Event on  
Friday, March 22  
at 2:00 PM**

Learn to play a harp!



With recording artist  
Lisa Lynne

Register to attend at:  
memorycafecoos@gmail.com  
or (541) 756-0400

**NBMC**  
North Bend Municipal Center

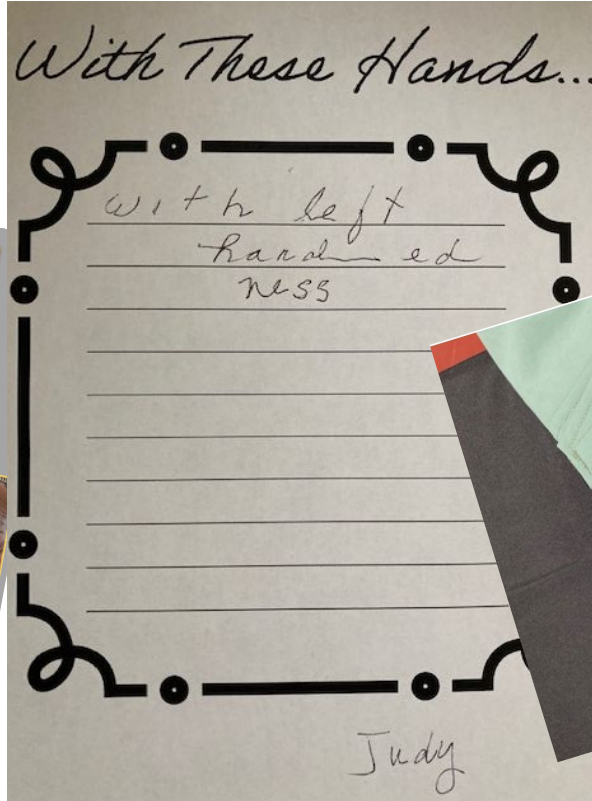
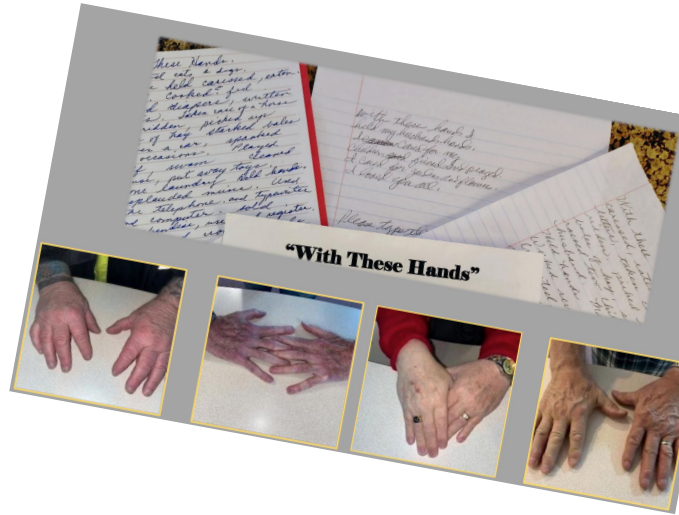
**NORTH BEND PUBLIC LIBRARY**

**Clear Adult Behavioral Health Services**

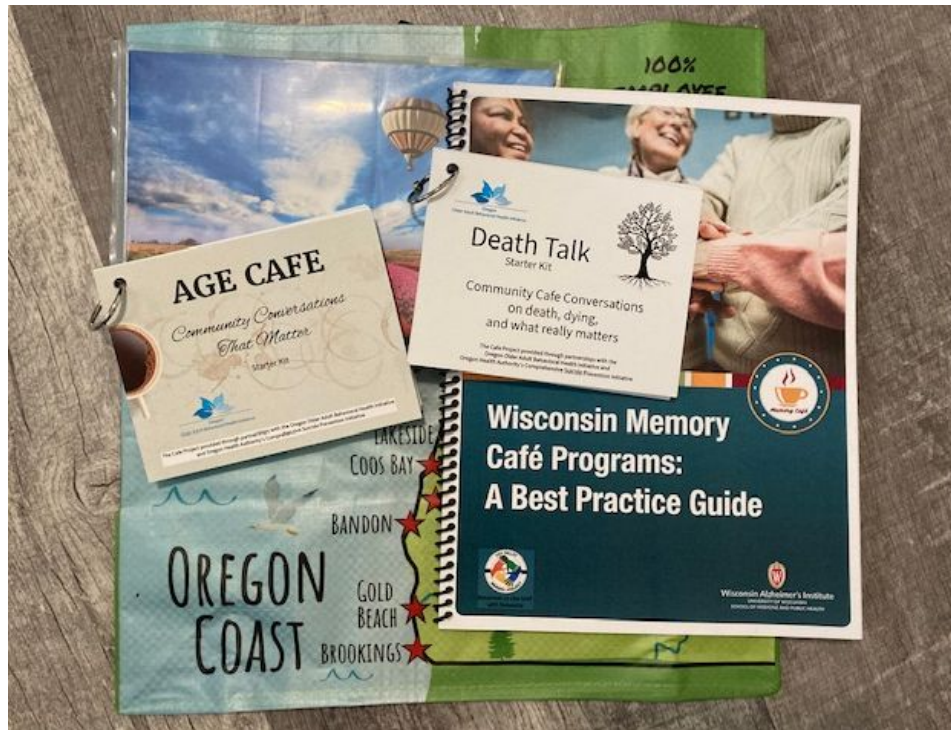




# “With These Hands” Activity



# Additional Café Resources



# Key Takeaways from Attendees



## Why we are here...?

- “We really just come to talk with people.” – wife caring for husband with dementia
- Needing information, needing hope, needing connection, needing “a cure”
- “I have been looking for something like this for a long time” – attendee with cognitive challenges

# Lessons learned



## Technology

Zoom, hybrid sessions

Tech equipment: Owl, projector, cords/cables, speakers

Space: large in size, Café vs conference feel, acoustics, lighting, room temperature

## Activities

Not too physically tasking, too many directions to follow (KISS model)

Interesting and purposeful, get feedback

Guest speakers familiar working with individuals with cognitive challenges

## Snacks and Drinks

Easy to chew, friendly to medical diets

Individually packaged

Always have coffee

## Environment

Warm, inviting, relaxed

Fun

Flexible, allow for changes and welcoming people at any time

Showing up is the hardest part!

# Let attendees help!



# So... Why Libraries?



# Why libraries?



NBPL's mission:

- Support local resilience and quality of life.
- Enhance community connections.
- Offer a safe and welcoming library space.

## Libraries...

- Connect vulnerable populations with library services and resources.
- Offer programming and resources focused on resiliency and life skills.
- Strengthen partnerships with other local organizations to address community needs.
- Model an environment of diversity, inclusion and respect for all North Bend residents.
- Provide opportunities for community members to connect with each other.



# Logistics: Can any library do this?



Images:

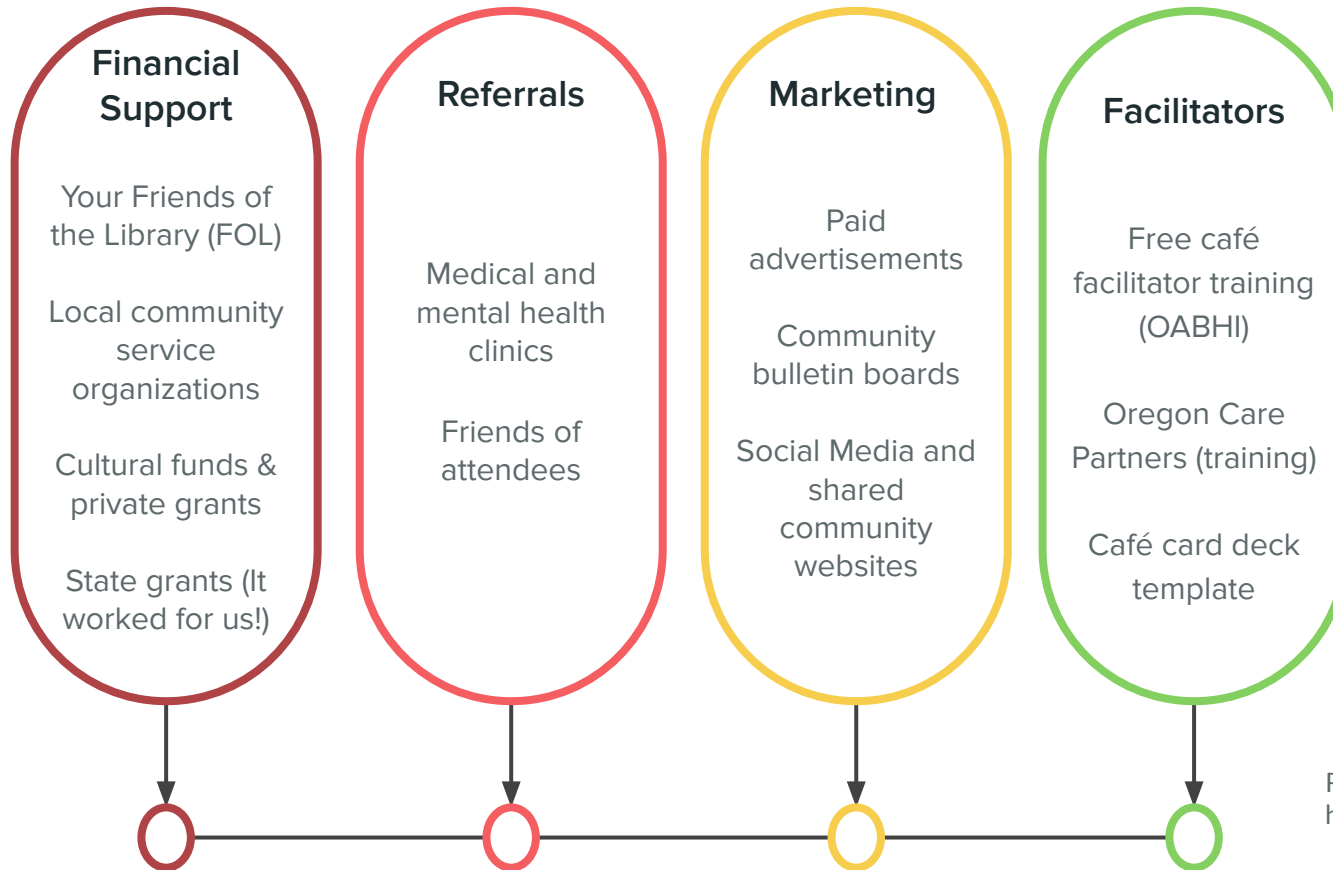
<https://science.nasa.gov/wp-content/uploads/2023/03/main-image-star-forming-region-carina-nircam-final-5mb-1-ipeg.webp?w=4096&format=png>

[https://upload.wikimedia.org/wikipedia/commons/6/62/Standard\\_Electric\\_Time\\_Co.\\_Electromechanical\\_Master\\_Clock\\_02.jpg](https://upload.wikimedia.org/wikipedia/commons/6/62/Standard_Electric_Time_Co._Electromechanical_Master_Clock_02.jpg)

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# Community Partnerships:



Resource:  
<https://oregoncarepartners.com/>

# Finances



If you have money for coffee and tangerines, you're set.

If you can get a grant to support your cafe, what are you using it for?

- Paid facilitator for clinical support
- Speakers fees
- “Fidget” devices - toys, crayons.
- Café set up supplies: tablecloths, name tags
- Activity supplies
- Snacks: fresh fruits, individually packed items, coffee, tea, and condiments



# We already have a spin-off!

- Curry Public Library, Gold Beach
  - First MC Curry: November 2023
    - Every 3<sup>rd</sup> Wednesday
    - In partnership with the OABHI Coos & Curry through a grant, Rural Older Adult Mini-grant (ROAM)
    - Additional funding from Friends of Library
    - MC Coos shared graphics and support
- Gold Beach Curry Public Library will continue MC Curry after grant cycle ends (03.2024).
- Library staff attended OABHI facilitator training
- Additional support from library volunteers



**Memory Café Curry**  
at Curry Public Library in Gold Beach

The third Wednesday of every month  
from 10:30AM-12:00 PM

**Memory Café Curry**  
TOGETHER WITH FRIENDS

**What is a Memory Café?**  
A Memory Café is an informal social gathering for older adults living with memory loss and their care partners.

Relax and socialize in a judgment free, safe environment with coffee and snacks.

Memory Café Curry is staffed by a social service professional, library staff, and volunteers.

CARE PARTNERS ARE REQUIRED TO BE PRESENT.

Register to attend at:  
memorycafe@cplib.net  
(541) 247-7246

 CURRY PUBLIC LIBRARY

 Oregon Older Adult Behavioral Health Initiative

94341 3rd St.  
Gold Beach, OR 97444  
541-247-7246  
www.currypubliclibrary.org

The flyer is a vertical rectangular card with a dark green top section and a light beige bottom section. It features a circular logo with the text 'Memory Café Curry TOGETHER WITH FRIENDS'. A photograph shows three elderly people sitting at a table with coffee and pastries. The text provides details about the event, including the date and time, and includes contact information for the Curry Public Library and the Oregon Older Adult Behavioral Health Initiative.

# The future



**Financial support**

**Attendees**

**Continued community organization partnerships**

**Adjust activities based on values and feedback**



# Resources to learn more:

- **Memory Café Directory:** <https://www.memorycafedirectory.com/>
- **Alzheimer's Speaks:** <https://alzheimersspeaks.com/>
- **EMC^2: Expanding Memory Cafes. Enhancing Meaningful Connection.**
  - <https://emc2project.org/>
- **JF&CS Memory Café Percolator:**
  - <https://www.ifcsboston.org/our-services/services-for-older-adults/home-community-supports/alzheimers-related-dementias-family-support/percolator>
- **ALA Library Services for Patrons with Alzheimer's/Dementia**
  - [Library Services for Patrons with Alzheimer's/Dementia | Advocacy, Legislation & Issues \(ala.org\)](#)
- **ALA/RUSA Stephen T. Riedner Grant for Life Enhancing Library Programs for People Living with Dementia**
  - <https://www.ala.org/rusa/stephen-t-riedner-grant-life-enhancing-library-programs-people-living-dementia>

# Thank you!



## Contact Information:

Drea Douglas, MLIS

[ddouglas@northbendlibrary.org](mailto:ddouglas@northbendlibrary.org)

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