

Patriot Ledger

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## **CANTON TEMPLE OPENS FAMILY TABLE FOOD PANTRY**

CANTON – In conjunction with Jewish Family and Children's Services, Temple Beth Abraham has opened its new Family Table South food pantry to serve Jewish families.

The new pantry is in the rear corner of the temple's auditorium.

Food distribution days will be held once a month, on Sundays. Volunteers are needed to sort food donations, package orders for recipient families and deliver food.

To help with the Family Table, send an email to [familytable@jfcsboston.org](mailto:familytable@jfcsboston.org) or call 781-693-5593.

Ranch memory café opened earlier this year. While it's open to members of the public living with dementia, reservations are required due to limited space.

A social component is a prominent part of the menu at all memory cafes.

"It's a very warm atmosphere, and it's supportive to the loved one and the caregiver," said Newton resident Darcy Morales-Zullo, who has been bringing her father, Pedro A. Morales, to the Waltham Memory Café for about a year. "I take great joy in that my dad enjoys it."

Many older people with dementia, Soltzberg said, suffer from social isolation.

For people like Morales, who is 93, memory café programs provide a rare chance to engage in a social activity.

"It's an opportunity for my dad to be with his peers," Morales-Zullo said. "That's been very important since my mom passed away."

Bette Peterson of Waltham and her caretaker, Favour Ochaki, look forward to attending memory café events.

"She has memory loss, and she loves music, and she loves getting out," Ochaki said.

Peterson said she likes participating in activities and socializing with other guests at the café, which provides a welcoming, low-stress environment.

"I really do enjoy it," she said. "The people have wonderful communication, and they are free and happy with it. It's a good way to make people express themselves freely."

Each month at the Waltham Memory Café, student volunteers from nearby Brandeis University help out

with the program.

"I was convinced that if it could be intergenerational, that would be a plus," Soltzberg said.

State Secretary of Elder Affairs Alice Bonner said memory cafes play an important role for both people with dementia and their family members.

"Care for the caregiver is so important," she said. "We need to always be looking for ways to support the people on the frontlines of Alzheimer's care. These memory cafes are an innovative way to bring respite, social opportunity and creative energy together for the benefit of caregivers and the individuals they care for."

For a list of memory cafes in the Greater Boston area, visit [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory).

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