Today’s Agenda

1. Housekeeping
2. Announcements
3. Café presentation: Virtual 5th Street Café & Activities for People Living at Home with Dementia, Gail Snider
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](http://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

Updates
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](http://www.jfcsboston.org/MemoryCafeDirectory)

- National in-person café directory: [www.memorycafedirectory.com](http://www.memorycafedirectory.com) and national virtual café directory: [https://www.memorycafedirectory.com/cafe-connect/](https://www.memorycafedirectory.com/cafe-connect/)

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

- **Percolator webpage:** [www.jfcsboston.org/Percolator](http://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’ - “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
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
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.
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 range 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.
Launching new programs during Covid-19 for people living at home with dementia and their care partners!

#dementiafriendlyfortworth
Partnerships & collaborations help make these programs successful
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
Dementia Friendly Fort Worth
Proudly Presents
Cookie Conversations with Gail Snider

www.dffw.org
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 dffw.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](https://zoom.fumcfw.org/6) or visit [DFFW.org/events](https://zoom.fumcfw.org/6). Each program will occur on Zoom, from 10:30 – 11:00 am.

Join the session at [https://zoom.fumcfw.org/6](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!
Introducing Our New Resources for Friends & Family Caregivers
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

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

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

Friends and Family Training Module

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.

Host your own Engagement Party!

Engagement Party Poster & Invite Template

TimeSlips Engagement Party Host Guide

TimeSlips Engagement Party Guest Handout
Friends and Family Training
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. TimeTips 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 use "Harmonica in the Shade" video available at www.timesheets.org/urban-inter.
- Alternatively, you can easily use the talking points on this page.

"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. TimeTips invites you to use creativity to shift - from the expectation 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?
Friends & Family Gathering

Tuesday, December 15

2 pm ET/1 pm CT
LEARN MORE AT:
www.timeslips.org/services/friends-and-family

Email me with any questions:
andrew@timeslips.org
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?

Yes, it is continuing to meet

No, it is temporarily closed

Note: some cafés have unfortunately closed permanently.
How are you meeting during the pandemic? (check all that apply)

- Virtually: 24
- In person, same as before: 2
- Outdoors: 3
- Other: combination of virtual, outdoors, and physically distant/masked inside: 5
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?

- Same attendance: 5
- Lower attendance: 13
- Higher attendance: 3
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?

- **No**: 2
- **I don’t know yet**: 10
- **I will offer some café meetings virtually and some in person**: 6
- **All café meetings will have a way to connect virtually as well as in person**: 4
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