Today’s Agenda

1. Housekeeping
2. Announcements
3. Finding our footing: How cafés are adapting to COVID-19
   - Rosemary Quatrale, JFS of Utah: starting a virtual memory café from scratch
   - Cláudia Lopes Carvalho, Memory Café Brasil, a virtual café with international participation
   - Linda Jackvony, Waterfront Memory Café in Marion, Massachusetts, and Leanne Dowd, West County Memory Café in Shelburne Falls, Massachusetts, an outdoor “drive-in” café
   - Sara Masoud, SA Amigos Memory Café in San Antonio, Texas, a Zoom/telephone-based bilingual café
4. Discussion: your challenges and ideas
5. Next meeting: Wednesday, December 10, 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!)
Let’s Talk About Dementia and Culture: How We Talk and Teach About Dementia in Cultural and Linguistic Communities

Dementia affects every community, but not in the same way. Join us for a conversation about disparities in the risk of developing dementia, and in access to dementia diagnosis, research and care, and to explore cultural values and ways of understanding dementia. Gain a new lens to see through as we work to embrace and support people living with dementia and families in all of our communities.

Virtual Symposium
Tuesday, November 10, 2020
1:00 p.m. to 4:30 p.m. EDT

Registration is now open. Sponsorship opportunities are available. Free of Charge. Register in advance at: www.bit.ly/TalkingDementia
Percolator Updates
Memory Café directories

• Massachusetts café directory, including in-person and virtual cafés, run by JF&CS: [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, run by Dave Wiederrich: [https://www.memorycafedirectory.com/cafe-connect/](https://www.memorycafedirectory.com/cafe-connect/)

  Now color-coded for English/Spanish-Friendly/Portuguese-Friendly.

Massachusetts virtual cafés: Please contact Dave at [info@memorycafedirectory.com](mailto:info@memorycafedirectory.com) if you do NOT want your virtual café listed in [https://www.memorycafedirectory.com/cafe-connect/](https://www.memorycafedirectory.com/cafe-connect/)
Percolator Resources

- **Percolator webpage:** [www.jfcsboston.org/Percolator](http://www.jfcsboston.org/Percolator)
  - Updated Memory Café Toolkit:
    - [www.jfcsboston.org/MemoryCafeToolkit](http://www.jfcsboston.org/MemoryCafeToolkit) (English) and
    - [www.jfcsboston.org/GuiaCafeDeMemoria](http://www.jfcsboston.org/GuiaCafeDeMemoria) (Spanish)
  - 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.
Finding Our Footing: How Five Cafés Are Adapting to COVID-19
Rosemary Quatrale, JFS of Utah: starting a virtual memory café from scratch

Cláudia Lopes Carvalho, Memory Café Brasil, a virtual café with international participation

Linda Jackvony, Waterfront Memory Café in Marion, Massachusetts, and Leanne Dowd, West County Memory Café in Shelburne Falls, Massachusetts, an outdoor “drive-in” café

Sara Masoud, SA Amigos Memory Café in San Antonio, Texas, a Zoom/telephone-based bilingual café
We offer
Mental Health Counseling
Community Education Classes
Food Pantry
Programs for Seniors
What I do

Older Adult Care Manager

- Music and Memory
- Caregiver Support Group
- Dementia Friendly Activities
- Food Stamp Application Assistance
- Community Resources
- Gleeful Choir
Personalized iPods

- Improve mood
- Reduce anxiety, agitation, depression
- Provides entertainment
- Benefits the person with dementia and their caregiver

For more information contact Rosemary: rosemary@jfsutah.org
Our Programs for People with Dementia and their Caregivers Feed into Each Other

- Music and Memory
- Caregiver Support Groups
- Gleeful Choir
Dementia Friendly Activities

What is it?

- An activity for persons with dementia and their caregivers.
- We meet every other Thursday at 11 a.m.

Slide shows that stimulate the senses and spark conversation

Animals

Smells

TV Shows
Smells
ANIMALS
TV Theme Songs

The Best of Bonanza

Rawhide

Happy Days

Addams Family
Hats

We delivered hat “kits” to all participants and decorated them together. Everyone’s hat was different and fun.
Ask Open Ended Questions

- Think about the senses
- Keep questions general.
- Avoid yes or no questions.
- What does this remind you of?
- What do you like about this?

**Future Activities**
Famous Works of Art
Touch
Sports Bloopers
Crafts
Questions about starting a virtual café from scratch?
MEMORY
CAFÉ®
BRASIL

VALORIZANDO MEMÓRIAS E PROMOVENDO A INCLUSÃO
Memory Cafe Directory

The Number 1 in Brazil

FOUNDED ON DECEMBER 14, 2019 IN SAO PAULO CITY
Founders of Memory Café Brasil
Cláudia Lopes
Speech Therapist- CRFa. 17.563-SP

Master's student in Sciences at the Neuroscience Laboratory, USP

Specialist in evaluation and rehabilitation of speech therapy for adults and elderly, USP

Specialist in cognitive rehabilitation, USP

Improvement in Gerontolology, Hospital do Servidor

MBA in Strategic Health Management

Speech Therapist, Faculty of Medical Sciences of Santa Casa de São Paulo - FCMSCSP

If you want to contact me or access my social media, click on the icons below
PhD student at the Neuroscience Laboratory, USP

Specialist in Cognitive Rehabilitation, USP

Experience in Team Management, Prevent Sênior

Master of Science from the Neuroscience Laboratory, USP

Service Training in Hospital Geriatric Management, USP

Bachelor of Gerontology, UFSCar

If you want to contact me or access my social media, click on the icons below

Jessyka Bram
Gerontologist - ABG 328
14 people

6 people

70 years (mean)

1 man; 6 women

11.33 years of schooling (mean)

33% - subjective memory complaint

~8 people usually attended

30 people

13 people

57 years (mean)

3 man; 10 women

15.61 years of schooling (mean)

30% - subjective memory complaint

~12 people usually attend
Face-to-face meetings

Place: SP Lovers Café
Meeting theme: Your face, your brand.
Date: 12/14/2019
Face-to-face meetings

Place: Julice Boulangère
Meeting theme: Get into the routine.
Date: 1/18/2020
Face-to-face meetings

Place: La Confeitaria
Theme of the meeting: Attention very calm at that time.
Date: 2/15/2020
24 people
On-line meetings

Place: Zoom and Webex plataform
Schedule: 04/11/2020; 04/25/2020; 05/09/2020; 05/23/2020; 06/13/2020; 06/27/2020; 07/18/2020; 08/08/2020; 08/29/2020
76 people

Piauí
Rio Grande do Sul
São Paulo
Santa Catarina
Memory Cafe in the Brazilian context and in a pandemic scenario

Bram, J.M.F. (1); Carvalho, C.L. (1)
(1) Memory Café Brasil, São Paulo, Brazil

INTRODUCTION

The WHO estimates by 2050 the proportion of people over 60 will be 22% of the world’s population. This scenario does not differ in Brazil. The elderly represent the fastest growing population segment, with estimates of average increase over the next ten years of more than 1 million elderly per year, which is worrying because epidemiological data show that one third of elderly Brazilians are affected by neuro-psychiatric disorders, it is important to consider some conditions can represent risk factors for the development of cognitive decline. Therefore, attention to these disorders is necessary as they bring important social and economic impacts. Thus, the development of projects in this area may provide not only a reduction in public spending, but also more years of life with autonomy and independence. Based on all of these data and on our knowledge about gerontology and dementia, we decided to bring the Memory Cafe philosophy to São Paulo, Brazil (Figure 1).

METHODS

- Three face-to-face meetings (FFM) until February and four online meetings (OM) until 23rd May 2020 (Figure 2).
- All of meetings were guided according Memory Cafe Directory guidelines;
- Cognitive stimulation was performed during all meetings;
- All participants signed an image authorization term.

RESULTS

- 30 people have participated in the meetings so far, 14 of whom answered the online questionnaire with open-ended questions to evaluate the MCB.

<table>
<thead>
<tr>
<th></th>
<th>FFM</th>
<th>OM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender (M/F)</td>
<td>15/15</td>
<td>13/11</td>
</tr>
<tr>
<td>Age (years)</td>
<td>65-85</td>
<td>60-65</td>
</tr>
<tr>
<td>Years of meeting (months)</td>
<td>12-24</td>
<td>12-24</td>
</tr>
<tr>
<td>% MCI</td>
<td>45%</td>
<td>35%</td>
</tr>
<tr>
<td>% AD</td>
<td>38%</td>
<td>45%</td>
</tr>
</tbody>
</table>

Table 1: Demographic characteristics.

Abbreviations: M: men; F: women; FFM: face-to-face meetings; OM: online meetings; MCI: subjective memory complaints. Values are presented as numbers and percentages (%).

CONCLUSION

MCB is recent in Brazil and is looking for ways to increasingly include people with congenital and/or acquired cognitive decline in society as well as their caregivers, by promoting well-being and cognitive stimulation.

Contact: mcb@memorycafebrasil.com
WE PERFORM COGNITIVE STIMULATION WITH INTERACTIVE ACTIVITIES (BASED ON SCIENTIFIC EVIDENCES) DURING MEETINGS AND WE PROMOTE THE SOCIAL INCLUSION.

1,5h twice a month
BE PART OF THIS STORY!

mcb@memorycafebrasil.com

@memoryfabrasil

/memorycafebrasil

/Memory Café Brasil

/memorycafebrasil

/Memory Café Brasil

LIVE THIS EXPERIENCE
Memory Café Brasil

140 publicações  615 seguidores  511 seguindo.

Memory Café Brasil é um movimento social que promove a inclusão social de pessoas com perdas cognitivas.

https://memorycafebrasil.com

Inscrição para Encontros

Memory Cafe Directory
VOLUNTEER
“It is very rewarding for me to participate in this event. In addition to meeting special people, I get information about mental health”
Questions about an international, virtual café?
A visit to two outdoor cafés
Shelburne Falls, Massachusetts

Marion, Massachusetts
West County Memory Café
Shelburne Falls, Massachusetts

Thanks to Leanne Dowd

• Run by a rural 3-town consortium senior center with total over 60 population of approximately 1,700
• Very limited internet access
• The cafe began in May 2017 and had always run in person
• Coordinated by senior center outreach coordinator, a grant-funded social worker, 4 volunteer chefs/helpers, and various community members who play music or lead an activity for a small stipend
• Typically 11-12 café guests attend per month
When the pandemic began…

• Café did not meet for 3 months
• Outreach coordinator and social worker increased their calls to guests from two phone calls per month to weekly phone calls

Leanne and Dianna began extensive discussions with Regional Board of Health and networking with owners of outside space to explore the possibility of a drive-up, outdoor café. (Senior center does not own its building or parking lot.)
June and July: Café met on the grounds of a local church
Sixteen people attended
Each received a boxed lunch and a vase of flowers for each car
Some brought their own chairs to sit outside
Masks were worn when not eating
Musician brought a portable amplifier
Everyone loved seeing each other and enjoyed the music!
July, August, and (hopefully) September and October: Board of Health allowed use of town recreation pavilion
What’s different…

• Lunches now purchased from local restaurants rather than made by volunteer chefs, so a firm RSVP is required

• Solo musicians are the only activity; too hard to do art projects when physically distancing

• Hoping that the weather will hold through October…not sure what is next!
Waterfront Memory Café
Marion, Massachusetts

Linda Jackvony,
Program Coordinator,
Marion Council on Aging
Together Again: Memory Café Reunites

For a brief moment this summer, it was easy to forget about the global pandemic and breaking news alerts as a small group gathered in Marion to enjoy the weather and each other’s company.

Patrons of the Waterfront Memory Café gathered outside the Benjamin D. Cushing Community Center on July 22 for their first in-person meeting since the coronavirus shuttered Marion’s Council on Aging. While the group stayed in touch this spring over the video conferencing platform Zoom, the excitement that afternoon was palpable as the group mingled.

Linda Jackvony, program coordinator at the Marion Council on Aging, said the pandemic had initially canceled the program outright, but she would call members to check in. When it became apparent that the COAs would remain closed for the long term, the group eventually transitioned online in May.

“The first [Zoom meeting] was pretty funny. We looked like the Brady Bunch with bad hair,” said Christine and John Gallagher, masked and dancing during the Waterfront Memory Café’s first in-person gathering since the global pandemic shut down the Marion Council on Aging to the public. While the memory café met online through Zoom since May, the group was happy to meet outside, beneath a colorful tent on the COA’s front lawn.

a supportive network for those affected by memory loss and their caregivers. Memory cafés adhere to a loose schedule, which could include activities, guest speakers or music.

“It’s something they look more programs for the public exclusively outdoors beneath a large, yellow tent, which is adorned with strips of colorful plastic table cloths. Several garden boxes are set off one side, and as members arrived that afternoon, they passed
SA Amigos Memory Café

Sara Masoud, MPH
Caring for the Caregiver
UT Health San Antonio

Utcaregivers.org
masoud@uthscsa.edu
(210) 450-8487
About the SA Amigos

• Hosted by *Caring for the Caregiver* at UT Health San Antonio
  • In partnership with the Alzheimer’s Association, other UT programs, and community organizations

• Started in 2019, moved to virtual in April 2020

• Run by staff, supported by volunteers

• For people living with dementia at any stage, care partners
  • Bilingual

• In-person averaged 15-20 people, virtual average 25-45 people
The SA Amigos Memory Café

• Meet every month for one hour

• Since Coronavirus we are now online, open nationally, and bilingual

• New and familiar faces every month

• Activities are planned for attendees interests

• A group culture that celebrates diverse backgrounds and experiences

In-person:
- Potluck
- Improv
- Karaoke
- Therapy animals
- Drum circle
- Field trip
- Holiday parties
- Painting

Virtual:
- Sing-along
- Papel picado (Fiesta flags)
- Loteria / (Mexican Bingo)
- Sharing Day (Creative Conversations)
- Virtual clowning
Who are the SA Amigos?
New members, new activities, new partners, and plan bilingual activities via Zoom

- Funding is unaffected but grants have been re-budgeted & donations are on hold

We collaborate with organizations all over Texas.. and beyond!

Some challenges with virtual:
- Impacted other partnerships
- Some people are not able to join virtually
  - Though they are welcome to join via phone only
- Some challenges logistically
Logistics & Tips

• It takes more work to facilitate ‘organic’ **meaningful** engagement between attendees

• Publicized through collaborator networks, via social media, check-in calls
  • Can’t be territorial – make partners

• We use Eventbrite for registration
  • We allow people to register over phone or e-mail as well
  • Can send link to their friends and family
Volunteers & Feedback

• Our volunteers
  • Monitor the chat
  • Reassurance / Check-in calls before event
  • Technology assistance for attendees
  • Work Group to plan activities (DFSA)

• We send a short survey after some Memory Cafés to get feedback on the time, platform, and activities
“I always feel welcomed when I come - which is wonderful, and in that sense, it’s just nice getting to know other people.”
– Family caregiver

“When I first started going there, I was depressed and was down, but when I go there now, it’s like it’s different. I feel different, more energized.”
– Person living with dementia

“I have it on my calendar, ‘Mom and Dad, Memory Café’ so they know they’re not going to bother me that day... they know that’s mom and dad’s time.”
– Family caregiver
Do Memory Cafés affect social support and loneliness?

People living with dementia and family caregivers are at risk of social isolation. This is even worse since Coronavirus.

- Memory Cafés have not been studied very much – even though they are popular all over the world.

- **We have a small grant** to evaluate the Memory Cafés and how they might affect social support and loneliness for attendees.

- Presenting preliminary results at APHA this Fall.

**Project goals:**

- Evaluate impact of Memory Cafés
- Training for Memory Café coordinators and volunteers
- Develop a Memory Café Toolkit
- Grow the Texas Memory Café Network
Thank you.

• We established a Memory Café Network in Texas in Fall 2019

• **Collaboration & volunteers are critical to the success of our memory café**

• Including the voices of people living with dementia and care partners in planning Memory Cafés is important

• Our goal is interaction between families, not just with us – this is challenging but possible.
Questions about SA Amigos Café?
Discussion
Save the date for the next Percolator Quarterly meeting:

Thursday, December 10, 1:30 – 3:30 pm EDT
Percolator Memory Café Network
Quarterly Meeting
September 10, 2020