JF&CS Memory Café Percolator
Quarterly Idea Exchange
June 8, 2022

For more than 150 years, Jewish Family & Children’s Service has been helping individuals and families build a strong foundation for resilience and well-being across the lifespan.
Today’s Agenda

1. Housekeeping
2. Announcements
3. Outreach and attendance: Kelly Davis, Waukesha Memory Café, followed by structured brainstorming
4. Designing café activities to work for all ability levels: Gail Sonnesso, Harmony Café
5. Next meeting: Thursday, September 8, 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 if you are able to do so.
- Please keep your audio muted unless you are speaking.
- Please use the chat box or “raise hand” function to share your questions and comments at any time.
Say hello! Please type your name and location into the Chat box.
Percolator Updates

MEMORY CAFÉ GUIDE TO LEADERSHIP AND OTHER MEANINGFUL ROLES FOR PEOPLE LIVING WITH DEMENTIA

Brought to you by the Living Well with Dementia at the Café initiative, a collaboration between the JF&CS Memory Café Percolator and Dementia Action Alliance

Thanks to the Percolator Dementia Inclusive Work Group, and all who participated in the December 8, 2021 idea exchange!

Download the Guide at www.jfcsboston.org/Percolator
Percolator Updates

MEMORY CAFÉ GUIDE TO LEADERSHIP AND OTHER MEANINGFUL ROLES FOR PEOPLE LIVING WITH DEMENTIA

- Ways to reduce stigma by sharing the voice of people living with dementia
- Ideas to involve café participants in planning and design
- Ways to create individualized roles for specific participants
- Ideas to encourage interaction among participants
- Ways to support advocacy beyond the café
- Resources to learn more
Percolator Updates

Watch an example of a Café Chat by Laurie Scherrer (12 minutes):

- Visit www.jfcsboston.org, scroll down to Virtual Programs and click on JF&CS Memory Cafe

- Or click here: https://www.youtube.com/playlist?list=PLHJOmSrZ9zxTQuGLGz85ueil544t_b9ad

For information about scheduling a Café Chat, please contact Karen Love, Executive Director, Dementia Action Alliance, at karenlove4@verizon.net
Percolator Updates

- Massachusetts cafés – PLEASE review your listing at www.jfcsboston.org/MemoryCafeDirectory

Directory of Memory Cafés in Massachusetts

This directory has been developed to help you find memory cafés in your area. You are welcome to attend as many as you wish!

We are pleased to list the following organizations and websites as a public service. They are not endorsed by JF&CS and this is not an exhaustive list. Any questions or concerns about any Café listed below should be directed to the contact person indicated.

If you would like to add or edit any information on this list, please fill out the form at the bottom of this page, or contact Beth Soltzberg.
Percolator Updates

• All Percolator resources are free and can be found at www.jfcsboston.org/Percolator
  • In-person and virtual/hybrid café toolkit (includes list of promo ideas)
  • Guide to Leadership & Meaningful Roles
  • PSA videos (English, Portuguese, Spanish)
  • Recorded how-to videos
  • Guest artist/activity facilitator directory
  • Join the email list
Your Updates

• Please share your news – briefly, please!
Outreach and Attendance

Presentation by Kelly Davis, Waukesha Memory Café, Wisconsin

Followed by Group Brainstorming!
Why is outreach a challenge for memory cafés?

• There is stigma and silence about dementia
• The public is not familiar with the memory café concept
• Café providers have limited resources
Poll: your goals for attendance at your café
About Waukesha Memory Café:

- SE Wisconsin (Population: 70k+)
- Inherited the program
- First hosted June 2021 @Waukesha Public Library
- Part of Library Memory Project: organizes 21 local Memory Cafes
- In Person
- 4th Wednesday of each month
- 25+ attendees a month
Promotion

• Word of mouth from attendees

• People keep attending after loved one passes on

• Timely topics – a presenter, seasonal topic, etc

• One of our organizers calls all potential registrants each month (whether or not they attended the previous month)

• Library Memory Project – helps to further market our Library’s efforts

• Fun factor! Music and Snacks

• Outdoor signage
Structured Brainstorming
Percolator’s explorations of outreach

- Virtual Memory Café Toolkit Supplement includes a list of ideas created by Percolator Outreach Working Group, winter 2021
- March 2019 Percolator idea exchange - outreach & attendance survey (Email Beth to request slides)
- December 2016
- December 2015
Levers for increasing attendance

1. Design of café
2. Outreach before your café starts – or a “kickoff” anytime
3. Ongoing outreach
4. Keeping in touch with your participants
5. Collaboration with other cafés and other providers
6. Other types of ideas
Design of Café

- Name
- Location
- Meeting time
- In-person vs. virtual vs. hybrid

Brainstorm: What design choices have promoted attendance at your café?
Initial outreach/ kick-off

- Publicity: social media, newspapers, cable TV, etc.
- Making connections with providers, participants, community leaders; building a mailing list
- A kick-off event

Brainstorm: What’s worked well when starting your café, or “re-booting” it?
Ongoing outreach

• Publicity: social media, newspapers, cable TV, etc.
• Presentations about café
• Mailing list
• Asking current participants to spread the word

Brainstorm: How do you continue to get the word over time?
Keeping in touch with your participants

- Mailings, phone calls, etc.
- Creating a welcoming environment where participants feel they matter
- Getting feedback from participants on a regular basis

Brainstorm: How do you keep your current participants engaged and coming back?
Collaboration with other cafés and providers

• Shared PR
• Group calendar
• Taking turns hosting the café
• Encouraging referrals

Brainstorm: How do you collaborate with other cafés or other providers to promote attendance?
Other ideas to promote attendance?
Your Best & Worst Outreach ideas!
Designing café activities to work for all abilities

Presented by Gail Sonnesso, Harmony Café, North Carolina
GEM’S HARMONY CAFE

Gail Sonnesso, MS
Executive Director
GEM Adult Day Services, Inc.
Gentle Expert Memorycare
252-480-3354
www.gemdayservices.org
GEM hosted our first Harmony Café in July 2016

GEM was founded in 1997

GEM’s Harmony Café

Meets weekly at:

- Local Churches
- The Baum Senior Center, Kill Devil Hills
- The Tillett Community Center, Manteo
- And via Zoom with GEMz
GEM’S HARMONY CAFE

GEM is a stand alone community based non-profit corporation funded by:

1. Partnerships with our local non-profits
2. Churches & Businesses
3. Grant Income
4. Fundraising Events
5. Individual donations
Participants attending Harmony Café include:

- **Individuals** experiencing cognitive challenges and living at home
- **Care Partner’s**
- **Community Friends**
- **Members of the Faith Community**
- **Paid Caregivers**
ATTENDANCE BEFORE Covid ranged from 60-85 individuals currently 15-25.
GEM’S ACTIVITY PLANNING FORM

Local artists give their time and talent to bring our GEM caregivers and care receivers a variety of arts and crafts. Each specially designed session ends with Music by Angelo Sonnesso.

View our video.
Activity Objective(s): To create a "Spring showers bring May flowers" flowerpot with napkin decorations and filled with an indoor selection of plants and decorations.

<table>
<thead>
<tr>
<th>Equipment: You can use it again</th>
<th>Supplies: You use them up (glue)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sequence, Steps and Tasks:  
1.  
2.  
3.  
4.  
5.  
6.  
7.  
8.  

List tasks that went well:  

List tasks that require tweaking:  

What to change/How to improve:  

GEM Day Services, Inc.  
252-480-3354  
www.gemdayservices.org
BASIC PRINCIPLES ABOUT CREATING A PLAN FOR PEOPLE EXPERIENCING DEMENTIA

- **First**- understand the disease and what is retained and what is lost.
  - For example fine motor skills might be impacted.
- **Second** – know that people like to be helpful.
  - For example when offering your activity ask them to do this to “help.” someone else
- **Third** – have a completed project for them to see and know what we hope to complete.
- **Fourth** – break the tasks down into manageable steps
- **Fifth** - offer **simple** choices “this color or that color.”
"SPRING SHOWERS BRING MAY FLOWERS" FLOWER POT
ARTIST MARY ANN REMER

- Step one – select your craft, cooking activity etc.
- Step two - describe the project on the planning sheet.
  - Activity Objective(s): To create a "Spring showers bring May flowers" flowerpot with napkin decorations and filled with an indoor selection of flowers and decorations.
PLANNING AN ACTIVITY WITH GEM

- Three - list equipment & supplies you will use

<table>
<thead>
<tr>
<th>Equipment: You can use it again</th>
<th>Supplies You use them up (glue)</th>
</tr>
</thead>
<tbody>
<tr>
<td>paint brushes</td>
<td>Decoupage solution</td>
</tr>
<tr>
<td>small cups</td>
<td>Artificial flowers</td>
</tr>
<tr>
<td></td>
<td>Feathers</td>
</tr>
<tr>
<td></td>
<td>Butterflies, and other shapes on plant sticks</td>
</tr>
<tr>
<td></td>
<td>small plastic flower pot</td>
</tr>
<tr>
<td></td>
<td>moss</td>
</tr>
<tr>
<td></td>
<td>tissue paper</td>
</tr>
<tr>
<td></td>
<td>Styrofoam ball</td>
</tr>
</tbody>
</table>

**Hint***
People experiencing cognitive challenges have very little patience, so have everything set-up & ready!
For this craft Mary Ann created a kit and placed them in individual bags

- She included:
  - 6 squares of pretty napkins (tissue paper)
  - The Artificial flowers
  - Feathers
  - Butterflies, and other shapes on plant sticks
  - Artificial moss
  - Styrofoam ball

- She set up individual workspaces on a table protected with a dollar store tablecloth, small cups of glue, the plastic pot and the kit.
Sequence, Steps and Tasks:

1. Using the (decoupage solution) glue the tissue paper to cover the outside of the pot. Put the glue on both sides of the tissue.

2. Take the Styrofoam ball and cover the bottom with glue and place it glue side down in the pot.

3. Now spread glue across the top of the ball and cover it with moss.

4. Select the items (flowers, plant sticks) you will add to the pot and using gentle force stick them into the ball.

5. If you would like to add or vary the “flowers” we have extras for you to pick from.
GEM volunteers partner with the Participant - sitting on their dominant side

Everyone does the craft!

- For example the participant has not fully covered the pot with tissue.

This way the Volunteer can model the steps

- The volunteer can offer another piece of tissue and suggest that it might look good (point to the empty spot.)
Volunteer/staff help with the craft

<table>
<thead>
<tr>
<th>Volunteers/staff help</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Using the (decoupage solution) glue the tissue paper to cover the outside of the pot. Put the glue on both sides of the tissue.</td>
</tr>
<tr>
<td>2. Take the Styrofoam ball and cover the bottom with glue and place it glue side down in the pot</td>
</tr>
<tr>
<td>3. Now spread glue across the top of the ball and cover it with moss.</td>
</tr>
<tr>
<td>4. Select the items (flowers, plant sticks) you will add to the pot and using gentle force stick them into the ball.</td>
</tr>
<tr>
<td>5. If you would like to add or vary the “flowers” we have extras for you to pick from.</td>
</tr>
</tbody>
</table>
**Review with Volunteers**

<table>
<thead>
<tr>
<th>List tasks that went well:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Presentation and completion of the craft.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>List tasks that require tweaking:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>More opportunities for personal choice.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What to change/How to improve?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>We hit the mark on this one. Thanks to Mary Ann!</td>
<td></td>
</tr>
</tbody>
</table>
WE END OUR CLASS BY GOING AROUND THE ROOM AND ASKING WHAT WE LIKED BEST ABOUT THE CRAFT!

One of my favorite comments was from a new participant: She said “I didn’t think I could do that!”

Another was from the wife of a participant: She said every time he passes by the craft he says with pride “I made that!”
RESOURCES

- GEM Day Services, Inc.
- gsonnesso@gmail.com
- www.gemdayservices.org
- https://www.facebook.com/TheGemCenter
- Teepa Snow Positive Approach to Care
  Call 877-877-1671,
  or send us an email at info@teepasnow.com,
THANK YOU!

Questions?
Discussion
Save the date!

Next Percolator Idea Exchange is Thursday, September 8, 1:30 – 3:30 EDT

Please let Beth know if you’d like to present your café or suggest a topic!
JF&CS Memory Café Percolator
Quarterly Idea Exchange
June 8, 2022

For more than 150 years, Jewish Family & Children’s Service has been helping individuals and families build a strong foundation for resilience and well-being across the lifespan.