

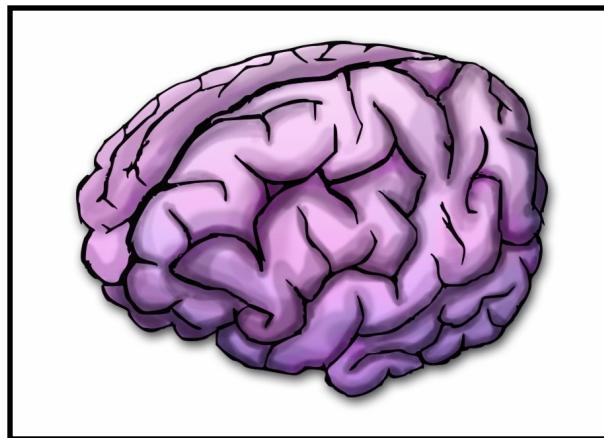
"Those with dementia may have a brain that works much differently than ours. But if we link our hands together, we can overcome anything." ~Teepa Snow



"The best things in life are the people we love the places we've seen and the memories we've made along the way."



"Strong social support is one of the keys to happiness and good health. Making an effort to improve relationships with people already in your life is one way to increase your social support." ~Jeanne Graner Krochta, L.P. Mayo Clinic



If you or someone you know may benefit from Dementia Care Services please contact Katrina, Dementia Care Specialist for the ADRC of Buffalo and Pepin Counties at **715-279-7870**.

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What is a Memory Café?



A Memory Café is a gathering where adults can join to share thoughts and experiences. Memory Cafés are for persons who are concerned about memory loss, as well as for those who are interested in promoting life-long learning and engaging in brain-healthy activities.

Each Café is unique and offers a program or activity that is stimulating and fun.

Memory Cafés are **free** and hosted in locations which are easily accessible. Coffee and refreshments are served.



Reasons to attend a Memory Café

Because cafés are open to people at any stage of the disease progression, many café guests are able to continue attending for months or years.

For those who have not been diagnosed, they can be a way to “dip a toe in the water.” Sometimes when people see that life goes on with dementia, they start to open up to more services.



They help guests form new friendships. Many people meet at cafés, enjoy seeing each other at each café session, and then exchange contact information and get together outside of the café.

Many cafés involve creative arts, because these draw upon aspects of cognitive functioning that are affected last and least by most conditions causing dementia.

Cafés can help care partners learn creative activities and techniques that they can do at home.



They're engaging for the individual living with dementia— participating in activities is a great way to exercise your brain!

Educational components guide caregivers on how to communicate and interact with their loved one with dementia.

Support in numbers! You are not alone—there is a very good chance of meeting fellow caregivers and persons living with dementia who are in similar situations.

Learn about new resources and supports for caregivers and for persons with dementia.

Become Dementia aware! Increases awareness of dementia care in our communities by promoting brain health.

Be a part of the Dementia Care Community—get support and support others providing care to persons living with dementia.



Listening to some music and stories that bring back memories for persons living with dementia and their caregivers.



Come for the conversation, stay for the refreshments and activities!

Buffalo and Pepin Counties Memory Café

Coffee &

Conversation Café

Second Tuesday of the month

10:00-11:30am

@Hurlburt's Haven,
1227 E Prospect St.
Durand

