

Memory Café

Time and Place

The Bennington County Memory Café meets on the **fourth** Saturday of each month at Brookdale Fillmore Pond, unless it falls on a holiday weekend in which case it will be cancelled until the following month. The café begins at 10:30 a.m. and lasts until approximately 12:00 p.m.

The café is very loosely structured with activities ranging from music, art, games, singing, crafts and poetry. We also have an occasional guest

Please carefully note that This special program is appropriate for persons with mild cognitive impairment, early stage Alzheimer's/dementia or just memory concerns. Caregivers and loved ones are also encouraged to attend. This is not a program for those folks with late stage Alzheimer's/dementia.

Brookdale Fillmore Pond
300 Village Lane
Bennington, VT 05201

Welcome to the Bennington County Memory Café at the Bennington Free Library!

What is a memory café? It is a social gathering where people experiencing memory loss and their care partners come together to connect and support one another in a relaxed, non-judgmental atmosphere. Participants enjoy social time and refreshments, music and art as well as games and activities.

Memory Cafés are volunteer-run programs and we are always seeking additional volunteers who want to be part of our team and help facilitate when the café meets once a month. We also need folks who are willing to be on our BCMC steering committee in order to help plan and bring new ideas to the table. If Interested please contact Aaron Brush at 802-772-7835 or by email at abrush@svcoa.net.



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Bennington County

Memory Café

Brookdale Fillmore Pond
300 Village Lane
Bennington, VT 05201

Supporting caregivers
and their loved ones
with early stage
Alzheimer's or other
cognitive memory
issues





Alzheimer's and Memory Café's:

What are they?

A Memory Café is a place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment. It is a time and place where people can interact, laugh, cry, find support, share concerns and celebrate without feeling embarrassed or misunderstood.

The two models:

American vs. European

European Model: In the Netherlands or the UK, the European model of an Alzheimer's Cafe' focuses more often on educating the attendees on what to expect as the disease progresses, socializing and offering support and counseling for caregivers.

American Model: The American model Alzheimer's Cafe's in the United States and Canada are often more focused on the arts, entertainment, music or crafts, with a much more informal social interaction and conversations. These cafe's may consist of art, enjoying music together, doing crafts or simply laughing together. The Bennington Café follows this American model.

A brief history of Memory Cafés

Why?

In our culture we segregate our elders; we take them out of circulation in the name of "caring for them". And this is even more true for elders living with Alzheimer's/ dementia or other types of cognitive memory issues. This sort of separation creates a life of loneliness and isolation for both the person living with the memory problems as well as their caregiver(s). Often times their only contact with the outside world comes from trips out of necessity, such as doctors appointments and other medical appointments. And it was out of this creation of separation and isolation in which the memory café idea was born.

The first Alzheimer's Café was started in 1997 in the Netherlands by Dr. Bere Miesen, a geriatric psychiatrist. The idea was to facilitate open communication between family members and care partners while providing the added benefit of support and encouragement as well as interaction in a fun and entertaining manner. In 2000, the first Alzheimer's Cafe' began in Europe and by 2008 New Mexico became the first state in the U.S. to open a memory café. As of July 2013, we now have more than 85 Alzheimer's and Memory Cafes in the United States.

The Bennington County Memory Café

The BCMC will now be the newest addition to Vermont's group of memory cafés across the state. And we created the café for the same reason that ones before it have been created; to help support caregivers and their loved ones with cognitive memory problems by giving them the opportunity to come together once a month in stigma-free environment to share their experiences and interact with one another, all while having a great time! BCMC incorporates music, games, art and plenty of other fun, brain-stimulating activities into our café. If you or someone you know has modest cognitive memory impairment or is caring for someone with cognitive memory impairment, we encourage you to come to our memory café.

For more information on local caregiving resources and memory cafés visit

www.svcoa.org or call 1-800-642-5199

