



Memory Café is a volunteer run Program that is always seeking additional volunteers who want to be part of our team and help facilitate at the café once a month. We also need folks who are willing to be on our RCMC steering committee in order to help plan and bring new ideas to the table. If Interested please contact:

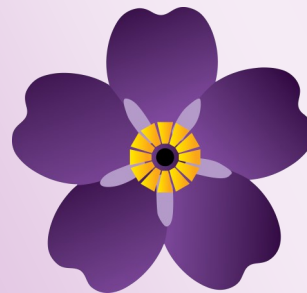
Aaron Brush at
802-772-7835 or by email at
abrush@svcoa.net

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 middle to late stage Alzheimer's/dementia.

The Rutland County Memory Café (RCMC) meets on the second Saturday of each month at the Maples Senior Living beginning April 9th, 2016. If the café should fall on a holiday weekend, it will be cancelled for that month and will resume the following month.

The café begins at 10:00 a.m. and lasts until approximately 11:30 a.m.

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



**Welcome to the Rutland
County Memory Café at the
Maples Senior Living**

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.

Sponsored by the Southwestern
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***Rutland County
Memory Café***

The Maples Senior Living
5 General Wing Road
Rutland, VT 05701



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

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”. 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. 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 Rutland County Memory Café (RCMC)

The RCMC will now be the newest addition to Vermont’s group of memory cafés across the state. 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! RCMC 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.

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 Unites States and Canada are often more focused on the arts, entertainment, music or crafts, with a much more informal social interaction and conversations. The Rutland Café follows this American model.