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February 2019

New Memory Cafes Are a Gathering Place for Older Adults with Memory Concerns And Their Caregivers

Memory Cafes are welcoming places for older adults with memory concerns and their care partners. The cafes provide a relaxing, engaging space to socialize, participate in activities and obtain resources regarding dementia and services available in the community.

AgeOptions is collaborating with our funded Congregate Meal Sites and Caregiver Resource Centers to pilot 21 Memory Cafes across suburban Cook County.

Memory Cafes are designed to be safe and comfortable places where caregivers and their loved ones can take a break from routine and socialize, enjoy activities and share information and support with those experiencing similar challenges.

Activities at Memory Cafes may include snacks, music and dance, fitness, reminiscing, theater, arts and crafts, service projects and therapy pets.

Memory Cafes are planned at congregate meal sites including Hodgkins, Arlington Heights, Des Plaines, Ford Heights, Franklin Park, Hanover, Oak Park, Palatine, Berwyn, Norridge, South Chicago Heights, Stickney, Wheeling and possibly Hometown and Lemont. Ethnic Memory Cafes are also planned with Arab American Family Services, American Association of Retired Asians, Hanul, and two each with Metropolitan Asian Family Services and Xilin Association.

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AgeOptions is working with the Rush Generations program and Pav YMCA to bring the **Berwyn Memory Café** to the west suburbs. Starting March 14 from 10 to 11:30 am at Pav YMCA, 2947 Oak Park Avenue, Room A/B in Berwyn, persons with memory concerns and their caregivers will be able to learn about memory-related health and wellness resources in a fun, activity-filled, social environment. Memory Cafes will take place the second Thursday of each month and will be followed by the Pav YMCA Senior Lunch café with an option to stay for a meal. If interested in attending or serving as a volunteer, please contact Trina Valencia at tvalencia@pavymca.org or (708) 749-0606 ext. 3511.

AgeOptions is working with **Ford Heights Community Service Organization** to bring **Revive: A Memory Café** to the south suburbs. Starting March 19 from 1 to 3:30 pm at Ford Heights Community Service Organization, 943 E. Lincoln Highway in Ford Heights, persons with memory concerns and their caregivers will be able to engage in fun, wellness-related activities. Memory Cafes will take place the third Tuesday of each month following the Ford Heights Community Service Organization's senior hot lunch program. If interested in attending or serving as a volunteer, please contact Angelia Smith at afsmith@fhcsoi.org or (708) 758-2565.

If you are interested in sponsoring one of our 21 Memory Cafés, please email Amanda.Wojan@ageoptions.org.