**Alzheimer’s and Dementia Resources**

1. **What it is a Memory Café?**

From the web site:

<http://www.alzheimerscafe.com/public.html.alzheimersatoz.com/Welcome.html>

An Alzheimer’s, dementia or memory café is a monthly gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The cafe gives everyone a welcome break from the disease.

Benefits:

The café offers a unique experience apart from the normal routines.

The café must be accessible to all.

No membership or fee required. Donations may be solicited.

The café is for people with dementia, including Alzheimer’s, along with their companions. (Caregivers, families, friends, and professionals.)

Companions are expected to stay and participate in the café.

The café will not exclude anyone based on age, race, color, religion, creed, or nationality.

The café is a time to leave the disease at the door and just enjoy ourselves

The café is NOT:

The café is *not*a support group.

The café is *not* a workshop, seminar, or lecture on dementia.

The café is *not*a respite program.

The cafe is *not* just another party or happy hour

The café is *not*a daycare program.

The café is *not*to be used as a promotion for a commercial enterprise.

<https://www.alzheimersspeaks.com/memory-cafes>

The web site to begin research.

<http://www.thirdageservices.com/Memory%20Cafe%20Tool%20Kit.pdf>

A tool kit to create a Memory Café.

**II. What is a Dementia Friendly Community (DFC)?**

A dementia friendly community is one that has looked at its shops, restaurants and streets through the eyes of a person with dementia; then does everything it can to make it a place where they can continue to live as independently as possible. When memory changes begin, many become more isolated, which frequently hastens the cognitive decline. A community that understands dementia will be one that supports and cares for its neighbors who are struggling to deal with loss of memories, loss of the ability to do routine activities, loss of jobs, loss of independence, and loss of self.

Goals:

1. Educate the community by increasing awareness and understanding of dementia-type diseases
2. Decrease the stigma of the disease
3. Foster community involvement
4. Improve lives of those with dementia and those who care for someone with memory challenges

<http://www.purpleangel-global.com/about.html>

The purple angel symbol was designed by Norman McNamara of Devon, UK together with Jane Moore, a carer from Cornwall. The emblem is being recognized globally as a symbol of hope with a purpose of bringing awareness about dementia and ending the stigma.

<http://www.actonalz.org/dementia-friendly-toolkit>

Tool kit to implement in your community.

<http://www.actonalz.org/sites/default/files/documents/Dementia_friendly_communities_full_report.pdf>

A report on the program.

<http://www.dementiafriends.ca/>

What’s happening in Canada.

1. **What is Namaste Care™?**

<http://www.namastecare.com/about.html>

A program designed to improve the quality of life for people with advanced dementia. Namaste, is a Hindu term meaning “to honor the spirit within” and was selected to describe a program that brings honor to people who can no longer tell us who they are or who they were or care for themselves without assistance.

Namaste Care™ takes place in a designated space that helps to create a safe and comforting environment for all who enter; residents, their families and staff. This seven day a week program provides a wide range of meaningful activities that help bring pleasure to people with advanced dementia or that have other physical or mental impairments. --Joyce Simard, MSW

**IV. What is the Serper Method?**

[www.serpermethod.com](http://www.serpermethod.com)

“I gained first-hand experience of the restorative powers of the brain when I suffered a ruptured brain aneurysm, followed by a cerebral stroke. These two incidents left me with aphasia when I was 48 years old. My recovery afforded me a unique insight into the possibilities for mental rehabilitation, particularly in thought, language and memory.

Since recovering, I have devoted my time to developing The Serper Method™. This innovative program of brain exercises is based upon my personal experience and the success I found using the program with clients who were challenged by Alzheimer's disease, aphasia, anoxia, traumatic brain injury or age-related conditions.” --Dr. Lynn Lazarus Serper

**V. What is healthy food for the brain?**

<http://brainwellness.com/>

Evidence-based Memory Preservation Nutrition® (MPN™) is a unique program that pulls together hundreds of studies to create a delicious, easy to understand nutritional approach that will improve both cognitive and emotional health. At the same time, the MPN™ helps keep the body healthy too.  The Brain Health and Wellness Center will work with families or organizations to help integrate brain healthy nutrition, cooking and lifestyles into daily life for employees and clients.

--Dr Nancy Emerson Lombardo

**VI. Creative Arts**

**Time Slips**

<http://www.timeslips.org/>

Family caregivers show loved ones a photograph and help them make up a story. The website offers free online training, a variety of photos and topics (animals, sports, kids, dancing, music, beach, humor) and a "start a story" feature, as well as the ability to share pieces or collaborate with others. Publish the piece on the site or preserve it privately online.

**Alzheimer’s Poetry Project**

<http://www.alzpoetry.com/>

Poets recite well-known poems, asking people with dementia and their caregivers to chime in. They also collaborate on an original poem. A book with 65 poems used in the project is for sale on the site. Or watch interviews with project poets and get a mini-tutorial at <http://www.youtube.com/user/alzpoetry?feature=mhum>

**Expressive puppetry**

<http://www.expressivepuppetry.com/>

“I created the first expressive puppetry program for adults in the United States, which was a breakthrough in reaching beyond the barriers of dementia and depression. With puppet in hand I was able to help my clients find their voices and tell their stories. “ --Marge Schneider

**ARTZ (Artists for Alzheimer’s)**

http://www.artistsforalzheimers.org/

This nonprofit in Boston, New York, Philadelphia, Sacramento and San Francisco links artists and museums, and other cultural institutions, with folks with dementia and their care partners. Offerings include free weekly tours with art educators to museums, screenings of famous movie scenes and musical performances.

**Memories in the Making**

<http://www.alz.org/co/in_my_community_art_program.asp>

People with Alzheimer's might not be very verbal, but that doesn't mean they can't express themselves. This initiative, started by an adult child in an Alzheimer's Association chapter, has art facilitators draw out dementia sufferers and get them to paint or find another medium for expression.

**Meet me at the MOMA.**

<https://www.moma.org/meetme/>

Making art accessible to people with dementia.

**Training Resource**

<http://www.viralforest.com/alzheimer-artist/>

In 1995, U.K.-based artist William Utermohlen was diagnosed with **Alzheimer’s** disease. Before his death in 2007, Utermohlen created a heart-wrenching final series of **self**-portraits over a roughly 5-year period documenting.

The links below are for products that have not launched yet but when they do, it would be great to offer to residents. I am in communication with both projects to be a part of the pilot.

[http://www.boston.com/news/health/2016/04/30/harvard-professor-launched-revolutionary-app-alzheimers-patients](http://www.boston.com/news/health/2016/04/30/harvard-professor-launched-revolutionary-app-alzheimers-patients" \t "_blank)

http://memory-lane.tv/