

Connecting Community and Care: Implementation and Impact of Memory Cafés

Icebreaker: In the chat, please type your name, affiliation, and one word that comes to mind when you hear café.

Please Note: The presentation portion of this webinar will be recorded. *The Q&A session will not be recorded*



The **Community Care Network for Dementia (CaN-D)** is comprised of over 370 researchers, providers, and policymakers seeking to advance Medicaid home and community-based services (HCBS) research, policy, and practice for persons living with dementia.

What Is Our Goal?

CaN-D seeks to:

- foster knowledge sharing to advance innovative dementia HCBS research
- generate data tools on structure, process, and outcome measures of dementia HCBS
- grow the bench of dementia HCBS researchers
- facilitate translation of research into dementia HCBS policy changes

What Are Our Network Activities?

- Quarterly network meetings
- Monthly working group meetings
- Annual intensive data workshops
- Research translation and dissemination training seminars
- Dementia HCBS Data Hub



If you are interested in joining the CaN-D network, please scan the QR code below:



Sign up to receive our newsletter, network updates, and opportunities to connect with other CaN-D members!

Introducing Today's Panelists:



Drea Douglas
North Bend Public Library



Susan McFadden
*University of Wisconsin
Oshkosh*

Webinar Moderator:



Aaron Ogletree
CaN-D Post Doctoral Fellow

Memory cafés offer people with dementia and their care partners regular, enjoyable social interactions with others in similar circumstances gathered in a safe, welcoming, stigma-free environment that features engaging activities, conversation, and treats.

Hospitality

Who attends memory cafés?

- People living with memory loss and other symptoms of dementia
 - Having an official diagnosis of some type of dementia is not necessary
 - However, it is important to be explicit about the memory café serving people living with dementia
- Care partners (spouses, adult children, friends)
- Paid caregivers sometimes accompany clients
- Visitors interested in learning about memory cafés
- VOLUNTEERS!

RESPIRE!

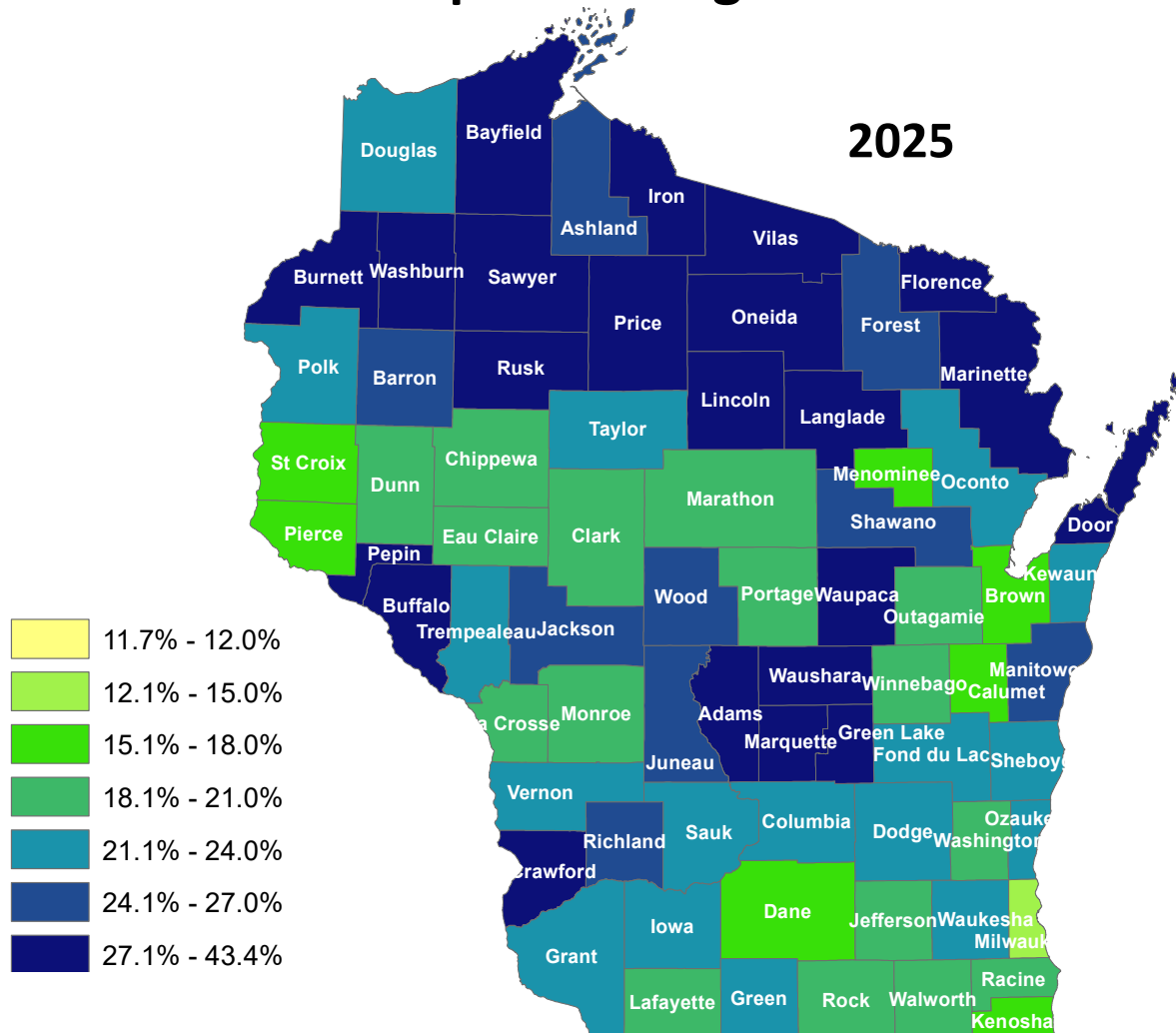
Why do communities need
memory cafés?

Dementia: a “disease of exclusion”
(Corner & Bond, 2004)

The most well-documented risk factor for Alzheimer's and other dementias is

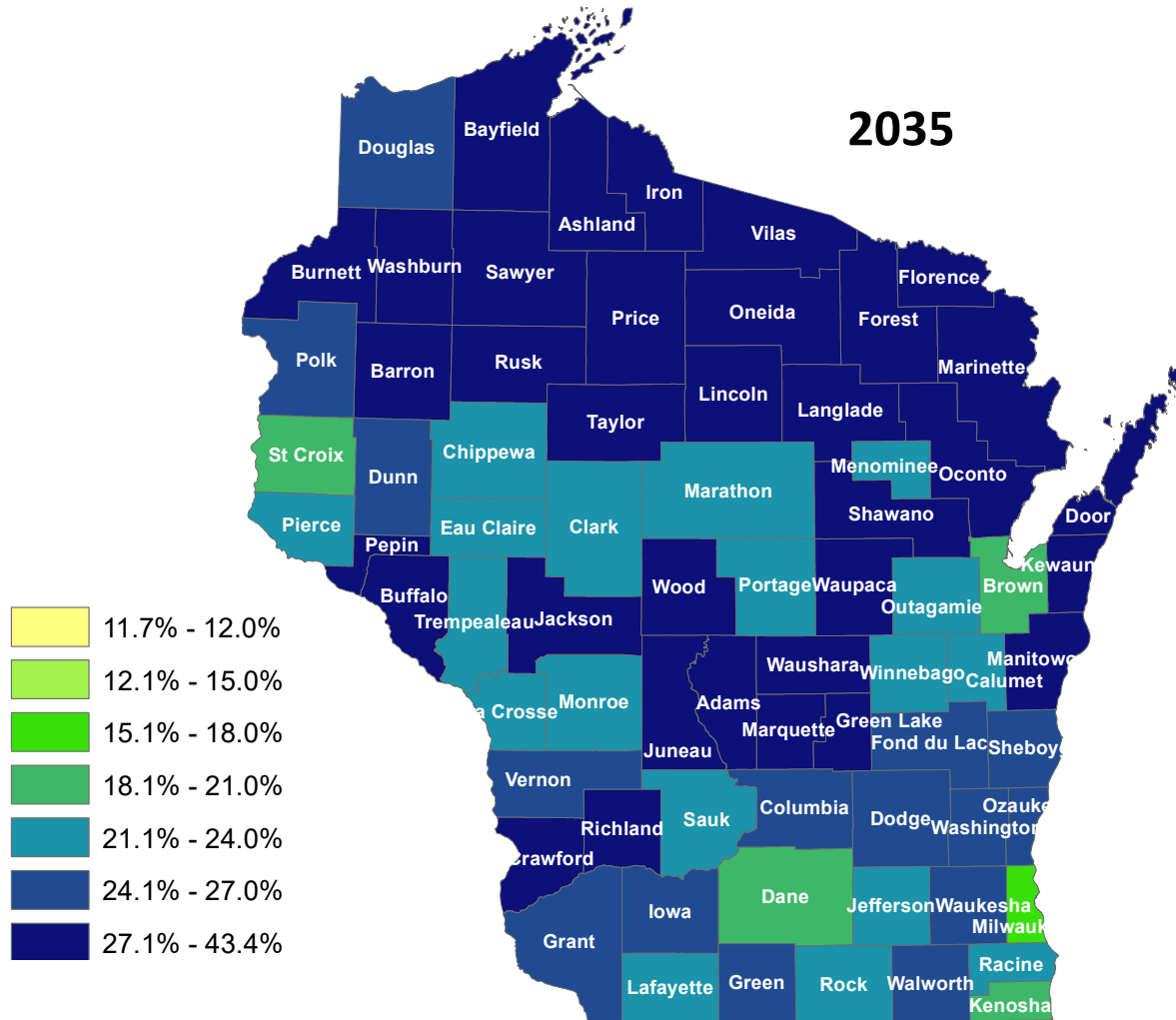
AGE!

Percent of Population Ages 65 and Older



Source: Wisconsin Department of Administration, Demographic Services Center, Vintage 2013 Population Projections

Percent of Population Ages 65 and Older

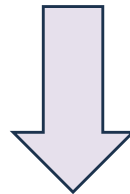


Source: Wisconsin Department of Administration, Demographic Services Center, Vintage 2013 Population Projections



WISCONSIN DEPARTMENT
of HEALTH SERVICES

HOME AND COMMUNITY-BASED SERVICES



FAMILY CARE

Began in 2000 with 5 counties; covered all 72 counties in 2018



AGING AND DISABILITY RESOURCE
CENTERS (ADRCs)



MANAGED CARE ORGANIZATIONS (MCOs)
– paid by DHS monthly for each person
served





WISCONSIN DEPARTMENT
of HEALTH SERVICES

**Family Care serves
“more than 57,000 members”
in Wisconsin**

“As of 2020, there were an estimated
120,000 persons with Alzheimer’s
Disease living in Wisconsin”



Dementia Care Specialists (DCSs)

- 2013: DCS program began in 5 county Aging & Disability Resource Centers (ADRCs)
- 2014-2019: DCSs added to 14 more county ADRCs plus 3 Federally recognized tribes
- 2021: DCSs in all 72 county ADRCs plus all 11 Federally recognized tribes

Dementia Care Specialists (DCSs)

- **Support for caregivers:** Offer resources, education, and connections to support groups
- **Memory screenings:** Free, confidential brief screenings to help identify memory or cognitive changes
- **Dementia-Friendly Community Development:** Train local businesses, organizations, and residents to better understand people with dementia
- **Care planning & consultations:** Planning for current and future needs, including finding resources and specialized services
- **Memory cafés:** Facilitate social opportunities for individuals with memory loss and their caregivers

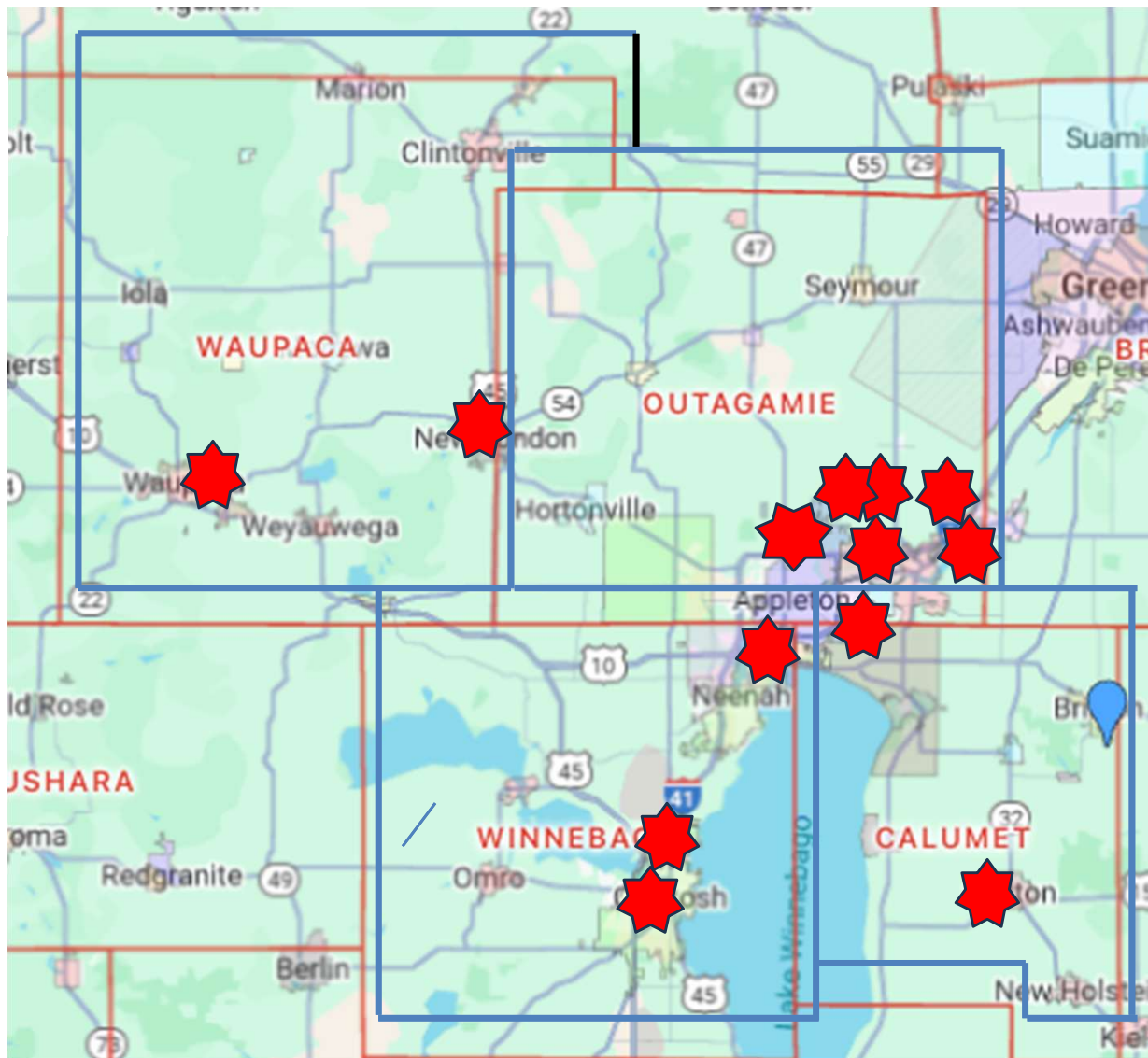


Founded in
2012

4 Wisconsin
counties

- 23 cities
- 64 towns
- 25 villages

Urban and
Rural



13 memory
cafés each
month

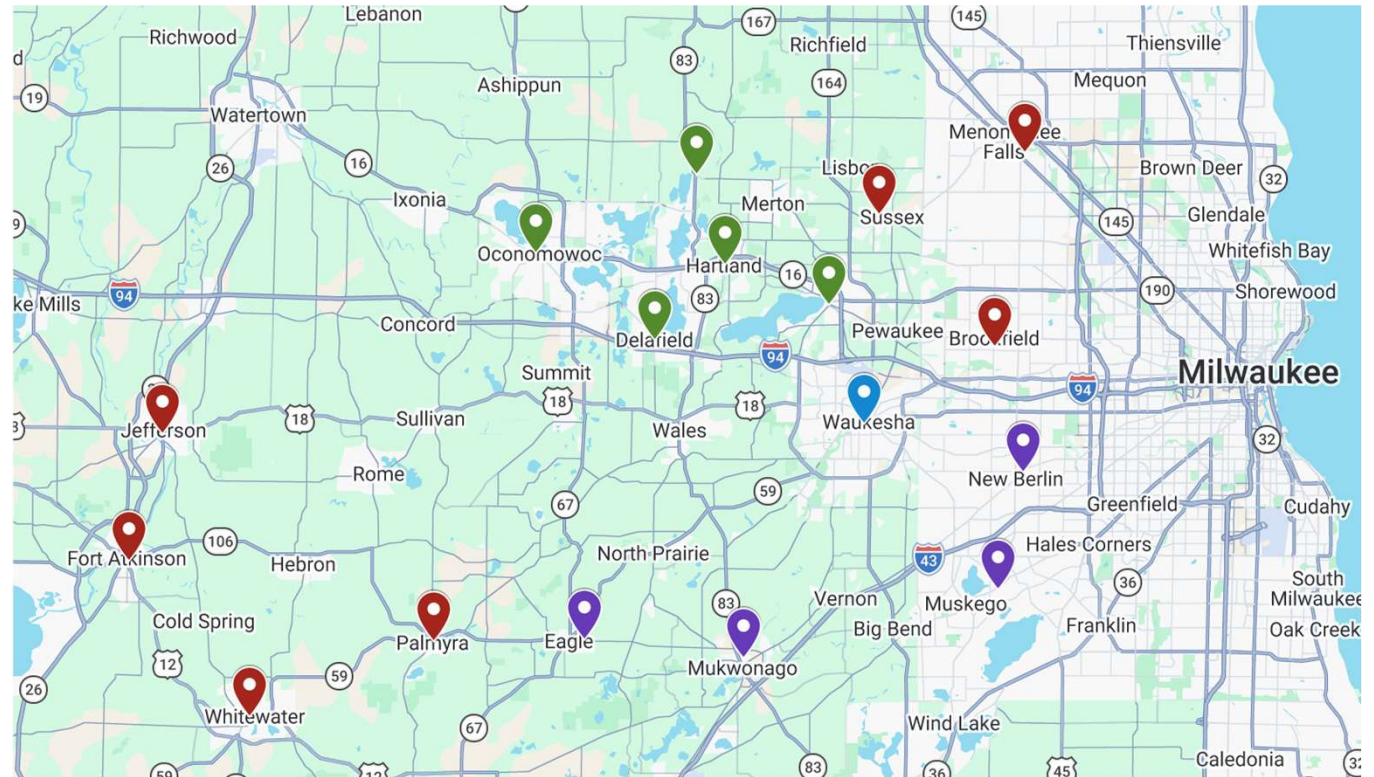


Tab groups



LIBRARY MEMORY PROJECT

17 Memory cafés
each month in
libraries in two
counties – smaller
libraries take turns
offering cafés



PARC PLACE CAFE

a memory cafe

WHAT IS A MEMORY CAFE?

A Memory Cafe is a joyful social gathering for people experiencing changes in memory, and those who care for them. Make connections with others who understand what you're going through and learn new skills through accessible creative programs. It's free and welcoming - we'd love to have you join us!

WHEN?

2nd Thursday of the month
1:00 - 2:30 pm

WHERE?

Unwound Fiber Studio
617 W Water St, Princeton



QUESTIONS?

Email us with questions - hello@theparcdpartment.org



Princeton, WI – Population = 1,267

PARC = Princeton Art Collective



<https://dfamerica.org/what-is-memory-cafe-alliance/>



Three free trainings for anyone anywhere:

- Starting and sustaining a memory café
- What café leaders and volunteers need to know about dementia and caring for people with dementia
- Creative programming for memory cafés

Memory Cafe Directory



[Donate!](#)

Find a Memory Cafe Near You

 Enter city or zip code

 Enter description keyword

[Search](#)

**Woodruff Arts Center
Memory Cafe**

📍 [1280 Peachtree St NE
Atlanta, GA 30309](#)

👤 Robert Hindsman

☎ [\(404\) 733-4706](#)

✉ robert.hindsman@alliancet

📅 We meet every 3rd
Tuesday of the month
from 10a-11:30a

🗣 English

**Connection (Memory) Cafe
DeKalb**

📍 [4885 Elam Rd, Stone
Mountain, GA 30083,
USA](#)

👤 Alyss Amster

☎ [\(678\) 332-1711](#)

✉ alyss@dementiaspotlightfo

📅 Second Friday of Month
11:30 AM-1:30 PM

🗣 English

**Connection (Memory)Cafe
Roswell**

📍 [1250 Warsaw Rd, Roswell,
GA 30076, USA](#)

👤 Alyss Amster

☎ [\(678\) 332-1711](#)

✉ alyss@dementiaspotlightfo

📅 1st & 3rd Friday's 1:30-
3:30

🗣 English

**Connection Cafe -
Crabapple Senior Center**

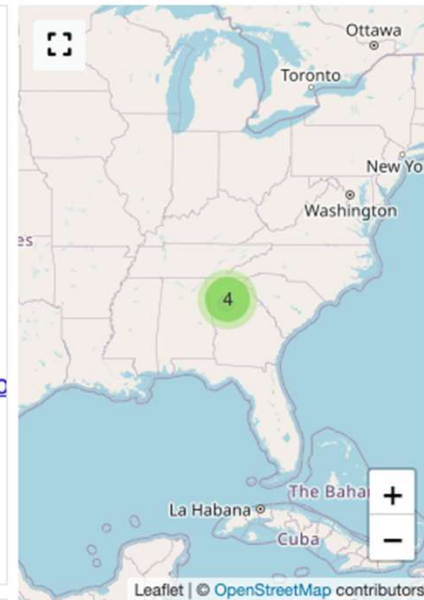
📍 [12624 Broadwell Rd,
Alpharetta, GA 30004,
USA](#)

👤 Teri Girardeau

☎ [\(770\) 751-9397](#)

✉ crabapple@ssnorthfulton.o

📅 2nd and 4th Friday of
every month from 1:30 -
3:30 PM



Research: "It takes a village..."

Juckett, L. A., Thomas, K. S., Bernard, K. P., Goodrich, S. & McFadden, S. H. (2026). Widely used but weakly studied: A research agenda for Memory Cafés. *Innovation in Aging*, 20(1). <https://doi.org/10.1093/geroni/gaf143>

- School of Health and Rehabilitation Sciences, The Ohio State University
- School of Nursing, Johns Hopkins University
- School of Public Health, Brown University
- TimeSlips Creative Storytelling, Memory Café Alliance
- Department of Psychology, University of Wisconsin Oshkosh

Priorities and Action Items

- **Priority 1: Defining and operationalizing core functions**
 - Engage diverse stakeholders to identify and validate core functions
 - Develop fidelity assessment tools anchored in core functions
- **Priority 2: Rigorously evaluating participant outcomes**
 - Prioritize outcomes to measure outcomes meaningful to stakeholders
 - Conduct randomized and comparative effectiveness trials to test causal pathways between memory café participation and participant outcomes
 - Examine moderators (e.g., dementia stage, caregiver relationship) and mediators (e.g., social support) to determine who benefits most from participation
- **Priority 3: Understanding implementation and sustainability contexts**
 - Conduct hybrid effectiveness-implementation trials
 - Assess key implementation outcomes, including fidelity, cost, and reach
 - Investigate the factors and strategies that influence scalability and long-term sustainability.

Diary of a Memory Café

Drea Douglas, MLIS
North Bend Public Library
North Bend, Oregon

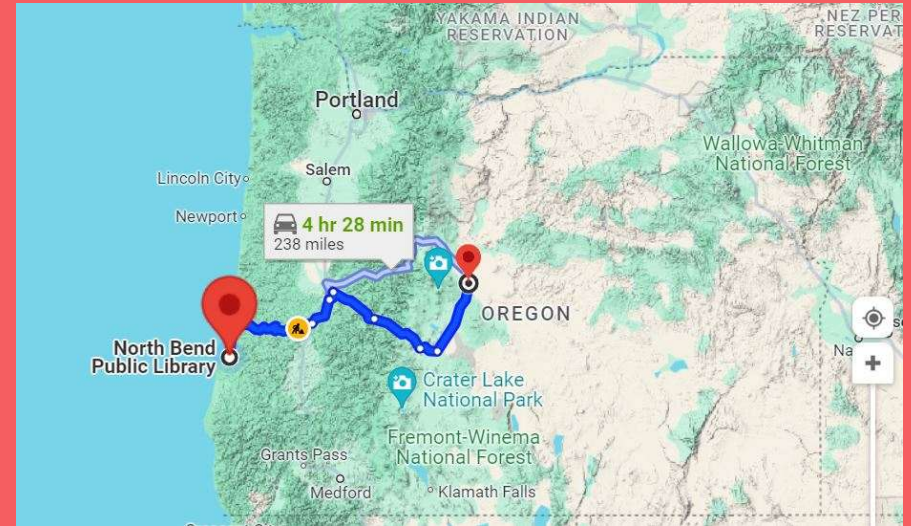




Let's get this out of the way.

North Bend, Oregon
is 240 miles SW of
Bend, Oregon.

The “north bend” refers to a bend in the inlet that creates Coos Bay.



Bend has snow and mountains.

North Bend is on the southern Oregon coast and has very temperate weather – “normal” weather is 50s and 60s.

Fun fact: There are eleven cities in North America named North Bend. If we're not answering calls about the Bend library, we're getting mail for North Bend, Washington.

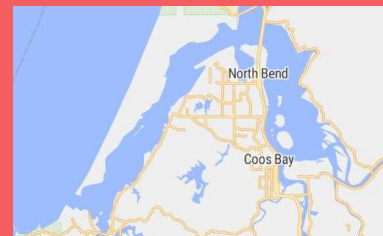


And a little perspective:

North Bend sits on top of Coos Bay, and together we are the largest population center on the Oregon Coast with around 26,000 people.

Below Coos County is Curry County, the “Banana Belt” of Oregon. On this topic, what affects Coos County, affects Curry County.

When we started, there were four cafes around the Portland area, and that was it. There are now seven cafes in Oregon, with two in Eastern Oregon, four in the Willamette Valley, and ours.



maps.google.com
www.city-data.com/city/North-Bend-Oregon.html



Eugene is the nearest larger city, 115 miles away over winding roads and the coastal mountain range.

Eugene is at the southern end of the Willamette Valley, which also contains Corvallis, Salem and Portland, and 70% of Oregon's population.



Small towns, rural realities

The smaller towns around us come to shop in Coos Bay, but the Macy's and JCPenney closed about 10 years ago, so now there is just Ross and TJ Maxx for clothes.

This is an economically depressed area relying on tourism and logging. Our mall has available parking *at Christmas*.

One of our favorite games is "Who's Your New Doctor? And Who's Your New Doctor Now?"

We have doctors and some specialists, but no neurologists. Coos and Curry residents know they'll have to drive inland to Eugene, Grants Pass, or Medford.

Eugene, Oregon is the closest city bigger than Coos Bay/North Bend. It's a two-hour drive if you don't get caught by police, rain, or rock-slides (HWY 101 through Curry County regularly has sections wash out!)

Portland, home to Oregon Health and Science University, where most of the research on dementia is being done in the state, is two hours above Eugene.



It is one thing to live in
a small town.

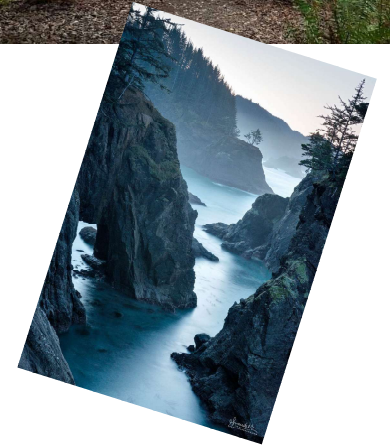
It is quite another
thing to live in a
small *rural* town.

maps.google.com
www.city-data.com/city/North-Bend-Oregon.html

The realities of rural living with a dementia diagnosis

- There may not be medical specialists you can go to nearby.
 - Your own doctor may be booked two or three months' out.
 - Your own doctor may be in the process of moving patients to other doctors.
 - There might not be memory care facilities.
 - There might not be adult day care/health centers.
 - There might not be support groups for people with a diagnosis.
 - There might not be support groups for caregivers.
 - Well, this sounds depressing!
-

Still, there are upsides...



The Story of Memory Café Coos



Once upon a time... (You know I didn't do this on my own)



- **Meet Kelli Bosak and Lualhati Anderson**
 - Kelli is a LCSW and worked at the North Bend Medical Center.
 - Lualhati Anderson, MSW, CSWA, and QMHP-C, is the Older Adult Behavioral Health Specialist for Coos & Curry Counties.
 - Kelli had clients who received a dementia diagnosis, but we have few resources in this area.
 - Kelli had an idea based on a need for primary care patients and families living with dementia.
 - Lualhati works with older adults, ...
 - and Drea has a library!
- **Let's apply for funding!**
 - Oregon Office of Rural Health Grant: Elder Service Innovation Grant
 - One of 6 grantees in the whole state!
 - \$7,500 to support the costs of launching a new memory café
 - Grant cycle was July 2023 to June 2024
 - ... AAAAND the grant is no longer available.

What the data says.....



- **28.1% of Persons living in Coos County are 65 years and older**
 - 1 in 10 Older Adults will develop dementia (estimate from 2023 Census data)
 - 69,000 Oregonians diagnosed with dementia and projected to rise
- **We have senior centers and memory care facilities, what else?**
 - People with dementia are usually cared for by family members or friends
 - The majority (80%) of people with dementia are receiving care in their homes
 - People get a diagnosis, but then what?
 - There are no support groups for people with dementia or their carepartners
- **Unique Library-Medical Partnership**
 - Older Adult Behavioral Health Initiative (OABHI), Coos Health & Wellness
 - North Bend Public Library
 - North Bend Medical Center, Integrated Behavioral Health

Source: <https://www.alz.org/professionals/public-health/state-overview/oregon#:~:text=69%2C000%20people%20aged%2065%20and,care%20provided%20by%20Alzheimer's%20caregivers>

Planning Stage

- Connecting with an international movement
 - Memory Café Alliance
 - Alzheimer's Speaks
- Marketing
 - Advertise, advertise, advertise!
 - Flyer with phone number and email
 - not everyone uses/can use email
- Getting organizational buy-in
- Logistics
 - Website, email, etc.
- Costs
 - Grant funding!
- Guest Presenters
 - How long a presentation? In person? Over Zoom?

Memory Café Coos

the first Wednesday of every month
at the North Bend Public Library

Wednesday, August 2 at 10:30-12:00 PM



What is a Memory Café?

A Memory Café is an informal social gathering for older adults living with memory loss and their care partners.
For more information, find us on Facebook @MemoryCafeCoos.



Relax and socialize in a judgement free, safe environment with coffee and snacks.

Memory Café Coos is staffed by healthcare providers, library staff, and volunteers.

Care partners are required to accompany their partners.

Register to attend at:
memorycafecoos@gmail.com
or (541) 756-0400



Our First Café

- August 2, 2023!
- Focus on:
 - Building community
 - Socializing
- Setting up the Room
 - Café environment
 - Fidget supplies
- How do we organize our time?
- Team of facilitators
 - Roles
 - Attendee Support

Memory Cafe Coos
 Wednesday, August 2, 2023 – 10:30am-12pm
 North Bend Public Library

Time (PST)	Cafe Schedule	Lead
9-10:30am	Arrive and Set-Up Space @NBPL • Registration Table & signage • Arrange Tables, put coloring pages and notecards on each table • Coffee/Snacks • Background Music	All
10:30-10:45am	Welcome & Introduction to Memory Cafe • Establish safe space and expectations regarding disclosures (confidentiality) • Share our interest and the rationale for this meeting • Discuss mailing list; contact list	Kelli lead, Luaihati and Drea participate
10:45-11:15am	Warm-up exercise: • What do you hope to get out of this cafe? We're interested in your feedback. Give option of writing on a notecard, can share or give to facilitators ◦ [write on dry erase board] Attendees introduce themselves • Share responses to warm-up exercises • Share name and anything you'd like to share about your relationship with memory concerns	Kelli
11:15-11:45am	Activity & Socialization: • Storytelling exercise ◦ Prompt: • Allow socialization and connecting with others	Drea
11:45am-12pm	Closing ritual • Invite everyone to share one takeaway from today's gathering ◦ Calm/breathing moment • Put music back on to signal wrap-up/closing/time for socializing	Drea/Kelli/Luaihati
12:00pm	Adjourn	

Next Monthly Meeting (1st Wednesday of the month): September 6

Café Topics

Tai Chi

Storytelling

Filling the Day with Meaning and
Wabi Sabi Philosophy

Medical topics: OHSU Layton Aging and
Alzheimer's Disease Research Center

Art and Music (harps)



Key Takeaways from Attendees



Why are we here...?

- “We really just come to talk with people.” – wife caring for husband with dementia
- Needing information, needing hope, needing connection, needing “a cure”
- “I have been looking for something like this for a long time” – attendee with cognitive challenges
- “Turn down the music!”

A memory café has no room for elephants.



**NOT a support
group...**
but it can be
supportive.



**NOT a respite or
day/daycare
program...**
Because every couple
could use a
cup of coffee and
a social gathering.



**NOT a workshop,
seminar, or lecture
on dementia...**
But sometimes we might
have a professional talk
about dementia.

Lessons learned



Technology

Zoom/online meetings are the last choice. This will change as time goes on, but for now, be cautious.

Cords and cables are tripping hazards

Café patrons will put up with an imperfect room to meet with others

Activities

Tai Chi is not good over zoom.

KISS model should be our guide.

Guest speakers should be familiar working with individuals with cognitive challenges

Snacks

Easy to chew, friendly to medical diets

Individually packaged

Always have coffee.

Always have coffee.

Always have coffee.

Environment

Warm, inviting, relaxed

Showing up is the hardest part!

Let them help set up and clean up, if they want to.

Fun

**Once more for the hostesses in the back:
Let attendees help!**



So... Why Libraries?



Why libraries?



NBPL's mission:

Support local resilience and quality of life.
Enhance community connections.
Offer a safe and welcoming library space.

Libraries...

- Connect vulnerable populations with library services and resources.
- Offer programming and resources focused on resiliency and life skills.
- Strengthen partnerships with other local organizations to address community needs.
- Model an environment of diversity, inclusion and respect for all North Bend residents.
- Provide opportunities for community members to connect with each other.
- Provide a neutral space with very little negative thought association.



Logistics: Can any library do this?



Images:

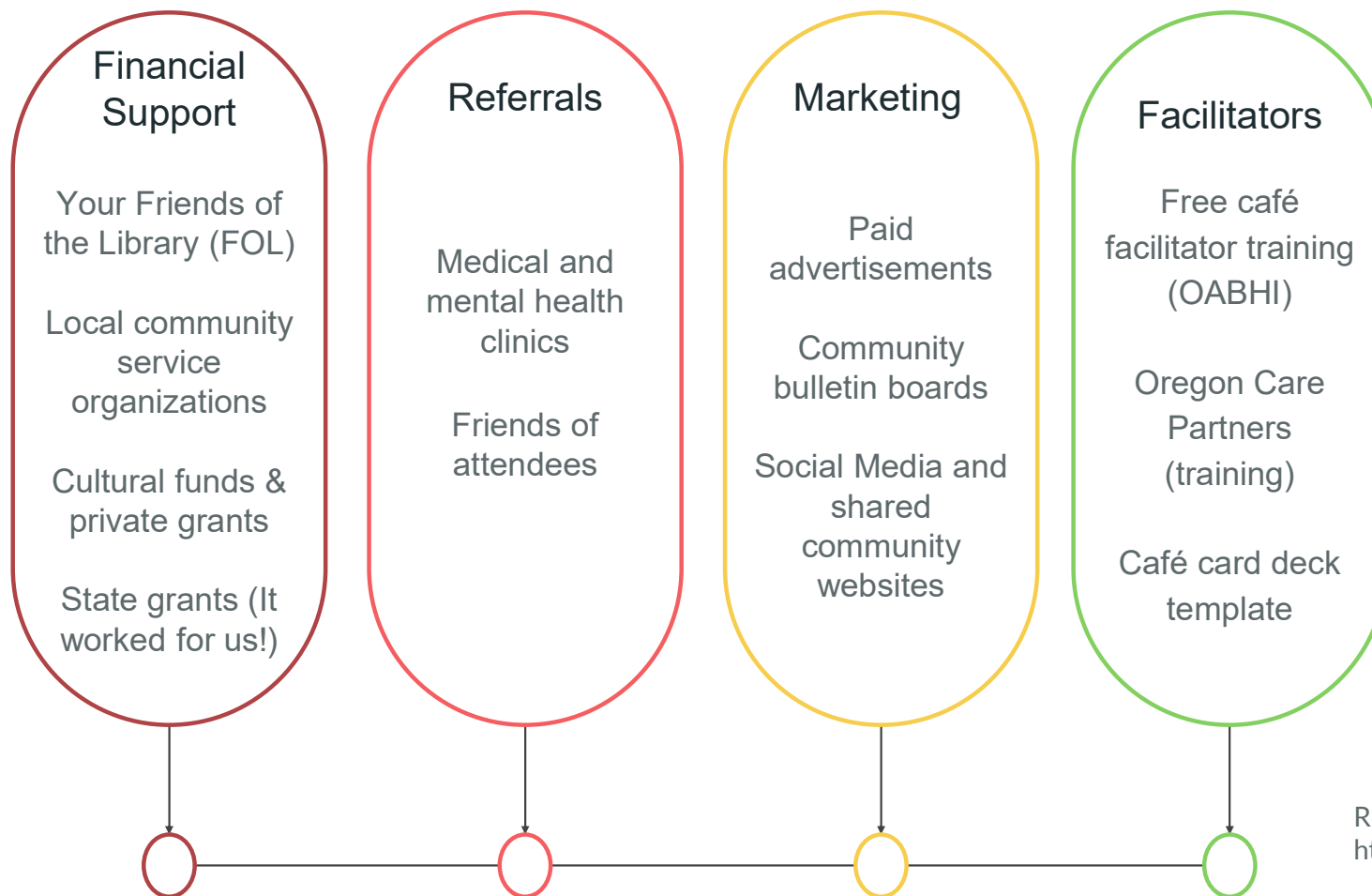
<https://science.nasa.gov/wp-content/uploads/2023/03/main-image-star-forming-region-carina-nircam-final-5mb-1-jpeg.webp?w=4096&format=png>

https://upload.wikimedia.org/wikipedia/commons/6/62/Standard_Electric_Time_Co._Electromechanical_Master_Clock_02.jpg

https://www.google.com/url?sa=i&url=https%3A%2F%2Fen.m.wikipedia.org%2Fwiki%2FFile%3AFruits-oranges-tangerines_%252824029757950%2529.jpg&psig=AOvVaw3K4PCiFL9S_9NiJsF1R2Uq&ust=1710363709823000&source=images&cd=vfe&opi=89978449&ved=0CBMQjRxqFwoTCJin1bzP74QDFQAAAAAdAAAAABAE

https://www.google.com/url?sa=i&url=https%3A%2F%2Fen.m.wikipedia.org%2Fwiki%2FFile%3AFruits-oranges-tangerines_%252824029757950%2529.jpg&psig=AOvVaw3K4PCiFL9S_9NiJsF1R2Uq&ust=1710363709823000&source=images&cd=vfe&opi=89978449&ved=0CBMQjRxqFwoTCJin1bzP74QDFQAAAAAdAAAAABAE

Community Partnerships:



Resource:
<https://oregoncarepartners.com/>

Finances

If you have money for coffee and tangerines, you're set.

If you can get a grant to support your cafe, **what are you using it for?**

- Paid facilitator for clinical support
- Speakers fees
- "Fidget" devices - toys, crayons.
- Café set up supplies: tablecloths, name tags
- Activity supplies
- Snacks: fresh fruits, individually packed items, coffee, tea, and condiments



A Word about Lualhati Anderson

Ms. Lualhati Anderson, MSW, CSWA, and QMHP-C, is the Older Adult Behavioral Health Specialist for Coos & Curry Counties.

The Older Adult Behavioral Health Initiative is funded by Oregon Health Authority. It is separate from the Department of Human Services, which houses Oregon's Department of Aging and Disability Services.

When new people come to the café, Lualhati will follow up with them to make sure they know of the resources in town... but as we've said before, there are not a lot of resources.

When new people come to the café, Lualhati will follow up with them to make sure they know of the resources in town... but as we've said before, there are not a lot of resources.

Still, she knows the people the county people at DHS and and the federal people in the SSA and Medicare systems, as well as the other agencies (Coos Elderly, Area Agency on Aging, senior centers).

I hope you can find a Lualhati of your own.

Thank you!



Contact Information:

Drea Douglas, MLIS
ddouglas@northbendlibrary.org

With most of the work done by:

Kelli Bosak, LCSW
klbosak@gmail.com

lualhati anderson, CSWA
lualhati.anderson@chw.coos.or.us

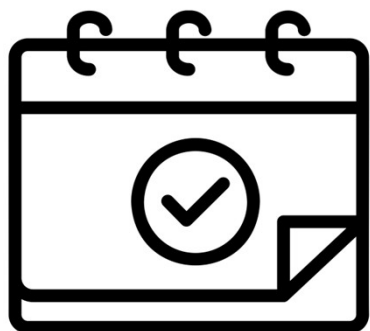
Memory Café Coos
memorycafecoos@gmail.com - <https://www.facebook.com/MemoryCafeCoos>

Resources to learn more:



- **Memory Café Alliance** [Memory Cafe Updates – Dementia Friendly America](#)
- **Directory:** <https://dfamerica.org/memory-cafe-directory/>
- **Alzheimer's Association** [Alzheimer's Association | Alzheimer's Disease & Dementia Help](#)
- **Alzheimer's Speaks:** <https://alzheimersspeaks.com/>
- **ALA Library Services for Patrons with Alzheimer's/Dementia**
 - [Library Services for Patrons with Alzheimer's/Dementia | Advocacy, Legislation & Issues \(ala.org\)](#)

Thanks for joining!



**Mark your calendar for our next
Webinar!**

Wednesday, September 2, 2026

Topic: HCBS Workforce Quality

*Today's presentation and slides
will be uploaded to the CaN-D
website:*

