



MEMORY CAFÉ:

A dementia-friendly gathering

**Second Thursday of each month
1 to 2 p.m.**

Wabasha Public Library 168 Alleghany Ave, Wabasha, MN 55981

What is a Memory Café?

- A Memory Café is a social gathering for individuals living with dementia and their care partners. We'll socialize, play games, listen to music and enjoy other activities.
- Participants are typically in the early to mid-stages of disease progression, but open to anyone.

Why are Memory Cafés important?

- Many people with dementia and their care partners become socially isolated.
- Memory Cafés become a safe place to socialize and connect with others in similar situations.

What is the history and background of the Memory Café model?

- With roots in the Netherlands, Dutch psychiatrist Bere Miesen, MD, introduced the Memory Café concept in 1997 to break through the stigma associated with various forms of dementia.

Sponsored by:

Wabasha County Senior Health Action Team, Elder Network,

Wabasha Public Library, Friends of the Library,

SEMAAA (Southeastern Minnesota Area Agency on Aging), and

Gundersen St. Elizabeth's Hospital and Clinics