

## What is Algoma Memory Café?

Experiencing memory loss can make the world a bit more confusing at times. Sometimes we need to search for the words to express ourselves. Social events that used to be fun are now challenging. It's easier to stay home and avoid any embarrassing moments. We worry about what others are thinking about us. But it gets lonely, and we miss being out. The memory café is a social gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's, or other dementia *and* their family and friends in a supportive environment. The café meets once a month from 10am-11:30am. It's a great opportunity for discussion, informative gathering, refreshments, as well as engaging activities based on a theme for the month.

**For more Information about Algoma Memory Café and volunteer opportunities, Contact Ariel Yang At the ADRC of the Lakeshore at 1-877-416-7083**

**Kewaunee Office:  
810 Lincoln Street  
Kewaunee, WI 54216**

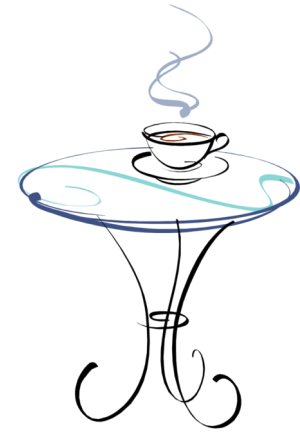
Algoma Memory Café is a program of: The Dementia Friendly Community Committee

**WE ARE**



**DEMENTIA FRIENDLY**

# Algoma Memory Café



# Social. Safe. Supportive.



## Other Community Resources

ADRC of the Lakeshore  
Phone | 920-683-4180  
Toll Free | 1-877-416-7083

Alzheimer's  
Association  
Phone | 1-800-272-3900

## A Brief History

The creator of the Memory Café is Dutch psychiatrist Bére Miesen. Dr. Miesen noticed that talking about memory loss was often taboo, even among family members. In 1997, he introduced the Memory Café in the Netherlands. Since then, Memory Cafes have sprung up across Europe, Ireland and the United Kingdom.

The First Memory Café in the United States was established by Dr. Jytte Lokvig in 2008 in Santa Fe, New Mexico. The American version focuses first and foremost on the person. It's a celebration and a respite from the memory disorder.

Dr. Lokvig's Santa Fe café remained the only one in the northern hemisphere until a notice in the AARP Bulletin in April 2011 brought the concept to the attention of the greater eldercare community.

## Gatherings are held 10am-11:30am

2nd Wednesday of the month  
Algoma Public Library  
406 Fremont Street  
Algoma, WI 54201

## Volunteers

Volunteers are welcome to serve on the steering committee or facilitate meeting activities. Experience with memory loss is not essential, but the desire to assist others in a caring and supportive manner is. We particularly encourage people with memory loss to join the steering committee, as their input is of immense value. Each of us is impacted by memory loss differently. There are many ways to assist.

## Further Details

There is no charge for participation, although donations are welcome. Anyone who requires assistance to participate must be accompanied by someone who can provide that support.