



# PALS FOR LIFE- MEMORY CAFÉ'

+

o

•



# Mission

The mission of Pals for Life-Memory Café is to provide a warm and inviting atmosphere for people with dementia and their caregivers to engage in socialization, meaningful activities, education, and the creative arts.





# Vision

Our vision is to improve total wellbeing -physical, emotional, mental- for people with dementia and their caregivers through meaningful activities, creative arts, and education.

---

# So, What Exactly is a Memory Cafe'?

A memory café is a gathering of individuals with memory loss along with their caregivers, or friends and family in a safe, supportive, and engaging environment. First and foremost, it is a social gathering - an opportunity to make new friends and interact without fear of embarrassment or being misunderstood. Many also find it an avenue for sharing concerns and providing support.



# Who Should Attend?

Anyone who is concerned about their memory is welcome to attend. Memory cafes can be great groups for those with mild cognitive impairment or a diagnosis of dementia or memory impairment. Friends and family members of these individuals are encouraged to attend as well. The person with memory loss may attend individually if appropriate, but typically they are encouraged to attend with a caregiver, as the cafes are fun for everyone! No formal assessment or referral is needed.



# When did Memory Cafés start?



Memory Cafes began emerging in Europe in the late 1990s. The concept originated in the Netherlands and spread to England in 2000, where the government provides funding. Many grassroots efforts have spread the concept, and the first Alzheimer's café in the US started in Santa Fe in 2008.



# WHERE ARE MEMORY CAFES?

- Libraries
- Coffee Shops
- Churches
- Event Centers
- Senior Centers
- Community Centers
- Parks
- Museums

# Why Should I Go?



Memory cafes provide an opportunity for normalcy. People can come together over a simple cup of coffee and enjoy each other's company. They can have fun and laugh. Activities provide an outlet for couples to enjoy each other's company and meet new friends in the process. Additional benefits come down the road as these new friends can be turned to for support and resources. Memory cafes allow people to remain socially engaged with others traveling the same journey.



# WANT TO COME?

 Pals for Life-Memory Cafe'

 [www.palsforlifememorycafe.org](http://www.palsforlifememorycafe.org)

 Phone: 501-408-2575

 Email:  
Contact@palsforlifememorycafe.org

# VOLUNTEERS AND DONATIONS NEEDED





# Pals for Life Memory Cafe' Christmas Event

---

This event serves people with dementia and their caregivers. The event is a time of fellowship, treats, a light lunch, and arts and crafts. Who knows, Santa may even be there!

---

Monday, December 4th

10am-12pm

501-408-2575

1040 Angel Court

Little Rock

East End Community