

exhale

MEMORY CAFÉ COLLECTIVE

Overview & Timeline
January 26, 2024



Co-Funders of the EXHALE Memory Café Collective:

Ralph C. Wilson, Jr. Foundation

Health Foundation for Western and Central New York

Other Project Partners - EXHALE Memory Café Collective:

The Philanthropic Initiative (TPI)

Beth Soltzberg (Director, Memory Café Percolator Network; Director, Jewish Family and Children's Services, Boston)

International Deliverables

New York Academy of Medicine

West Falls Center for the Arts

TimeSlips

I'm Still Here

Why Caregivers?

- Western NY has a rapidly growing aging population; more than 25% of our population is over age 60
- Caregivers are a large and growing part of WNY communities
- Caregivers are an integral part of long-term care
- Caregivers make up a large part of our workforce
- Caregivers are burned out, stressed and need support
- At some point in our lives, most of us will need or be caregivers

What is a Memory Café?

1. A welcoming gathering place offering social support and connection, socialization opportunities, better health, and wellbeing to older adult participants and their caregivers.
2. Memory Café's:
 - ❖ Occur in a wide range of settings with a wide range of programming
 - ❖ Have been shown to be particularly helpful for those living with memory loss, other cognitive challenges.
 - ❖ Focus not on illness but on engagement in activities to improve memory and brain health, keeping older adult attendees mentally and socially active while also providing a positive, supportive, bonding, and rejuvenating experience for caregivers of all ages.
 - ❖ Provide information, resources, referrals, and a network of caregiver support.
 - ❖ Are expanding across the US, mirroring the dramatic [increase in Americans](#) expected to have Alzheimer's disease/related dementias in the coming years.

Today's Agenda

1. Welcome and Introductions (Ken Genewick, Vice President of Programs, Health Foundation for Western and Central New York) (1:00-1:30pm)
 - ❖ Meet the Memory Café Collective Funding & Project Partners
 - ❖ Meet & Greet Your Fellow Exhale Participants
 - ❖ Why Caregivers?
 - ❖ What is a Memory Cafe?
2. Review Today's Agenda, Program Overview & Timeline (Lisa Payne Simon, Exhale Director and Partner, TPI) (1:30-1:45pm)
3. Feedback from WNY Family Caregivers of Older Adults: Results from Crowley Webb Communication's 2023 Fielding of the Exhale Caregiver Survey (Mary Kate Sidoti, Crowley Webb) (1:45-2:45pm total)
 - ❖ Discussion: Implications for Memory Cafe Design
4. Break (2:45-2:55pm)
5. Training in Memory Café Operations – Session I (Beth Soltzberg, Jewish Family & Children's Services Memory Café Percolator Network) (2:55-4:20pm)
6. Adjourn (4:20pm)

Exhale Memory Café Collective - Overview and Timeline

What is the Exhale Memory Café Collective?

Exhale's MCC is an opportunity for Buffalo-area arts & culture organizations to learn about memory cafes & receive financial support to launch a memory café in their community

- Exhale funds innovative memory cafes that address a range of needs of **family caregivers of older adults with Alzheimer's, memory loss, or other cognitive challenges**
- Opportunity to collaborate, engage, think differently

Exhale has three components

- 1. Training** in memory café operations, best practices
- 2. Grant funding** to design and launch a memory café in their communities
- 3. Support** - TA and a Learning Community support cafe implementation, sustainability, and expansion

Exhale Memory Cafe Workshop and Grant Opportunity Timeline

Memory Cafe Workshop Series

In-person Workshop 1

Virtual Workshop 2 (grant opportunity)

Virtual Workshop 3

Virtual Workshop 4

In-person Workshop 5 for grant applicants

Jan 26 at **Erie-1 BOCES, 355 Harlem Road, West Seneca** (lunch served at noon followed by the workshop from 1pm-4:20pm)

Feb 26 (9am-12:00 noon)

April 3 (9am-12:00 noon)

April 22 (12:00 noon-3:00pm)

May 16 at **Erie-1 BOCES, 355 Harlem Road, West Seneca** (lunch served at noon; workshop from 1pm-4:30pm)

Exhale Memory Café Grant Opportunity

Project & proposal development period

Initial proposal and budgets due

Final proposal and budgets due

Grant funding decisions announced

February - August

Wed. May 29 at 5pm

Friday August 9 at 5pm

By Friday August 30

Exhale Workshop Series – Agenda Overview

Workshop #1 In-person - January 26 at Erie-1 BOCES

- ❖ Lunch served at noon followed by Workshop from 1:00-4:30pm
- ❖ Welcome & Introductions
- ❖ Exhale Memory Café Collective – Program Overview & Timeline
- ❖ Feedback from WNY Family Caregivers of Older Adults - Results from Crowley Webb's 2023 Fielding of the Exhale Caregiver Survey
- ❖ Memory Café operations training and budgeting (session #1, 90 minutes)

Workshop #2 Virtual - February 26 from 9am-12:00 noon

- ❖ Training from Alzheimer's Association of WNY on understanding dementia and working with persons with Alzheimer's and dementia (90 minutes)
- ❖ Overview of the Exhale Memory Café Collective grant application, application process, and timeline (30 minutes)
- ❖ Memory Café operations training (session #2, 60 minutes)

Workshop #3 Virtual - April 3 from 9am-12:00 noon

- ❖ TimeSlips, I'm Still Here, and West Falls Center for the Arts each present their memory café models and how they support organizations interested in adopting their approach.
- ❖ Memory Café operations training (session #3, 60 minutes) – Building organizational capacity for memory café implementation, including volunteer recruitment, deployment and management

Exhale Memory Café Collective Workshop Series – Agenda Overview (cont.)

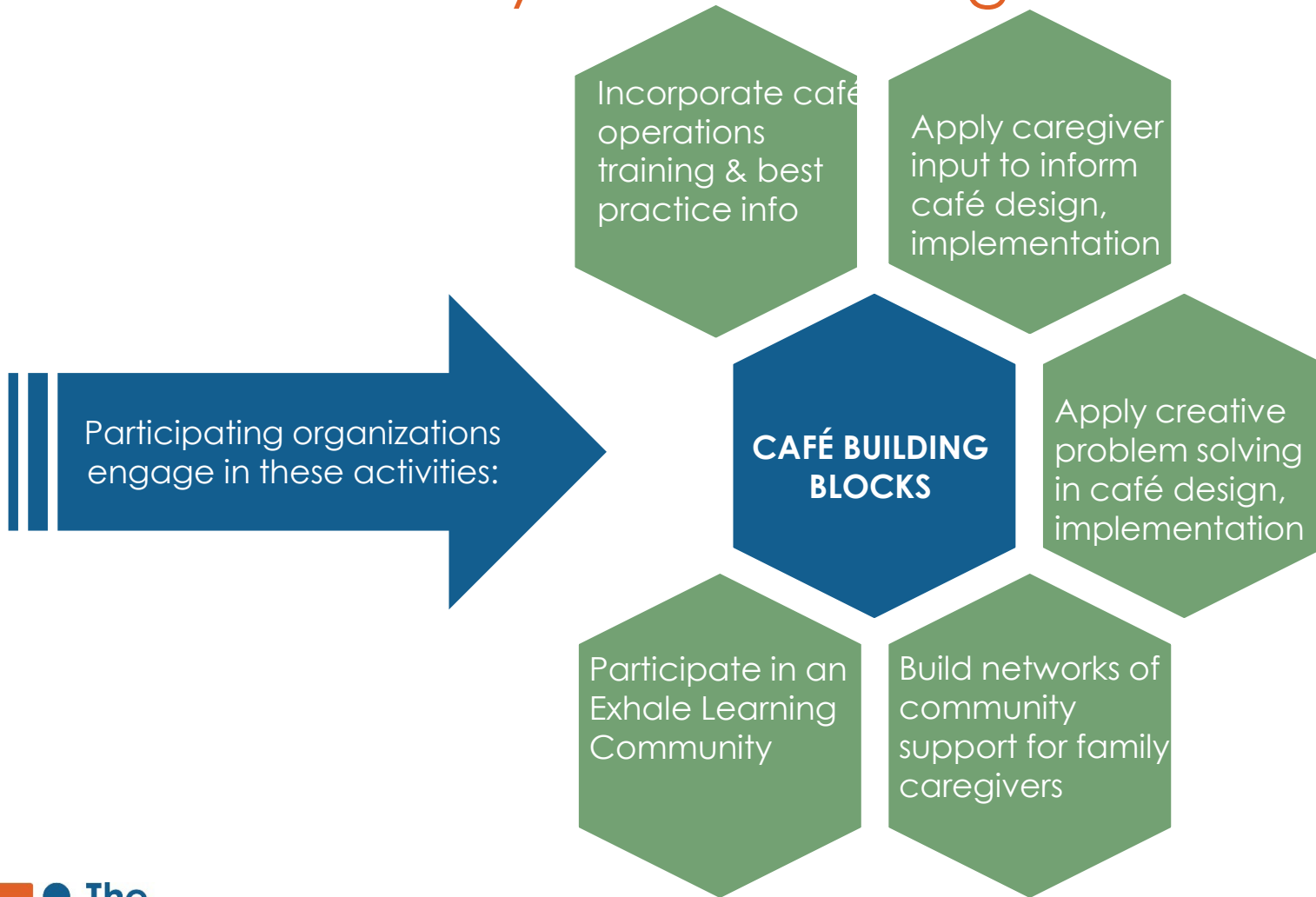
Workshop #4 Virtual - April 22 from 12:00 noon-3pm

- ❖ Crowley Webb presents on Exhale marketing, recruitment and outreach strategies (30 minutes)
- ❖ Teresa Lawrence provides an overview of creative problem-solving and applications for the Exhale Memory Café Collective (90 minutes)
- ❖ Crowley Webb presents Caregiver Feedback obtained from one-on-one interviews with family caregivers of older adults with dementia (30 minutes)
- ❖ Memory Café operations training (final session – Q&A opportunity – 30 minutes)

Workshop #5 In-person - May 16 at Erie-1 BOCES

- ❖ Lunch served at noon followed by **Workshop from 1:00-4:30pm intended for organizations planning to apply for Exhale grant funding**
- ❖ Participants will have the opportunity to work on their grant applications with real-time support and TA from Beth Soltzberg, Lisa Simon, Teresa Lawrence, and other TA providers
- ❖ Initial project proposals and budgets due by 5pm Wed. May 29, 2024

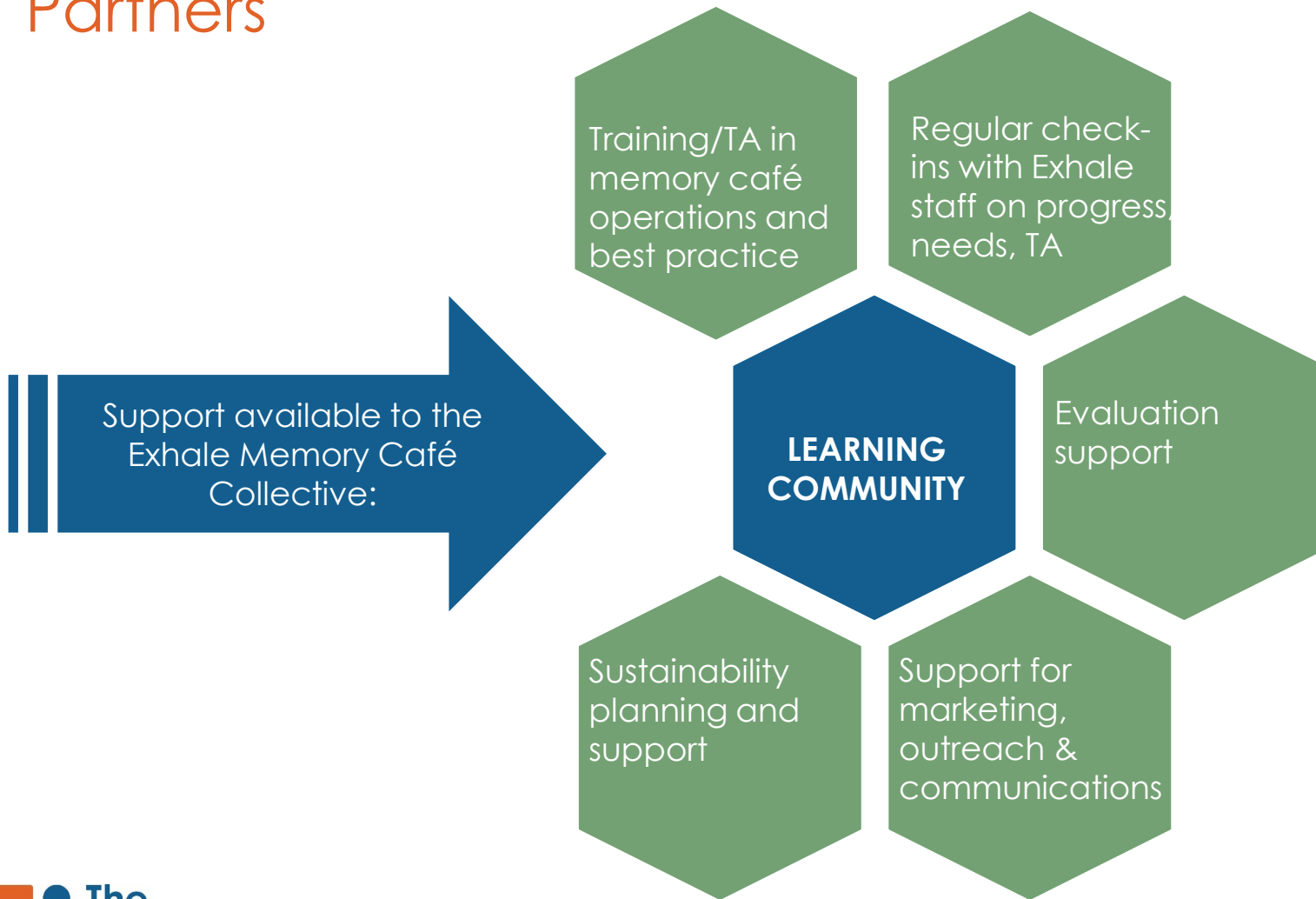
Exhale Memory Café Building Blocks



Frequently Asked Questions

1. \$1,000 Stipend for organizations attending 4+ Workshops
2. Grant awards of up to \$30,000 support memory café implementation over 16-month grant period: Sept. 2024 through Dec. 2025
3. During the grant phase, invited partners:
 - ❖ Receive grant funding
 - ❖ Have ongoing access to technical assistance from Beth Soltzberg, Lisa Simon, Teresa Lawrence, TimeSlips, I'm Still Here, West Falls Center for the Arts
 - ❖ Participate in evaluation activities conducted by New York Academy of Medicine and TPI, including periodic telephone interviews, minimal data gathering on growth of organizational partnerships and networks of caregiver support over time.

Implementation Phase - TA & Support for Grantee Partners



Exhale Resources & Key Contacts

Available online:
Collective
participant list &
Workshop slides

- Can be found at: www.Exhaleforcaregivers.org

Questions?
Contact

- Lisa Simon at lsimon@tpi.org for program questions
- Beth Soltzberg at bsoltzberg@jfcsboston.org for memory café questions and operations support
- Teresa@internationaldeliverables.com for questions about creative problem-solving and facilitation
- Sharon Rajadurai at srajadurai@tpi.org for Zoom, scheduling, and other support