



# Memory Café Collective Workshop #5

May 16, 2024  
1:00 pm – 4:00 pm



# 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

# Why Caregivers and Memory Cafes?

## 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
  - an integral part of long-term care
  - make up a large part of our workforce
  - 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?

- A welcoming gathering place offering social support and connection, socialization opportunities, better health, and wellbeing to older adult participants and their caregivers.
- 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.

# Today's Agenda

- |         |  |
|---------|--|
| 1:00 pm | Welcome and Overview of Exhale Grant Opportunity                 |
| 1:10 pm | Introduction of Facilitators & Technical Assistance              |
| 1:20 pm | Icebreaker Exercise  |
| 1:30 pm | Crowley Webb Communications Presentation on Organization Reports |
| 2:00 pm | Timed Rotations with Facilitators and TAs                        |
| 2:45 pm | Break  |
| 2:55 pm | Application and Technical Assistance Work Time                   |
| 4:15 pm | Wrap Up and Next Steps   |

Exhale Grant Opportunity

# Memory Café Collective FAQs

- \$1,000 Stipend for organizations attending 4+ Workshops
- Grant awards of up to \$30,000 support memory café implementation over 16-month grant period: Sept. 2024 through Dec. 2025
- During the grant phase, invited partners:
  - Receive grant funding
  - Have ongoing access to technical assistance from Beth Soltzberg, TPI, 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.

# Program Timeline

Memory Café Grant Opportunity	
Project and proposal development period	February – August
Initial proposal and budgets due	June 12, 5pm ET
Final proposal and budgets due	August 9, 5pm ET
Grant funding decisions announced	August 30

# Today's Facilitators & Technical Assistance



Icebreaker Exercise!

# Crowley Webb Communications Presentation

# Timed Rotations with Facilitators & TAs

# Wrap Up & Next Steps

# Program Timeline

Memory Café Grant Opportunity	
Project and proposal development period	February – August
Initial proposal and budgets due	June 12, 5pm ET
Final proposal and budgets due	August 9, 5pm ET
Grant funding decisions announced	August 30

# Exhale Program Funders & Partners

## Co-Funders of the Exhale Memory Café Collective:

- Ralph C. Wilson, Jr. Foundation
- Health Foundation for Western and Central New York

## Other Project Partners:

- The Philanthropic Initiative (TPI)
- Beth Soltzberg (Director, Memory Café Percolator Network; Director, Jewish Family and Children's Services, Boston)
- Teresa Lawrence, International Deliverables
- New York Academy of Medicine
- West Falls Center for the Arts
- TimeSlips
- I'm Still Here

# Exhale Resources & Key Contacts

**Collective  
Participant List &  
Workshop Slides**

- Accessible Online at: [www.Exhaleforcaregivers.org](http://www.Exhaleforcaregivers.org)

**Questions?  
Contact...**

- John Tyler at [jtyler@tpi.org](mailto:jtyler@tpi.org) for program questions
- Beth Soltzberg at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) for memory café questions and operations support
- Teresa Lawrence at [Teresa@internationaldeliverables.com](mailto:Teresa@internationaldeliverables.com) for questions about creative problem-solving and facilitation
- Anna Moceyunas at [amoceyunas@tpi.org](mailto:amoceyunas@tpi.org) for Zoom, scheduling, and other support