



## Memory Cafés take place regularly at:

**Heritage Monona**  
111 Owen Road  
Monona, WI 53716

For more information about  
Memory Cafés or to pre-register,  
call 608-441-9990.

*heritagesenior.com*

Drop in for our monthly  
Memory Café or pre-register  
at 608-441-9990

# MEMORY CARE CAFÉ

### How does it work?

You may pre-register for an upcoming Memory Café, or simply drop in. While we appreciate knowing how many to expect, we welcome you and your loved one anytime. To pre-register for a future Memory Café, simply call 608-441-9990.

### Does it cost anything?

The Memory Café is a free event, since Heritage Senior Living sponsors the educational speakers, activities and programs.

### Can my loved one attend alone?

Attendees should be joined by family member, friend, partner or caregiver. It's a place for all to socialize and learn, no matter if you're experiencing dementia or caring for someone who is.



**HERITAGE**  
**MONONA**

*Independent, Assisted Living and  
Memory Care Community*

Memory Care Cafés provide a safe and supportive place where people with memory loss and their caregivers can connect, learn and engage with others like them.



## What is a Memory Café?

A Memory Café is an environment for learning, support and social engagement. It's a place to talk with others who understand what you are going through, to forget about limitations and focus on strengths, to enjoy each other's company and to explore something new. This regular event may include structured activities – like music or art projects – or educational events like guest speakers, along with fresh snacks and refreshments.

## History

Dr. Bere Miesen, a Dutch psychiatrist, created the Memory Café in 1997 to address the stigma of dementia and the subsequent isolation of sufferers and their caregivers. Since it was a disease that wasn't openly talked about at the time, it was difficult for people to find adequate support and education. Miesen's idea was to create a place where they could learn and socialize with others experiencing similar issues.

The concept spread throughout Europe and beyond, eventually making its way to the U.S. The idea was also adapted to benefit other types of cognitively impaired individuals, including stroke survivors or people with traumatic brain injury, allowing them to experience the welcoming and stimulating environment of the Memory Café.

Today, there are hundreds of Memory Cafés across the country, which take place at a range of venues, from coffee shops to community centers to Memory Care communities like Heritage Monona. The location doesn't matter; what counts is that they all create a supportive and welcoming environment that facilitates learning and socialization.



## Who is it for?

Memory Cafés are not just for those experiencing memory loss. They're for:

- Caregivers
- Partners
- Families
- Friends
- Those just starting to experience memory loss
- Those who have had issues for some time

Memory Cafés allow all of these individuals the chance to socialize in a safe and supportive environment. It's a place to shed the fear of embarrassment and socialize with those experiencing similar issues. It's a safe place with no judgement and no social stigmas surrounding your loved one.

