

# Memory Cafe



PRESENTED BY

*Duke's Bakery  
and Variety*



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Memory Cafe meetings will take place at the POTEGP Spiritual Guidance Center 501(c)(3), located at 187 Plymouth Avenue in Fall River, MA. The facility is handicap accessible and located on the First Floor of Building 8 in the Durfee Union Mills. Within this brochure you will find information about our Memory Cafe and be able to view our upcoming programs!

[www.theheronstudio.com](http://www.theheronstudio.com) | [www.dukesbakery.com](http://www.dukesbakery.com)

[info@theheronstudio.com](mailto:info@theheronstudio.com) | 774-264-0786

187 Plymouth Ave, Fall River MA, Durfee Mills building 8 First Floor

## Memory Cafe

The POTE GP Spiritual Guidance Center, 501(c) 3, and Duke's Bakery are partnering to provide Memory Cafe meetings for people living with **dementia, Alzheimer's disease**, individuals with **developmental and intellectual disabilities** as well as their care partners, families and friends. Memory Cafe encourages experiences that are creative and community-based.

Our cafe's supportive environment offers programs and tools for relaxation, enjoyment and socializing. The cafe will be a stigma-free gathering place for people to connect with like-minded individuals and find respite from disease and disability.

**We will be offering this service FREE of charge to the community!** All cafes will provide a welcoming space with refreshments and alternate options for those not wishing to participate in the scheduled activity/program. Although participation in activities is encouraged, we believe in allowing participants to choose what makes them comfortable.

We are compassionate about providing quality services and refreshments that bring people together to nourish and support a broader community of empathy and compassion.

Attend the Memory Cafe for FREE, but please RSVP. Your registration will ensure we have enough supplies!

RSVP to [theheronstudio@gmail.com](mailto:theheronstudio@gmail.com) or text/call Jessica 774-264-0786



### Current Scheduled Cafes

August 25th 11am - 1 pm (rsvp by aug. 23rd)

**Program / Activity** - We will customize our very own “mindfulness jars” and learn meditation and relaxation techniques and tools that support healthy living. Activity participation is optional.

September 22nd 11am - 1 pm (rsvp by sept 20th)

**Program / Activity** - Flower Crafts. We will take pressed flowers from POTEGP’s Botanical Gardens to make personalized crafts. Create bookmarks or pictures! Activity participation is optional.



**The programs for the Memory Cafe were made possible by individual gift-donations from:** *Ali K. Brodsky, John & Dawn Hill, Margaret Howard, Aimee Irla, Jerry Squillante, Jo Ann Squillante and family and James K. Spriggs.*



**This Fidelity Charitable grant is made possible through the generosity and recommendation of the James K Spriggs Foundation, a donor- advised fund.**

**Want more programs scheduled? Please make a Donation Today!**

Our goal is to hold Memory Cafe meetings once a month, but we are in need of funding in order to make this program sustainable. We are seeking community support to reach our funding needs. Your tax-deductible donation will go towards: craft supplies, food and refreshments, promotional materials, facilitator time, facilitator/volunteer training, guide books, resources for the Alzheimer's community. We cannot express how much your donation will help the greater community. **Please consider donating to our cafe. No amount is too small!**

[Click the link to donate now! www.gofundme.com/memorycafeirma](http://www.gofundme.com/memorycafeirma)



## Here is a sneak-peek of the many wellness and creative arts programs we will offer as part of our Memory Cafe...

**Yoga & Mindfulness Programs:** Chair Yoga and Restorative Yoga & Meditation practices will aid in releasing tension and encouraging freedom from mental and/or physical barriers. Sequences explored will reduce stress in the body and mind, as well as increase ease of movement, range, and mobility. Meditation practices empower self-acceptance practices. Yoga and mindfulness engage the senses through breath awareness, visualization, physical and aural awareness through sensation, touch and sound.

**Aromatherapy & Relaxation:** Engage your senses through the art of aromatherapy. This is an interactive program that will allow participants to engage their noses and imaginations. Certain smells stimulate effects in the body, like rejuvenation, energy, clarity, stress relief, etc. Certain scents often evoke memories of places, people, feelings and events. Not only will each participant sample different smells, but they will be asked to engage their imaginations. There will be discussion that follows. After each individual discovers their preferred scent of that particular day, the activity leader will guide participants in a relaxation or meditation exercise.

**Insight & Art:** Participants will be asked to bring in a song or image and learn how art can give insight into or consciousness and help us become better acquainted with ourselves. Upon sharing the art with the group, all will listen/look with mindfulness. After a discussion takes place about insights discovered.

**Dance Programs:** Using the Dance for PD model, the dance-based programs will offer a chance for instructors and participants to find joy through movement, theatre and music.

**Creative Improvisation:** Various improvisation techniques inspired by theatre, dance, and visual arts will be employed to help participants reconnect with their authentic self. This activity will engage all participants and facilitate the exploration of emotions & insights while building a community! Participants will be guided through movement exercises or improvisational problems that nurture awareness of space, time, movement invention, creativity and playfulness. Creative improvisation develops intuition using both structure and imagination while cultivating empathy and compassion.

**Crafts:** There are many different arts and crafts projects readily available. Ones that instantly come to mind are rock paintings, decorating cupcakes and cookies, knitting, scrapbooking, as well as flower pressing for bookmarks or collages. The flowers can be harvested by those who attend the botanical garden outing.

## About the Collaborators

Memory Cafe supports the mission of the **POTEGP Spiritual Guidance Center**, providing space and services to cultivate a balance between the individual and one's community. Through holistic wellness services, creative arts programs and our botanical gardens, we provide a center of refuge for individuals to explore, play and simply be! **Duke's Bakery** is committed to providing gluten-free products to the community. Duke's Mission is to include the allergy sensitive communities with quality goods. They are passionate about quality, texture and taste. The unique collaboration between the Center and Duke's provides an in-house resource of experience, space, and programming that will enable sustainability and longevity.

**Dorry Silvia** is Publicity Coordinator and Facilitator for Memory Cafe. Dorry has worked thirty eight years in the medical field. She has experience working in home care, nursing homes and hospitals. Dorry is certified in PT, OT, SPEECH, and CPR. She currently works as a Health Unit Coordinator at Saint Anne's Hospital. Dorry has personal experience working with disabilities, Autism, and Alzheimer's. She has coordinated walks, conferences and fundraisers. She serves as the Vice President on the board of Directors for the Gottschall Foundation, which serves adults with Autism. Currently Gottschall Foundation is partnering with Bristol Community College for an Organic Farming Program for adults with disabilities. Dorry is also co-owner of Duke's Bakery in Fall River, MA.

**Jessica Howard** is the Program Volunteer Coordinator and Facilitator for Memory Cafe. Jessica is the Abbess and Managing Director of POTEGP Spiritual Guidance Center, a Charitable Trust devoted to providing spiritual guidance. Jessica received her BA in Theatre and Dance from Keene State College in 2009. She trained with the Mark Morris Dance Group in the Dance for PD training in 2010 and has lead several Dancing with Parkinson's classes. She has directed programing and taught at the POTEGP Spiritual Guidance Center since 2011. The Center continues to expand its programs and services for all stages of life and open its doors to people of all abilities and backgrounds. She is a Educator-Registered Yoga Teacher through the Yoga Alliance and a Wellness Professional with certification through the National M.S. Society. In 2015, Jessica and POTEGP Guidance Center began offering a monthly dance class for people with autism in collaboration with The Arc of Greater Fall River. Jessica leads quality educational experiences through both wellness-mindfulness programs and creative/performing arts programs.