

# 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's for people living with Dementia, Alzheimer's (stages 1,2, & 3), Individuals with Developmental and Intellectual Disabilities as well as their Care Partners, families and friends. Memory Cafe's encourage 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 gathering place free from stigma for people to connect with like minded individuals while offering respite from disease and disability.*

**We will be offering this service FREE of charge to the community!** All cafe's will provide a welcoming space with refreshments and options for those not wishing to participate in the scheduled activity/program. Though participation in activities will be encouraged, we believe in allowing participants to be comfortable in their choices whether to engage or not.

We are compassionate about providing quality services and refreshment products 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 Cafe's

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 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 8x8 pictures! \*activity 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, 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's once a month. But are in need of funding to make this program sustainable. We cannot express how much happiness your tax deductible donation will provide to the greater community! **Please consider donating to our cafe. No amount is too small!** We are seeking community support for to reach our funding needs. Your generous **tax deductible** donation will go towards; craft supplies, food and refreshment supplies, flyering and marketing materials, training for facilitators and volunteers, guide books and resources for the Alzheimers community as well as the facilitators time. Click the link Donate Now! <https://www.gofundme.com/memorycafeirma>



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

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

**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. Not only will each participant sample different smells, but be asked to engage their imaginations as often times a certain scent evokes memories of places, people, feelings and events. There will be discussion that follows. And 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. Typically this activity is done in a circle, participants will be asked to bring in their song or image. Upon sharing the art all will listen/look with mindfulness (instructions are given on exactly how to do this). 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 within the community through movement, theatre and music.

**Creative Improvisation:** Various improv techniques will be employed that are inspired from theatre, dance and visual arts. This activity will engage all participants and facilitate the exploration of emotions & insights through various techniques, builds community, and (re)connects each person with their authentic self! 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 (spare will be brought in for those that could not make it).

## About the Collaborators

Memory Cafe's support the Center's mission of providing space and services that cultivate 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 Dukes provides an in-house resource of experience, space, and programming that will enable sustainability and longevity.

Dorry Silvia is the publicity coordinator as well as facilitator. 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 Annes 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 and volunteer coordinator as well as facilitator. Jessica is the Abbess and Managing Director of POTE GP 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 since. She is a Educator-Registered Yoga Teacher through the Yoga Alliance as well as a Wellness Professional with certification through the National M.S. Society. In 2015 Jessica and POTE GP Guidance Center began offering a monthly dance class for people with Autism in collaboration with The Arc of Greater Fall River. Jessica's leads quality educational experiences through both wellness-mindfulness programs and creative/performing arts programs. She has directed programing and taught at the POTE GP 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.