

# Memory Café ACT

MIDDLE TENNESSEE

# Memory Café ACT – Middle Tennessee

- ▶ Memory Café ACT Programs are for individuals with a diagnosis of dementia and their care partner.
- ▶ The Middle Tennessee group started as a brand new group in June 2021.
- ▶ Participation has steadily grown. Currently there are sixteen participants plus staff and volunteers. Eight participants have a diagnosis and eight are care partners.
- ▶ A wide variety of programs are offered twice monthly.





# Grant Funding

- ▶ Programs are funded by a grant received from the Tennessee Federation on Aging.



# Middle Tennessee Partnership

Staff and Volunteers for the Middle Tennessee  
Memory Café ACT are provided by:





# Cooking Show

## Shrimp & Grits, Salad, French Bread, Bananas Foster





# Beekeeper Presentation

## Local Honey Taste Testing





# Pontoon Boat Ride





# Mini Golf Lunch & Ice Cream





# Campfire S'more's & Pumpkin Painting





# Harmony Lane Farm Tour & Goat Cuddling





# Lunch & Learn with Dr. Darryl Richards





# Holiday Meal & Tour of Historic Home

## Education Program on Fraud





# Holiday Brain Games & Framed Photos





# Valentine Meal & Card Making





# Saint Patrick's Day

## Brain Games & Snacks - Chats with Dr. Richards





# Canvas Painting & Pizza Party





# Relaxing in Salt Cave





# Music Program & Lunch at Nick's





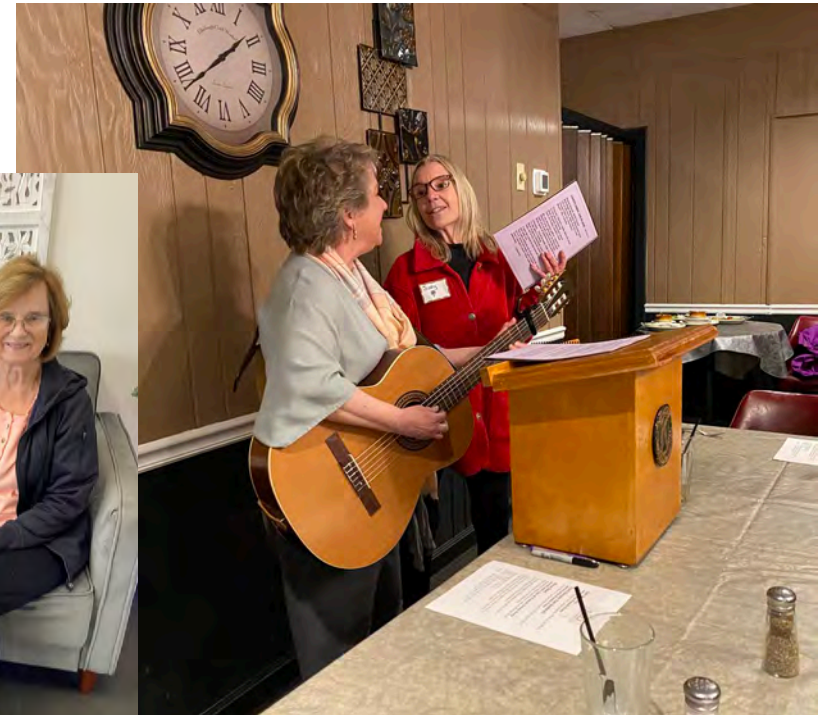
# Planting Flowers at Johnson Nursery





# Quotes from individuals with diagnosis:

- ▶ “I’m a singer, been singing all my life, it’s my heart and soul. The program where we all got to sing together was very meaningful.” Judi
- ▶ “Being able to get together with others has been very uplifting. Getting out of the house after being at home so much over the past couple of years has been good for me. I have enjoyed meeting new friends and look forward to each time we get together.” Judy





# Quotes from care partners:

- ▶ “The Memory Café ACT has been an absolute Godsend for both me and my wife. The programs and activities have been well planned and extremely beneficial in bringing people with like interest together in a pleasant social environment. And the staff has been most understanding and caring in all respects.” Gerard
- ▶ “I am so happy we go to these social gatherings as it is so good for the caregiver and individual with dementia. As a caregiver, I enjoy taking my husband out and seeing him laugh and enjoy all of the different gatherings. If he could say, I’m sure his favorites would be the goat farm and Lisa’s singing. I enjoy meeting everyone and have made some new friends. I look forward to each program and what it will be. The staff does an excellent job of doing different activities.” Janice





# Quotes from care partners:

- ▶ “The Memory Café ACT programs have given my dad, who has Alzheimer’s, and myself special memories that we would not have had if we had not joined the group. We have tangible memories through pictures of our various outings to reflect back on. I am so grateful for our Memory Café ACT friends and treasure our time together. A side note, the support I receive as a caregiver is unmeasurable, and greatly appreciated.” Julie
- ▶ The programs we have attended have been thoughtful and meaningful. We are meeting new friends, networking and having fun. I want those that are helping fund and plan the programs to know what a difference they are making in the lives of the participants. When I get to see my high school sweetheart have a good day at Memory Café ACT, I have a great day!” Bob







For more information about the Middle Tennessee  
Memory Café ACT contact:

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