

# Memory Cafes

and more



**A diagnosis of Alzheimer's disease or a related dementia does not have to mean the end of socializing for you and your loved one. There are many groups you can join!**

## What are some different types of groups for people with Alzheimer's disease and their caregivers?

- **MEMORY CAFES** are events where someone with memory loss and his/her caregiver can socialize together with others.
- **ADULT DAY CARE** is a non-residential setting where those with memory loss can go for activities and socialization while their caregivers work or do other tasks.
- **SPARK! PROGRAMS** are cultural programs where people with memory loss and their caregivers can participate in the arts.
- **ALZHEIMER'S ASSOCIATION GROUPS** offer social engagement opportunities.
- **SUPPORT GROUPS** can provide connections and support from others on the same journey.

## How can I find activities for myself or my loved one with dementia?

- **THREE PILLARS SENIOR LIVING COMMUNITIES** offers many opportunities and activities for caregivers and their loved ones with dementia. Go to [www.ThreePillars.org](http://www.ThreePillars.org) for more information.
- Contact your local **AGING AND DISABILITY RESOURCE CENTER (ADRC)**. Find yours at [www.dhs.wisconsin.gov/adrc](http://www.dhs.wisconsin.gov/adrc).
- **LOCAL LIBRARIES** in the Bridges Library System host Memory Cafes and many other events for people with dementia and their caregivers. See a schedule at [www.librarymemoryproject.org](http://www.librarymemoryproject.org).
- The **ALZHEIMER'S ASSOCIATION** maintains lists of local support groups and hosts trainings and events. Find more information at [www.alz.org](http://www.alz.org).

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