



Location: Mariner Café
609 W. Washington Street, Sequim
Join us in the banquet room.

East Clallam
Memory Café
Second Tuesday of Every Month, 1:30–3 p.m.

Memory Café is a unique opportunity for people living with memory loss, their care partners, family and friends to enjoy companionship, good food, activities and fun in a relaxed environment. We meet the second Tuesday of every month from 1:30-3 p.m. Food and drinks on own.

Questions? For more information contact:

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or Renee Rux (360) 681-2511 | renee.rux@homeinstead.com

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DISCOVERY
MEMORY CARE



Memory Café

MISSION: To provide a safe, comfortable, engaging environment where people with memory loss and their care partners can laugh, learn, and remain socially engaged with others traveling the same journey.

What Is A Memory Café?

A Memory Café is a place where individuals with memory loss and their care partners can get together in a safe, supportive, and engaging environment. It is a time and place where people can interact, laugh, cry, find support, share concerns and celebrate without feeling embarrassed or misunderstood. The Memory Café encourages friendship and acceptance. It gives people living with dementia the ability to maintain a place in the community, rather than becoming isolated or having to withdraw from enjoyable activities. There is no cost to the participants unless they choose to purchase food or beverages.

Who Is the Memory Café For?

Those persons with a diagnosis of a dementia related diagnosis
Those persons with mild cognitive impairment
People who are concerned about their memory loss
Family members and care partners of a person with a diagnosis

Those with dementia or memory worries may attend unaccompanied where appropriate, or with family, friends or care partners. It should be made clear to family, friends and care partners that the service is not suitable for people with dementia to attend without a care partner if they have specific care needs such as:

- ~ Problems with continence
- ~ Mobility issues that require aid
- ~ High levels of anxiety
- ~ Disorientation/history of wandering

The Memory Café is open to anyone without formal referral or assessment. A person with a history of disruptive and/or aggressive behavior is not appropriate for the group.

There is "still a lot of living to do" after diagnosis and Memory Cafés hope to promote this and restore a sense of "normalcy" for both the person with the diagnosis and those that love them, a place to have fun and laugh once again.

Where Can I Find a Memory Café?

The East Clallam Memory Café meets the 2nd Tuesday of each month from 1:30 – 3:00 pm at the Mariner Café (in the banquet room) located at 609 W. Washington St. in Sequim. There is no cost to participate unless you choose to order from the menu.

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