

INTRODUCING:

SALINE / ANN ARBOR

# “Come As You Are” Memory-Making Café

## What a memory café IS:

A meeting place for individuals living with changes in their thinking or memory. A diagnosis of dementia is not required to attend.

It's a free of charge place to relax, have fun, and meet others.

A meeting place for care partners to enjoy a change of routine, and experience respite & renewal in their relationships.

Structured to support and engage individuals with a range of cognitive changes, and their care partners

A time to focus on socializing and exploring TOGETHER.

A program that strives for inclusion. This includes physical accessibility, respect for and inclusiveness of different cultures, and freedom from stigma.

## Why a memory café?:

People living with brain changes are a valued part of our community. Opportunities to connect with others in a fun, relaxing environment with loved ones are important for everyone's health and well-being.

Come for fun, entertainment, relaxation, and socialization.

**For more information, please contact Lori Venable at [Ltvenable@att.net](mailto:Ltvenable@att.net) or 734-945-1707.**

## What a Memory Café is **NOT**:

**NOT a workshop, seminar or lecture about dementia.**



**NOT a facilitated support group.**

(Although the Café is a supportive environment.)

**NOT a drop-off respite program.**

(It's a place for partners to interact with each other in new ways)



**Note:** If you want more information about Memory Cafés, please see this website: <https://www.memorycafedirectory.com/what-is-a-memory-cafe/>.