

FOR IMMEDIATE RELEASE

Thunder Bay host to its first ever Memory Café for persons with memory loss

January 6, 2014, THUNDER BAY, ON – Thunder Bay is soon to be host to a revolutionary concept that originated in Europe. *Reflections: A Memory Café* will offer those who may be worried about their memory or someone else's, an opportunity to share experiences, ask questions and exchange information with individuals living with memory loss and their partners.

The Memory Café is meant to offer a peer-to-peer experience so others can learn from those who are already dealing with memory loss in some way. Advice and support is shared over a cup of coffee in a relaxed, family-friendly and stigma-free environment. It not only presents a learning opportunity, but a social one, providing a safe place for persons of similar situations to put their guards down and share concerns without judgment.

"I wish this opportunity had existed when I began my journey with my husband, Reg who is living with Alzheimer's disease," said Susan Bithrey, care partner for her husband Reg. "I am proud to be part of bringing this concept to Thunder Bay to help others, so their journey can be a little less difficult."

This drop-in style event will take place at Mary J. L. Black Library (901 Edward St. S.) on Tuesday, January 14 from 3:00–6:00pm. Everyone is welcome and light refreshments will be served.

The event is sponsored by the Alzheimer Society of Thunder Bay, the North West CCAC, the Centre for Education and Research on Aging (CERAH) of Lakehead University, St. Joseph's Care Group and the Thunder Bay Public Library. All sponsoring partners will be on-site to act as a resource for guests if needed.

For more information, the public can contact Ruth Wilford a 766-7298 or rwilford@lakeheadu.ca.

Please find event poster attached.

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